

MEAL PLAN: Breakfast/Lunch/Dinner/Snacks

The Warrior Lifestyle Meal Plan is designed to supplement your learning modules and home based workouts with an exciting, balanced list of meals that you can choose from in order to help improve your health, lose weight and inches, and get SNATCHED.

To complete our program's meal plan, you must first figure out which weight category you would fall within. Our weight categories range from people who weigh 100-122 Lbs to people who weigh over 330 lbs, so there's a category for most all size and body types.

Current Weight In lbs	Current Weight In kg's	Calories Per Day
100-122 lbs	45-55 kg's	1200 Calories
122-155 lbs	55-70 kg's	1300 Calories
155-188 lbs	70-85 kg's	1400 Calories
188-220 lbs	85-100 kg's	1500 Calories
220-265 lbs	100-120 kg's	1600 Calories
265-330 lbs +	120 - 150 kg's +	1700 Calories

Once you find your weight, the next step is identifying the associated amount of daily calories that you will be allotted. For example, a 160 lb person would be allotted 1400 daily calories as their weight falls between the range of 155lbs-188lbs.

Now that you know where you fall within the amount of daily calories, you have to pick a day each week to select which meals add up to the correct amount of daily calories and then select your weekly shopping list based on those meals. For the 160lb person, a great breakfast, lunch, and dinner can consist of:

Breakfast: Breakfast Recipe 2 - Veggie Muffin Omelet (387 Calories)

Lunch: Lunch Recipe 3 - Romaine Lettuce Boats w/ Chicken (400 Calories)

Dinner: Dinner Recipe 4 - Tuscan Tuna Swiss Wrap (400 calories)

If your breakfast, lunch, dinner, and snacks do not total up to your allotted amount of calories for that day, you can then use our 100 calorie snack list to fill in the gaps and get to your daily allotted amount of calories. With the example above, our three main meals add up to approximately 1200 calories, meaning we need about 200 more calories to be within our daily range. Now let's look at the 100 calorie snack list. You may want to keep it simple, and opt for 1 KIND Bar Mini and 1 banana (~100 calories each) to help fill out your additional 200 calories. These snacks can be eaten between your meals (with a tall glass of water!) to help keep hunger at bay and keep you within your calorie guidelines for the day.

Please Note These plans are set at caloric deficits, which are for individuals intending on losing weight, and not for individuals seeking to maintain or gain weight.

The meals given within our meal plan allow for a variety of healthy dishes meant to be prepared in advance and packaged for you to easily grab throughout your weekly routine. Using our supplied calendar, choose one or two days (a "rest day" is a good day for this) and allow those to be your shopping days. Looking through our meal list, you can then build your own personal shopping list using our curated list of breakfasts, lunches, dinners, and snacks similarly to the example above. With the supplied calendar, total your daily target calories for each day to be sure that you will not go over your allotted amount of calories by a large amount.

The Warrior Lifestyle meal plan is based on controlling caloric intake, which is the first step in rebuilding your body from the ground up. Please do not forget that controlling caloric intake is a mental process as much as it is physical, which means that there will be times when you won't want to follow the plan. This is completely normal when forming habits, but the key to it is to actually form good habits. Unless there is a medical or otherwise harmful issue, we urge you to continue on your path of total mind and body fitness. Long distance runner Steve Prefontaine said it best "to give anything less than your best is to sacrifice the gift". We've got you though Warriors! Please know that we are here with you every step, helping you to use the keys to unlock the body and life you WANT.

BREAKFAST

Breakfast Recipe 1

Toasted Avocado Bread with Egg and Fresh Fruit (393 Calories)

Serving Size: 1

Ingredients:

- 1 Slice of Ezekiel Sprouted Bread* (Cinnamon raisin Ezekiel bread is fine too)
- 1/4 Avocado
- Pink Himalayan Sea Salt
- 2 Teaspoons Coconut/ Olive Oil
- Coarse Black Pepper
- Boiled Egg
- 1/2 Cup Blueberries
- 1/2 Grapefruit

Method: Toast the bread. Mash Avocado on top of toast. Sprinkle with oil and slice and season boiled egg with salt and pepper. Serve with blueberries and Grapefruit.

