

# GOOD FOOD

# Mood



Makayla Thomas

FITNESS



# important INFO:



all the feels



How to save to your phone's files!

save option #2



I have included an *ESTIMATED* calculation of macros for each recipe based on the amounts provided in the recipe and the brands I have available locally. Please know your macro amounts may vary based on portion sizes, brands, etc. The amounts listed are just suggestions based on my own preference and use of calorie database apps but please know you are encouraged to modify these amounts/ingredients to fit **YOUR** calorie needs and personal preferences. For most accurate calculation of macros you are encouraged to individually weigh and log ingredients in the amounts **YOU** use. By purchasing this product you are agreeing to do so at your **OWN** risk. I, MaKayla Thomas, am not liable for any damage/injury that may occur. You assume any and all liability and financial responsibilities, and agree to be held liable of any/all injury/damage that may occur. None of the content included is intended to treat or diagnose any possible illness. Listed macros are approximate and not guaranteed for accuracy. Please consult a physician prior to preparing or following the included recipes and/or meal plan. Please do not discredit my hard work by copying, sharing, distributing ANY material to any other individual(s) without permission. You do not have permission to share files or images/screenshots taken of any material within the file. Doing so may result in necessary legal action. All digital product sales are final. Refunds/refunds are not available. You have full rights to print your own copy after purchase. All content created by MaKayla Kim Thomas.

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# links + FREEBIES!



[FREE FOOD + YOU GUIDE](#)

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CLICK LINKS!

## FAVORITE PRINTING OPTIONS

- [Printme1](#)
- [Watson Family](#) (code MAKAYLA will save you \$) if file is too large please follow instructions on their site, they have a way to bypass this! [INSTRUCTIONS](#), and [print selection options](#)
- Can also print + store pages in a binder! (please make sure page size is properly scaled in print settings so entire page prints)

# MEAL PREP



## cheat sheet

*you can use this guide to help you build meals, fill your macros, or get ideas*

## CARBS

- Pasta
- Veggie Pasta
- Rice (instant, minute, brown, premade)
- Riced Cauliflower
- Mashed Cauliflower
- Quinoa
- Potatoes (red, brown, sweet, instant)
- Wraps
- Bread (I like Sara Lee 45 cal)
- Pita Bread (I like Joseph brand)
- Tortillas (I like Mission Carb Balance)
- Corn Tortillas or tostadas
- Tortilla Chips
- Rice Cakes
- Beans (black beans, pinto, refried)
- Corn
- Popcorn
- Squash

## SAUCES/FATS

- Light or Reduced Fat Mayo
- Avocado Oil (I like Chosen brand)
- Light Italian Dressing (I like Olive Garden brand)
- Panda Express Teriyaki Sauce
- Light Yum Yum Sauce (Walmart)
- Honey Mustard
- Ranch (I like Litehouse)
- Bolthouse Cilantro Avocado Ranch
- Buffalo Wild Wings Southwestern Ranch
- Bitchin Chipotle sauce (great macros!)
- Bitten salad dressings (good fruity flavors)
- BBQ sauce (I use reg. but G Hughes is low cal)
- Frank's Hot Sauce or buffalo sauce
- Ketchup, mustard
- Salsa (I like Fresh Cravings brand from Walmart)
- White Queso (I like Pancho's)
- Tzatziki sauce (I like marketside)
- Pesto, Alfredo, Marinara sauces (I like Classico)
- Marketside spinach and artichoke dip (in moderation)
- Laughing Cow Cheese Wedges
- Babybel Cheese Wedges
- Enchilada sauce (red or green, I get the kind in a can)
- Plain Greek Yogurt (I use for sauces or in place of sour cream, Fage is the best)
- Squeezable minced garlic (just makes life easier)
- Guacamole/avocados
- Nut butters
- Nuts (cashews, peanuts, pistachios, almonds)

## PROTEIN

- Lean ground beef/turkey
- Ground Chicken
- Chicken tenderloins (or breast)
- Tyson ready to eat chicken
- Canned Chicken
- Rotisserie Chicken
- Frozen Chicken Strips/Nuggets (Real Good is my favorite)
- Frozen meatballs
- Pork Tenderloin or chops
- Steak
- Shrimp
- Salmon
- Crab Meat
- Tuna or canned Salmon
- Hormel real bacon bits
- Deli meat (turkey/ham/pepperoni)
- Turkey pepperonis
- Turkey bacon/sausage
- Spam
- Tofu/Soy
- Eggs or Egg beaters/egg whites
- Hardboiled Eggs
- Protein Bars (Alani Caramel Crunch and Barebell Bars are my favorite)
- Fairlife protein shakes
- Jerky, meat sticks

## EXTRAS

- Knorr Tomato Bouillon (for Mexican rice)
- Maggi granulated chicken bouillon
- Better than bouillon paste (in a jar)
- Slap ya mama seasoning
- Lily's chocolate chips
- Coconut Secrets Coconut Aminos (good soy sauce replacement if you want lower sodium)
- Honey (I like Mike's Hot Honey for cooking too)

## VEGGIES

- Store bought Pico (my FAV)
- Single serve Guac cups
- Frozen Veggies/Steamer packs
- Salad mixes/kits
- Stir fry veggies
- Bell peppers, banana peppers
- Cucumbers or pickles
- Green beans (fresh or frozen)
- Broccoli (fresh or frozen)
- Carrots
- Onion
- Potatoes (red, brown, sweet)
- Zucchini/Squash
- Tomatoes (regular + sundried)
- Beans (black, pinto, refried)
- Mushrooms
- Avocados
- Spinach/lettuce
- Asparagus

## SUBSTITUTES

- Primal Kitchen brand (for sauces)
- Daiya brand cheese
- Great Value also has a plant based shredded cheese
- Cheddar cheese, feta, and parmesan cheese are naturally lactose free
- Coco whip dairy free cool whip
- So Delicious dairy free yogurt (Silk also has a dairy free yogurt)
- Nut Pods coffee creamer
- Sam's Choice Gluten Free Bread
- Siete brand gluten free chips, tortillas
- Guerrero Gluten Free Yellow Tostadas
- Mission Gluten Free Tortillas
- BFree Brand pitas
- Bob's Red Mill Egg Alternative
- Swerve sugar replacement (tastes less artificial than Splenda to me)

*\*this is just a quick guide I include in all my cookbooks to give you examples of things I like and use regularly, it definitely doesn't include everything so feel free to add your own preferences to your list! I shop at Walmart\**

# WEEK 1

## BREAKFAST LUNCH DINNER

Monday

Loaded Breakfast Bowl

Meal prep bowl of choice (I like to make 3 at a time).

Fried Rice Bowl (with chicken + veggies).

Tuesday

Loaded Breakfast Bowl

Meal prep bowl

Crispy Garlic Parm Chicken Bites + sides of choice (I like a green veggie + mashed potatoes).

Wednesday

Chunky Monkey Bowl

Make a Cobb Salad Bowl using leftover garlic parm chicken bites from night before

Big Mac Wrap Attack with green veggie + air fried fries

Thursday

Chunky Monkey Bowl

Sub in a Tub with sides of choice, fruit/veg, chips, etc.

Meal prep bowl

Friday

Protein bar or shake, bagel thin with peanut butter/fruit of choice

Pizza Dip bowl with fruit/veggie, chip or crackers

Beefy Cheesy Shells + side salad or green veggie

CLICK TO VIEW RECIPE!



**snacks:** rice cake with pb + chocolate chip | turkey pepperoni + cheese cubes  
carrot sticks/pretzels + greek yogurt ranch | protein bar/shake of choice

The meal plan above is simply an example of how you can lay out your weekly meals, please adjust amounts + modify to fit your needs. I've also included blank meal plan sheets in the [FREE meal planner journal](#) (click) for you to fill out if you'd like to plan your own week! If you need more ideas, my fit-ish and soul-fuel cookbooks lay out 6 weeks of planned meals/grocery lists for you!

