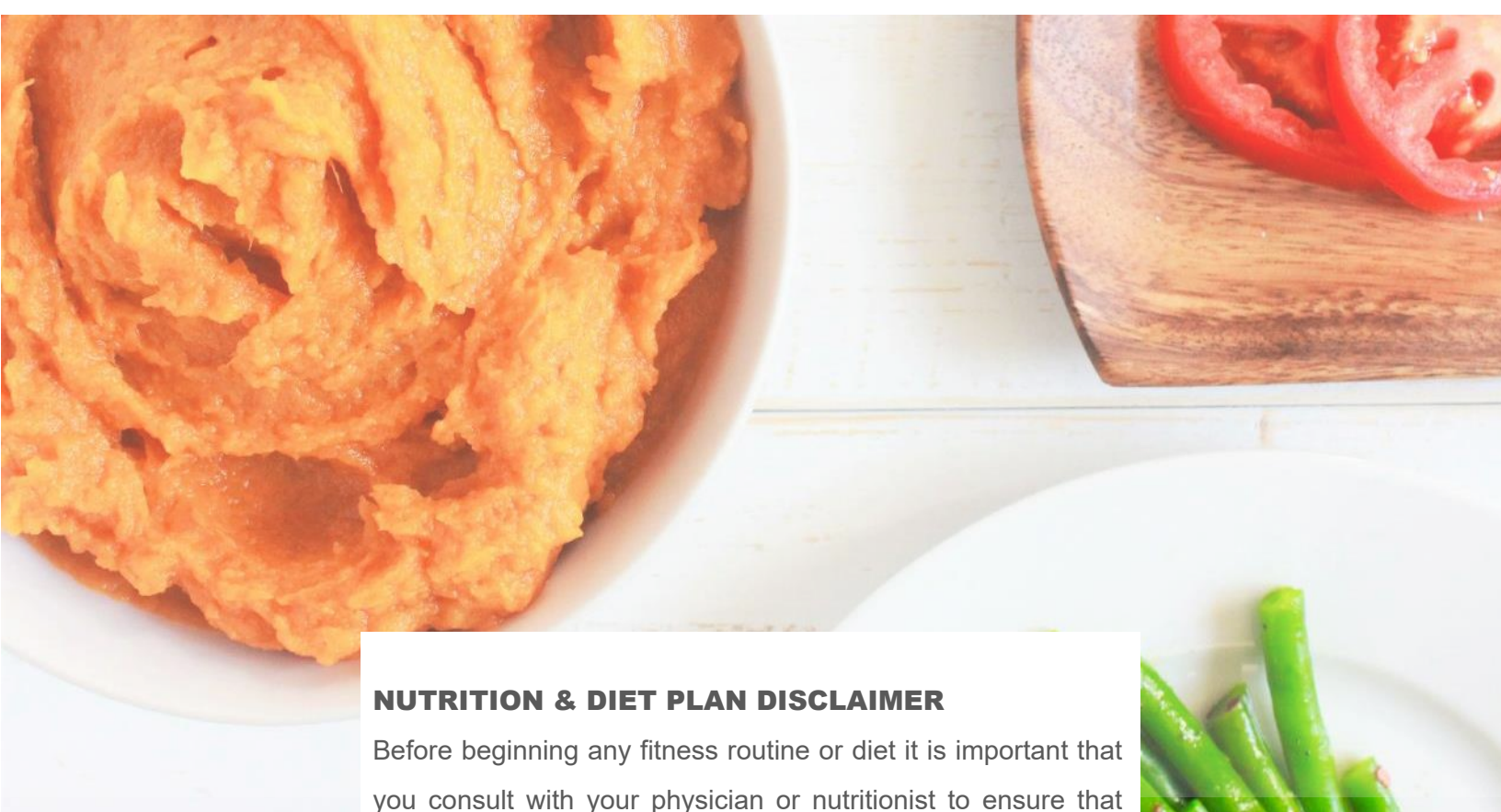




CLEAN EATING MEAL PLAN



NUTRITION & DIET PLAN DISCLAIMER

Before beginning any fitness routine or diet it is important that you consult with your physician or nutritionist to ensure that your health is not at risk. The information in meal plans, diet plans, recipes, nutrition advice, articles and services provided is not to be used as a substitute for consultation, evaluation or treatment by a physician, registered dietitian or nutritionist.