Note: Avocados can be substituted for raw almond butter

Breakfast Recipe 2

Veggie Muffin Omelet (387 Calories)

Serving Size: 2 muffins is 1 serving

Ingredients:

- 2 eggs beaten in bowl
- Veggie Prep Ziplock Bag of Spinach, Roma tomatoes, and mushrooms
- Olive oil 2 teaspoon divided
- Fat Free Cooking Spray
- Pink Himalayan sea salt
- Coarse Black Pepper
- 1/2 Roma Tomato
- Spinach leaves (handful shredded)
- 1/4 Cup low-fat Cheese (optional)
- 1 Slice of Ezekiel toast*

Method: Scramble eggs in bowl and add Ziplock of prepared veggies. Season with salt and black pepper. Using a muffin tin, spray with cooking spray and pour mixture into muffin molds. Preheat oven to 355 and cook for 15 minutes or until fully cooked. Top with cheese. Serve with roasted Ezekiel bread and drizzle olive oil over toast. Serve 2 muffins with 1/2 Grapefruit.

Note: You can double or even triple this recipe, if you'd like to have this breakfast for a few days out of the week. The egg muffins hold up well in the refrigerator and can be reheated with ease. This is the perfect breakfast for that "Always on the Go" person. Just grab your container, reheat and be on your way.

Breakfast Recipe 3:

Breakfast BLT Salad (402 Calories)

Serving Size: 1

Ingredients:

- 1 Cup Shredded Kale or spinach
- 2 teaspoons Olive Oil
- Pink Sea Salt
- Coarse Black Pepper
- 2 Large Boiled eggs (already prepared with breakfast prep)
- 4 strips turkey bacon (already prepared with breakfast prep)
- 10 grape tomatoes, halved
- 1/8 Avocado

Method: Massage salt and olive oil into Kale to soften. Sauté a few minutes until it wilts. Place in a bowl/Meal Prep container Retrieve boiled eggs (cut in half) tomatoes and avocado from the refrigerator and place on top of kale. Crumble the turkey bacon on top and season Kale with pink salt and pepper. Enjoy.

Breakfast Recipe 4:

Green Citrus Energy Smoothie (390 Calories)

Serving Size: 1

Ingredients:

- 2 handfuls baby spinach
- 4 TB hemp protein powder
- 2 Large Mandarin Oranges and 1 Grapefruit already prepped in Ziplock bags)
- 1 Tb chia Seeds
- 1 1/2 Cups water

Method: Blend all ingredients in a blender, pour into a shaker cup and be on your way. **Note:** All ingredients except protein powder can be stored in advance in Ziplock bags for a easy, grab and go breakfast that will start your day off with a high energy boost!

Breakfast Recipe 5:**Banana Protein Pancakes (399 Calories)**

Serving Size: 2 pancakes -- this recipe makes 6 pancakes

Ingredients:

- 1 Large ripe banana mashed
- 2 eggs
- 1/4 Scoop Vanilla Whey Protein Isolate
- 1/8 teaspoon baking powder
- 2 Tablespoons Pure Maple Syrup

Method: Warm a skillet on the stove with non stick cooking spray. Mix all ingredients together, except maple syrup. Pour Small amounts of Pancake batter into hot pan and wait 20 to 30 seconds before flipping. Drizzle with Maple Syrup.

Note: This recipe makes 3 servings of pancakes, 6 pancakes total. These ask also, Be makes ahead of time and placed in containers, for an easy grab and go Morning.

Breakfast Recipe 6

Apple Cinnamon Oatmeal w/ flaxseed (317 Calories)

Serving Size: 1

Ingredients:

- 1/3 Cup plain rolled oats
- 1 medium apple sliced
- 1 TB ground flaxseed powder
- 1 TB Pure Maple Syrup
- 1 teaspoon Ground Cinnamon
- 1/2 Grapefruit

Method: Cook the oats with water, according to directions on packaging. Stir in flaxseed and top with apple slices. Drizzle with Maple Syrup over it and sprinkle with cinnamon. Serve with Grapefruit.

Note: Eating 1/2 a grapefruit twice a day can help you to lose up to 1 lb or more a week. However, If you have history of high blood pressure. It is not recommended for you to have grapefruit on a daily basis. Instead opt for other fruits that are allowed and remember to always consult your physician before beginning any diet/ exercise regimen.

Breakfast Recipe 7 **Vegan Option******

Cucumber Avocado Toast (250 Calories)

Serving size 1

Ingredients:

- 2 slices whole wheat bread
- 4 tablespoons mashed avocado
- 1 teaspoon lemon juice
- 1 cucumber, sliced
- A few basil leaves, chopped
- Pink sea Salt and pepper, to taste

Method:

1. Mix mashed avocado with lemon juice.
2. Slather mashed avocado on each bread slice.
3. Place chopped basil leaves and cucumber slices.
4. Sprinkle salt and ground black pepper.
5. Eat either that way or sandwich the two bread slices.

