

Week 1 Recipes

Strawberry Banana Smoothie with Granola

Prep Time	Cook Time	Total Time	Servings
5 minutes	0 minutes	5 minutes	1 smoothie

Ingredients

Strawberry Banana Smoothie:

- 1 banana
- 6 oz nonfat vanilla Greek yogurt
- 1 ½ cups frozen strawberries
- 1 Tbsp chia seeds
- ¾ cup milk or non-dairy milk substitute
- ¼ cup of low-fat granola



Nutrition facts: Calories 571 kcal, Fat 8 gm, Sodium 142 mg, Carbohydrates 104 gm, Fiber 16 gm, Protein 27 gm

Source: <https://www.shelikesfood.com/healthy-smoothie-recipes/>

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Homemade Hummus

Prep Time	Cook Time	Total Time	Servings
10 minutes	0 minutes	10 minutes	6

Ingredients

- 1 (15-oz) can chickpeas
- ¼ cup fresh lemon juice (from one large lemon)
- ¼ cup well stirred tahini (optional)
- 1 small garlic clove, minced
- 2 Tbsp extra virgin olive oil, plus more for serving
- ½ tsp ground cumin
- Salt to taste
- 2-3 tbsp water
- Dash of paprika for serving

Instructions

- IN the bowl of a food processor, combine the tahini and lemon juice and process for 1 minute, scrape the sides and bottom of the bowl then process for 30 seconds more. This extra time helps “whip” or “cream” the tahini, making the hummus smooth and creamy.
- Add the olive oil, minced garlic, cumin, and a ½ tsp of salt to the whipped tahini and lemon juice. Process for 30 seconds, scrape the sides and bottom of the bowl then process another 30 seconds or until well blended.
- Open, drain and rinse the chickpeas and process until thick and quite smooth; 1-2 minutes. Most likely the hummus will be too thick or still have tiny bits of chickpea. To fix this, with the food processor turned on, slowly add 2-3 tablespoons of water until you reach the perfect consistency.
- Taste for salt and adjust as needed. Serve hummus with a drizzle of olive oil and dash of paprika. Store homemade hummus in an airtight container and refrigerate up to one week



Nutrition Facts: Serving size ¼ cup

Calories 190 kcal, Fat 11 gm; Sat. Fat. 2 gm, Cholesterol 0 mg, Carbohydrate 18 gm; Dietary Fiber 5 gm; Total Sugars 3 gm, Protein 6 gm

Source: <https://www.inspiredtaste.net/15938/easy-and-smooth-hummus-recipe/>

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Avocado Tuna Salad

Prep Time	Cook Time	Total Time	Servings
10 minutes	0 minutes	10 minutes	2

Ingredients

- 1 (5oz) can of tuna fish, packed in water, drained
- ½ ripe avocado, roughly chopped
- ½ cup minced celery
- ¼ cup minced red onion
- 1 tbsp extra virgin olive oil
- 2 tsp lemon juice
- 1 tsp lemon zest
- 2 tbsp chopped cilantro or parsley
- ½ tsp salt
- Black pepper to taste
- 2 slices of whole wheat bread

Instructions:

- Place all the ingredients in a medium bowl. Mix with a fork, mashing the avocado and breaking up the chunks of tuna as you go, until the ingredients are well combined.
- Add more oil or salt and pepper if necessary, serve on your favorite sandwich bread or toast. Or have on top of a bed of greens with tomatoes for a lower calorie option.



Nutrition info: Calories 403 kcal, Fat 14 gm, Sodium 813 mg, Carbohydrates 45 gm, Fiber 9 gm, Protein 25 gm

Source: https://www.simplyrecipes.com/recipes/avocado_tuna_salad/

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Chili

Prep Time	Cook Time	Total Time	Servings
10 minutes	20 minutes	30 minutes	4

Ingredients

- 1 lbs 95% lean ground beef (or ground white meat chicken or turkey for a healthier option)
- 1 medium onion, chopped
- 1 medium green bell pepper, chopped
- 1 medium jalapeno, chopped (optional)
- 4 clove minced, fresh garlic OR 2 tsp jarred, minced garlic
- 1 Tbsp chili powder
- 1 Tbsp ground cumin
- ½ tsp ground coriander
- 1 (15oz) can of no-salt-added or low sodium, diced tomatoes (undrained)
- 1 (15 oz) can of no-salt-added or low sodium pinto or kidney beans, rinsed and drained
- ¾ cup jarred salsa (lowest sodium available)



