

Stacey Hawkins
Lean, Green,
Low Carb Recipes
Nutritional
Information Summary
3rd edition

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Balsamic Laced Red Pepper & Green Bean Salad with Mustard Vinaigrette

Servings & Nutritional Counts:

Serves 4

Optavia: 1C Salad with 1 tsp vinaigrette is 2 Green, 2 Condiment and 1 healthy fat

Weight Watchers Points: 3

Salad: Calories 33g Protein 1.6g Fat 0.2g Sat Fat 0g Carbs 0.1g Fiber 3g
Dressing: Calories 74 Protein 3.8g Fat 3.8g Sat Fat 0g Carbs 6.2g Fiber 0g

Grilled Tuscan Chicken over Confetti Salad

Servings & Nutritional Counts:

Serves 4

Optavia: 1/4 of this recipe is 1 Lean, 3 Green, 1 Condiment and 1 healthy fat option.

Weight Watchers Points: 6

Salad: Calories 44 Protein 1.7g Fat 1.7g Sat Fat 0g Carbs 6.9g Fiber 2.3g
Chicken: Calories 224 Protein 36.1g Fat 7.7g Sat Fat 0.4g Carbs 0.0g Fiber 0

Char-Grilled Steaks with Portobello Mushroom Salad

Steak

Optavia: 6 ounces of beef is 1 Lean option and 1/2 Condiment

Weight Watchers Points: 6

Calories 316 Protein 51.7g Fat 10.6g Sat Fat 4.1g Carbs 0g Fiber 0g

Salad

Optavia: 1 1/2 cups salad is 3 Green options and 1 Condiment

Weight Watchers Points: 2

Calories 40 Protein 3.0g Fat 0.5g Sat Fat 0g Carbs 6.7g Fiber 2.0g

Pan Roasted Tuna Steaks Caprese

Serving & Nutritional Information: Serves 4

Optavia: 1/4 of this recipe is 1 Lean, 1 Green, 1 Condiment & 1 healthy fat.

Weight Watchers Points: 7

Calories 374 Protein 46g Fat 15.4g Sat Fat 3.2g Carbs 5.0g Fiber 1.8g

Beef Burgundy (Slow-cooker friendly!)

Optavia: ¼ of this recipe is 1 lean and 2 green options

Weight Watchers Points: 8

Calories 334 Protein 46.5g Fat 11.9g Sat Fat 2.5g Carbs 9.5g Fiber 2.5g

Pork Chops & Mushrooms Simmered with Rosemary

Optavia: ¼ of this recipe is 1 lean, 1 green, 2 condiments and 1 healthy fat

Weight Watchers Points: 4

Calories 219 Protein 38.9g Fat 5.2g Sat Fat 1.8g Carbs 2.5g Fiber 0.6g

Garlic Roasted Asparagus

Optavia: 1 C of asparagus is 2 Green and 1 healthy fat option.

Weight Watchers Points: 1

Calories 30 Protein 3.1g Fat 0.2g Sat Fat 0g Carbs 5.9g Fiber 2.9g

Zesty Chicken with Artichokes & Garlic

Optavia: ¼ of this recipe is 1 lean, 1 green, 3 condiment (2 for artichokes and 1 for seasoning) and 1 healthy fat option.

Weight Watchers Points: 6

Calories 310 Protein 50.7g Fat 8.7g Sat Fat 1.9g Carbs 5.1g Fiber 2.3g

Bruschetta Stuffed Chicken Breasts

Bruschetta

Optavia: ½ Cup is 1 green, 2 Condiment and 1 healthy fat option.

Weight Watchers Points: 4

Calories 133 Protein 0.6g Fat 13.7g Sat Fat 0g Carbs 2.9g Fiber 1g

Stuffed Chicken Breasts

Optavia: 6 oz. chicken stuffed with ½ C bruschetta is 1 lean, 1 green, 2 condiments and 1 healthy fat option.

Weight Watchers Points: 5

Calories 273 Protein 41.1g Fat 10.6g Sat Fat 2.9g Carbs 0.7g Fiber 0g

Herb Roasted Salmon

Optavia: ¼ of this recipe is 1 lean option and 1 Condiment

Weight Watchers Points: 7

Calories 294 Protein 31.5g Fat 17.5g Sat Fat 3.5g Carbs 0.4g Fiber 0g

Garlic Roasted Chicken

Optavia: ¼ of this recipe is one lean option and 1 condiment

Weight Watchers Points: 2

Calories 194 Protein 36.1g Fat 4.3g Sat Fat 0g Carbs 0g Fiber 0g

Char-Grilled Steak Fajitas

Steak

Serving and Nutritional Information: Serves 4

Optavia: 5 ounces of steak is one lean option

Weight Watchers Points: 5

Fajita Style Veggies

Optavia: 1 ½ C veggie mix is 3 green and 1 condiment portion

Weight Watchers Points: 2

Steak & Veggies Combined Calories 333 Protein 44.8g Fat 3.3g Sat Fat 1.6g Carbs 13.1g Fiber 5.5g

