

WWL

WARRIOR LIFESTYLE

MEAL PLAN

MONTH 1

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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 (358 Calories)

Serving Size: 1

Ingredients:

- 1 Slice of Ezekiel Sprouted Bread or any whole wheat or whole grain bread
- 1/4 Avocado
- Pink Himalayan Sea Salt
- 2 Teaspoons Coconut/ Olive Oil
- Coarse Black Pepper
- 1 Boiled Egg or sliced cucumbers
- 1/2 Cup Blueberries
- 1/2 Grapefruit

Method: Toast the bread. Mash avocado in a side dish and spread on top of toast. Sprinkle with oil. Slice and season the boiled egg with salt and pepper. Serve with blueberries and grapefruit on the side.

Note: Avocados can be substituted for raw almond butter

Breakfast Recipe 2

Veggie Muffin Omelet (343 Calories)

Serving Size: 2 muffins is 1 serving

Ingredients:

- 2 eggs beaten in bowl
- Veggie Prep Ziplock Bag of Spinach, Roma tomatoes, and mushrooms
- 2 teaspoons Olive Oil
- 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 or any whole wheat or whole grain bread

Method: Scramble eggs in a bowl and add bag of prepared veggies. Season with salt and black pepper. Spray a muffin tin with cooking spray and pour mixture into the muffin molds. Preheat oven to 355 and cook for 15 minutes or until eggs are done, they should be firm not runny. Top with cheese. Serve with roasted Ezekiel bread and drizzle olive oil over toast. Serving size is 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. Also, try experimenting with other veggies to your liking, bell peppers and onions can be substituted or added to change the flavor.

Breakfast Recipe 3:

Breakfast BLT Salad (352 Calories)

Serving Size: 1

Ingredients:

- 1 Cup Shredded Kale or spinach
- 2 teaspoons Olive Oil
- Himalayan Pink Sea Salt
- Coarse Black Pepper
- 1 Large Boiled egg prepped ahead of time (optional)
- 3 strips turkey bacon (already prepared with breakfast prep)
- 10 grape tomatoes, halved
- 1/4 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 and set aside. 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.

Note: To prep avocado, remove skin and seed and cut into 4 equal slices. You only need one slice for this recipe so save other slices for other recipes. Avocados are tasty and healthy but they are high in calories. Please stick to the recipe measurement.

Breakfast Recipe 4:

Green Citrus Energy Smoothie (398 Calories)

Serving Size: 1

Ingredients:

- 2 Cups Baby Spinach
- 2 Scoops Hemp Protein Powder
- 2 Large Mandarin Oranges and 1/2 Grapefruit already prepped in Ziplock bags)
- 1 Tbsp 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 (253 Calories per serving)

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-top and add nonstick 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 2 servings of pancakes, 6 pancakes total. These can also be made ahead of time and placed in containers, for easy grab and go.

Breakfast Recipe 6

Apple Cinnamon Oatmeal w/ flaxseed (324 Calories)

Serving Size: 1

Ingredients:

- 1/3 Cup Plain Rolled Oats
- 1 Medium Apple (Sliced)

- 1 TBSP 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 and sprinkle with cinnamon. Serve with a side of grapefruit.

Breakfast Recipe 7 Vegan Option Cucumber Avocado Toast (242 Calories)

Serving size 1

Ingredients:

- 2 Slices Whole Wheat Bread
- 1/4 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 (225 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 maple syrup.

Breakfast Recipe 9 Vegan Option

Healthy Breakfast Sandwich (323 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
- 1 Teaspoon 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 (428 Calories) Serving Size: 1**

Ingredients:

- Vegan flour tortilla
- Sliced Portabella mushroom
- 1/4 cup of cooked (prepared) brown rice
- 1/2 Cup Red peppers, onions and bell pepper slices
- 3TBSP salsa
- 1/8 Avocado
- 1/2 cup Spinach Leaves
- Vegan sausage/bacon (morning star or preferred brand) (optional)
- 1TSP Olive Oil
- 1-2 TBSP Lime Juice
- Pink sea salt and 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 (395 Calories)

Serving Size: 1

Ingredients:

- 1/4 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 (316 Calories)

Serving Size: 1

Dressing Ingredients: (22 Calories Per Tablespoon)

- 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 (56g) of pre portioned shredded chicken

Assembly: Toss lettuce, cucumbers and cheese in a bowl. Add in 1 tablespoon of dressing. Top with chicken and tomatoes. Salad dressing is 22 Calories per tablespoon, so be aware of how much you use.