Instructions

- Spray large saucepan with cooking spray. Cook beef and onion over medium-high heat for 5-7 minutes, stirring constantly to break up beef. Transfer to colander and rinse with water to drain excess fat. Return beef to pan.
- Stir in bell pepper, garlic, chili powder, and cumin, and cook for 5 minutes, stirring occasionally.
- Add remaining ingredients and bring to a boil. Reduce to simmer, cover and cook for 20 minutes
- Optional – serve topped with cheese, sour cream, sliced avocado, cilantro or chopped green onions.

Nutrition Facts: Calories 297 kcal, Fat 6.0 gm; Sat. Fat. 2.5 gm, Cholesterol 62 mg, Sodium 288 mg, Total Carbohydrates 29 gm; Dietary Fiber 7 gm; Sugars 8 gm, Protein 31 gm.

Source: <https://recipes.heart.org/en/recipes/tailgate-chili>

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Baked Lemon Chicken

Prep Time	Cook Time	Total Time	Servings
5 minutes	25 minutes	30 minutes	4

Ingredients

- 4 boneless skinless chicken breasts
- 3 tbsp butter
- 1/3 cup low sodium chicken broth
- 4 tbsp fresh lemon juice
- 1 tbsp honey
- 2 tsp minced garlic
- 1 tsp Italian seasoning
- Salt and pepper to taste
- Fresh rosemary and lemon slices for garnish (optional)

Instructions

- Preheat oven to 400 degrees and grease a baking sheet or large casserole dish
- Melt butter in a large skillet over medium-high heat. Add chicken and cook chicken 2-3 minutes on each side just until browned. Transfer chicken to prepared baking sheet.
- In a small bowl whisk together chicken broth, lemon juice, honey, garlic, Italian seasoning, and salt and pepper.
- Pour sauce over chicken. Bake 20-30 minutes (closer to 20 for smaller chicken breasts, closer to 30 for larger) until chicken is cooked through. Every 5-10 minutes spoon the sauce from the pan over the chicken.
- Garnish with fresh rosemary and lemon slices if desired and serve.



Nutrition Facts: (with broccoli and potato) Calories 475 kcal, Fat 19 gm, Sodium 442 mg, Carbohydrates 44 gm, Fiber 6 gm, Protein 41 gm

Source: <https://www.lecremedelacrumb.com/easy-healthy-baked-lemon-chicken/>

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Egg Muffins

Prep Time	Cook Time	Total Time	Servings
10 minutes	40 minutes	50 minutes	12

Ingredients:

- Cooking spray 3 slices turkey bacon
- 1 small yellow onion
- 1 red bell pepper, chopped
- 2 cups chopped baby spinach
- 6 large eggs
- 2 tbsp milk
- ¼ tsp paprika
- ½ tsp garlic powder
- Salt and pepper to taste
- ½ cup shredded mozzarella



Instructions:

- Preheat oven to 350° and grease a 12-cup muffin tin with cooking spray. In a large nonstick skillet over medium heat, cook turkey bacon until crispy, 6-8 minutes. Drain on a paper towel-lined plate, then crumble
- Add onion and bell pepper to skillet and cook until soft, 5 minutes. Add spinach and cook until wilted, 2 more minutes
- In a small bowl, whisk eggs, milk, paprika, and garlic powder and season with salt and pepper. Fold in cooked vegetable mixture, turkey bacon and mozzarella. Pour mixture into prepared muffin tin.
- Bake until cooked through and golden, 30-35 minutes
- Let cool, then store in the fridge in an airtight container until ready to eat or freeze.