Skinny Scampi Seafood Medley

Optavia: ¼ of this recipe is 1 lean, 1 condiment and 1 healthy fat option

Weight Watchers Points: 4

Calories 232 Protein 36.9g Fat 6.8g Sat Fat 0.7g Carbs 2.5g Fiber 0g

Succulent Lamb Chops

Optavia: ¼ of this recipe is 1 lean option and 1 condiment

Weight Watchers Points: 6

Calories 326 Protein 48.2g Fat 12.5g Sat Fat 4.5g Carbs 2.1g Fiber 0g

Asian Style Ahi-Tuna

Optavia: ¼ of this recipe is 1 lean option and 3 condiments

Weight Watchers Points: 5

Calories 264 Protein 37.6g Fat 11.5g Sat Fat 2.3g Carbs 0g Fiber 0g

Tuscan Fantasy Chicken & Veggie Skewers

Optavia: ¼ of this recipe is 1 lean, 1.5 condiments and 2 green options

Weight Watchers Points: 3

Calories 212 Protein 36.9g Fat 4.4g Sat Fat 0.1g Carbs 4.3g Fiber 1.8g

Cajun Pork Tenderloin

Optavia: ¼ of this recipe is 1 lean option

Weight Watchers Points: 3

Calories 203 Protein 37.6g Fat 5.0g Sat Fat 1.7g Carbs 0.0g Fiber 0g

Turkey Taco Salad

Optavia: ¼ of this recipe is 1 lean, 3 green, 2 condiment and 1 healthy fat

Weight Watchers Points: 6

Calories 295 Protein 26g Fat 2.5g Sat Fat .5g Carbs 11.8g Fiber 3g

Pan Seared Pork Loin with Portobello Mushroom Sauce

Optavia: ¼ of this recipe is 1 lean, 1 condiment and 1 green option

Weight Watchers Points: 3

Calories 210 Protein 38.2g Fat 5.1g Sat Fat 1.7g Carbs 1.2g Fiber 0.4g

Romaine Salad with Classic Grilled Chicken

Optavia: ¼ of the chicken & salad recipes together are 1 lean, 2 1/4 green, 2 condiment & 1 healthy fat

Weight Watchers Points: 8

Calories 379 Protein 38.3g Fat 9.7g Sat Fat 0.1g Carbs 7.3g Fiber 4.0

Char-Grilled Cajun Steaks

Optavia: ¼ of this recipe is 1 lean option and 1 condiment

Weight Watchers Points: 6

Calories 252 Protein 29.8g Fat 13g Sat Fat 5.9g Carbs 200g Fiber 0g

Skinny Scampi Baked Cod

Optavia: ¼ of this recipe is 1 lean option, 1 condiment and 1 healthy fat

Weight Watchers Points: 3

Calories 226 Protein 36.1g Fat 6.1g Sat Fat 0.6g Carbs 0g Fiber 0g

Tuscan Chicken Crock-Pot Delight

Optavia: ¼ of this recipe is 1 Lean and 3 Green options

Weight Watchers Points: 5

Calories 292 Protein 51.2g Fat 5.5g Sat Fat 1.5g Carbs 7.8g Fiber 3.2g

Spicy Steak Kebabs

Optavia: ¼ of this recipe is 1 lean, 1 condiment and 2 green options

Weight Watchers Points: 6

Calories 309 Protein 53.0g Fat 7.3g Sat Fat 2.5g Carbs 6g Fiber 1.7g

Zesty Broccoli

Optavia: ¼ of this recipe is 2 green options and 1 condiment

Weight Watchers Points: 2

Calories 48 Protein 3.9g Fat 0.5g Sat Fat 0g Carbs 9.4g Fiber 3.5g

Roasted Garlic Wilted Spinach

Optavia: ¼ of this recipe is 3 green and 1 healthy fat option

Weight Watchers Points: 2

Calories 68 Protein 2.8g Fat 5.0g Sat Fat 0g Carbs 4.7g Fiber 2.1g

Lemon Scented Asparagus

Optavia: ¼ of this recipe is 3 green options

Weight Watchers Points: 1

Calories 40 Protein 4.4g Fat 0.2g Sat Fat 0g Carbs 7.8g Fiber 4.2g

Lemony Bok Choy

Optavia: ¼ of this recipe is 3 green and 1 healthy fat option.