Breakfast Recipe 8 **Vegan Option******

Fluffy Vegan Pancakes (325 Calories)

Serving Size: 3

Ingredients:

- 1/2 cup unsweetened applesauce

- 1 1/4 cup oat flour (rolled oats ground in a blender)
- 1/2 cup non-dairy milk
- 2 tsps lemon juice
- 2 tbsps maple syrup
- 1/2 tsp baking powder
- 1/2 tsp baking soda
- 1/4 tsp pink sea salt
- 1 tsp vanilla extract

Method:

1. Combine all ingredients in a blender.
2. Blend till combined. Don't over blend.
3. Heat a non-stick skillet over medium-high heat.
4. Pour about 1/3 cup of batter into the pan. Since it is quite thick, spread/ smooth into a circle.
5. Cook for 2-3 minutes on the first side. When you can easily slide a spatula under, flip. Cook for another 2-3 minutes. Remove from pan.
6. Repeat until all the batter is gone.
7. Top with fruit, hemp seeds, and maple syrup. Enjoy!

Breakfast Recipe 9 **Vegan Option**

Healthy Breakfast Sandwich (317 Calories)

Serving Size: 1

Ingredients:

- 1 vegan sausage patty (We recommend Morning Star or GimmeLean vegan sausage)
- 1/2 a whole wheat English muffin
- A handful of kale
- Olive oil
- Lemon juice (small squeeze)
- Small piece of Shallot optional
- Pink sea salt and black pepper
- Slice of tomato

Method:

1. Heat 1 vegan sausage patty on stove top according to package.
2. Chop kale and shallot and sauté in 1 teaspoon of olive oil, until wilted
3. Mix 1/8 of an avocado with a squeeze of lemon juice (1TB) and season with pink sea salt and black pepper
4. Spread avocado mixture on the muffin, add cooked vegan sausage patty, tomato slice and the kale mixture. Enjoy!

Breakfast Recipe 10 **Vegan Option**

Vegan breakfast burrito (293 Calories)

Serving Size: 1

Ingredients:

- Vegan flour tortilla
- Sliced Portabella mushroom
- 1/4 cup of cooked (prepared) brown rice
- Red peppers, onions and bell pepper slices
- 3TB salsa
- 1/8 Avocado
- Spinach leaves 1/2 cup
- Vegan sausage/bacon(morning star or preferred brand) (optional)
- Olive oil 1tsp.
- Lime juice 1-2TB
- Pink sea salt, black pepper

Method:

1. Heat olive oil in a skillet and add peppers, onions, and mushrooms and allow to cook down until tender.
2. Add cooked rice to the mixture and spinach leaves.
3. Squeeze lime juice over reduced mixture. (If adding a vegan meat substitute, heat the patty at this time according to package directions and set to the side)
4. Remove and place all ingredients in a vegan wrap (if you have leftovers, keep this for your prep for another day).
5. Top with salsa, pink sea salt and avocado. Roll up and enjoy. Mixture can be prepared ahead and just fill the burrito the morning of, to make more time in the mornings.

LUNCH

Lunch Recipe 1

Chicken Avocado BLT Wraps (350 Calories)

Serving Size: 1

Ingredients:

- Avocado
- 1 8 inch Low Carb, Whole Wheat Tortilla
- 2/3 Cup baby Spinach Leaves
- 2 ounces Cooked Chicken Breast (already proportioned in Ziplock bags)

- 4 Cherry tomatoes halved
- 2 slices turkey bacon (already prepared and stored in Ziplock bags)
- 1/2 Cup Grapes, already stored

Method: Spread avocado on tortilla, top with spinach, chicken, tomatoes and bacon. Serve with grapes.

Lunch Recipe 2

Greek Goddess Salad w/ Chicken (390 Calories)

Serving Size: 1

Dressing Ingredients:

- Avocado pitted and peeled
- 1 1/2 cups buttermilk
- 1/4 cup cups fresh chopped herbs (cilantro, parsley)
- 2 TB Rice Vinegar
- 1/2 teaspoon pink sea salt

To prepare dressing: Place buttermilk, avocado, herbs, vinegar and salt in a blender and purée until smooth (makes 1 3/4 cups of dressing) Store in fridge.

Salad Ingredients:

- 3 Cups Chopped Romaine lettuce
- 1 Cup sliced cucumbers
- 1/2 Cup diced low-fat Swiss Cheese (2 ounces)

- 6 Cherry tomatoes halved
- 2 ounces of pre portioned shredded chicken

Method: 1. Toss lettuce and cut bets in a bowl w/ 1 Tb dressing. Top with chicken and tomatoes.