Nutrition information: 1 egg muffin, 12 servings

Calories 82 kcal, Fat 5 gm; Sat. Fat. 2 gm, Cholesterol 168 gm, Sodium 97 gm, Carbohydrates 1 g, Protein 6 gm

Source: <https://www.delish.com/cooking/recipe-ideas/a25563943/egg-muffins-recipe/>

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Quinoa Salad Recipe

Prep Time	Cook Time	Total Time	Servings
20 minutes	20 minutes	40 minutes	8

Ingredients:

- 1 cup uncooked quinoa, rinsed in a fine-mesh colander
- 2 cups water
- 1 can (15 oz) chickpeas, rinsed and drained
- 1 medium cucumber, chopped
- 1 medium red bell pepper, chopped
- ¾ cup chopped red onion (from 1 small red onion)
- 1 cup finely chopped flat-leaf parsley (from 1 large bunch)
- ¼ cup olive oil
- ¼ cup lemon juice (from 2-3 lemons)
- 1 tablespoon red wine vinegar
- 2 cloves garlic, pressed or minced
- ½ tsp salt
- Black pepper to taste



Instructions

1. To cook the quinoa: Combine the rinsed quinoa and the water in a medium saucepan. Bring the mixture to a boil over medium-high heat, then decrease the heat to maintain a gentle simmer. Cook until the quinoa has absorbed all of the water, about 15 minutes, reducing heat as time goes on to maintain a gentle simmer. Remove from heat, cover, and let the quinoa rest for 5 minutes, to give it time to fluff up.
2. In a large serving bowl, combine the chickpeas, cucumber, bell pepper, onion and parsley. Set aside.
3. In a small bowl, combine the olive oil, lemon juice, vinegar, garlic and salt. Whisk until blended, then set aside.
4. Once the quinoa is mostly cool, add it to the serving bowl, and drizzle the dressing on top. Toss until the mixture is thoroughly combined. Season with black pepper, to taste, and add an extra pinch of salt if necessary. For best flavor, let the salad rest for 5 to 10 minutes before serving.
5. This salad keeps well in the refrigerator, covered, for about 4 days. Serve chilled or at room temperature.

Nutrition information: Calories 205 kcal, Total fat 9.4 gm; Sat. Fat 1.3 gm; Trans Fat 0 gm, Cholesterol 0 mg, Sodium 225.4 mg, Total Carbohydrates 25.9 gm; Dietary Fiber 4.6 gm; Sugars 3.4 gm, Protein 6.1 gm

Source: <https://cookieandkate.com/best-quinoa-salad-recipe/>

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Blackened Fish Tacos with Avocado Lime Sauce

Prep Time	Cook Time	Total Time	Servings
20 minutes	10 minutes	30 minutes	8 tacos

Ingredients:

Avocado Lime Sauce

- ½ cup sour cream
- ¼ cup water
- 1 avocado, medium-sized and ripe
- ¼ cup cilantro leaves, loosely packed
- 2 tbsp lime juice, fresh
- ½ tsp lime zest, from about 1 lime
- ½ tsp minced serrano pepper, seeded (optional)

Fish tacos

- 1 ½ tsp smoked paprika
- 1 ½ tsp dark brown sugar
- ½ tsp garlic powder
- ½ tsp onion powder
- ½ tsp salt
- ¾ tsp cumin
- ¼ tsp chili powder
- ¼ tsp black pepper
- 1 ½ pounds Mahi Mahi (or other fish) filets, cut lengthwise into smaller pieces if needed
- 1 tbsp vegetable oil
- 8 corn or whole wheat flour tortillas, 6-inch
- 8 lime wedges
- 1 cup red cabbage, sliced thin
- 1 cup green cabbage, sliced thin
- Cilantro, for garnish



Instructions

- Add sour cream, water, avocado, cilantro, lime juice, lime zest and serrano pepper into a blender.
- Process until smooth, scraping down the sides as needed. Add more water as needed to achieve desired consistency. Transfer to a small bowl and refrigerate.
- Combine paprika, brown sugar, garlic powder, onion powder, salt, cumin, chili pepper, and black pepper into a small bowl.
- Sprinkle seasoning evenly over both sides of the fish filets.
- Heat oil in a large cast-iron skillet or sauté pan over medium-high heat.
- Add fish to pan then cook 2-3 minutes on each side or until the desired degree of doneness. The surface will blacken in color quickly so keep a close eye on the fish.
- Warm tortillas according to package directions.
- Divide fish evenly among tortillas.
- Serve with lime wedges, tomatoes, cabbage and cilantro.