Weight Watchers Points: 2

Calories 54 Protein 1.6g Fat 4.7g Sat Fat 0g Carbs 2.3g Fiber 1.1g

Mouthwatering Meatloaf

Optavia: 2 individual meat loaves are 1 lean, 1 condiment and ½ green

Weight Watchers Points: 5

Calories 277 Protein 43.6g Fat 8.9g Sat Fat 3.5g Carbs 1.8g Fiber .5g

2- Minute Tomato Sauce

Optavia: 1 ½ C sauce are 3 green, 2 condiment and 1 healthy fat option

Weight Watchers Points: 3

Calories 82 Protein 1.9g Fat 5.2g Sat Fat 0g Carbs 8.7g Fiber 2.8g

Southwest Seafood Salad

Optavia: ¼ of this recipe is 1 lean, 1 condiment, 1.25 green & 1 healthy fat

Weight Watchers Points: 5

Calories 260 Protein 35.5g Fat 8.0g Sat Fat 1.1g Carbs 7.8g Fiber 2.5g

Roasted Garlic & Sun Dried Tomato Chicken

Optavia: ¼ of this recipe is 1 lean, 2 condiment and 1 healthy fat

Weight Watchers Points: 5

Calories 310 Protein 47.2g Fat 11.1g Sat Fat 0.7g Carbs 1.6g Fiber 0.4g

Crock-Pot Chili

Optavia: ¼ of this recipe is 1 lean, 1.5 condiment and 3 green options

Weight Watchers Points: 6

Calories 278 Protein 35.3g Fat 6g Sat Fat 1.9g Carbs 7.8g Fiber 3.2g

Mediterranean Beef Skewers

Optavia: ¼ of this recipe is 1 lean, 2 condiment and 2 green options

Weight Watchers Points: 6

Calories 291 Protein 44.7g Fat 7.4g Sat Fat 2.5g Carbs 5.2g Fiber 1.5g

Crisp Greek Salad with Lemon Garlic Dressing

Salad

Optavia: 2 green options and 1 healthy fat option

Weight Watchers Points: 2

Crisp Greek Salad

Calories 50 Protein 1.5g Fat 3.1g Sat Fat 0g Carbs 5.5g Fiber 2.0g

Dressing

Optavia: 2 T of dressing = 1 snack

Weight Watchers Points: 1

Lemon Garlic Dressing

Calories 23 Protein 1.7g Fat 0.5g Sat Fat 0g Carbs 3.3g Fiber 0g

Juicy Roasted Turkey

Optavia: ¼ of this recipe is 1 lean, 1 condiment and 1 healthy fat option

Weight Watchers Points: 4

Calories 220 Protein 29.1g Fat 7.5g Sat Fat 1.3g Carbs 0g Fiber 0g

Grilled Marinated Mushrooms

Optavia: ¼ of this recipe is 2 green options and 1 condiment

Weight Watchers Points: 0

Calories 22 Protein 2.7g Fat 0.4g Sat Fat 0g Carbs 1.1g Fiber 0.8g

Cajun Bok Choy

Optavia: ¼ of this recipe is 3 green, 1 condiment and 1 healthy fat option

Weight Watchers Points: 2

Calories 65 Protein 2.0g Fat 5.1g Sat Fat 0g Carbs 4.4g Fiber 1.6g

Boneless Buffalo "Wings"

Optavia: ¼ of this recipe is 1 lean option and 1 snack.

Condiments should be used sparingly and counted as per guidelines.

Weight Watchers Points: 4

Calories 310 Protein 57.7g Fat 5.7g Sat Fat 0g Carbs 2.2g Fiber 1g

Crisp Romaine Salad with Bresaola and Zesty Lemon Vinaigrette

Salad

Optavia: ¼ of this recipe is 1 lean and 2.5 green options.

Weight Watchers Points: 8

Calories 348 Protein 41.9g Fat 4g Sat Fat 2.6g Carbs 3.9g Fiber 1.2g

Vinaigrette

Optavia: 2 tsp vinaigrette is 1 healthy fat

Weight Watchers Points: 2

Calories 46 Protein 0g Fat 4.5g Sat Fat 0.0g Carbs 0.5g Fiber 0g

Asian Salmon with Vegetable Stir Fry

Optavia: ¼ of this recipe is 1 lean, 3 green, 2 condiment and 1 healthy fat

Weight Watchers Points: 6

Calories 241 Protein 29.3g Fat 9g Sat Fat 1.3g Carbs 11.7g Fiber 1.3g

Caramelized Sea Scallops

Optavia: ¼ of this recipe is 1 lean, 1 healthy fat and 2 condiments

Weight Watchers Points: 3

Calories 215 Protein 33.9g Fat 6.0g Sat Fat 1.0g Carbs 4.7g Fiber 0g

Lemony Spinach (or kale) Sauté

Optavia: ¼ of this recipe is 3 Green and 1 healthy fat option.