Lunch Recipe 3

Romaine Lettuce Boats w/ Chicken (400 Calories)

Serving Size: 1 (3 boats)

Ingredients:

- 4 ounces shredded chicken (already prepared and portioned in Ziplock bags)
- 3 Romaine hearts
- Greek Goddess Dressing (already prepared and stored in Ziplock bags)
- 10 Cherry tomatoes
- Low-fat Swiss
- Black Pepper
- Pink sea salt
- Oregano
- 1 Clementine

Method: Divide shredded Chicken on Romaine hearts and assemble, tomatoes, cheese, oregano, black pepper, dressing 1 TB divided, and pink sea salt on top of lettuce boats. Serve with 1 clementine. **Note:** Any of the protein in these recipes can be substituted for your protein of choice. The hope is to give you a variety of

options and healthy alternatives and allow you to create your own magical recipes, using these ingredients as a calorie counting blueprint.

Lunch Recipe 4

Southwest Chipotle Salad bowl (350 Calories)

Serving Size: 1

Ingredients:

- Kale (3 Cups)
- Grape Tomatoes or store brought Salsa
- Roasted Bell Peppers and red onions
- Brown Rice 1/2 Cup
- Lime the juice of 1 whole
- Corn (2 fresh cobs, shucked off the ear)
- 1 Tb Greek yogurt
- 7 oz. grilled Shrimp
- 1/4 Cup of shredded low fat cheddar cheese
- Avocado 1/4 sliced
- Black Beans (Tb)

Method: Grill Shrimp in 1 teaspoon olive oil and set to the side. Heat corn and black beans over heat in a pan until corn has blackened spots. Squeeze lime juice over the brown rice and place on the bottom of bowl/ container. Top with a handful of kale, 2 TB of roasted corn and Black Beans. Place Grilled shrimp on top and top with salsa (tomatoes) 1 Tb Greek yogurt, 1 Tb Cheese and roasted red peppers. Enjoy.

Note: This recipe can be prepared in advance and stored in airtight containers for easy grab and go throughout the week.

Lunch Recipe 5

Caesars Shrimp & Spinach Salad (380 Calories)

Serving Size: 1

Ingredients:

- 4 Ounces of shrimp
- 2 cups of spinach
- 1/4 Avocado
- Pink sea salt
- Coarse Black pepper
- Light Caesar Dressing 2 TB
- Grape tomatoes
- Sweet potato 4. Ounces

Method:

1. remove and warm roasted sweet potatoes (already prepared and stored in Ziplock bags)
2. Season shrimp and sauté Using 1 TB Light Caesar Dressing until cooked.
3. Toss spinach, grape tomatoes, pink sea salt and black pepper in remaining dressing and top with avocado and shrimp.
4. Serve with sweet potato.

Lunch Recipe 6

Baked Lemon & Herb Salmon with Avocado and Red potato (400 Calories)

Serving Size: 1

Ingredients:

- Salmon 4 oz.
- Fresh dill and parsley chopped
- Medium red potato
- 1 teaspoon coconut oil
- Lemon 1/4
- Pink sea salt
- Coarse Black Pepper
- Avocado 1/8

Method: Preheat oven to 350. Season Salmon with salt, pepper, squeezed lemon and chopped herbs (1-2Tb). Place fish in the oven for 15 minutes. While fish is cooking, cook potato in microwave. Remove fish from the oven when it flakes with a fork. Cut open medium red potato and drizzle with coconut oil and avocado. Enjoy.

Lunch Recipe 7 **Vegan Option******

Crispy Vegan "fish" tacos ((330 Calories (Recipe makes 6, you can store leftovers for later meal lunch prep))

Serving size 2

Ingredients:

- 1 pkg. Gardein fishless filets
- 1 tsp. oil or lime juice
- 6 medium-sized corn tortillas

- 1/2 cup guacamole or 1 avocado, sliced
- Diced onion (optional)
- chopped cilantro (optional)
- jalapeño slices (optional)
- lime juice (optional)

Method:

- Cook the fishless filets according to package directions.
- Warm the oil in a pan over medium heat. Place a tortilla in the pan and cook, turning once, until softened.
- Remove from the pan and spread with 1 tablespoonful of the guacamole.
- Cut the cooked fishless filets into strips and place 3 strips on the tortilla. If desired, top with diced onion, chopped cilantro, and jalapeño slices and drizzle with lime juice.
- Repeat with the remaining tortillas.
- Serve with salsa, vegan sour cream, or vegan tartar sauce.
- Makes six tacos total, additional tacos can be stored safely and eaten later

Lunch Recipe 8 **Vegan Option**

Rice, Bean and Kale Bowl with Lemon Dill Tahini (375 Calories)