Nutrition facts: 1 taco with avocado lime sauce Calories 172 kcal, Fat 5 gm; Sat. Fat 1 gm, Cholesterol 65 mg, Sodium 146 mg, Carbohydrates 15 gm; Fiber 3 gm; Sugar 4 gm, Protein 18 gm

Source: <https://www.jessicagavin.com/blackened-mahi-mahi-fish-tacos-with-avocado-lime-sauce/>

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Mexican Style Rice

Prep Time	Cook Time	Total Time	Servings
10 minutes	25 minutes	35 minutes	6-8 tacos

Ingredients

- 1 (28 oz) can whole peeled tomatoes
- 1 medium onion, peeled and coarsely chopped
- 2 cups low-sodium chicken broth
- 1 ½ tsp salt
- ½ tsp cumin
- 1/3 cup cooking oil, such as canola or vegetable oil
- 2 cups long-grain white rice
- 1-2 jalapeno or serrano chile peppers, seeded and minced
- 4-5 cloves of garlic, finely chopped
- ¼ cup finely chopped fresh cilantro
- Juice of 2 medium limes, plus more wedges for serving



Instructions

- Place the tomatoes and their juices and onion in a blender or food processor and puree until smooth. Transfer 2 cups of the tomato mixture to a medium saucepan. (Save to use for Tomato sauce for tomorrow night). Stir in the chicken broth, salt and cumin and bring to a boil over medium heat. Meanwhile, toast the rice.
- Heat the oil in a Dutch oven over medium heat until shimmering. Add the rice and saute, stirring frequently, until lightly toasted and golden, about 5 minutes. Add the jalapenos and cook until softened, about 2 minutes, lowering the heat as needed. Add the garlic and cook for 30 seconds more.
- Pour the boiling tomato mixture over the rice and stir to combine. Reduce the heat to low. Cover and cook until the liquid is absorbed and the rice is tender, about 15 minutes. Remove from the heat and gently fluff the rice with the fork. Cover again and set aside to steam for 10 minutes. Add cilantro and lime juice and fluff again to combine. Taste and season with more salt as needed. Serve with lime wedges.

Nutrition: Per serving, based on 8 servings

Calories 290 kcal, Fat 10 gm; Sat. Fat 0.9 gm, Carbs 44.8 gm; Fiber 2.2 gm, Sugars 3.3 gm, Protein 5.5 gm, Sodium 486.8 mg

Source: <https://www.thekitchn.com/recipe-mexican-rice-recipes-from-the-kitchn-198867#post-recipe-12156>

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Peanut Butter Banana Flax Oatmeal

Prep Time	Cook Time	Total Time	Servings
5 minutes	5 minutes	10 minutes	1

Ingredients

- ½ cup rolled old fashion oats
- ½ cup milk (preferably 1%) or dairy free substitute
- ½ cup water
- 1 fair pinch of salt
- ½ well ripened banana, mashed well
- 1 Tbsp ground flax seeds
- 1 ½ Tbsp peanut butter
- 1 tsp honey, or to taste

Instructions

Peanut butter Banana Flax

- In a medium microwave safe bowl stir together oats, milk, water, salt, banana, and flax. Heat in microwave 2 ½-3 minutes. Stir in peanut butter and honey. Let rest a few minutes to cool. Thin with a little more milk as needed.



Nutrition facts: Calories 467 kcal, Fat 19 gm, Sodium 179mg, Carbohydrates 60 gm, Fiber 10 gm, Protein 17 gm

Source: <https://www.cookingclassy.com/oatmeal-eight-ways/#jump-to-recipe>

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Turkey Sliders with Avocado, Mushroom and Swiss Cheese

Prep Time	Cook Time	Total Time	Servings
15 minutes	15 minutes	30 minutes	4

Ingredients

- 8 whole grain slider buns (lowest sodium available)
- 1 ¼ pounds of ground, skinless turkey breast
- ¼ tsp salt
- 1 cup sliced brown mushrooms
- 8 slices swiss cheese
- 2 avocados
- 1 medium tomato, cut into 8 slices