Weight Watchers Points: 2

Calories 61 Protein 2.6g Fat 4.9g Sat Fat 0.7g Carbs 3.3g Fiber 2.0g

Crispy Rosemary Pork Chops

Optavia: ¼ of this recipe is 1 lean, 2 condiment and 1 healthy fat option

Weight Watchers Points: 6

Calories 335 Protein 49g Fat 11.6g Sat Fat 3g Carbs 2.4g Fiber 1.3g

Bob's Mouthwatering Meatballs & 2 Minute Tomato Sauce

Meatballs

Optavia: ¼ of this recipe is 1 lean and 1 condiments.

Weight Watchers Points: 5

Calories 246 Protein 37.2g Fat 9.7g Sat Fat 3.4g Carbs 0g Fiber 0g

Sauce

Optavia: ¼ of this recipe is 1 green 1 condiments.

Weight Watchers Points: 2

Calories 39 Protein 1.7g Fat 0.5g Sat Fat 0g Carbs 8.1g Fiber 2.8g

Creamy Faux-tatoes

aka Cauliflower Mashed Potatoes

Optavia: ¼ of this recipe is 3 green, 1 healthy fat and 2 condiments

Weight Watchers Points: 3

Calories 80 Protein 5.4g Fat 3.3g Sat Fat 2.0g Carbs 9.0g Fiber 3.2g

Lemon Ginger Crock Pot Chicken

Optavia: 6 oz. chicken is 1 lean option and 2 condiments

Weight Watchers Points: 4

Calories 306 Protein 50.4g Fat 6.7g Sat Fat 0g Carbs 0g Fiber 0g

Southwestern Style Tilapia

Optavia: ¼ of this recipe is 1 lean option and 1 condiment

Weight Watchers Points: 2

Calories 177 Protein 37.7g Fat 2.4g Sat Fat 1.0g Carbs 0g Fiber 0g

Mixed Pepper Medley

Optavia: ¼ of this recipe is 2 green and 1 healthy fat option

Weight Watchers Points: 3

Calories 78 Protein 1.2g Fat 4.8g Sat Fat 0.6g Carbs 9.9g Fiber 2.0g

Scallops Provençale

Optavia: ¼ of this recipe is 1 lean, .5 green, 2 condiments & 1 healthy fat

Weight Watchers Points: 5

Calories 230 Protein 33.8g Fat 6.3g Sat Fat 0.5g Carbs 7.1g Fiber 0.7g

Dijon Chicken & Broccoli

(created for & published in Medifast's Cookbook)

Optavia: ¼ of this dish is 1 lean, 3 green, 2 condiment and 1 healthy fat

Weight Watchers Points: 6

Calories 284 Protein 40.1g Fat 9.4g Sat Fat 0.6g Carbs 9.3g Fiber 3.8g

Filet & Mushrooms with Red Wine Reduction

Optavia: ¼ of this recipe is 1 lean, 3 condiment and 1 green option

Weight Watchers Points: 6

Calories 292 Protein 41.3g Fat 9.5g Sat Fat 3.6g Carbs 0g Fiber 0g

Tuscan Turkey Cutlets

Optavia: ¼ of this recipe is 1 lean, 1 condiment and 1 healthy fat option.

Weight Watchers Points: 4

Calories 171 Protein 21.5g Fat 6.6g Sat Fat 1g Carbs 5.3g Fiber 0.6g

Asian Ginger Sliced Beef & Vegetables

Optavia: ¼ of this recipe is 1 lean, 2 green, 2 condiment and 1 healthy fat

Weight Watchers Points: 7

Calories 339 Protein 45.2g Fat 13.6g Sat Fat 3.8g Carbs 7.6g Fiber 1.7g

Succulent Braised Kale with Ham

Optavia: *1/4 of this recipe is 1 lean, 2 green, 1 condiment and 1 healthy fat*

Weight Watchers Points: 7

Calories 259 Protein 16.6g Fat 8.2g Sat Fat 1.5g Carbs 12.2g Fiber 4.6g

Green Olive & Chicken Sauté

Optavia: *1/4 of this recipe is 1 lean, 3 condiment and 1 healthy fat option*

Weight Watchers Points: 6

Calories 284 Protein 36.5g Fat 12.8g Sat Fat 1.4g Carbs 2.0g Fiber 0g

Crispy Fennel with Lemon & Garlic

Optavia: *1/2 C fennel is 1 green, 1 condiment and 1 healthy fat option*

Weight Watchers Points: 2

Calories 58 Protein 0.6g Fat 4.8g Sat Fat 0g Carbs 4.0g Fiber 1.4g

Broccoli & Mushroom Quiche

Optavia: *1/4 of the quiche is 1 lean, 1 green, 1 condiment and 1 healthy fat option.*