Serving size 1

Ingredients:

- **1/4 can black beans**

- **1/4 cup tahini or hummus**
- **2 TB lemon juice**
- **1 Tbsp fresh dill**
- **1/2 cup cooked brown rice**
- **1 bunch kale, steamed**
- **1 Tsp vegan Parmesan (optional)**

Method:

- **Heat the black beans in a medium saucepan on medium heat.**
- **Mix the tahini, lemon juice, and dill together in small container until the consistency resembles dressing.**
- **Layer the cooked brown rice, black beans, and steamed kale in a bowl and top with the tahini dressing. Sprinkle with vegan Parmesan and enjoy!**

Lunch Recipe 9 **Vegan Option******

Vegan Greek Salad (250 Calories)

Serving size 4

Ingredients:

- **1/2 red onion**
- **1 cucumber**
- **1 green pepper**
- **4 tomatoes**

- **Vegan tofu Feta cheese**
- **40 black olives**
- **1 tbsp oregano**
- **Extra virgin olive oil**
- **Salt and pepper to taste (optional)**

Method:

1. Toss all ingredients together with desired amount of extra virgin olive oil, salt and pepper, until well mixed.

Lunch Recipe 10 **Vegan Option******

Yummy Vegan Sandwich (336 Calories)

Serving size 1

Ingredients:

- 2 slices of sprouted whole-grain bread
- 2 tablespoons hummus
- 3 thin slices of cucumber
- 2 thin slices of tomato
- 3 slices of avocado
- 1/4 cup alfalfa sprouts
- 1/4 cup grated carrots

Method:

- 1. Toast your bread (Watching your carb intake? Substitute bread for Romaine lettuce boats)**
- 2. Spread one tablespoon of hummus on each slice of bread, layer up your veggies, and enjoy!**

DINNER

Dinner Recipe 1

15 minute Chicken Shawarma Bowls (375 Calories/serving)

Serving Size: 4

Ingredients:

- 12 ounces skinless, boneless rotisserie chicken breast, shredded (about 3 cups)
- 2 teaspoons olive oil
- 3/4 teaspoon kosher salt, divided
- 1/2 teaspoon cumin, divided
- 1/8 teaspoon paprika
- 1/2 cup plain 2% reduced-fat Greek yogurt
- 1 tablespoon fresh lemon juice
- 1 tablespoon tahini (sesame seed paste)
- 1 teaspoon minced garlic 1 (8.5-oz.) pkg. precooked farro
- 2 cups chopped English cucumber
- 2 cups halved cherry tomatoes
- 1 (15-oz.) can unsalted chickpeas, rinsed and drained
- 2 tablespoons chopped fresh parsley
- 1/4 teaspoon freshly ground black pepper

Method: Place chicken and oil in a large bowl; toss to coat. Combine 1/2 teaspoon salt, 1/4 teaspoon cumin, and paprika in a bowl. Add spice mixture to chicken mixture; toss to coat.

Combine remaining 1/4 teaspoon salt, remaining 1/4 teaspoon cumin, yogurt, lemon juice, tahini, and garlic in a small bowl. Set aside.

Heat farro according to package directions. Place 1/2 cup farro in each of 4 bowls. Top each serving with about 3/4 cup chicken mixture, 1/2 cup cucumber, 1/2 cup tomatoes, about 1/3 cup chickpeas, and 2 1/2 tablespoons Greek yogurt mixture. Top with parsley and black pepper.

Note: The above recipe has a detailed list of ingredients. However, the serving size is for 4 bowls, so it's well worth the effort, seeing as though you'd have 4 different Dinner/Lunch meals already prepared.

Dinner Recipe 2

Turkey Stuffed Peppers (375 Calories)

Serving Size: 1 Pepper -- this recipe makes 4 peppers

Ingredients:

- 4 large multicolored bell peppers, (tops cut off diced and set to the side) peppers hollowed and seeded
- 1 pound lean ground turkey
- 3/4 cup cooked brown rice
- 1/3 cup seasoned breadcrumbs
- 3/4 cup reduced-sodium marinara sauce,
- 1/4 cup minced onion
- ounce grated Parmesan cheese (about 1/4 cup)
- 3 tablespoons chopped parsley

- 2 teaspoons tomato paste
- 1/4 teaspoon pink sea salt
- Coarse Black pepper
- 1 large egg, beaten
- 1 garlic clove, minced
- 1/2 cup water
- 1 ounce shredded mozzarella cheese (about 1/4 cup)

Method: Combine chopped pepper tops with ground turkey, cooked brown rice, breadcrumbs, 1/4 cup marinara sauce, onion, Parmesan cheese, parsley, tomato paste, salt, black pepper, egg, and garlic. Mix thoroughly.