Instructions

- Preheat oven to 450 degrees
- Arrange the buns with the cut side up in a single layer on a baking sheet. Set aside.
- Using your hands or a spoon, shape the turkey into 8 patties, each about 3 inches in diameter. (The uncooked patties will be larger than the bun and will shrink as they cook) Sprinkle the salt over each patty.
- Heat a large nonstick skillet or griddle pan over medium-high heat.
- Cook the patties for 2-3 minutes. Turn over the patties. Cook for 2-3 minutes, or until the patties are no longer pink in the center and register 165 degrees on an instant-read thermometer.
- Transfer the patties to the bottoms of the buns.
- In the same skillet, cook the mushrooms over medium heat for about 3 minutes, or until soft, stirring frequently.
- Spoon the mushrooms onto each patty. Top with the swiss cheese
- Spread ¼ of an avocado over the swiss cheese. Top with tomato slices. Put the tops of buns on the sliders.
- Place the baking sheet on the middle rack of the oven. Bake the sliders for 1-2 minutes, or until the cheese is melted and the buns are heated through. Remove from the oven.
- Using four short skewers, pierce two sliders with each skewer. Serve immediately.

Nutrition Facts: For 2 Sliders, Calories 470 kcal, Fat 15.2 gm; Sat. Fat. 2.5 gm, Cholesterol 101 mg, Sodium 503 mg, Carbohydrates 38 gm; Fiber 8 gm; Sugars 6gm, Protein 45 gm

Source: <https://recipes.heart.org/en/recipes/turkey-sliders-with-avocado-mushrooms-and-swiss-cheese>

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One Pot Tuscan Chicken Pasta

Prep Time	Cook Time	Total Time	Servings
5 minutes	25 minutes	30 minutes	4

Ingredients

- 1 lb boneless skinless chicken breasts or thighs
- 3 cups vegetable or chicken broth, low sodium
- 3 cups short pasta like penne, fusilli or bow ties
- 1 red bell pepper, diced
- 1 tbsp oil, for frying
- 1 tsp Italian seasoning
- ½ cup sun dried tomatoes, chopped
- 2 cups spinach or kale
- 2 cups milk (1%)
- 2 tsp cornstarch
- ½ cup parmesan cheese, grated
- 1 large garlic clove, grated
- ½ tsp salt
- Ground black pepper, to taste



Instructions

1. Preheat large Dutch oven or heavy bottom pot on medium heat and swirl oil to coat.
2. Add chicken and sprinkle with 1/4 tsp salt and ground black pepper. Sear for 3-4 minutes per side.
3. Add broth, pasta, bell pepper and Italian seasoning. Gently stir, cover and bring to a boil.
4. Reduce heat to medium and cook for 10 minutes, stirring once after 2 minutes to prevent pasta from sticking. Keep in mind gluten free pasta cooks faster than wheat. Pasta should be al dente (not too soft, so it doesn't become a mush).
5. Remove chicken onto a plate or cutting board.
6. In a large measuring cup whisk cold milk with cornstarch and pour over pasta. Stir gently, bring to a boil and simmer for a minute until sauce thickens a bit.
7. Turn off heat and add sun dried tomatoes, Parmesan cheese, spinach and garlic. Cover for a few minutes to let flavors develop.
8. In the meanwhile, slice chicken into thin pieces.
9. Add chicken to the pot, stir gently and serve immediately. Tuscan chicken pasta is one of those dishes that tastes best right after cooking. That's when it's most saucy, spinach is not too wilted and it's just fresh.

Nutrition Facts: Calories 568 kcal, Fat 17.3; Sat. Fat 5.7, Cholesterol 102.1 mg, Sodium 612.1 mg, Total Carbohydrates 62.9 gm; Dietary Fiber 8 gm; Sugar 9.9 gm, Protein 43.8 gm

Source: <https://ifoodreal.com/healthy-tuscan-chicken-pasta/>

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Overnight Oats

Prep Time	Cook Time	Total Time	Servings
5 minutes	0 minutes	5 minutes	1

Ingredients

Base

- ½ cup rolled old fashion oats
- ½ cup milk of choice
- ¼ cup non-fat Greek yogurt
- 1 Tbsp Chia seeds
- 1 Tbsp sweetened of choice (honey, maple syrup etc)
- ¼ tsp vanilla extract (optional)

Toppings (can vary to whatever you like)

Peanut Butter Banana

- ½ banana sliced
- 1 Tbsp creamy peanut butter
- 1 Tbsp chopped nuts (optional)

Instructions

- Place all ingredients into a large glass container and mix until combined
- Cover the glass container with a lid or plastic wrap. Place in the refrigerator for at least 2 hours or overnight. Toppings can be added the night before or immediately before serving.
- Uncover and enjoy from the glass container the next day. Thin with a little more milk or water, if desired.