Weight Watchers Points: 5

Calories 169 Protein 11.8g Fat 12.6g Sat Fat 5.1g Carbs 1.7g Fiber 0.4g

Huevos Rancheros with Salsa Fresco

Optavia: *This recipe in its entirety is one lean, 1 healthy fat, 2 condiment and 1 1/2 green options.*

Weight Watchers Points: 8

Calories 289 Protein 27.4g Fat 14g Sat Fat 3.4g Carbs 14g Fiber 27g

Mediterranean Stuffed Portobellos

Optavia: *1/4 of this recipe is 1 lean, 2 green, 2 condiment and 1 healthy fat options*

Weight Watchers Points: 5

Calories 307 Protein 54.8g Fat 7.4g Sat Fat 1.5g Carbs 6.2g Fiber 1.9g

Italian Stuffed Peppers

Optavia: *1/4 of this recipe is 1 lean, 3 green, 1 condiment*

Weight Watchers Points: 6

Calories 273 Protein 38.7g Fat 9.9g Sat Fat 4.4g Carbs 6g Fiber 1.3g

Pan Seared Cod Nicoise

Optavia: *1/4 of this recipe is 1 lean, 2 green, 2 condiment and 1 healthy fat option*

Weight Watchers Points: 6

Calories 314 Protein 47.3g Fat 9.4g Sat Fat 1.1g Carbs 9.2g Fiber 3.6g

Classic Chicken Seasoned Cutlets

Optavia: *1/4 of this recipe is 1 lean, 1 condiment and 1 healthy fat option*

Weight Watchers Points: 4

Calories 266 Protein 42.1g Fat 9.5g Sat Fat .6g Carbs 0g Fiber 0g

Chicken Puttanesca

Optavia: *1/4 of this recipe is 1 lean, 1 green, 1 condiment and 1 healthy fat*

Weight Watchers Points: 5

Calories 282 Protein 42.9g Fat 9.7g Sat Fat 0.6g Carbs 3.5g Fiber 1.1g

Roasted Garlic & Toasted Sesame Ginger Asparagus

Optavia: *1/4 of this recipe is 1 lean, 1 green, 1 condiment and 1 healthy fat*

Weight Watchers Points: 2

Calories 68 Protein 3g Fat 4.8g Sat Fat 0.4g Carbs 5.2g Fiber 2.8g

Lemony Broccoli & Mushroom Sauté

Optavia: *1/4 of this recipe is 3 green, 1 condiment and 1 healthy fat option*

Weight Watchers Points: 2

Calories 66 Protein 2.3g Fat 4.7g Sat Fat 0.6g Carbs 4g Fiber 1.2g

Venetian Chicken

Optavia: *1/4 of this recipe is 1 lean, 1 green, 2 condiment and 1 healthy fat*

Weight Watchers Points: 4

Calories 246 Protein 42g Fat 5.9g Sat Fat 1.4g Carbs 4.4g Fiber 1.5g

Seared Sea Scallops and Arugula Salad

Optavia: *1/4 of this recipe is 1 lean, 2 green, 1 condiment and 1 healthy fat*

Weight Watchers Points: 5

Calories 229 Protein 34.3g Fat 6.4g Sat Fat 0.5g Carbs 6.3g Fiber 0.6g

Greek Style Scallops

Optavia: $\frac{1}{4}$ of this recipe as prepared is 1 lean, $\frac{1}{4}$ green, $\frac{1}{2}$ a healthy fat and 3 condiments.

Weight Watchers Points: 5

Calories 216 Protein 35.5g Fat 3.7g Sat Fat 1.6g Carbs 8.7g Fiber 1.1g

Grilled Salmon with Lime Butter

Optavia: 5 oz. of salmon & $\frac{1}{2}$ T of butter is 1 lean, 1 condiment and 1 healthy fat.

Weight Watchers Points: 6

Calories 238 Protein 27.6g Fat 14.5g Sat Fat 4.9 Carbs 0g Fiber 0g

Cinnamon Chipotle Shrimp

(a 10-minute meal)

Optavia: $\frac{1}{4}$ of this recipe is 1 lean, $\frac{1}{2}$ green, 2 condiment and 1 healthy fat.

Weight Watchers Points: 5

Calories 284 Protein 45.6g Fat 8g Sat Fat 1.6 Carbs 4.8g Fiber .5g

Tuscan Broiled Snapper

Optavia: $\frac{1}{4}$ of this recipe is 1 lean, 1 condiment and $\frac{1}{2}$ green.

Weight Watchers Points: 3

Calories 262 Protein 52.6g Fat 3.5g Sat Fat 0.7 Carbs 1.8g Fiber 0.5g

San Francisco Seafood Stew

Optavia: 7 ounces of seafood is 1 lean. $\frac{1}{4}$ of the broth & vegetables is 1 green, 2 condiments and $\frac{1}{2}$ a healthy fat.