The services provided are not intended to be, and should not be construed as a substitute for medical advice nor can they be represented as a guarantee of improvement of specific conditions, weight loss or weight gain.

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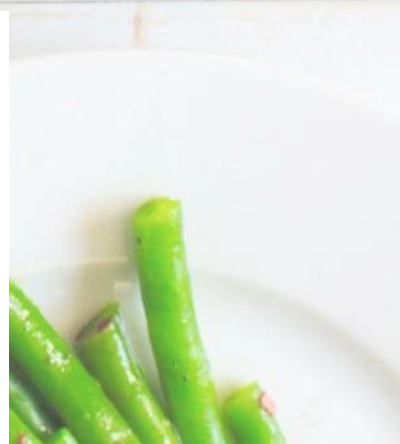


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MEAL PLAN OVERVIEW

WHAT'S IN THE MEAL PLAN

Grocery Lists

Easy to follow shopping lists and instructions for preparing your meals.

Tasty Menus

Each menu consists of 5 meals—breakfast, lunch, dinner and two snacks.

Macronutrient Info

Calorie, fat, protein, and carbohydrate information is included with each meal and recipe.

ABOUT THIS MEAL PLAN – MACRONUTRIENTS, CALORIES, DIETARY RESTRICTIONS

This meal plan is meant to provide you with an example of how to create a well-rounded meal plan that would help achieve your weight loss goals. Diet is a key component in achieving any fitness goal, however, there are several other factors that must be take into consideration when planning a weight loss regime including exercise routine, current body composition and basal metabolic rate.

CALORIES & MACRONUTRIENTS

This meal plan is based on a daily caloric goal of approximately **1,500 calories** with proteins, fats and carbohydrates accounting for **27%**, **30%** and **43%**, respectively of the calories.

Depending on your macronutrient needs you will need to adjust the quantities in the meals. If you don't know your macronutrient needs. consult with your Accountability Coach.

DIETARY RESTRICTIONS

This meal plan provides limited substitute suggestions for vegan and gluten-free diets.

Meal Plan Weeks 1 & 3

Based on approximately 1,500 calorie/day. Feel free to add additional spices, herbs and 0-calorie flavorings (like vanilla extract) to meals. Meal macros—calories (Cal), fats (F), proteins (P) and carbs (C) are shown in square brackets Eg. [Cal:193/F:16g/P:14g/C:7g]