Stuff about 1 cup ground turkey mixture into each pepper. Pour 1/2 cup water into bottom of baking pan. Stand stuffed peppers upright on the tray. Cover each pepper top with 2 tablespoons marinara sauce. Cover and cook on broil. Watch carefully, 15 minutes. Open the oven and , top with mozzarella cheese, and remove when it's nice and bubbly.

Note: This recipe makes 4 Peppers at 380 calories a piece. You can either cut each one in half and see if it's filling enough to enjoy and serve with a nice Kale salad on the side or simply enjoy the fact that this is a low carb recipe.

Dinner Recipe 3

Greek Chopped Pita Salad (400 Calories)

Serving Size: 1

Ingredients:

- 2 cups romaine lettuce
- 2 tablespoons crumbled feta cheese

- 1/2 cup canned garbanzo beans, rinsed and drained
- 1/2 cup cucumber, sliced
- 1 whole wheat pita, chopped
- 2 tablespoons low-fat vinaigrette
- 3 ounces of grilled protein of choice

Method: Combine all ingredients in a bowl and enjoy.

Dinner Recipe 4

Tuscan Tuna Swiss Wrap (400 calories)

Serving Size: 1 wrap -- this recipe makes 2

Ingredients:

- 3 ounces light tuna, drained
- 2 tablespoons fresh parsley, chopped
- 1/2 lemon, juiced
- 1 tablespoon olive oil
- 1/2 cup diced tomatoes
- Dash of salt and pepper
- 2 whole wheat low carb tortillas
- 1/2 cup baby spinach

- 2 slices of low fat Swiss cheese

Method: Combine tuna with parsley, lemon, oil, tomatoes, salt, and pepper. Wrap in tortillas, with sliced cheese and top with spinach. This makes two whole tortilla wraps (2 servings). You can eat one and serve with Progresso light canned soup in order to stay under 400 calories for a recipe.

Dinner Recipe 5

Ranch Chicken Chipotle Flatbread (330 Calories)

Serving Size: 2

Ingredients:

- 1 large flatbread (I prefer flat out, this brand can be found at Krogers and other local markets)
- 2 teaspoons olive oil
- 1/2 cup shredded low fat mozzarella cheese (or any other favorite cheese such as monterey jack or pepperjack for a spicier version)
- 1 boneless skinless chicken breast, pounded flat
- salt and pepper, to taste
- 2-3 slices cooked bacon chopped (pork or turkey optional)
- 1/2 avocado, sliced or diced
- 1/2 red pepper, diced
- 1 tablespoon cilantro leaves, chopped
- 1/4 cup light ranch dressing
- 1 teaspoon chipotle seasoning

Method: Preheat oven to 350 degrees. Season chicken with salt and pepper to taste. Cook in a pan or skillet on the stove over medium-high heat for about 3-4 minutes each side or until cooked through. Dice chicken and set aside. Brush flatbread with teaspoon olive oil. Sprinkle with shredded cheese. Top with chicken, red peppers, and bacon. Place on a lightly greased sheet of foil and bake on the oven rack for 10-15 minutes until cheese is completely melted. While flatbread is baking, whisk together ranch dressing and chipotle seasoning. When flatbread is finished baked, top with avocado, cilantro, and crushed red pepper flakes. Drizzle with chipotle ranch dressing and serve immediately.

Dinner Recipe 6

Healthy Chicken Fajitas and Peppers (395 Calories)

Serving Size: 2 Wraps -- Recipe makes 4 wraps

Ingredients:

- 1.5 lbs boneless and skinless chicken breasts; cut into ¼" thick slices
- 2 red peppers; cut into thin strips
- 2 yellow or orange peppers; cut into thin strips
- ½ large yellow onion; cut into thick slices
- 1 Tbsp. olive oil
- Marinade
- 1 Tbsp. olive oil
- 2 Tbsp fresh squeezed lemon juice
- 1.5 teaspoon pink Himalayan salt
- 1.5 tsp dried oregano
- 1.5 tsp ground cumin

- 1 tsp garlic powder
- ½ tsp chili powder
- ½ tsp paprika
- ½ tsp crushed red pepper flakes

Method:

1. Prepare your chicken by cutting it into strips, and place into a Ziplock bag. In a small bowl, whisk together the ingredients for your marinade, then pour finished marinade over your chicken.

2. Seal Ziplock bag and set chicken aside.

3. On a clean cutting board, prepare your peppers and onions. In a large non-stick skillet, heat 1 Tbsp. of olive oil and add in your prepared peppers and onion, cooking on medium/high heat until peppers are tender and onion is turning translucent.