Weight Watchers Points: 3

Calories 170 Protein 29.6g Fat 2g Sat Fat 0.4 Carbs 6.6g Fiber 0.6g

Valencia Orange Broccoli Spears

Optavia: 1 C broccoli is 2 green servings and 1 healthy fat.

Weight Watchers Points: 2

Calories 67 Protein 2g Fat 5g Sat Fat 0 Carbs 6g Fiber 3g

Flank Steak Limon

Optavia: 5 oz of steak is 1 lean. Marinade is discarded and provides no significant nutritional value.

Weight Watchers Points: 2

Calories 237 Protein 38.7g Fat 8g Sat Fat 3g Carbs 0g Fiber 0g

Smoky Chipotle Pork & Mushroom Kebabs

Optavia: 5 oz of pork & 1 C of veggies are 1 lean, 1 condiment and 2 green. Marinade is discarded and provides no significant nutritional value.

Weight Watchers Points: 6

Calories 287 Protein 49.6g Fat 6.7g Sat Fat 2.2 Carbs 4.5g Fiber 0.8g

Garlic & Beer Grilled Chops

Optavia: 5 oz of pork is 1 lean and 1 condiment. Marinade is discarded and provides no significant nutritional value.

Weight Watchers Points: 4

Per Serving:

Calories 267 Protein 48.9g Fat 6.6g Sat Fat 2.2 Carbs 0g Fiber 0g

Seared Salmon on a bed of Lemony Garlic Leeks

Optavia: $\frac{1}{4}$ of this recipe is 1 lean, 1 condiment and 1 green.

Weight Watchers Points: 6

Calories 242 Protein 28.8g Fat 9g Sat Fat 1.3 Carbs 12.6g Fiber 1.6g

Braised Citrus Fennel

Optavia: 1 Cup of fennel is 2 greens and 3 condiments.

Weight Watchers Points: 2

Per serving: Calories 39 Protein 2.1g Fat 0.4g Sat Fat 0g Carbs 7.8g Fiber 2.8g

Roasted Red Pepper Dip & Asparagus Spears

Optavia: $\frac{3}{4}$ C of asparagus and $\frac{1}{4}$ C of dip are 2 green, 2 condiments and 1 healthy fat.

Weight Watchers Points: 3

Calories 65 Protein 3.3g Fat 3.7g Sat Fat: 2.2 Carbs 6.4g Fiber 2.5g

Soy Glazed Kale

Optavia: 1C kale (1/4 of this recipe) is 1 green, 3 condiment & 1 healthy fat.

Weight Watchers Points: 2

Calories 50 Protein 2.5g Fat 1.5g Sat Fat 0 Carbs 7.7g Fiber 1.4g

Broccoli Parmesan with Olives

Optavia: 1C of broccoli is 2 green, 2 condiment and 1 healthy fat.

Weight Watchers Points: 2

Calories 64 Protein 4.3g Fat 2.6g Sat Fat 0.7 Carbs 7.6g Fiber 2.8g

Curried Cauliflower with Tomatoes

Optavia: 1/4 of this recipe is 3 greens and 1 condiment.

Weight Watchers Points: 2

Calories 33 Protein 2.4g Fat 0.2g Sat Fat 0 Carbs 7.1g Fiber 3g

Hearty "Un-stuffed" Cabbage

(Slow Cooker recipe)

Optavia: 7 ounces of meatballs and 1C of cabbage/tomatoes are 1 lean, 2 green and 3 condiments.

Weight Watchers Points: 6

Calories 264 Protein 34.5g Fat 12.3g Sat Fat 3.8g Carbs 4.8g Fiber 1.9g

Smoky & Sweet Chipotle Brisket

(Slow cooker recipe)

Optavia: 5 ounces of beef is 1 lean and 1 condiment.

Weight Watchers Points: 5

Calories 263 Protein 43g Fat 8.8g Sat Fat 3.3g Carbs 0g Fiber 0g

Fresh Citrus Grilled Chicken

Optavia: 6 ounces of chicken is 1 lean and 1 condiment. Marinade is discarded and provides scant nutritional value.

Weight Watchers Points: 3

Calories 214 Protein 41.1g Fat 4.3g Sat Fat 1.2 Carbs 0g Fiber 0g

Easy Thai Coconut Chicken Curry

Optavia: 6 ounces of chicken is 1 lean, 2 green, 1 condiment and 1 healthy fat and 1 condiment.

Weight Watchers Points: 5

Calories 299 Protein 50.9g Fat 5.9g Sat Fat 1.8 Carbs 8.9g Fiber 2.7g

Asian Chicken and Vegetables

(a one dish meal)

Optavia: 1/4 of this recipe is 1 lean, 2 green, 2 condiments and 1 healthy fat.