Nutrition Facts: Calories 378 kcal, Fat 11 gm; Sat. Fat. 3 gm, Cholesterol 15 mg, Sodium 80 mg, Total Carbohydrates 54 gm; Dietary Fiber 8 gm; Sugar 21 gm, Protein 17 gm

Source: <https://feelgoodfoodie.net/recipe/overnight-oats/>



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Beef Kebabs

Prep Time	Cook Time	Total Time	Servings
45 minutes	15 minutes	1 hour	4-6

Ingredients

Marinade:

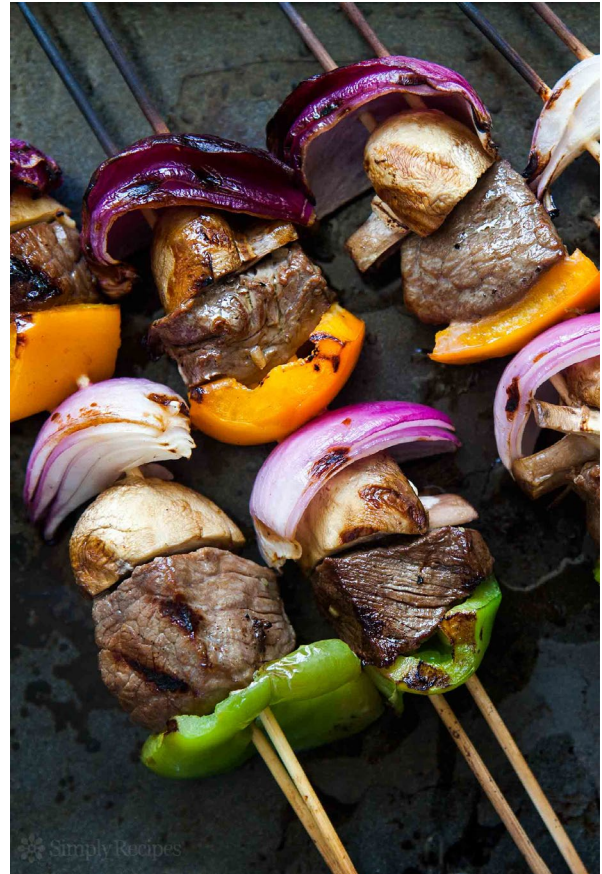
- 1/3 cup extra virgin olive oil
- 1/3 cup low sodium soy sauce
- 3 tbsp red wine vinegar
- ¼ cup honey
- 2 cloves garlic, minced
- 1 Tbsp minced fresh ginger
- Salt and pepper to taste

Kebab:

- 1 ½ pounds top sirloin steak, cut into 1 ½ inch cubes
- 1 large bell pepper
- 1-2 medium red onions
- ½ to 1 pound of button mushrooms
- About 20 bamboo or wooden skewers

Instructions

- Mix the marinade ingredients together in a bowl and add the meat. Cover and chill in the fridge for at least 30 minutes, preferably several hours or even overnight.
- Soak the wood or bamboo skewers in water for at least 30 minutes before grilling. This will help prevent them from completely burning on the grill.
- Cut the vegetables into chunks roughly the width of the beef pieces. Taking care not to poke yourself, thread the meat and vegetables onto double bamboo skewers. One way to do this safely is to put the piece that you are trying to pierce on a cutting board, and then push the skewers through the piece to the board. Pain the kebabs with some of the remaining marinade.
- Prepare your grill for high, direct heat. Grill for 8-10 minutes, depending on how hot your grill is, and how done you would like your meat, turning occasionally.
 - o You can also sear kebabs on stovetop and then finish in the oven.
- Let the meat rest for 5 minutes before serving.