# GROCERY

## list



(modify amounts to accommodate your family's needs)

*week 1*

- Low carb tortillas or wraps
- boneless, skinless chicken tenderloin
- frozen, crispy chicken (I like Real Good)
- lean ground beef
- frozen turkey sausage patties
- frozen hashbrowns
- shredded cheese of choice
- thin sliced cheese of choice
- cottage cheese
- plain greek yogurt
- half + half
- parmesan cheese
- eggs/egg beaters or egg whites
- sides + veggies of choice for lunches and dinners (fruits/veggies/chips, etc)
- pita thins, carrots, tortilla chips (for dipping)
- meal prep bowl of choice ingredients
- deli meat of choice (ham/turkey)
- turkey pepperonis
- bacon bits
- teriyaki sauce/soy sauce
- Marinara or pizza sauce
- tomato sauce
- beef broth
- Garlic Parmesan Sauce (for chicken bites)
- ranch seasoning
- salad mix/lettuce
- tomatoes
- potatoes
- cauliflower rice
- frozen mixed veggies
- burger toppings/condiments
- pasta of choice (I like Barilla protein)
- Instant rice



see specific product recommendations linked on pg. 3, I shop at Walmart.

### STAPLES I ALWAYS KEEP ON HAND THAT MAY NOT BE LISTED:

- butter/avocado oil
- flour/sugar
- seasonings
- soy sauce
- milk
- eggs/liquid egg whites
- protein powder/bars/shakes
- oats + chopped nuts
- instant rice/pasta
- peanut butter
- honey
- salad dressing/condiments

# fyi...



## THINGS YOU NEED TO KNOW!

### ADJUSTING PORTIONS:

These recipes are so versatile! ANY meal prep can be turned into a single serve OR family sized meal. ANY single serve meal can be turned into a meal prep. All you need to do is adjust your number of portions, feel free to do that based on YOUR needs!

### SERVINGS:

A **YIELD** is the amount the recipe makes (example: yield = 24 cupcakes). The **SERVING** is the individual portion OR what the macros listed are for (example: serving = 1 cupcake).

You can change your serving size based on YOUR needs, just note that you will need to adjust the macros for the serving amount you ate.

Another example (things can get tricky): imagine you made soup (or a casserole). The yield says "**6 servings**", but the macros are listed for **1 serving**. The most accurate method of portioning this out would be to **WEIGH** your entire batch of soup, then divide by 6. This would give you the weight for each individual serving. (To me, that's a lot of work. I just prefer to "eyeball" out 6 bowls or portions as evenly as I can. Less accurate but more realistic for me).

# fyi...



## THINGS YOU NEED TO KNOW!

### RICE/PASTA EXPLAINED:

Things like rice and pasta can also be tricky. The calories will be very different for dry rice vs. cooked rice since rice expands when it's cooked (Same rule applies with pasta). Example:

1 cup dry/uncooked rice would be **340 calories**

1 cup COOKED rice would be **170 calories**

Keep this in mind if you are calculating your own macros. The recipe will tell you whether the amount should be measured cooked or dry.

### QUICK MEASUREMENTS:

1.5 cups DRY penne pasta (barilla protein plus) = 5 oz

1 lb. lean beef = 16 oz (or 4, 4 oz. servings)

1/2 cup (cooked) lean ground beef = 1 serving (can typically get 4 half cup servings out of 1 lb ground beef)

2 chicken tenderloins = 4 oz (generally)

# breakfast



Makayla Thomas

FITNESS

# LOADED BREAKFAST BOWLS

## INGREDIENTS:

*\*recipe is for 1 bowl, (I typically prep 3-4 at a time) if following suggested servings, modify amounts to fit your needs\**

- 1 frozen hash brown patty
  - 1 turkey sausage patty (microwaved, then crumbled)
  - 1/2 TBS bacon bits (or crumbled turkey bacon)
  - 1 egg (or egg whites/egg beaters)
  - 1-2 TBS shredded cheese of choice
- optional toppings:  
I like a light drizzle of chipotle sauce and pico, but this would be super easy to add veggies to!



**Yield/servings: 1**

### MACROS (PER SERVING)

Calories: 255

Fat: 13

Protein: 18

Carbs: 17

*(approximate)*



## DIRECTIONS:

1. Prepare hashbrown according to package directions (I just pop mine into the toaster for a few minutes until crisp)
2. Prepare egg(s) of choice, I usually just scramble mine but over easy would be good here too
3. Microwave turkey sausage then crumble (I use a meat chomper or just crumble with my fingers)

Assemble bowl/tupperware in this order:

- hashbrown patty (I mash a little bit)
- scrambled egg/egg beaters
- sprinkle of bacon bits +crumbled turkey sausage
- drizzle of chipotle sauce
- pico
- shredded cheese

These directions are for 1 bowl, but I like to prep 3-4 at a time for a quick grab + go breakfast!

# CHICK FIL A BREAKFAST BOWLS

## INGREDIENTS:

*\*recipe is for 1 bowl, (I typically prep 3-4 at a time) if following suggested servings, modify amounts to fit your needs\**

- 1 frozen hashbrown patty
- 1-2 eggs scrambled (OR scrambled egg beaters/whites)
- 3 oz air fried chicken (strips or nuggets, chopped)
- 1 tsp chipotle sauce
- 1 TBS shredded cheese
- veggies of choice (pico, cooked peppers, onion, spinach, etc)



**Yield/servings: 1**

### MACROS (PER SERVING)

Calories: 287

Fat: 15

Protein: 26

Carbs: 20

*(approximate)*



## DIRECTIONS:

1. Prepare hashbrown according to package directions (I just pop mine into the toaster for a few minutes until crisp)
2. Prepare egg(s) of choice, I usually just scramble mine but over easy would be good here too
3. Prepare chicken of choice (you can also use rotisserie here if you're in a rush!)

Assemble bowl/tupperware in this order:

- hashbrown patty (I mash a little bit)
- scrambled egg/egg beaters
- chicken (cut into bite sized chunks)
- drizzle of chipotle sauce
- shredded cheese

These directions are for 1 bowl, but I like to prep 3-4 at a time for a quick grab + go breakfast!

# BISCUIT + GRAVY CASSEROLE BOWLS

## INGREDIENTS:

*\*recipe is for 1 bowl, (I typically prep 3-4 at a time) if following suggested servings, modify amounts to fit your needs\**

### Each bowl:

- 1/2 lavash bread (Joseph's brand)
- 6 TBS egg whites (egg beaters) or can scramble 2 real eggs if you prefer
- 3-4 TBS shredded cheese

### Gravy (makes enough for 3-4 bowls)

- 1/2 lb. Ground Turkey breakfast sausage
- 5 TBS flour
- 1-1.5 cups skim milk
- 1/4 tsp salt + pepper (or more if needed)



**Yield/servings: 1**

### MACROS (PER SERVING)

Calories: 329

Fat: 15

Protein: 35

Carbs: 17

*(approximate)*



## DIRECTIONS:

Prepare sausage gravy in a large skillet. Brown sausage, then stir in 5 TBS flour until you no longer see white. Add milk and stir continuously on medium/high heat. It should start to thicken, season with salt and pepper.

### Assemble bowl:

Take HALF of your lavash bread and cut in half (you should have 2 rectangles) layer 1 into the bottom of a small glass dish (I use my glass meal prep container)

Scramble egg whites (or eggs) and layer half of them on top of lavash, sprinkle with a small amount of shredded cheese, followed by 1/4 cup sausage gravy.

Repeat layers with final lavash bread, remaining eggs, 1/4 cup sausage gravy. Small sprinkle of cheese. Bake on 375 for 20-25 min.

These directions are for 1 bowl, but I like to prep 3-4 at a time for a quick grab + go breakfast!