Lunch Recipe 3

Romaine Lettuce Boats w/ Chicken (451 Calories)

Serving Size: 1 (3 boats)

Ingredients:

- 2 ounces (56g) shredded chicken (already prepared and portioned in Ziplock bags)
- 3 Romaine lettuce hearts
- Greek Goddess Dressing (check lunch 2 for recipe)
- 10 Cherry tomatoes
- 2 TBSP Parmesan, Shredded Cheese
- Black Pepper
- Pink sea salt
- Oregano
- 1 Clementine

Method: Divide shredded Chicken on Romaine hearts and assemble, tomatoes, cheese, oregano, black pepper, dressing (3tsp), 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 (460 Calories)

Serving Size: 1

Ingredients:

- 1 Cup Kale

- 4 Grape Tomatoes or 2 tbsp store brought Salsa
- 1/2 Roasted Bell Pepper and 1/2 red onion
- 1 Cup Cooked Brown Rice
- The Juice of 1 Lime
- 3tbsp Corn (shucked off the ear)
- 4 Large Shrimp
- 1 TBSP Shredded Low Fat Cheddar Cheese
- 2 TBSP Cooked or canned Black Beans
- Avocado 1/4 sliced
- 1 TSP Olive Oil

Method: Cook Shrimp in 1 tsp olive oil and set to the side. Using the same pan, add corn black beans, bell peppers and onions, cook for 10 minutes. Squeeze lime juice over cooked brown rice and place on the bottom of container. Top with kale, roasted corn, black beans, bell peppers, onions, shrimp, salsa or tomatoes, avocados and cheese.

Note: This is a perfect meal prep recipe. It can be prepared in advance and stored in airtight containers and refrigerated for the week.

Lunch Recipe 5

Caesars Shrimp & Spinach Salad (304 Calories)

Serving Size: 1

Ingredients:

- 4 Ounces of shrimp
- 2 cups of spinach
- 1/4 Avocado
- Pink sea salt
- Coarse Black pepper
- 2 TBSP light Caesar Dressing
- 4 Grape or Cherry Tomatoes
- 4 Ounces Cooked Sweet Potato

Method:

remove and warm roasted sweet potatoes (already prepared and stored in resealable bags) season shrimp and sauté on stove-top using 1 tbsp light Caesar dressing until cooked.

Toss spinach, grape tomatoes, pink sea salt and black pepper in remaining dressing and top with avocado and shrimp. Serve with sweet potato.

Lunch Recipe 6

Baked Lemon & Herb Salmon with Avocado and Red potato (359 Calories)

Serving Size: 1

Ingredients:

- 4 oz. Salmon
- 1TBSP Fresh dill, chopped

- 1 TBSP Parsley, Chopped
- Medium red potato
- 1 tsp organic cold pressed coconut oil
- 1/2 Lemon, Juiced
- Pink Sea Salt
- Coarse Black Pepper
- Avocado 1/8

Method: Preheat oven to 350 degrees. Season Salmon with salt, pepper, squeezed lemon and chopped herbs (1-2 tbsp). 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.

Lunch Recipe 7 Vegan Option

Crispy Vegan "fish" tacos (320 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
- 1/4 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 (469 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 (151 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:

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

Chipotle Chicken with Pineapple Salsa (265 Calories/serving)

Serving Size: 2

Ingredients:

- 4 boneless, skinless chicken thighs
- 3/4 tsp chipotle powder
- 1/2 tsp garlic powder
- 1/2 tsp ground cumin
- Juice from 1 lime
- 2 tsp avocado oil
- 1/4 cup red onion, diced
- 1/2 cup fresh pineapple, diced
- 1 small jalapeno, seeded and diced
- 2 tablespoons fresh cilantro leaves, roughly chopped
- Juice from 1/2 lime

Method: Heat oven to 350F. Trim fat from chicken thighs. In a small bowl, combine chipotle powder, garlic, and cumin. Squeeze lime over the tops of chicken thighs and sprinkle heavily with the spice blend. Heat an oven-proof skillet on the stove over high heat. Sear chicken thighs in the skillet, about 2 minutes per side. Place skillet in the oven to finish cooking. Chicken is done when a thermometer inserted in the center reads 165F. Prepare the salsa, combine red onion, pineapple, jalapeno, cilantro, and lime in a bowl. Serve chicken with pineapple salsa.