Weight Watchers Points: 6

Calories 351 Protein 51g Fat 10g Sat Fat 2.1 Carbs 6.1g Fiber 2.2g

N'Orleans Poached Creole Chicken

Optavia: 1/4 of this recipe is 1 lean, 2 1/4 green, 2 condiment & 1 healthy fat.

Weight Watchers Points: 4

Calories 228 Protein 37.6g Fat 4.6g Sat Fat 0g Carbs 7.4g Fiber 2.2g

Zesty Chicken, Sausage and Capers

Optavia: 1/4 of this recipe is 1 lean, 1 green & 2 condiment.

Weight Watchers Points: 5

Calories 264 Protein 38.7g Fat 10.3g Sat Fat 2.6g Carbs 3g Fiber 1.2g

Valencia Orange Pork Stir Fry

Optavia: 1/4 of this recipe is 1 lean, 1 1/2 green, 1 healthy fat & 2 condiment.

Weight Watchers Points: 5

Calories 241 Protein 38.7g Fat 6.7g Sat Fat 1.9g Carbs 5.4g Fiber 1.8g

Sesame Pan Seared Scallops

Optavia: 1/4 of this recipe is 1 lean, 1 healthy fat & 2 condiment.

Weight Watchers Points: 5

Calories 232 Protein 33.8g Fat 7.5g Sat Fat 1g Carbs 5.4g Fiber 0.4g

Orange Scented Beef & Broccoli

Optavia: 5 oz. of beef and 1 C broccoli is 1 lean and 1 green and 1 healthy fat. Marinade is drained off and adds insignificant nutritional value to the dish.

Weight Watchers Points: 5

Calories 212 Protein 26.7g Fat 8.8g Sat Fat 3.2g Carbs 6.5g Fiber 2.5g

Stacey Hawkins Signature Burgers

Optavia: *1/4 of this recipe is 1 lean, 1 condiment and 1/2 green.*

Weight Watchers Points: 3

Calories 217 Protein 45g Fat 3.8g Sat Fat 0.9g Carbs 1.1g Fiber 0.2g

Stuffed Eggplant Provençale

Optavia: *1/4 of this recipe is approximately 1 lean, 1 healthy fat, 2 green and 3 green options (includes the stuffing only- not the additional eggplant of the shell.)*

Weight Watchers Points: 5

Calories 277 Protein 46.4g Fat 8.5g Sat Fat 1.5g Carbs 5.2g Fiber 2.3g

Tuscan Tomato Salad

Optavia: *1/2 C salad is 1 green, 1 condiment and 1 healthy fat.*

Weight Watchers Points: 2

Calories 57 Protein 1.8g Fat 4.7g Sat Fat 0g Carbs 5.5g Fiber 1.1g

Grilled Chicken & Prosciutto Roulades

Optavia: *1/4 of this recipe is 1 lean, 1/4 green, 1 healthy fat and 2 condiments*

Weight Watchers Points: 5

Calories 254 Protein 37.8g Fat 9.3g Sat Fat 0.7g Carbs 2.4g Fiber 0.4g

Roasted Lemony Garlic Green Beans

Optavia: *1/4 of this recipe is 2 green, 1 healthy fat and 1 condiment.*

Weight Watchers Points:

Calories 75 Protein 2g Fat 4.7g Sat Fat 0g Carbs 8g Fiber 3.8g

Additional Slow Cooker Recipes Collection

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Succulent Italian Style Pot Roast

Optavia: 5 ounces of beef and ½ C of tomatoes are 1 Lean, 1 Condiment and 1 Green option.

Weight Watchers Points: 6

Calories 322 Protein 47.6g Fat 12g Sat Fat 4.3 Carbs 3.5g Fiber 1.1g

Fresh Lemony Artichokes with Dill*

Weight Watchers Points: 2

Calories 30 Protein 2.1g Fat 0.1g Sat Fat 0g Carbs 6.7g Fiber 3.5g

Fajita Stew

Optavia: 5 ounces of beef and 1C of the vegetable mixture are one lean and 2 green options

Weight Watchers Points: 6

Calories 309 Protein 52.2g Fat 7.3g Sat Fat 2.5g Carbs 6.3g Fiber 1.3g

Taj Mahal Chicken

Optavia: 7 ounces of chicken and 1 C of the vegetables are 1 lean, 3 condiment and 2 green options.

Weight Watchers Points: 5

Calories 290 Protein 51.5g Fat 5.5g Sat Fat 1.5g Carbs 6.8g Fiber 2.2g

Molto Mangia Chicken

Optavia: 7 ounces of chicken and 1 C of the vegetables are 1 lean, 3 condiment and 2 green options.