# MCGRIDDLE BOWLS

## INGREDIENTS:

*\*recipe is for 1 bowl, (I typically prep 3-4 at a time) if following suggested servings, modify amounts to fit your needs\**

- 2 TBS any pancake mix
- 2 TBS any protein powder (I use [this brand](#))
- 2-4 TBS water (until it reaches pancake batter consistency)
- turkey sausage patty (optional)

### preferred toppings, I like:

- scrambled egg/egg whites
- 1-2 TBS bacon bits or cooked bacon
- 1-2 TBS shredded cheese

served with pancake syrup for drizzling (sugar free will save you cal)



**Yield/servings: 1**

### MACROS (PER SERVING)

Calories: 222

Fat: 6

Protein: 27

Carbs: 14

*(approximate)*



## DIRECTIONS:

1. In a small bowl, mix together pancake mix and protein powder, add water (2-4 TBS) or until it reaches a pancake batter consistency, don't over-stir, it's ok that your batter is lumpy!
2. Prepare pancake, you can do this on stove top or use a mini pancake or waffle maker (I like my Dash brand one!)
3. Place half the batter into a pancake shape in skillet, add a cooked turkey sausage patty on top, then cover with remaining batter. Cook in skillet (or pancake maker) until done.

If meal prepping, assemble in the following order:

- pancake (with turkey sausage inside)
- scrambled eggs/egg whites
- sprinkle of bacon
- sprinkle of shredded cheese

(serve with a drizzle of pancake syrup!)

# BERRIES + CREAM PANCAKE BOWL

## INGREDIENTS:

*\*recipe is for 1 bowl, (I typically prep 3-4 at a time) if following suggested servings, modify amounts to fit your needs\**

- 2 TBS any pancake mix (I like blueberry pancake mix for this)
- 2 TBS any protein powder (I use [this brand](#))
- 2-4 TBS water (until it reaches pancake batter consistency)
- sliced berries

### optional toppings:

- vanilla greek yogurt (thinned out with milk for drizzling)
- granola (for crunch)
- whipped cream
- berry syrup (I like Kodiak brand)



**Yield/servings: 1**

### MACROS (PER SERVING)

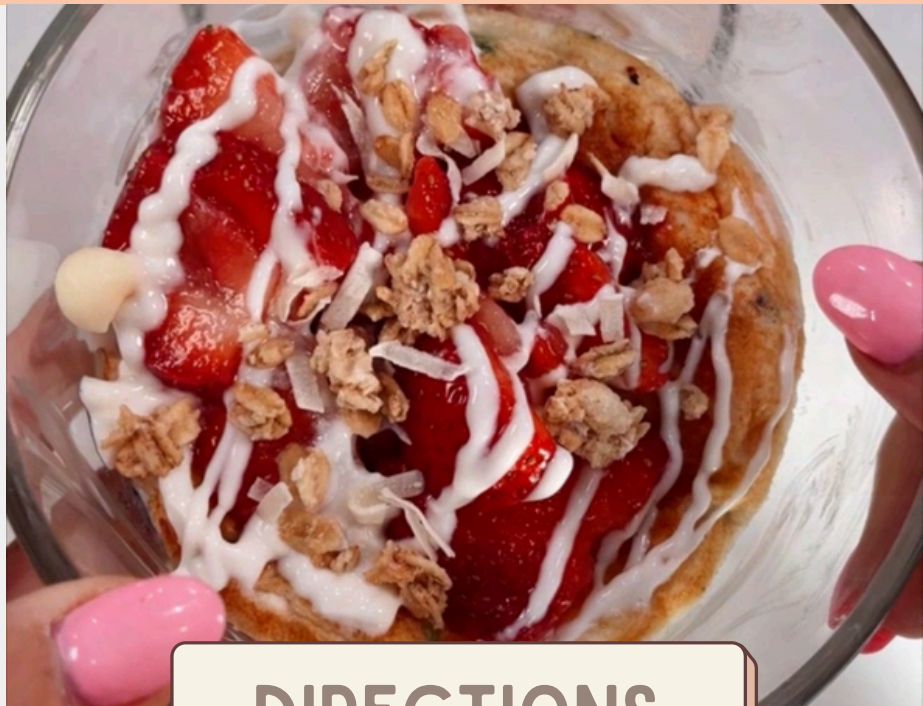
Calories: 190

Fat: 3

Protein: 17

Carbs: 23

*(approximate)*



## DIRECTIONS:

1. In a small bowl, mix together pancake mix and protein powder, add water (2-4 TBS) or until it reaches a pancake batter consistency, don't over-stir, it's ok that your batter is lumpy!

2. Prepare pancake, you can do this on stove top or use a mini pancake or waffle maker (I like my Dash brand one!)

If meal prepping, assemble in the following order:

- pancake
- sliced berries
- optional drizzle of vanilla yogurt (thinned out with a splash of milk)
- sprinkle of granola for crunch!

I also love to eat these with a little drizzle of berry syrup on top!

# CHUNKY MONKEY BOWLS

## INGREDIENTS:

*\*recipe is for 1 bowl, (I typically prep 3-4 at a time) if following suggested servings, modify amounts to fit your needs\**

- 2 TBS dry pancake mix
- 2 TBS protein powder (my favorite)
- 3-4 TBS milk, water, or protein shake

Optional topping ideas:

- mini chocolate chips
- chopped mini peanut butter cup
- sliced banana

OPTIONAL DRIZZLE:

- 2 TBS PB2 powder + 1-2 TBS milk until it forms a drizzle consistency, can also add a pinch of sweetener if needed (or melted peanut butter)



**Yield/servings: 1**

**MACROS (PER SERVING)**

Calories: 246

Fat: 5.5

Protein: 18

Carbs: 34

*(approximate)*



## DIRECTIONS:

1. In a small bowl, mix together pancake mix and protein powder, add water (2-4 TBS) or until it reaches a pancake batter consistency, don't over-stir, it's ok that your batter is lumpy!

2. Prepare pancake, you can do this on stove top or use a mini pancake or waffle maker (I like my Dash brand one!)

If meal prepping, assemble in the following order:

- pancake
- sliced banana (I usually do 1/2)
- mini chocolate chips
- mini reeses cup (chopped up into pieces)
- optional drizzle

# BANANA BREAD BOWLS

## INGREDIENTS:

*\*recipe is for 1 bowl, (I typically prep 3-4 at a time) if following suggested servings, modify amounts to fit your needs\**

- 2 pieces low cal bread of choice (I like Sara Lee 45 cal)
- 1/4 cup egg whites (I use egg beaters)
- 1/4 cup any premade protein shake (I like fairlife) or milk
- 1/2 mashed banana
- 1/2 tsp cinnamon
- Toppings of choice: mini chocolate chips, pecans, brown sugar, etc.



**Yield/servings: 1**

### MACROS (PER SERVING)

Calories: 202

Fat: 2

Protein: 19

Carbs: 28

*(toppings not included)*



## DIRECTIONS:

1. Cube your bread into bite sized chunks, place in a small glass meal prep container or any small casserole dish will do (spray with nonstick spray)
2. Mash half of a banana
3. In a small bowl, mix together your protein shake or milk, and liquid egg whites, cinnamon, and mashed banana, mix well and pour over bread cubes, let these sit for 5 or so minutes to soak up the liquid a little
4. Sprinkle with optional toppings: brown sugar/Swerve, mini chocolate chips, pecans and bake for 20-25 minutes on 400F
5. Top with toppings of choice (I like a small drizzle of pancake syrup)

# PEACH COBBLER FRENCH TOAST BOWL

## INGREDIENTS:

*\*recipe is for 1 bowl, (I typically prep 3-4 at a time) if following suggested servings, modify amounts to fit your needs\**

- 2 slices low calorie bread (I like sara lee 45 cal)
- 1/4 cup liquid egg whites or egg beaters
- 1/4 cup premade protein shake (I like Fairlife) OR any milk will do
- 1/2 tsp cinnamon
- 1 peach (peeled + diced)
- **optional crumble:**
  - 1/2 TBS melted butter
  - 1 TBS flour
  - 1 TBS sugar (I use Swerve)
- **optional cream cheese drizzle:**
  - 1 TBS light cream cheese (or 1 light laughing cow cheese)
  - 1 TBS sugar free pancake syrup