Day 1	<p>Breakfast: 1 slice Whole Grain Toast; Tuna Salad, 2oz; 1 Hardboiled Egg; Green Smoothie [Cal:390/F:12g/P:46g/C:28g] Snack: 1 Banana; Peanut Butter, 1/2 Tbsp; 1 Hershey's Kiss - Dark Chocolate [Cal:174/F:5g/P:29g/C:7g] Lunch: Sweet Potato, steamed & mashed, 4 Oz; Grilled Chicken Breast, 3 Oz, Mixed Greens, 1/2 Cup with salt, pepper, lemon juice and 1/2 Tbsp olive [Cal:393/F:12g/P:41g/C:34g] Snack: Medium Apple, sliced; Peanut Butter, 1 Tbsp; Celery Sticks, 8 Oz [Cal:185/F:9g/P:40g/C:6g] Dinner: Turkey Chili, 2 Cups; Broccoli, steamed, 4 Oz; Blueberries, 1/4 cup [Cal:395/F:7g/P:63g/C:35g]</p>
Day 2	<p>Breakfast: Fat-free Plain Greek Yogurt, 1 Cup; Green Smoothie; 1/2 Haas Avocado, mashed & 1 slice Whole Grain Toast [Cal:387/F:8g/P:51g/C:33g] Snack: 1 Banana; Peanut Butter, 1/2 Tbsp; 1 Hershey's Kiss - Dark Chocolate [Cal:174/F:5g/P:29g/C:7g] Lunch: Curried Quinoa, 3/4 Cup; Chicken Leg, 4 Oz of meat; Garlic Sautéed Spinach, 3 Oz [Cal:405/F:13g/P:39g/C:35g] Snack: Almonds, 1 Oz & Raisins, 1 Tbsp [Cal:193/F:16g/P:14g/C:7g] Dinner: Kale Chick Pea Salad, 4 Oz; Baked Salmon, 4 Oz; Garlic Roasted Butternut Squash, 5 Oz [Cal:373/F:11g/P:48g/C:29g]</p>
Day 3	<p>Breakfast: Oatmeal (made with water), 1 Cup & Honey, 1 Tsp; 3 Egg Whites, Scrambled (use cooking spray); Green Smoothie; 1/2 Haas Avocado [Cal:398/F:10g/P:62g/C:23g] Snack: Almonds, 1 Oz & Raisins, 1 Tbsp [Cal:193/F:16g/P:14g/C:7g] Lunch: Sweet Potato, steamed & mashed, 4 Oz; Grilled Chicken Breast, 3 Oz, Mixed Greens, 1/2 Cup with salt, pepper, lemon juice and 1/2 Tbsp olive [Cal:393/F:12g/P:41g/C:34g] Snack: Fat-free Greek Yogurt, 1/2 Cup & Honey, 1 Tsp; Blueberries, 1/4 Cup; Almonds, 1/2 Oz [Cal:189/F:8g/P:19g/C:15g] Dinner: Turkey Chili, 2 Cups; Broccoli, steamed, 4 Oz; Blueberries, 1/4 cup [Cal:395/F:7g/P:63g/C:35g]</p>
Day 4	<p>Breakfast: Fat-free Plain Greek Yogurt, 1 Cup; Green Smoothie; 1/2 Haas Avocado mashed & 1 slice Whole Grain Toast [Cal:387/F:8g/P:51g/C:33g] Snack: 1 Banana; Peanut Butter, 1/2 Tbsp; 1 Hershey's Kiss - Dark Chocolate [Cal:174/F:5g/P:29g/C:7g] Lunch: Curried Quinoa, 3/4 Cup; Chicken Leg, 4 Oz of meat; Garlic Sautéed Spinach, 3 Oz [Cal:405/F:13g/P:39g/C:35g] Snack: Almonds, 1 Oz & Raisins, 1 Tbsp [Cal:193/F:16g/P:14g/C:7g] Dinner: Kale Chick Pea Salad, 8 Oz; Baked Salmon, 4 Oz; Garlic Roasted Butternut Squash, 5 Oz [Cal:373/F:11g/P:48g/C:29g]</p>
Day 5	<p>Breakfast: Oatmeal (made with water), 1 Cup & Honey, 1 Tsp; 3 Egg Whites, Scrambled (use cooking spray); Green Smoothie; 1/2 Haas Avocado [Cal:398/F:10g/P:62g/C:23g] Snack: Almonds, 1 Oz & Raisins, 1 Tbsp [Cal:193/F:16g/P:14g/C:7g] Lunch: Sweet Potato, steamed & mashed, 4oz; Grilled Chicken Breast, 3 Oz, Mixed Greens, 1/2 Cup with salt, pepper, lemon juice and 1/2 Tbsp olive [Cal:393/F:12g/P:41g/C:34g] Snack: Medium Apple, sliced; Peanut Butter, 1 Tbsp; Celery Sticks, 8 Oz [Cal:185/F:9g/P:40g/C:6g] Dinner: Turkey Chili, 2 Cups; Broccoli, steamed, 4 Oz; Blueberries, 1/4 Cup [Cal:395/F:7g/P:63g/C:35g]</p>
Day 6	<p>Breakfast: Fat-free Plain Greek Yogurt, 1 Cup; Green Smoothie; 1/2 Haas Avocado mashed & 1 slice Whole Grain Toast [Cal:387/F:8g/P:51g/C:33g] Snack: 1 Banana; Peanut Butter, 1/2 Tbsp; 1 Hershey's Kiss - Dark Chocolate [Cal:174/F:5g/P:29g/C:7g] Lunch: Curried Quinoa, 3/4 Cup; Chicken Leg, 4 Oz of meat; Garlic Sautéed Spinach, 3 Oz [Cal:405/F:13g/P:39g/C:35g] Snack: Almonds, 1 Oz & Raisins, 1 Tbsp [Cal:193/F:16g/P:14g/C:7g] Dinner: Kale Chick Pea Salad, 8 Oz; Baked Salmon, 4 Oz; Garlic Roasted Butternut Squash, 5 Oz [Cal:373/F:11g/P:48g/C:29g]</p>
Day 7	<p>Breakfast: 1 slice Whole Grain Toast; Tuna Salad, 2oz; 1 Hardboiled Egg; Green Smoothie [Cal:390/F:12g/P:46g/C:28g] Snack: Medium Apple, sliced; Peanut Butter, 1 Tbsp; Celery Sticks, 8 Oz; [Cal:185/F:9g/P:40g/C:6g] Lunch: CHEAT MEAL (EAT WHATEVER YOU WANT) Snack: Almonds, 1 Oz & Raisins, 1 Tbsp [Cal:193/F:16g/P:14g/C:7g] Dinner: Turkey Chili, 2 Cups; Broccoli, steamed, 4 Oz; Blueberries, 1/4 cup [Cal:395/F:7g/P:63g/C:35g]</p>