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

Method: Preheat oven to 375°. In a large skillet over medium-high heat, heat oil. Cook turkey until brown, add onion and garlic and cook for 4 minutes, then season with salt. In a medium bowl combine chopped pepper tops with ground turkey, cooked brown rice, breadcrumbs, 1/4 cup marinara sauce, parmesan cheese (save some cheese to top peppers with once cooked), parsley, tomato paste, salt, black pepper and egg. Stuff turkey mixture into each pepper. Pour 1/2 cup water into bottom of baking pan. Stand stuffed peppers upright on the tray. Bake until peppers are tender, and mixture is warmed through, about 28 to 30 minutes. Top with mozzarella cheese and place back in oven until cheese is nice and bubbly.

Note: This recipe makes 4 Peppers at 459 calories a piece.

Dinner Recipe 3

Greek Chopped Pita Salad (521Calories)

Serving Size: 1

Ingredients:

- 2 cups romaine lettuce
- 2 tablespoons crumbled feta cheese
- 1/4 cup canned garbanzo beans, rinsed and drained
- 1/2 cup cucumber, sliced
- 1 whole wheat pita, chopped
- 2 tablespoons low-fat vinaigrette
- 2 ounces of grilled protein of choice

Method: Combine all ingredients in a bowl and enjoy.

Dinner Recipe 4

Tuscan Tuna Swiss Wrap (321 calories per serving)

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.

Dinner Recipe 5

Ranch Chicken Chipotle Flatbread (773 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

Chili Lime Chicken Bowl (562 Calories)

Serving Size: 6 servings with 4 oz. of chicken each

Ingredients:

- 3 lbs. Boneless Skinless Chicken Breasts, cut into cubes
- 6 tbsp. Olive Oil
- 3 tbsp. Red Wine Vinegar
- Juice From 2 Limes
- 2 tsp. Chili Powder
- 1 tsp. Paprika
- 1 tsp. Garlic powder
- 1 tsp. Kosher Salt
- Fresh Cracked Pepper, to taste

Method:

In a large resealable bag, combine olive oil, vinegar, lime juice, chili powder, paprika, garlic powder, salt and pepper.

Cut chicken into cubes and add to marinade once cooled. Marinate for 2 hours or up to overnight.

Preheat oven to 400F. Pour marinated chicken onto baking sheet and bake in preheated oven for 20 minutes, or until chicken is cooked through.

Serve with ½ cup cooked brown rice and cup of steamed broccoli (or other green vegetable, do not add butter to vegetables)

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

- ¾ cup unsalted peanut butter (chunky or smooth)
- ½ cup tomato paste*
- Hot sauce, like sriracha (AKA rooster sauce)
- ¼ 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

Lemon Baked Swai, Sweet Potatoes and Brussel Sprouts (338 Calories)

Serving size 1

Ingredients:

- Serving size: 1
- Ingredients:
- 4 oz. Swai or of fish of choice
- 4oz. one sweet potato
- 1 lemon
- 1 tsp paprika
- 1 tsp lemon pepper seasoning
- 1 tsp pink sea salt
- 5 Brussel sprouts
- 1tbsp olive oil

Method:

1. Preheat oven to 425 F and bake sweet potato for 25-40 minutes or until tender.
2. Rinse and cut Brussel sprouts in half. Season with pink sea salt, paprika and lemon pepper seasoning. drizzle with olive oil and turn face down on baking sheet, then place in oven.
3. Season fish with lemon pepper seasoning, paprika and pink sea salt.
4. Bake fish in the oven at 425 F for 15-20 minutes or until fish flakes with fork.
5. Remove fish squeeze lemon over the top.

Dinner Recipe 9**Peppered Beef and Broccoli (686 Calories)**

Serving size 4

Ingredients:

- 4 oz. of steak
- 2 cloves of garlic
- 1 tbsp brown sugar
- 1 tbsp soy sauce (or liquid amino acids)
- 1/2 cup of steamed rice
- 1 cup of steamed broccoli
- 1 tsp olive oil
- pink sea salt

- black pepper

Method:

1. Preheat oven to 425.
2. Season steak with black pepper and pink sea salt. In medium pan add olive oil and steak, cook until brown. Add broccoli to skillet and combine sugar, soy sauce and garlic, reduce down.
3. Serve over steamed ½ a cup cooked rice.

Dinner Recipe 10 **Vegan Option**

Crockpot Veggie Chili (375 Calories)

Serving size 6

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
- ¾ cup unsalted peanut butter (chunky or smooth)
- ½ cup tomato paste*
- Hot sauce, like sriracha (AKA rooster sauce)
- ¼ cup roughly chopped peanuts, for garnish

Method: In a medium pot, bring the broth to a boil. Add the onion, ginger, garlic and salt. Cook on medium-low heat for 20 minutes. In a medium-sized, heat-safe mixing bowl, combine the peanut butter and tomato paste, then 1 to 2 cups of the hot stock from the pot 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. 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 11 **Vegan Option**

Hummus Quesadillas (400 Calories)

Serving size 2 or 3

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

Method:

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.