**Yield/servings: 1**

### MACROS (PER SERVING)

Calories: 315

Fat: 10

Protein: 22

Carbs: 35

*(with crumble + drizzle)*



## DIRECTIONS:

1. Cube your bread into bite sized chunks, place in a small glass meal prep container or any small casserole dish will do (spray with nonstick spray)
2. In a small bowl, mix together your protein shake or milk, and liquid egg whites, and cinnamon, mix well and pour over bread cubes, let these sit for 5 or so minutes to soak up the liquid, add your diced peach over the top.
3. In a small bowl, mix together crumble ingredients with a fork until mixture looks sandy crumbles, sprinkle this over peaches then bake for 20-25 minutes on 400F
4. Top with toppings of choice (I like to make a cream cheese drizzle or just use a small drizzle of \*sugar free if preferred\* pancake syrup)

# MEAL PREP MCMUFFINS

## INGREDIENTS:

*\*recipe is for 6 sandwiches, modify amounts to fit your needs/amount of sandwiches desired\**

- 6 english muffins (I get the 100 calorie Thomas brand)
- 6 slices ultra thin sliced colby jack cheese
- 6 turkey sausage patties (or turkey bacon, ham, etc)

### Sheet Pan Egg Patties:

3 eggs  
1/2 cup egg whites (egg beaters)  
salt, pepper



**Yield/servings: 6**

### MACROS (PER SERVING)

Calories: 242

Fat: 6

Protein: 16

Carbs: 19

*(approximate)*



## DIRECTIONS:

1. in a bowl, mix together 3 eggs with 1/2 cup egg whites (or egg beaters), pour these into a rectangular baking dish or half sized sheet pan (I like to line with parchment paper or spray with nonstick spray first so it comes out easily to slice)

2. Bake this on 400 for 10-15 minutes or until set, once done, use a cookie cutter or glass to cut 6 even circles (cut them very close together so you don't waste any egg!)

3. Assemble sandwiches (muffin, egg, cheese, meat, top)

I like to wrap mine in a paper towel then foil for easy grab + go breakfast, then just remove foil to reheat in microwave!

# MEAL PREP CHICK-FIL-A EGG WHITE SAMMIES

## INGREDIENTS:

*\*recipe is for 6 sandwiches, modify amounts to fit your needs/amount of sandwiches desired\**

- 6 english muffins (I get the 100 calorie Thomas brand)
- 6 slices ultra thin sliced colby jack cheese
- chicken of choice (you can use rotisserie, air fried chicken strips, or even deli chicken for this)
- Optional chipotle sauce (approx 1 tsp drizzle each sandwich, any kind will do!)

Sheet Pan Egg Patties:

1 cup liquid egg whites (egg beaters)

salt, pepper



**Yield/servings: 6**

**MACROS (PER SERVING)**

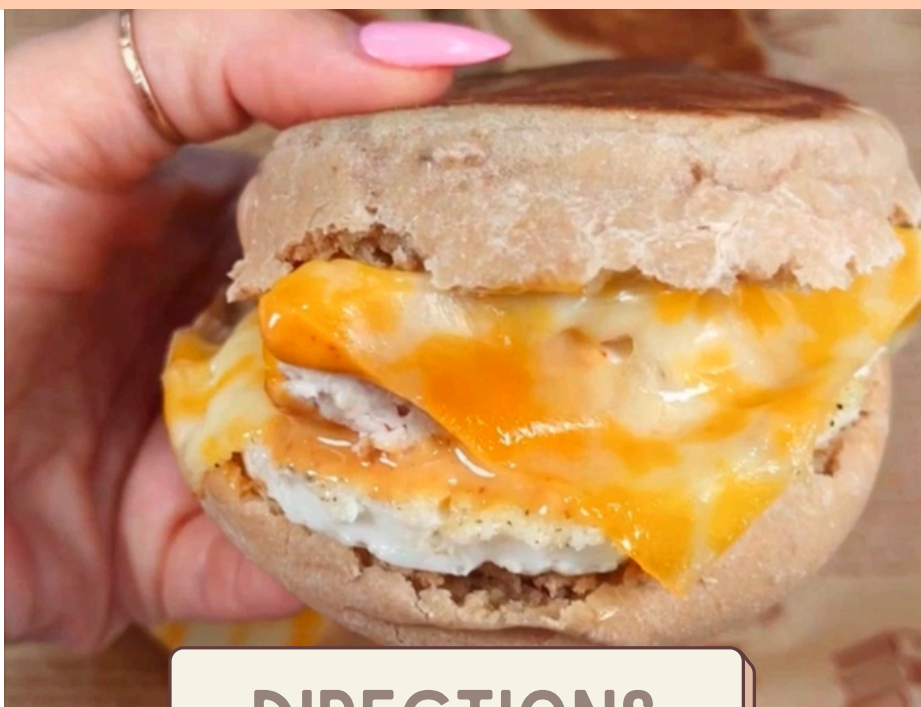
Calories: 252

Fat: 5

Protein: 32

Carbs: 27

*(approximate)*



## DIRECTIONS:

1. pour egg whites into a rectangular sized baking dish or half sized sheet pan (I like to spray with nonstick spray or line with parchment paper first so it comes out easily to slice)
2. Bake this on 400 for 10-12 minutes or until set, once done, use a cookie cutter or glass to cut 6 even circles (cut them very close together so you don't waste any egg!)
3. Assemble sandwiches (muffin, egg, meat, sauce, cheese, top)
4. I like to wrap mine in a paper towel then foil for easy grab + go breakfast, then just remove foil to reheat in microwave!

# FRENCH TOAST MUFFINS

## INGREDIENTS:

- 10 slices low carb bread (I use Sara Lee 45 cal bread)
- 2/3 cup premade protein shake of choice (I like vanilla Fairlife)
- 2/3 cup egg whites/egg beaters
- 1 tsp cinnamon, splash of vanilla



Yield/servings: 11

### MACROS (PER SERVING)

Calories: 55

Fat: 1

Protein: 5

Carbs: 8

(approximate)



## DIRECTIONS:

1. Cube your bread into small squares
2. In a large measuring cup or bowl, mix together your protein shake (or milk), egg whites, cinnamon and vanilla
3. Add bread pieces to this and gently toss to combine so bread soaks up all the liquid
4. Spray a muffin tin, and fill about halfway full with french toast mixture, I like to sprinkle a little brown sugar (or brown sugar Swerve) over each of them
5. Bake on 350 for 15-20 minutes or until lightly browned and cooked through
6. These are great for meal prep and can be dipped in syrup or drizzled with cream cheese frosting (light cream cheese mixed with a small amount of your protein shake is great here!)

# BREAKFAST CUPS

## INGREDIENTS:

- 4 eggs
- 1 cup dry Kodiak pancake mix (or bisquick)
- 1 cup shredded cheese
- 1 lb ground turkey breakfast sausage (browned)
- Salt + pepper to taste



## DIRECTIONS:

1. Brown turkey sausage until cooked through
2. Add all ingredients to a large bowl and mix
3. Spoon into a greased muffin tin
4. Bake on 350 for 15-20 min

I like to eat these with higher protein sides like a greek yogurt parfait, eggs, or a protein shake. I love to dip mine in pancake syrup!