Gluten-Free: Use gluten-free bread for toast; **Vegan:** Replace eggs, meat/fish with beans, tempeh or your choice of meat

Meal Plan Weeks 2 & 4

Based on approximately 1,500 calorie/day. Feel free to add additional spices, herbs and 0-calorie flavorings (like vanilla extract) to meals. Meal macros—calories (Cal), fats (F), proteins (P) and carbs (C) are shown in square brackets Eg. [Cal:193/F:16g/P:14g/C:7g]

Day 1	<p>Breakfast: Oatmeal (made with water), 1 Cup & Honey, 1 Tsp; 3 Egg Whites, Scrambled (use cooking spray); Green Smoothie; 1/2 Haas Avocado [Cal:398/F:10g/P:62g/C:23]</p> <p>Snack: Almonds, 1 Oz & Raisins, 1 Tbsp [Cal:193/F:16g/P:14g/C:7]</p> <p>Lunch: Cauliflower, steamed, 6 Oz; Chicken Breast, grilled, 4.5 Oz; Mixed Green 1/2 Cup with 1/2 tbsp olive oil, lemon juice, salt & pepper [Cal:375/F:14g/P:22g/C:51g]</p> <p>Snack: Medium Apple, sliced; Peanut Butter, 1 Tbsp; Celery Sticks, 8 Oz [Cal:185/F:9g/P:40g/C:6]</p> <p>Dinner: Baked Tilapia, 6 Oz; Steamed String Beans, 4 Oz; Sweet Potato, Steamed & mashed, 4 Oz; 1/2 Orange [Cal:366/F:5g/P:48g/C:42g]</p>
Day 2	<p>Breakfast: Fat-free Plain Greek Yogurt, 1 Cup; Green Smoothie; 1/2 Haas Avocado mashed & 1 slice Whole Grain Toast [Cal:387/F:8g/P:51g/C:33]</p> <p>Snack: 1 Banana; Peanut Butter, 1/2 Tbsp; 1 Hershey's Kiss - Dark Chocolate [Cal:174/F:5g/P:29g/C:7g]</p> <p>Lunch: Kale Chick Pea Salad, 8 Oz; Sautéed Ground Turkey with Tomatoes, 4 Oz; 1/4 Haas Avocado [Cal:389/F:19g/P:35g/C:24g]</p> <p>Snack: Fat-free Greek Yogurt, 1/2 Cup & Honey, 1 Tsp; Blueberries, 1/4 Cup; Almonds, 1/2 Oz [Cal:189/F:8g/P:19g/C:15g]</p> <p>Dinner: Steamed Bok Choy, 8 Oz; Chicken Leg, baked, 4 Oz of meat; Tomato & Avocado Salad, 3/4 Cup; Blueberries, 1/2 Cup [Cal:341/F:11g/P:29g/C:32g]</p>
Day 3	<p>Breakfast: 1 slice Whole Grain Toast; Tuna Salad, 2oz; 1 Hardboiled Egg; Green Smoothie [Cal:390/F:12g/P:46g/C:28]</p> <p>Snack: Almonds, 1 Oz & Raisins, 1 Tbsp [Cal:193/F:16g/P:14g/C:7]</p> <p>Lunch: Cauliflower, steamed, 6 Oz; Chicken Breast, grilled, 4.5 Oz; Mixed Green 1/2 Cup with 1/2 tbsp olive oil, lemon juice, salt & pepper [Cal:375/F:14g/P:22g/C:51g]</p> <p>Snack: Medium Apple, sliced; Peanut Butter, 1 Tbsp; Celery Sticks, 8 Oz [Cal:185/F:9g/P:40g/C:6]</p> <p>Dinner: Baked Tilapia, 6 Oz; Steamed String Beans, 4 Oz; Sweet Potato, Steamed & mashed, 4 Oz; 1/2 Orange [Cal:366/F:5g/P:48g/C:42g]</p>