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. Serve immediately.

Dinner Recipe 12 **Vegan Option**
Veggie Crockpot Chili (523 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
- Vegan cheese

Method:

Sauté onion, garlic, and peppers (diced) together in pan with light olive oil.
Add all ingredients to crock pot with Veggie Stock Low Sodium (Using low sodium beef stock will add more flavor)

Season with chili powder, oregano leaves, garlic powder, little bit of cumin.
Top with low-fat sour cream, green peppers, and light cheese. Cook on crock-pot on medium-high for 4-5 hours.

Dinner Recipe 13 Vegan Option

Spaghetti Squash with Roasted Mushrooms (249 Calories)

Serving size 2 or 3

- 2 pounds spaghetti squash
- 2 tablespoons extra virgin olive oil
- 2 cups button mushrooms (chopped bite size)
- 2 cloves garlic (finely chopped)
- 1 tablespoons fresh thyme
- 1/4 cup Parmesan cheese (grated)
- handful flat leaf parsley (finely chopped)
- salt and pepper (to taste)

Method:

1. Preheat oven to 375F
2. In a or large pan add olive oil, garlic and thyme. Cook for 2 minutes over high heat and add mushrooms. Cook until mushrooms are golden brown (about 7-8 minutes). Turn off the heat and set aside.
3. Wash the spaghetti squash under water and dry it. Put the spaghetti squash on a baking tray and pierce a the skin a few time using a knife. Bake for about 1 hour, until squash can be pierced with a knife. Alternatively, you can microwave the spaghetti squash. Instructions are at the bottom.
4. Take the squash out of the oven and let it cool to room temperature for about 15 minutes. Cut in half and get rid of the seeds. Use a fork to scrape the squash into strings.
5. Add the spaghetti squash strings to the skillet (or pan), turn the heat to high and quickly fry with mushrooms. Sprinkle parmesan while sautéing for a minute.
6. Turn the heat off, top with parsley and season with salt and pepper. Serve.

INSTRUCTIONS FOR MICROWAVING SPAGHETTI SQUASH:

Place the spaghetti squash on a microwave safe plate or other microwave safe container covered with a damp cloth or paper towel. Place the cut side down (skin facing up). Microwave on high for 10 minutes.

Take the spaghetti squash out of the microwave and shred with a fork. If the squash is still hard, microwave for an additional 2-3 minutes, or until tender.

Dinner Recipe 14 Vegan Option

Quinoa Chickpea Taco Bowls (375 Calories)

Serving size: 1

Ingredients:

- 1 Cup 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:

Preheat oven to 400 degrees F. 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. Spread chickpeas out on a baking tray, and bake for 20 minutes.

Prepare pico de gallo by mixing together all ingredients. Adjust salt, lime and jalapenos to taste. Prepare meals by layering quinoa, chickpeas, and pico de gallo, and any other healthy vegetable toppings as desired.

SNACKS

100(ish) Calorie Snack Ideas

- 1 oz. Mozzarella Cheese + 1 Small Tomato + 1 tsp. Balsamic Vinegar = 100 Calories
- 5 Celery Sticks + 1 tsp Peanut Butter/Almond Butter = 171 Calories
- 2 oz. Sliced Deli Turkey + 8 Green Apple Wedges = 157 Calories
- 3 oz. Cooked Shrimp + 1 TBSP Cocktail Sauce = 100 Calories
- 1/2 Cup Sliced Fresh Peaches + 10 oz. Prosciutto = 100 Calories
- 1 Tsp 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 TBSP Honey Mustard + 2 Slices of Turkey = 100 Calories
- 1 cup of mixed berries (try raspberries, blueberries or blackberries) = 100 calories
- 6 saltine crackers with 2 teaspoons of peanut butter
- 1 apple = 116 calories
- 1 peach = 59 calories
- 1 pear = 80 calories
- 1 orange = 86 calories
- 1 mango = 202 calories
- 15 strawberries = 58 calories
- 1 serving natural-style beef jerky = 70 calories
- 1 lettuce roll-up stuffed with a single slice of ham or beef and cabbage, carrots, or peppers = 100 calories
- 1 small tomato salad: cubed tomato, sliced cucumber, sprinkled with feta, salt, and pepper = 100 calories
- 4-5 cucumber slices topped with cottage cheese and salt and pepper = 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!)