Yield/servings: 16

### MACROS (PER SERVING)

Calories: 96

Fat: 5

Protein: 8

Carbs: 5

*(approximate)*

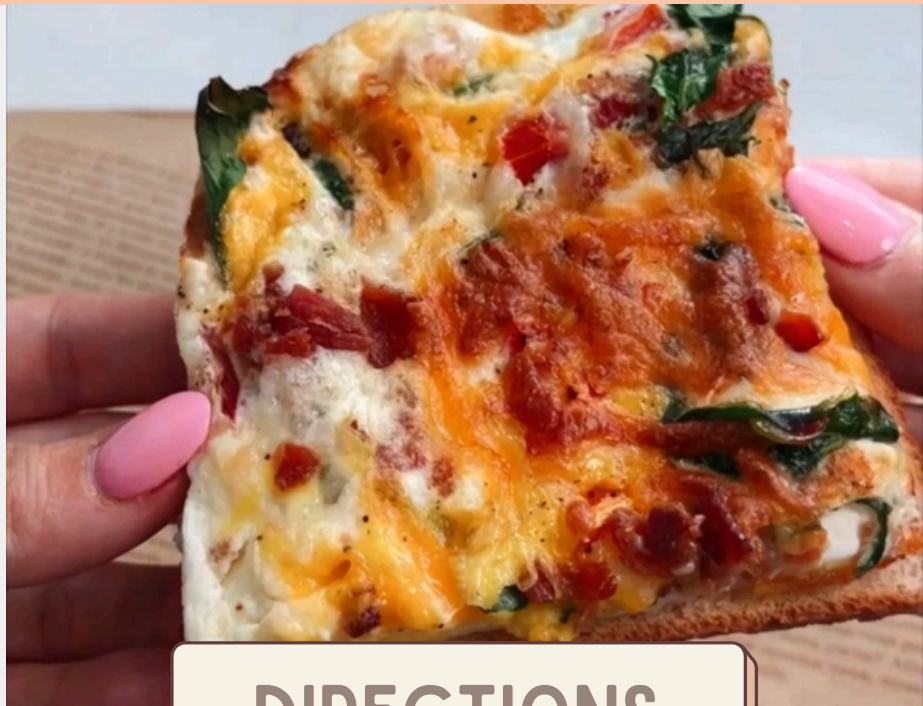
# AIR FRYER FRITTATA

## INGREDIENTS:

- 6 eggs
- salt, pepper

### toppings of choice:

- ham, turkey
- bacon bits, sausage
- feta cheese or shredded
- tomatoes, spinach, onion, peppers, mushrooms, etc.



## DIRECTIONS:

1. Place an air fryer liner in the bottom of your basket, crack eggs into it and add chopped toppings of choice, add salt and pepper
2. Air fry 350 for 15-20 minutes or until done to your liking!
3. Cut into squares and serve alone or add your squares to a piece of toast or over a hashbrown patty (feel free to top with chipotle sauce, hot sauce, or salsa)



Yield/servings: 4

### MACROS (PER SERVING)

Calories: 184

Fat: 13

Protein: 15

Carbs: 3

*(approximate)*

# BREAKFAST TOASTER

## INGREDIENTS:

- 1 low carb tortilla of choice (I use mission carb balance)
- 1 egg (or 1/4 cup egg whites)
- 1 TBS bacon bits
- 2 slices ultra thin sliced cheese



## DIRECTIONS:

1. Place tortilla on flat surface
2. Cook egg in a small skillet sprayed with nonstick spray so that it's close to the same size as your tortilla. I cook on low heat and gently flip. Place this on top of tortilla
3. Sprinkle bacon bits over egg, then add 2 slices of cheese right in the center of tortilla, slightly staggered on top of each other
4. fold sides in so that they're touching, and then take bottom and fold up (so that you've folded it in half again). You should have a square-ish looking wrap that will fit in a toaster
5. Place wrap in toaster (or just brown in a skillet), when it's finished, **unplug toaster** before removing (you can use silicone tongs to help you get it out if you need to, but it should pop right out)



*Yield/servings: 1*

### MACROS (PER SERVING)

Calories: 217

Fat: 11

Protein: 22

Carbs: 19

*(approximate)*

# SAUSAGE CREAM CHEESE PINWHEELS

## INGREDIENTS:

- 1 turkey sausage patty (microwaved, then crumbled)
- 1-2 light laughing cow cheeses
- 1-2 TBS shredded cheese of choice
- 1 low carb tortilla of choice



**Yield/servings: 1**

### MACROS (PER SERVING)

Calories: 202

Fat: 12

Protein: 17

Carbs: 21

*(approximate)*



## DIRECTIONS:

1. Microwave turkey sausage according to package directions, crumble (with a meat chomper spatula or hands)
2. In a small bowl, mix together crumbled turkey sausage and light laughing cow cheese, spread this mixture over the surface of your tortilla
3. Sprinkle with cheese then roll tightly! Slice into small sections with a sharp knife
4. Air fry (or bake) 370 for 5-7 minute or until golden brown and melty!

# 2 INGREDIENT PB PANCAKES

## INGREDIENTS:

- 1 egg
- 1 TBS peanut butter (I use Jiff creamy)
- optional sweetener like Swerve
- optional add ins:  
chocolate chips, nuts, coconut, etc.

You can make these as mini pancakes (mine made about 2 small pancakes) or as a mini waffle!



**Yield/servings: 1**

### MACROS (PER SERVING)

Calories: 165

Fat: 13

Protein: 10

Carbs: 4

*(approximate)*



## DIRECTIONS:

1. In a small bowl, whisk together 1 egg and 1 TBS regular peanut butter, whisk this REALLY well so that it's completely combined
2. I like to add a bit of sweetener like sugar or Swerve and a few mini chocolate chips too
3. Cook your pancake like you normally would (I love my mini Dash pancake griddle)
4. Serve with sides of choice and pancake syrup!

# basics



Makayla Thomas

FITNESS

# AIR FRYER CHICKEN

So quick, easy, and flavorful. Switch up the toppings/seasonings, add it to salads, stir fry, pastas, or casseroles. This chicken is great for meal prep! I get the tenderloins instead of breast because they're smaller so they thaw/cook much faster and more evenly!

## INGREDIENTS:

- 2 chicken tenderloins (thawed)



LIKE THIS!

- 1/4 tsp of each: salt, pepper, garlic powder, paprika



[Click here to see the air fryer I use!](#)

(2 tenderloins = 1 serving,  
approx 4 oz)

Yield/servings: 1

MACROS (PER SERVING)

Calories: 100

Fat: 0

Protein: 22

Carbs: 0

(approximate)



## DIRECTIONS:

1. Make sure chicken tenderloins are thawed and patted dry.
2. Mix all seasonings together in a small bowl, then rub seasoning mixture on both sides of chicken
3. Preheat air fryer to 400 (let it get hot) then add chicken and cook for 5 minutes, flip each piece, then continue to cook for another 5 minutes. (immediately remove from air fryer so chicken doesn't get dry)
4. Let them rest on a cutting board for a couple minutes before slicing

*\*If you don't have access to air fryer, you can cook these in a skillet the same way (medium high heat), dice into bite sized pieces and let them sit until underside is seared, then flip and continue cooking until golden brown.*

# AIR FRYER STEAK

*So quick, easy, and flavorful. Switch up the toppings/seasonings, add it to salads, stir fry, pastas, or casseroles. This is great for meal prep!*

## INGREDIENTS:

- 4 oz steak of choice (I typically get sirloin)
- salt, pepper, or favorite steak seasoning

**OPTIONAL:** can marinate in a bowl with a splash of soy sauce, 1/4 cup Italian dressing, 1 TBS minced garlic, drizzle of honey, salt/pepper (I've let mine sit as little as 15 minutes, or if you have time can let it marinate in fridge for several hours/overnight)



*Yield/servings: will vary*

### MACROS (PER 4 OZ)

Calories: 220

Fat: 14

Protein: 22

Carbs: 0

*(approximate)*



## DIRECTIONS:

1. Make sure steak is thawed and patted dry.
2. Season both sides generously with salt/pepper or steak seasoning
3. Preheat air fryer to 400 and cook for 5 minutes (with nothing in it, this gets it hot).
4. After preheating, add steak, cook for 6-8 min. flip, then cook another 6-8 min depending on thickness and how done you like yours. (I typically do 6 min. each side for medium rare)
5. Let steak rest on a cutting board for a couple minutes before slicing (if the juices run out, I pour them back onto the steak after slicing).