Day 4	<p>Breakfast: Oatmeal (made with water), 1 Cup & Honey, 1 Tsp; 3 Egg Whites, Scrambled (use cooking spray); Green Smoothie; 1/2 Haas Avocado [Cal:398/F:10g/P:62g/C:23]</p> <p>Snack: 1 Banana; Peanut Butter, 1/2 Tbsp; 1 Hershey's Kiss - Dark Chocolate [Cal:174/F:5g/P:29g/C:7g]</p> <p>Lunch: Kale Chick Pea Salad, 8 Oz; Sautéed Ground Turkey with Tomatoes, 4 Oz; 1/4 Haas Avocado [Cal:389/F:19g/P:35g/C:24g]</p> <p>Snack: Fat-free Greek Yogurt, 1/2 Cup & Honey, 1 Tsp; Blueberries, 1/4 Cup; Almonds, 1/2 Oz [Cal:189/F:8g/P:19g/C:15g]</p> <p>Dinner: Steamed Bok Choy, 8 Oz; Chicken Leg, baked, 4 Oz of meat; Tomato & Avocado Salad, 3/4 Cup; Blueberries, 1/2 Cup [Cal:341/F:11g/P:29g/C:32g]</p>
Day 5	<p>Breakfast: Fat-free Plain Greek Yogurt, 1 Cup; Green Smoothie; 1/2 Haas Avocado mashed & 1 slice Whole Grain Toast [Cal:387/F:8g/P:51g/C:33]</p> <p>Snack: Almonds, 1 Oz & Raisins, 1 Tbsp [Cal:193/F:16g/P:14g/C:7]</p> <p>Lunch: Cauliflower, steamed, 6 Oz; Chicken Breast, grilled, 4.5 Oz; Mixed Green 1/2 Cup with 1/2 tbsp olive oil, lemon juice, salt & pepper [Cal:375/F:14g/P:22g/C:51g]</p> <p>Snack: Medium Apple, sliced; Peanut Butter, 1 Tbsp; Celery Sticks, 8 Oz [Cal:185/F:9g/P:40g/C:6]</p> <p>Dinner: Baked Tilapia, 6 Oz; Steamed String Beans, 4 Oz; Sweet Potato, Steamed & mashed, 4 Oz; 1/2 Orange [Cal:366/F:5g/P:48g/C:42g]</p>
Day 6	<p>Breakfast: Oatmeal Pancakes, 1 Stack [Cal:459/F:13g/P:64g/C:23]</p> <p>Snack: 1 Banana; Peanut Butter, 1/2 Tbsp; 1 Hershey's Kiss - Dark Chocolate [Cal:174/F:5g/P:29g/C:7g]</p> <p>Lunch: Kale Chick Pea Salad, 4 Oz; Sautéed Ground Turkey with Tomatoes, 4 Oz; 1/4 Haas Avocado [Cal:389/F:19g/P:35g/C:24g]</p> <p>Snack: Fat-free Greek Yogurt, 1/2 Cup & Honey, 1 Tsp; Blueberries, 1/4 Cup; Almonds, 1/2 Oz [Cal:189/F:8g/P:19g/C:15g]</p> <p>Dinner: Steamed Bok Choy, 8 Oz; Chicken Leg, baked, 4 Oz of meat; Tomato & Avocado Salad, 3/4 Cup; Blueberries, 1/2 Cup [Cal:341/F:11g/P:29g/C:32g]</p>
Day 7	<p>Breakfast: Fat-free Plain Greek Yogurt, 1 Cup; Green Smoothie; 1/2 Haas Avocado mashed & 1 slice Whole Grain Toast [Cal:387/F:8g/P:51g/C:33]</p> <p>Snack: Almonds, 1 Oz & Raisins, 1 Tbsp [Cal:193/F:16g/P:14g/C:7]</p> <p>Lunch: CHEAT MEAL (EAT WHATEVER YOU WANT)</p> <p>Snack: Medium Apple, sliced; Peanut Butter, 1 Tbsp; Celery Sticks, 8 Oz [Cal:185/F:9g/P:40g/C:6]</p> <p>Dinner: Baked Tilapia, 6 Oz; Steamed String Beans, 4 Oz; Sweet Potato, Steamed & mashed, 4 Oz; 1/2 Orange [Cal:366/F:5g/P:48g/C:42g]</p>