Nutrition Facts: Calories 330 kcal, Fat 6 gm, Sodium 82 mg, Carbohydrates 6 gm, Fiber 1 gm, Protein 20 gm

Source: https://www.simplyrecipes.com/recipes/beef_kebabs/

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Spinach Tabbouleh

Prep Time	Cook Time	Total Time	Servings
5 minutes	15 minutes	20 minutes	4

Ingredients

- ½ cup bulgur (or alternative such as brown rice or couscous)
- Salt and pepper
- 6 cups spinach or kale
- ½ cup fresh mint leaves
- 1/3 cup fresh lemon juice
- ¼ cup olive oil
- 1 clove garlic, chopped
- 1 pint grape tomatoes, halved
- ½ cucumber, chopped



Instructions

- Place the bulgur and ½ tsp salt in a large heatproof bowl. Add 2 cups boiling water, cover, and let stand until tender, 12-15 minutes; drain.
- Meanwhile in a food processor, combine the spinach and mint and process until finely chopped, scraping down the sides of the bowl as necessary
- In a large bowl, whisk together the lemon juice, oil, garlic, and ¼ tsp each salt and pepper. Add the bulgur, spinach mixture, tomatoes, and cucumber and toss to combine.

Nutrition Facts: Calories 288 kcal, Fat 14 gm, Sodium 257 mg, Carbohydrates 23 gm, Fiber 6 gm, Protein 5 gm

Source: <https://www.realsimple.com/food-recipes/browse-all-recipes/spinach-tabbouleh>

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Zucchini Pasta salad with Avocado Spinach Dressing

Prep Time	Cook Time	Total Time	Servings
10 minutes	15 minutes	25 minutes	2 servings

Ingredients

- 1 ½ cups spiraled zucchini
- 1 cup cooked pasta
- ½ cup sliced celery
- ½ cup chopped red bell pepper
- ½ cup cherry tomatoes
- ¼ cup feta cheese

Dressing

- ½ cup fresh packed spinach
- ½ ripe avocado
- Juice of 1 lemon
- 2 Tbsp extra virgin olive oil
- 2 Tbsp Greek yogurt plain, nonfat
- ¼ tsp pepper

Instructions

- Spiral or shred or thinly slice zucchini. Set aside.
- In a high powdered blender mix dressing ingredients until smooth.
- Place cooked pasta and zucchini spirals together in bowl. Top with dressing, peppers, celery, cherry tomatoes and feta cheese.
- Mix together and serve.



Nutrition Facts: Calories 515 kcal, Fat 20 gm, Sat Fat 3.8 gm, Cholesterol 2 mg, Sodium 90 mg mg, Carbohydrates 62 gm, Fiber 11 gm, Sugar 9.2 gm, Protein 19 gm

Source: <https://www.sugarfreemom.com/recipes/mason-jar-zucchini-pasta-salad-with-avocado-spinach-dressing/>

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Sheet Pan Chicken Fajitas

Prep Time	Cook Time	Total Time	Servings
10 minutes	20 minutes	30 minutes	4

Ingredients

- 1 Tbsp chili powder
- ½ tsp cumin
- Salt and pepper
- 1 pound's baby bell peppers (12-15), halved, stemmed and seeded
- 1 large yellow onion, halved and thinly sliced
- 2 Tbsp extra virgin olive oil
- 1 ½ pounds boneless, skinless chicken breast
- Juice of 1 lime, plus lime wedges, for serving
- 8 fajita-sized flour tortilla, warmed
- Shredded Monterey jack cheese, guacamole, hot sauce, salsa and sour cream for serving (optional based on preference)



Instructions

- Preheat the broiler to high. Line a rimmed baking sheet with foil
- Combine the chili powder, cumin, 1 tsp salt and 1 tsp of pepper in a small bowl. Put the peppers and onions on the prepared baking sheet, drizzle with 1 Tbsp of the oil and season with half the chili powder mixture. Broil until softened and starting to char, about 10 minutes.
- Meanwhile, cut the chicken into ¼ inch thick slices and toss in a large bowl with the remaining chile powder mixture and 1 Tbsp oil.
- After the peppers are softened and starting to char, about 10 minutes, scatter the chicken on top of the peppers and onions and return the baking sheet to the broiler until the chicken is cooked through and starting to brown, about 5 minutes more. Drizzle with the lime juice.
- Serve with the warmed tortillas, Monterey jack cheese, guacamole, hot sauce, salsa, sour cream, and lime wedges.