*\*If you don't have access to air fryer, you can cook these in a skillet the same way (medium high heat), let them sit until underside is seared, then flip and continue cooking until golden brown.*

# EASY SHRIMP

*So quick, easy, and flavorful. Switch up the toppings/seasonings, add it to salads, stir fry, pastas, or casseroles. This is great for meal prep!*

## INGREDIENTS:

- 15 large frozen tail-off shrimp
- salt, pepper, garlic powder, paprika, cajun seasoning of choice
- nonstick cooking spray



Yield/servings: will vary  
**MACROS (PER 4 OZ)**

Calories: 188

Fat: 3

Protein: 39

Carbs: 0

*(approximate)*



## DIRECTIONS:

1. Make sure shrimp is thawed and patted dry.
2. Sprinkle seasoning mixture on both sides.
3. Set air fryer for 380 and cook for 4 minutes, flip, then continue to cook for another 3-4 minutes.

*\*If you don't have access to air fryer, you can cook these in a skillet the same way (medium high heat), let them sit until underside is seared, then flip and continue cooking until golden brown.*

4. Drizzle with whatever sauce you like (sometimes I drizzle with teriyaki sauce, honey, or a squeeze of lemon depending on what I'm using them for!)

# 5 MIN. MEXICAN RICE

*This is a lazy girl's dream! So easy and only takes 5 minutes. This rice is very versatile and can be used as a side, or the base of any meal prep bowl.*

## INGREDIENTS:

- 1 cup instant rice (or if using rice maker you can use regular rice)
- 1 cup water
- 1/2 tsp Knorr Caldo De Tomate seasoning (walmart)
- pinch of salt



Yield/servings: varies, I usually get 3-4 servings out of 1 cup (remember rice expands after cooking!)

### MACROS (PER COOKED 1/2 CUP SERVING)

Calories: 90

Fat: 0

Protein: 2

Carbs: 19

*(approximate)*



## DIRECTIONS:

1. Mix water and tomato seasoning together in a large bowl (water should be a light orange color)
2. Add uncooked rice to seasoned water, stir until combined
3. Microwave according to back of instant rice box (usually about 5-6 min)
4. Fluff with a fork

\*If you prefer stove top or rice cooker you can use those as well, just make sure to add seasoning to whatever water you're using\*

# CRISPY TACO SHELL BOWL

## INGREDIENTS:

- Low carb tortilla of choice, I use Mission Carb Balance
- Avocado oil (or any oil) for misting

*\*recipe is for 1 bowl, if following suggested servings, modify amounts to fit your needs/amount of bowls desired\**



**Yield/servings: 1**

### MACROS (PER SERVING)

Calories: 70

Fat: 3.5

Protein: 5

Carbs: 3 (net)

*(approximate)*



## DIRECTIONS:

1. Mist both sides of your tortilla with avocado oil, place in a hot skillet and give it a quick toast until both sides are golden brown
2. Immediately remove from skillet and press into an oven safe bowl (I just use a ceramic cereal sized bowl)
3. Place this in the oven at 350 for 5-8 minutes
4. Remove from oven and let it sit in your bowl for a couple minutes to cool (this helps it retain it's bowl shape, but is optional).
5. Remove from bowl and add fillings of choice!  
Great for taco salads, bowls, and fajitas!

# preps



Makayla Thomas  
FITNESS

# LOADED BAKED POTATO BOWL

## INGREDIENTS:

*\*recipe is for 3 bowls, if following suggested servings, modify amounts to fit your needs/amount of bowls desired\**

- 6 boneless skinless chicken tenderloins
- 3 russet potatoes
- optional nonfat/plain Greek yogurt
- sauce of choice (I like the Buffalo Wild Wings Parmesan Garlic Sauce, thinned out with skim milk)
- Crispy bacon/real bacon bits
- Shredded Cheese of Choice
- Optional French Fried Onions (for crunch)



Yield/servings: 3

### MACROS (PER SERVING)

Calories: 370

Fat: 10

Protein: 34

Carbs: 36

*(approximate)*



## DIRECTIONS:

1. Prepare potatoes, I like to pierce mine with a fork, poking holes all over surface then microwave (1 at a time) for 5-6 minutes or until tender (you should be able to poke them with a fork and easily goes through).
2. Prepare chicken, I like to season both sides with seasoning salt, garlic, pepper, and paprika, and air fry on 400, 5 min each side, then take out and let it rest on a cutting board before slicing.
3. For sauce, I like to mix 1-2 TBS parmesan garlic sauce with 1-2 TBS skim milk (for each bowl)

### Assemble 3 tupperware/bowls in this order:

- 1 potato sliced open and inside gently mashed with 1-2 TBS plain greek yogurt, salt and pepper
- add sliced chicken on top (2 tenderloins per bowl)
- drizzle with sauce, add bacon, and cheese
- after heating to melt cheese, add crispy onions

*(suggested amounts provided as an example but of course modify to fit your preference/needs)*

# KICKIN CHICKEN BOWLS

## INGREDIENTS:

*\*recipe is for 3 bowls, if following suggested servings, modify amounts to fit your needs/amount of bowls desired\**

- 6 boneless skinless chicken tenderloins
- Garlic Parmesan seasoning (great value seasoning packet is my fav)
- 2 cups diced red potatoes (I like using the Little potato company package for convenience)
- Optional caramelized onions, mushrooms
- 3 TBS Bacon bits
- 3 TBS Pepper jack cheese

### SAUCE:

- 5 oz container Plain Greek yogurt (I use Fage)
- 2 TBS ranch seasoning (I like spicy ranch for this)
- Water, milk, or pickle juice to taste (to thin it out)

**Yield/servings: 3**

### MACROS (PER SERVING)

Calories: 282

Fat: 5.5

Protein: 37

Carbs: 20

*(approximate)*



## DIRECTIONS:

1. Prepare potatoes, I dice into even sized cubes, mist with oil, season, then air fry 400F for 10 min, shake, 5-10 more minutes or until crisp
2. Prepare chicken, I like to season both sides with the seasoning packet listed in ingredients and paprika, and air fry on 400, 5 min each side, then take out and let it rest on a cutting board before slicing.
3. If adding veggies, add sliced veggies to a skillet misted with oil, on medium heat. Let them sauté until soft. (more in depth directions listed in "sides" section!)
4. For sauce, mix together ingredients listed

### Assemble 3 tupperware/bowls in this order:

- diced/cooked potatoes evenly amongst 3 bowls
- add sliced chicken on top (2 tenderloins per bowl)
- sauteed veggies
- drizzle with sauce, add bacon, and cheese
- after heating to melt cheese, add crispy onions

*(suggested amounts provided as an example but of course modify to fit your preference/needs)*

# GARLIC BUTTER STEAK BITE BOWLS

## INGREDIENTS:

*\*recipe is for 3 bowls, if following suggested servings, modify amounts to fit your needs/amount of bowls desired\**

- 3 sirloin steaks
- 1 cup riced cauliflower
- 2 cups instant mashed potatoes (I use the little cups)

### Garlic Butter Sauce:

- 1 TBS melted butter
- 1 TBS parmesan
- 1 TBS parm garlic sauce (I use Buffalo Wild Wings brand)
- 1 tsp garlic



**Yield/servings: 3**

### MACROS (PER SERVING)

Calories: 432

Fat: 20

Protein: 39

Carbs: 22

*(approximate)*



## DIRECTIONS:

1. Microwave cauliflower rice and instant potatoes according to package directions, then mix together in a bowl.
2. Cut steak into bite sized chunks, salt and pepper then air fry on 400F for 4 minutes, shake, then 3-4 more minutes or until done to your liking
3. Immediately toss in your garlic butter sauce
4. Prepare green veggie of choice

### Assemble 3 bowls/tupperware in this order:

- Divide cauliflower rice/potato mixture evenly amongst 3 bowls
- Divide steak bites evenly amongst bowls over potato mixture
- Add green veggie on side
- Optional drizzle with more garlic parm sauce + sprinkle with parmesan

*(suggested amounts provided as an example but of course modify to fit your preference/needs)*

# CAJUN CHICKEN + RICE BOWLS

## INGREDIENTS:

*\*recipe is for 3 bowls, if following suggested servings, modify amounts to fit your needs/amount of bowls desired\**