Gluten-Free: Use gluten-free bread for toast; **Vegan:** Replace eggs, meat/fish with beans, tempeh or your choice of meat

Shopping List for Weeks 1 & 3

Fruits & Vegetables

Bananas
Bell Peppers
Blueberries
Broccoli
Butternut Squash
Cilantro
Crushed Tomatoes
Garlic
Ginger
Green Onions
Haas Avocados
Kale
Lemons
Mixed Greens
Red Delicious
Spinach
Tomato Paste
Tomatoes
Yellow Onions

Meat, Fish, Beans, Dairy & Proteins

Black Beans
Chick Peas
Chicken Breast
Chicken Legs
Eggs
Egg Whites
Fat-free Greek yogurt, plain
Frozen Corn
Ground Turkey (99% fat-free)
Kidney Beans
Light Chunk tuna
Olive Oil

Raw Almonds
Salmon

Grains & Starches

Oats (rolled old fashion)
Quinoa
Sweet potatoes
Whole Grain Bread

Snacks & Other

Peanut Butter
Raisins
Honey
Hershey's Kisses – Dark Chocolate

Spices & Seasoning

Bay Leaves
Black Pepper
Cayenne Pepper
Chili Powder
Cinnamon
Cumin
Curry Powder
Garlic Powder
Smoked Paprika
Turmeric

Fats & Oils

Coconut Oil
Cooking Spray (Olive Oil or Coconut Oil)
Olive Oil

Shopping List for Weeks 2 & 4

Fruits & Vegetables

Bananas
Blueberries
Butternut Squash
Cauliflower
Cilantro
Garlic
Ginger
Green Onions
Haas Avocados
Kale
Lemons
Oranges
Mixed Greens
Red Delicious Apples
Spinach
String Beans
Tomatoes
Yellow Onions

Meat, Fish, Beans, Dairy & Proteins

Chick Peas
Chicken Breast
Chicken Legs
Eggs
Egg Whites
Fat-free Greek yogurt, plain
Ground Turkey (99% fat-free)

Light Chunk tuna
Raw Almonds
Tilapia

Grains & Starches

Oats (rolled old fashion)
Sweet potatoes
Whole Grain Bread

Snacks & Other

Peanut Butter
Raisins
Honey
Hershey's Kisses – Dark Chocolate

Spices & Seasoning

Black Pepper
Cayenne Pepper
Cinnamon
Cumin
Garlic Powder
Smoked Paprika

Fats & Oils

Coconut Oil
Cooking Spray (Olive Oil or Coconut Oil)
Olive Oil

Recipes

Curried Quinoa (5 3/4-Cup Servings)

INGREDIENTS

2 Cups Water
1 1/4 Cup Quinoa, uncooked
1 Cup Yellow Onions, chopped
1/4 Cup Cilantro, chopped
2 Cloves Garlic, crushed
1/2 Tbsp Curry Powder
2 Tsp Coconut Oil
1 Tsp Turmeric
1/4 Tsp Cinnamon
1/4 Tsp of Red Pepper Flakes
1 Bay Leaf
Salt & Black Pepper to taste

METHOD

1. In a sauce pan, heat oil over high heat. Sauté crushed garlic cloves for about 4 minutes until medium to dark brown. Reduce heat to medium-high, add curry powder and turmeric. Cook for about 30-60 secs to bring out the flavors of spices; stir frequently and be sure to not burn the spices.
2. Add chopped onions and cook for about 3 minutes. Add quinoa, water, bay leaf, honey (optional), cinnamon and red pepper flakes. Bring to a boil, then reduce to a simmer. Cook covered for about 15 minutes until all the liquid is absorbed. Fluff quinoa with a fork. Add salt and black pepper to taste.
3. Serve warm with freshly chopped cilantro. *If you'll be freezing this dish, add the cilantro when it's time to eat.*

Nutrition per 3/4-Cup serving : 198 Cals; 34g Carb; 5g Fat; 7g Protein

Turkey Chili (5 2-Cup Servings)