4. Remove finished peppers from skillet and place into a large mixing bowl.

5. In the same skillet, cook chicken over medium-high heat for 6 minutes or until no longer pink. 6. Return pepper mixture to pan to heat through.

7. Serve fajitas as is, or use romaine lettuce leaves in place of tortillas or low carb wraps work well (by Mission)

8. Top with salsa and freshly chopped cilantro (optional)

Note: If you wanted to make this recipe simpler, look for a low sodium searing pack of taco seasoning and substitute for all the above seasonings. This recipe can also, be prepared in advance and will last through the week for the perfect meal prep to go!

Dinner Recipe 7 **Vegan Option**

Vegetarian West African Peanut Soup (400 Calories)

Serving size 4

Ingredients:

- 6 cups low sodium vegetable broth

- 1 medium red onion, chopped
- 2 tablespoons peeled and minced fresh ginger
- 4 cloves garlic, minced
- 1 teaspoon salt
- 1 bunch collard greens (or kale), ribs removed and leaves chopped into 1-inch strips
- $\frac{3}{4}$ cup unsalted peanut butter (chunky or smooth)
- $\frac{1}{2}$ cup tomato paste*
- Hot sauce, like sriracha (AKA rooster sauce)
- $\frac{1}{4}$ cup roughly chopped peanuts, for garnish

Method:

1. In a medium Dutch oven or stock pot, bring the broth to a boil. Add the onion, ginger, garlic and salt. Cook on medium-low heat for 20 minutes.
2. In a medium-sized, heat-safe mixing bowl, combine the peanut butter and tomato paste, then transfer 1 to 2 cups of the hot stock to the bowl. Whisk the mixture together until smooth, then pour the peanut mixture back into the soup and mix well. Stir in the collard greens and season the soup with hot sauce to taste.
3. Simmer for about 15 more minutes on medium-low heat, stirring often. Serve over cooked brown rice if you'd like, and top with a sprinkle of chopped peanuts.

Dinner Recipe 8 **Vegan Option**

Hummus Quesadillas (400 Calories)

Serving size 4

Ingredients:

- **One 8-inch whole grain tortilla (or gluten-free tortilla for gluten-free quesadillas)**
- **¼ to ⅓ cup hummus of choice**
- **Fillings of your choice example: a handful of sautéed spinach in olive oil, rinsed oil-packed sun-dried tomatoes, and some thinly sliced Kalamata olives)**
- **Extra-virgin olive oil, for brushing**
- **Optional, for serving: additional hummus, hot sauce, pesto,**

Method:

1. **Spread hummus generously over your tortilla. Lightly cover one-half of the tortilla with fillings of your choice. Fold the blank half over to create a half-moon shape. Repeat if you'd like to make more than one quesadilla; you can cook up to two at a time in the same skillet.**
2. **Warm a medium skillet and brush one side with 1 tsp olive oil, cook on low, until golden and browned and flip and repeat on the other side until it is lightly golden and crisp.**
3. **Serve immediately. You might like to add some additional hummus, guacamole or salsa on the side, or perhaps some hot sauce or a dab of pesto.**

Dinner Recipe 9 **Vegan Option******

Spiced Fresh Tomato Soup with Herb Pitas (325 Calories)

Serving size 4

Ingredients:

- **2 tbsp. olive oil**
- **1 large onion**
- **1 large red pepper (both chopped)**
- **1/2 tsp. salt**
- **2 cloves garlic**
- **1 jalapeño**
- **1 1-inch piece ginger**
- **2 tsp. ground coriander**
- **1 tsp. ground cumin**
- **2 1/2 lb. tomatoes (roughly chopped)**
- **2 1/2 c. water**
- **2 pocketless pitas**
- **Topping for pitas - 1 Tb. Coconut oil, chopped cilantro, pink sea salt, chopped parsley**

Method:

1. **Make soup:** Heat large Dutch oven on medium-low. Add olive oil, then onion, red pepper, and salt, and cook, covered, stirring occasionally, until tender, 8 to 10 minutes.
2. Meanwhile, finely grate garlic, jalapeño, and ginger. Add to onion and cook, stirring, 1 minute. Stir in ground coriander and ground cumin and cook 1 minute.

3. Add tomatoes and water; increase heat and simmer, partially covered, 10 minutes. While tomatoes are cooking, toast 2 pocketless pitas.
4. Using immersion blender (or standard blender, in batches), puree soup until smooth.
5. Brush herb mixture on pitas and serve alongside hot soup.