- 1 cup chicken or bone broth
- 1 cup instant rice
- 1/2 tsp chicken bouillon + 1/2 tsp tomato bouillon (I get the Knorr brand from Walmart)
- 6 chicken tenderloins (thawed)

## SAUCE:

- 1 TBS butter
- 1/2 tsp cajun seasoning, paprika, garlic, and seasoning salt
- 1/2 cup chicken or bone broth
- 3/4 cup half + half
- 1/2 cup parmesan
- 2 laughing cow cheeses (or cream cheese)



**Yield/servings: 3**

### MACROS (PER SERVING)

Calories: 347

Fat: 17

Protein: 37

Carbs: 15

*(approximate)*



## DIRECTIONS:

1. In a microwave safe bowl, add chicken/bone broth, rice, both bouillon seasonings and stir. Microwave for 6 minutes then fluff with a fork.
2. Prepare chicken, I like to season both sides with seasoning salt, garlic, pepper, and paprika, air fry on 400, 5 min each side, then take out and let it rest on a cutting board before slicing.
3. Prepare sauce, to a large skillet, add butter and let it melt. Add seasonings and stir. Add chicken broth and whisk, let this simmer for a couple minutes before adding the remaining ingredients. Turn heat to low and simmer/whisk until thickened.

### Assemble 3 tupperware/bowls in this order:

- divide rice evenly amongst containers (approx 1/3 cup)
- add sliced chicken on top (2 tenderloins per bowl)
- drizzle with sauce (however much you like)

*(suggested amounts provided as an example but of course modify to fit your preference/needs)*

# CHICKEN CARBONARA BOWLS

## INGREDIENTS:

*\*recipe is for 3 bowls, if following suggested servings, modify amounts to fit your needs/amount of bowls desired\**

- 6 chicken tenderloins
- 4-5 oz pasta of choice (I use Barilla protein pasta)
- optional green veggie of choice (for volume)
- frozen peas (cooked)
- bacon bits

### Sauce:

- 1/2 jar alfredo sauce of choice
- 1/2 cup chicken broth
- 1/4 cup skim mozzarella
- 1/4 cup parmesan
- 1/2 tsp: garlic powder, italian, salt, pepper
  
- Feel free to add extra veggies of choice like mushrooms, onions, broccoli, etc. (optional, to serve with for volume)



**Yield/servings: 3 bowls**

### MACROS (PER SERVING)

Calories: 377

Fat: 14

Protein: 29

Carbs: 37

*(approximate)*



## DIRECTIONS:

1. Prepare chicken, I like to season both sides with seasoning salt, pepper, garlic, paprika, and air fry on 400, 5 min each side, then take out and let it rest on a cutting board before slicing.
2. Cook noodles according to package, if adding green veggie for volume, cook these as well
3. in a sauce pot, add all sauce ingredients and stir/simmer until combined, thickened.

Assemble bowls/tupperware in this order:

- Divide your pasta evenly amongst your 3 bowls
- mix in your green veggie if using (optional)
- 2 TBS peas (cooked)
- 2 TBS bacon bits (or cooked bacon)
- approx 1/2 cup sauce
- 2 chicken tenderloins (sliced)
- sprinkle of parm, optional

*(suggested amounts provided as an example but of course modify to fit your preference/needs)*

# BUFFALO CHICKEN BOWLS

## INGREDIENTS:

*\*recipe is for 1 bowl, if following suggested servings, modify amounts to fit your needs/amount of bowls desired—I typically prep 3-4 of these at a time!\**

- 4 oz chopped chicken (rotisserie, canned, grilled, etc)
- 1 light laughing cow cheese
- 2 TBS hot sauce (I like franks)
- 1/2 cup cottage cheese (I blend mine so it's smooth) OR Greek yogurt
- 1/2 tsp ranch seasoning
- 2 TBS shredded cheese



**Yield/servings: 1**

### MACROS (PER SERVING)

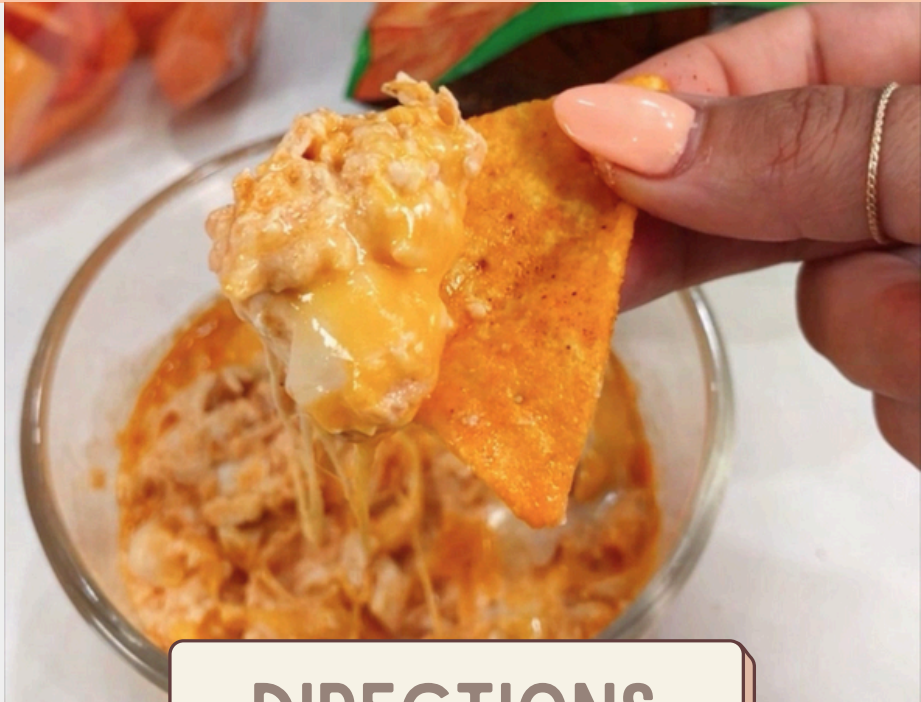
Calories: 246

Fat: 6

Protein: 39

Carbs: 7

*(approximate)*



## DIRECTIONS:

1. Prepare chicken, use any kind here (canned or rotisserie works great here if you're in a rush!)
2. Add all ingredients (except shredded cheese) to a bowl or meal prep container and mash/mix until combined
3. Add shredded cheese on top, if eating immediately, microwave 1-2 minutes. Or put in fridge to save for later.

I like to pair these with sliced veggies (like baby bell peppers, carrot chips, celery sticks), and a bag of Quest chips for extra protein but any chip or cracker will be great here.

*(suggested amounts provided as an example but of course modify to fit your preference/needs)*

# IN-N-OUT BURGER BOWLS

## INGREDIENTS:

*\*recipe is for 4 bowls, if following suggested servings, modify amounts to fit your needs/amount of bowls desired\**

- 1 lb. lean ground beef
- 1/2 packet au jus seasoning
- Can use rice or potatoes as base, I use the Little Potato Company red potato pack (from Walmart)
- shredded cheese of choice

### **Burger toppings of choice:**

- yellow onion, finely diced
- bacon bits
- diced pickles, tomato, etc.
- crispy french fried onion topping

### **Burger sauce:**

2 TBS light mayo

1-2 TBS ketchup

1 tsp mustard

optional sweet pickle relish

1/4 tsp cajun seasoning

splash of pickle juice (or water) to thin



**Yield/servings: 4**

### **MACROS (PER SERVING)**

**Calories: 327**

**Fat: 13**

**Protein: 29**

**Carbs: 27**

*(approximate)*



## DIRECTIONS:

1. If using potatoes, dice into even sized cubes, season generously with salt, pepper, garlic (or if you get the Little Potato Company, I just use the seasoning pack provided). Air fry (or bake) on 400F for 8 min, shake, 8-10 more minutes or until crisp.
2. Cook ground beef in a skillet, and season with part of an au jus seasoning packet (or seasonings of choice), I just sprinkle about 1/2 of the dry seasoning pack over the meat then stir.
3. Dice yellow onion (very small). Place in a skillet with a small amount of butter or oil of choice and place heat on medium/low. Saute until tender/slightly charred.
4. **Assemble 4 bowls/tupperware in this order:**
  - 1/2 cup diced potatoes
  - 1/2 cup ground beef
  - caramelized onions (to taste) + bacon bits
  - drizzle of sauce
  - sprinkle of cheese (approx 1 TBS)
  - can add more burger toppings like pickle, shredded lettuce, french fried onions, etc.