INGREDIENTS

1 Lbs 99% Fat Free Ground Turkey
1 (16-ounce) Can Black Beans
1 (16-ounce) Can Red Kidney Beans
1 (28-ounce) Can Crushed Tomatoes, drained
1 Cup Frozen or Fresh Corn Kernels
1 Cup Yellow Onions, chopped
1-2 Cups Water
1/2 Cup Green Bell Peppers, chopped
1/2 Cup Cilantro, chopped
1/3 Cup Tomato Paste
2 Tbsp Garlic, chopped
4 Tbsp Chili Powder
1 Tbsp Paprika
1 Tbsp Olive Oil
1 Tsp Cumin
1/2 Tsp Black Pepper
1/4 Tsp Cinnamon
1/4 Tsp Cayenne Pepper
Salt to taste

METHOD

1. In a large pot, heat oil on medium heat; sauté onions, garlic and bell peppers for about 5-7 minutes.
2. Increase heat to medium-high, add ground turkey and cook, stirring frequently, for about 5 minutes until turkey is completely cooked.
3. Add remaining ingredients (except the salt and cilantro) and stir well.
4. Reduce heat and let mixture simmer for about 45 minutes, stirring periodically and adding more water if necessary.
5. Stir in cilantro and add salt to taste.

Nutrition per 2-Cup serving: 339 Cals; 50g Carb; 6g Fat; 31g Protein

Garlic Sautéed Spinach (4 4-Oz Servings)

INGREDIENTS

1 lb. Fresh Spinach, washed and drained
1 Tbsp Garlic, minced
2 Tsp Olive Oil or Coconut Oil
1/2 Tsp Red Pepper Flakes
Salt & black pepper to taste

METHOD

1. In large skillet heat oil over low-medium heat. Add garlic and cook for about 3 to 5 minutes until fragrant. *Garlic burns easily, so keep an eye on the pot.*
2. Add spinach and increase heat to medium-high. Stir continuously and cook for about 2 minutes until all the spinach is wilted. Add salt, pepper and red pepper flakes while stirring.

Nutrition per serving: 56 Cals; 5g Carb; 4g Fat; 4g Protein

Garlic Roasted Butternut Squash (5 10-Oz Servings)

INGREDIENTS

3 Lbs Butternut Squash, peeled & seeds removed
2 Tbsp Olive Oil
2 Tbsp Garlic, minced
1 Tbsp Honey (optional)
1/2 Tsp Cumin
Dash of Red Pepper Flakes
Salt & Black Pepper to taste

METHOD

1. Pre-heat oven to 400 F. Prepare baking sheet or dish.
2. Cut squash into 1-inch cubes. In a bowl, toss squash with remaining ingredients; ensure that squash is completely coated with mixture.
3. Spread squash in a single layer over baking sheet or dish. Roast for 30-45 minutes until squash is golden and soft; turn squash every 10-15 minutes to prevent burning. Serve warm or freeze for later use.

Nutrition per 10-Oz serving : 194 Cals; 19g Carb; 5g Fat; 1g Protein

Baked Chicken Legs (5 Servings)

INGREDIENTS

5 Chicken Legs, skin removed
1/2 Medium-sized Onion, minced or grated
1 Tsp Garlic Powder
1/2 Tbsp Olive oil
1/2 Tsp Cayenne Pepper
1/2 Tsp Paprika
1/2 Tsp Red Pepper Flakes
1/4 Tsp Cinnamon
4-5 Sprigs of Fresh Thyme
Salt and Black Pepper to taste
Cooking Spray

METHOD

1. Wash chicken legs in cold water and pat dry.
2. Add other ingredients (except cooking spray) to chicken; ensure chicken is evenly covered with spices and seasoning.
3. Marinate chicken in fridge for at least 30 minutes; marinate overnight if you have the time.
4. Preheat oven to 375 F.
5. Lightly coat baking sheet with cooking spray; arrange marinated chicken on sheet. If you have extra spices (paprika, cayenne pepper, etc.) use them to lightly dust chicken.
6. Bake, uncovered for 45-50 minutes.