Nutrition Facts: Calories: 470 kcal, Fat 17 gm, Sat. Fat 3 gm, Cholesterol 125 mg, Sodium 550 mg, Carbohydrate 34 gm, Fiber 4 gm, Sugar 6 gm, Protein 44 gm

Source: <https://www.foodnetwork.com/recipes/food-network-kitchen/sheet-pan-chicken-fajitas-3680272#/>

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Yogurt and Fruit Parfaits with Granola

Prep Time	Cook Time	Total Time	Servings
5 minutes	0 minutes	5 minutes	4

Ingredients

- 3 cups vanilla Greek non-fat yogurt
- 1 cup fresh or defrosted frozen strawberries in juice
- 1 pint fresh or defrosted frozen blackberries, raspberries or blueberries
- 1 cup high protein granola

Instructions

- Layer 1/3 cup vanilla yogurt into the bottom of 4 glasses.
- Combine defrosted strawberries and juice with fresh berries.
- Alternate layers of fruit and granola with yogurt until glasses are filled to the top.
- Serve parfaits immediately to keep granola crunchy.



Nutrition facts: Calories 370 kcal, Fat 7 gm; Sat. Fat 2 gm, Cholesterol 4 mg, Sodium 124 mg, Carbohydrates 47 gm; Dietary Fiber 10 gm; Sugar 27 gm, Protein 29 gm

Source: <https://www.foodnetwork.com/recipes/rachael-ray/yogurt-and-fruit-parfaits-recipe-1940127/>

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Southwestern Chicken Salad

Prep Time	Cook Time	Total Time	Servings
5 minutes	20 minutes	25 minutes	6

Ingredients

- 1 ½ cups orange, red or yellow bell pepper strips, or a combination
- 2 tsp seeded, minced, fresh jalapeno
- ½ cup diagonally sliced green onions
- 1/3 cup all purpose flour
- 2 ½ tsp chili powder, divided
- ½ tsp pepper, divided
- ¼ tsp salt
- 6 boneless, skinless chicken breast halves, all visible fat discarded, flattened to ¼ inch thickness
- 1 tsp of vegetable or canola oil
- 28 oz no salt added, canned, whole tomatoes (undrained)
- 1 tsp grated lime zest



Instructions

- In a large nonstick skillet, cook the bell pepper and jalapeno over medium-high heat for 4-5 minutes, stirring occasionally
- Stir in the green onions. Cook for 1 minute. Transfer to a plate. Set aside.
- In a medium shallow dish, stir together the flour, 1 ½ tsp chili powder, ¼ tsp pepper, and salt. Dip one piece of chicken in the mixture, turning to coat and gently shaking off any excess. Transfer to a plate. Repeat with the remaining chicken.
- In a large nonstick skillet, heat 1 tsp oil over medium-high heat, swirling to coat the bottom. Cook half the chicken for 3-4 minutes on each side, or until lightly brown on both sides. Transfer to the plate with the bell pepper mixture. Repeat with the remaining 1 tsp oil and chicken.
- Pour the tomatoes with liquid into the skillet, breaking up the tomatoes with a spoon. Stir in the remaining 1 tsp chili powder and remaining ¼ tsp pepper. Reduce the heat and simmer for 3-4 minutes
- Stir in the lime zest, bell pepper mixture, and chicken. Increase the heat to medium. Cook for 5-6 minutes, or until the chicken is no longer pink in the center and the mixture is heated through.
- Serve over lettuce.

Nutrition facts: Calories 207 kcal, Fat 5 gm; Sat. Fat. 1 gm, Cholesterol 73 mg, Sodium 265 mg, Carbohydrates 14 gm; Dietary Fiber 3 gm; Sugar 5 gm, Protein 26 gm

Source: <https://recipes.heart.org/en/recipes/southwestern-chicken---delicious-decisions>

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