Weight Watchers Points: 5

Calories 283 Protein 45.4g Fat 6.1g Sat Fat 2.2g Carbs 10g Fiber 4.8g

Poached Salmon Steaks

Optavia: 5 ounces of fish is 1 lean option

Weight Watchers Points: 3

Calories 188 Protein 27.5g Fat 8.8g Sat Fat 1.3g Carbs 0g Fiber 0g

Shrimp Marinara

Optavia: 1 cup of shrimp mixture is approximately ½ lean, ½ green and ½ healthy fat option, depending on the size of the shrimp. Separate shrimp and tomatoes and weigh/measure for accurate measurement.

Weight Watchers Points: 5

Calories 294 Protein 48.9g Fat 7.2g Sat Fat 1.3g Carbs 6.5g Fiber 1.7g

Zesty Vegetable Medley

Optavia: 1 C of vegetables is 1 green and 2 condiments.

Weight Watchers Points: 1

Calories 24 Protein 1g Fat 0.2g Sat Fat 0g Carbs 5.5g Fiber 1.8g

Spanish Pork Stew with Green Olives

Optavia: ¼ of this recipe is 1 lean, 3 condiment and ½ green.

Weight Watchers Points: 6

Calories 226 Protein 23.8g Fat 13g Sat Fat 4.6g Carbs 2.6g Fiber 0.9g

Chicken with Sun-Dried Tomatoes & Artichokes

Optavia: 5 ounces of chicken ¼ of vegetable mixture is 1 lean, 1 green and 3 condiments.

Weight Watchers Points: 5

Calories 236 Protein 33.7g Fat 5.7g Sat Fat 0.3g Carbs 13.3g Fiber 5.6g

Stacey Hawkins Signature Classic Roasted Chicken

Optavia: 6 ounces white meat or 5 ounces of dark meat is 1 Lean option.

Weight Watchers Points: 5

Calories 269 Protein 41g Fat 10.5g Sat Fat 3.9g Carbs 0g Fiber 0g

South of the Border Turkey Fiesta

Optavia: 6 ounces of turkey and 1 cup of vegetables are 1 lean, 1 condiment and 2 green options.

Weight Watchers Points: 4

Calories 279 Protein 53.8g Fat 5.4g Sat Fat 0g Carbs 8.5g Fiber 1g

Cinnamon Chipotle Turkey Sloppy Joes

Optavia: ¼ of this recipe is 1 lean, 1 ½ green and 2 condiments

Weight Watchers Points: 4

Calories 276 Protein 53.9g Fat 4.6g Sat Fat 1.1g Carbs 5.8g Fiber 1.5g

Asian Pot Roast

Optavia: 5 ounces of beef is one lean and 1 condiment.

Weight Watchers Points: 4

Calories 255 Protein 44.9g Fat 7g Sat Fat 2.4g Carbs 0g Fiber 0g

Shrimp Jambalaya

Optavia: ¼ of this recipe is 1 lean, 2 ½ green and 2 condiment options.

Weight Watchers Points: 6

Calories 273 Protein 43.2g Fat 5.1g Sat Fat 1.5g Carbs 12.2g Fiber 2.4g

Peppers, Tomatoes & Green Bean salad with Balsamic

Mosto Cotto & Sun Dried Tomatoes

Optavia: ¼ of this recipe is 2 ½ green, 1 healthy fat and 3 condiments

Weight Watchers Points: 5

Calories 115 Protein 2.2g Fat 7.7g Sat Fat 1.0g Carbs 11.8g Fiber 4.1g

Garden Fresh Tomato Sauce with

Steamed Spaghetti Squash

Optavia: ½ C of sauce with 1 C of squash are 3 green and 2 condiments.

Weight Watchers Points: 3

Sauce Calories 29 Protein 1.5g Fat 0.3g Sat Fat 0g Carbs 6.5g Fiber 1.7g

Squash Calories 31 Protein 0.7g Fat 0g Sat Fat 0g Carbs 7g Fiber 0.7g

Simple Chicken Curry

Optavia: ¼ of this recipe is 1 lean, 3 green and 3 condiments.

Weight Watchers Points: 5

Calories 301 Protein 51.9g Fat 5.5g Sat Fat 1.5g Carbs 9.7g Fiber 3.4g

Mediterranean Stuffed Peppers

Optavia: 1 stuffed pepper with sauce is 1 lean, 2 green and 3 condiments.

Weight Watchers Points: 8

Calories 329 Protein 37.5g Fat 18.6g Sat Fat 4.1g Carbs 8.7g Fiber 2.7g

Rosemary and Sage Pork Tenderloin with

Wild Mushrooms

Optavia: 5 ounces of tenderloin and ½ C mushrooms are 1 lean, 1 condiment and 1 green option.

Weight Watchers Points: 3

Calories 210 Protein 38.2g Fat 5.1g Sat Fat 1.7g Carbs 1.2g Fiber 0.4g

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