Nutrition per serving: 210 Cals; 5g Carb; 9g Fat; 24g Protein

Green Smoothie (2 Servings)

INGREDIENTS

3 Cups Spinach or Kale, tightly packed
1 Cup Water
3/4 Cup Blueberries
2 Tbsp Fresh Ginger
4 Ice Cubes

METHOD

1. Combine ingredients into blender; blend for about 1 minute or until desired consistency.

Nutrition per serving : 92 Cals; 21g Carb; 1g Fat; 4g Protein

Kale Chick Pea Salad (5 8-Oz servings)

INGREDIENTS

1 Lbs Kale
1.5 Cups Canned Chick Peas, rinsed
2 Garlic Cloves
1/4 Cup Lemon Juice
2 Tbsp Honey
1/4 Tsp Cayenne Pepper
Salt & Black Pepper to taste

METHOD

1. Wash kale in cold water and let dry (set aside in colander to drip dry or gently pat dry); remove stems and midribs from kale.
2. Chop kale and place in a large bowl.
3. Remove any excess water from chick peas; add chick peas to kale.
4. In a small bowl combine garlic, lemon juice, honey and cayenne pepper; whisk mixture thoroughly.
5. Pour lemon juice mixture into the large bowl of kale and toss thoroughly. Add salt and black pepper to taste.
6. Let salad marinate for 30-60 minutes before serving.

Nutrition per 8-Oz serving: 178 Cals; 27g Carb; 7g Fat; 6g Protein

Oatmeal Pancakes (1 Stack)

INGREDIENTS

1/2 Cup Oat Flour
1/4 Cup Fat Free Greek Yogurt
1/4 Cup Fresh Blueberries
1 Tbsp Honey
1 Egg
1 Tbsp Baking Powder
Cooking Spray)

METHOD

1. Combine oat flour, Greek yogurt, egg and honey; stir until batter is mixed thoroughly. Do not over mix batter.
2. Stir blueberries into batter.
3. Heat skillet or griddle on medium heat and lightly coat with cooking spray.
4. Stir in baking powder just before cooking batter.
5. Spoon about 1/4 cup of batter onto skillet/griddle and gently spread it into a circle. Cook for about 60-90 seconds on each side until golden brown. Serve hot and top with honey, fruit, compote or your favorite syrup.

Nutrition per serving: 459 Cals; 64g Carb; 13g Fat; 23g Protein

Note: If pancakes are cooked on the outside but undercooked on the inside, reduce heat and increase cooking time.

Tomato & Avocado Salad (2 Servings)

INGREDIENTS

½ Haas Avocado, cubed
1 Tsp Garlic, minced
1 Tsp Honey
1 Tsp Olive Oil
2 Tbsp Lemon Juice
¼ Green Onions, minced
1 Cup Tomatoes, chopped

METHOD

1. In a bowl, combine all the ingredients and toss well.
Serve cold.

Nutrition per serving: 79 Cals; 10g Carb; 5g Fat; 1g Protein

Tuna Salad (2 2-Oz Servings)

INGREDIENTS

4 Oz, Light Chunk Tuna (in water)
¼ Cup Green Onions, chopped
¼ Cup Tomato, chopped
½ Tbsp Olive Oil
¼ Tbsp Smoked Paprika
¼ Tsp Garlic Powder
1 Tsp Honey
Salt & Pepper to taste

METHOD

1. In a bowl, combine all the ingredients and toss well.
Serve cold.

Nutrition per 2-Oz serving: 222 Cals; 10g Carb; 8g Fat; 27g Protein

Sautéed Ground Turkey with Tomatoes (5 4-Oz Servings)

INGREDIENTS

1 lbs 99% Fat-Free Ground Turkey
1 Tbsp Garlic, minced
1 Cup Yellow/Red Onion, chopped
1/2 Cup Tomatoes, diced
1/4 Cup Cilantro
1-2 Tbsp Jalapeno, chopped
1/2 Tbsp Oil or Coconut Oil
1 Tsp Red Pepper Flakes
1/2 Tsp Cumin
2 Sprigs of Thyme
Salt & Black Pepper to taste

METHOD

1. Heat skillet over low heat; add oil and sautéed garlic for about 2-3 minutes until fragrant. Be careful not to burn the garlic.
2. Add onions, tomatoes, jalapeno, thyme and pepper flakes; increase heat to medium-high and sauté vegetables for about 4 minutes.
3. Add ground turkey and cook for about 10 minutes until turkey is fully cooked and brown; stir frequently and continuously break large chunks of turkey into smaller pieces.
4. Stir in cilantro; add salt and pepper to taste.

Nutrition per 4-Oz serving: 173 Cals; 5g Carb; 9g Fat; 17g Protein