Dinner Recipe 10 **Vegan Option******

Crockpot Veggie Chili (375 Calories)

Serving size 6

Ingredients:

- Whole yellow onion
- 1 can black beans
- 2 cans red kidney beans
- 1 can pinto beans
- 1 bag frozen chopped corn
- 2 cans diced tomato
- 2 green peppers
- 4 cloves garlic
- Low-fat Sour cream
- 1 green onion bunch
- Cheese (**CAN'T EAT IF VEGAN -- OPT FOR CHEESE SUBSTITUTE**)

Method:

1. Sauté onion, garlic, and peppers (diced) together in pan with light olive oil.

2. Add all ingredients to crock pot with Veggie Stock Low Sodium (Using low sodium beef stock will add more flavor)
3. Season with chili powder, oregano leaves, garlic powder, little bit of cumin.
4. Top with low-fat sour cream, green peppers, and light cheese. Cook on crock-pot on medium-high for 4-5 hours.

Dinner Recipe 11 **Vegan Option**

Spaghetti Squash with Roasted Mushrooms (400 Calories)

Serving size 2 or 3

Ingredients:

- squash
- tomato spaghetti sauce
- yellow onion
- green pepper
- mushrooms
- diced tomatoes canned

Method:

1. Preheat oven to 375 F
2. Cut Spaghetti Squash down center and scoop out seeds
3. Place Squash on pan upside down and bake for 45-50 min with olive oil, and season squash with oregano, thyme, and parsley and little seasoning salt
4. Sauté shrimp with complete seasoning, garlic powder, pepper, and light salt
5. When squash is done, use a fork to separate the noodle strings
6. In medium saucepan, sautee all diced veggies with olive oil- adding diced tomatoes last, and seasoning with oregano
7. In a small square dish, layer pan with squash, spaghetti sauce, veggies, on each layer.

8. Bake entire dish for 20-30 minutes after

Dinner Recipe 12 **Vegan Option**

Quinoa Chickpea Taco Bowls (400 Calories)

Serving size: 1

Ingredients:

- 1 cup dry quinoa cooked according to package directions
- 15 ounces chickpeas rinsed and drained
- 1 tbsp olive oil
- 1 tbsp lime juice
- 1 tbsp cumin
- 1 tsp Chili Powder
- 1 tsp paprika
- 1/2 tsp Sea Salt
- 1/2 tsp onion powder

Ingredients (Pico De Gallo)

- 2 large tomatoes diced
- 1/2 cup cilantro chopped
- 3 tbsp onion finely minced
- 1-2 tbsp lime juice to taste
- 1 Jalapeno minced or to taste

- 1/4 tsp Sea Salt

Method:

1. Preheat oven to 400 degrees F.
2. Rinse and drain chickpeas, and then add to a bowl. Drizzle with olive oil and lime juice, and then sprinkle on the spices. Mix to combine and evenly coat the chickpeas.
3. Spread chickpeas out on a baking tray, and bake for 20 minutes.
4. Prepare pico de gallo by mixing together all ingredients. Adjust salt, lime and jalapenos to taste.
5. Prepare meals by layering quinoa, chickpeas, and pico de gallo, and any other healthy vegetable toppings as desired.

Notes:

*Ezekiel bread may be substituted for half of a whole wheat English muffin or 1 slice of whole wheat toast

SNACKS

100(ish) Calorie Snack Ideas

- **1 oz. Mozzarella Cheese + 1 Small tomato + 1 tsp. balsamic Vinegar = 100 Calories**
- **5 Celery Sticks + 1 teaspoon peanut butter/almond butter = 171 Calories**
- **2 oz. Sliced Deli Turkey + 8 Green Apple Wedges = 157 Calories**
- **3 oz. Cooked Shrimp + 1 TB Cocktail Sauce = 100 Calories**
- **1/2 Cup Sliced Fresh Peaches + 10 oz. prosciutto = 100 Calories**
- **1 teaspoon Nutella + 1 Rice Cake + 1/2 Small banana = 100 Calories**

- **2 cups popcorn (kernels placed in a brown paper bag and microwaved) + Pink sea Salt + 1 Square of Real Dark Chocolate 85% Cacao= 100 Calories**
- **KIND Bar Mini, Peanut Butter Dark Chocolate = 100 Calories**
- **1 Banana = 105 Calories**
- **1 toasted piece of wheat bread + 1 TB honey mustard + 2 slices of Turkey = 100 Calories**

Monthly Challenge

There will be a monthly challenge encouraging others to do specific tasks in order to help improve their nutritional health. For the first month, the challenge will be to drink a gallon of water a day for one week (but hopefully the whole month!)