*(suggested amounts provided as an example but of course modify to fit your preference/needs)*

# LOADED BIG MAC FRIES

## INGREDIENTS:

*\*recipe is for 4 bowls, if following suggested servings, modify amounts to fit your needs/amount of bowls desired\**

- 1 lb. lean ground beef
- 1/2 packet au jus seasoning
- 2 russet potatoes
- shredded cheese of choice

### Burger toppings of choice:

- yellow onion, finely diced
- diced pickles
- shredded lettuce

### Big Mac sauce:

2 TBS light mayo  
1-2 TBS ketchup  
1 tsp mustard  
finely diced pickle  
1/4 tsp cajun seasoning  
splash of pickle juice (or water) to thin



**Yield/servings: 4**

### MACROS (PER SERVING)

Calories: 278

Fat: 9

Protein: 28

Carbs: 20

*(approximate)*



## DIRECTIONS:

1. Slice potatoes into even fry shape (I like mine to be pretty thin). Mist with oil and season with salt/pepper. Air fry (or bake) on 400F for 10 min, shake, 10-15 more minutes or until crisp.
2. Cook ground beef in a skillet, and season with part of an au jus seasoning packet (or seasonings of choice), I just sprinkle about 1/2 of the dry seasoning pack over the meat then stir.
3. Mix together sauce ingredients

### Assemble 4 bowls/tupperware in this order:

- Divide fries evenly amongst 4 bowls
- 1/2 cup ground beef each
- drizzle of sauce
- sprinkle of cheese (approx 1 TBS)
- Big Mac toppings: pickle, onion, shredded lettuce (after heating)

*(suggested amounts provided as an example but of course modify to fit your preference/needs)*

# CARIBBEAN BOWLS

## INGREDIENTS:

*\*recipe is for 4 bowls, if following suggested servings, modify amounts to fit your needs/amount of bowls desired\**

- 8 boneless skinless chicken tenderloins
- 1 pkg cauliflower rice (I get green giant frozen riced cauliflower)
- 1 cup white rice (I use instant rice or bens ready rice)
- Jerk chicken seasoning (I like great value Caribbean jerk seasoning packet)
- Diced pineapple (to taste—I use 1/4 cup each bowl)
- Mango salsa or pineapple salsa (any kind)
- optional lime wedges

*Yield/servings: 4 bowls*

### MACROS (PER SERVING)

Calories: 257

Fat: .5

Protein: 26

Carbs: 35

*(approximate)*



## DIRECTIONS:

1. Prepare rice mixture by microwaving both types of rice (cauliflower rice and regular/instant rice) then mix together.
2. Prepare chicken, I like to season both sides with the seasoning packet listed in ingredients and paprika, and air fry on 400, 5 min each side, then take out and let it rest on a cutting board before slicing.
3. Dice fresh pineapple and limes for garnish if you prefer

### Assemble 4 tupperware/bowls in this order:

- rice mixture, evenly between 4 bowls
- add sliced chicken on top (2 tenderloins per bowl)
- diced pineapple
- mango salsa (to taste)
- lime wedge

I love to pack a side of tortilla chips and extra mango salsa to eat with mine!

*(suggested amounts provided as an example but of course modify to fit your preference/needs)*

# STREET CORN BOWLS

## INGREDIENTS:

*\*recipe is for 4 bowls, if following suggested servings, modify amounts to fit your needs/amount of bowls desired\**

- 8 boneless skinless chicken tenderloins
- McCormick mojito lime seasoning (or any fajita seasoning will work)
- 1 cup cauliflower rice (I get green giant frozen riced cauliflower)
- 1 cup white rice (I use instant rice or bens ready rice)
- 1 cup corn (any kind, I like Birds Eye frozen fire roasted corn for this)
- 4 TBS Avocado lime ranch (I like chick fil a brand)
- Cotija cheese and tajin (to taste) + lime wedges for garnish



## DIRECTIONS:

1. Prepare rice mixture by microwaving both types of rice (cauliflower rice and regular/instant rice) then mix together.
2. Prepare chicken, I like to season both sides with the seasoning packet listed in ingredients and paprika, and air fry on 400, 5 min each side, then take out and let it rest on a cutting board before slicing.
3. If using frozen corn, heat according to package directions

### **Assemble 4 tupperware/bowls in this order:**

- rice mixture, evenly between 4 bowls
- add sliced chicken on top (2 tenderloins per bowl)
- 1/4 cup corn
- 1 TBS avocado lime ranch
- sprinkle of cotija cheese and tajin seasoning

Feel free to pack with a mindful serving of tortilla chips (or Quest chips) and salsa!

*(suggested amounts provided as an example but of course modify to fit your preference/needs)*

**Yield/servings: 4 bowls**

### **MACROS (PER SERVING)**

Calories: 296

Fat: 11

Protein: 25

Carbs: 21

*(approximate)*

# FIESTA FRIES BOWL

## INGREDIENTS:

*\*recipe is for 4 bowls, if following suggested servings, modify amounts to fit your needs/amount of bowls desired\**

- 1 lb. lean ground beef
- 2 potatoes of choice (I use russet)
- 1 taco seasoning packet
- Shredded cheese of choice (I usually use colby jack here)
- red enchilada sauce
- PLAIN nonfat greek yogurt
- pico (optional)

### optional add ins:

- lettuce
- guac/avocado
- jalapenos
- tortilla strips



**Yield/servings: 4**

### MACROS (PER SERVING)

Calories: 284

Fat: 7

Protein: 28

Carbs: 16

*(approximate)*



## DIRECTIONS:

1. Slice both potatoes into thin fry shape pieces (I use my veggie slicer for this), toss in a small drizzle of avocado oil then season generously (I season with seasoning salt, pepper, garlic). Air fry on 400 for 10 min, shake, 5 more minutes or until crisp. Can do these on a baking sheet in oven if you don't have air fryer (heat on 425F).

2. Brown ground beef in large skillet, when it's done, add your taco seasoning packet and a splash of water or enchilada sauce. Stir and simmer.

### Assemble 4 bowls/tupperware in this order:

- divide fries evenly between bowls
  - meat mixture evenly between bowls
  - drizzle of enchilada sauce (2-3 TBS)
  - drizzle of greek yogurt (tastes like sour cream here)
  - 1-2 TBS shredded cheese
  - optional pico, other taco toppings of choice
- (suggested amounts provided as an example but of course modify to fit your preference/needs)*

*\*if eating right away, microwave to melt cheese, if saving for later, store in air tight containers and heat thoroughly before eating\**

# QUESO CHICKEN BOWLS

## INGREDIENTS:

*\*recipe is for 3 bowls, if following suggested servings, modify amounts to fit your needs/amount of bowls desired\**

- 3 cups hashbrowns (I like the frozen diced ones with onions/peppers, from walmart)
- black beans (drained/rinsed)
- pico (optional, store bought is fine)
- 6 chicken tenderloins (thawed)
- 1 fajita seasoning packet
- Salsa Con Queso dip (nacho cheese dip) OR White Queso
- Shredded Cheese of choice
- Optional toppings: green chiles, pico, shredded lettuce, guac, etc.



## DIRECTIONS:

1. Air fry (or bake) frozen hashbrowns until crisp, 400F for 15-20 min, shaking intermittently
2. Prepare chicken, I like to season them with a fajita seasoning packet then air fry 400 5 min, each side (let them rest a couple minutes before slicing)

### **Assemble 3 bowls/tupperware in this order:**

- 1 cup hashbrowns
- 2 TBS black beans (or more, to taste) + pico
- 2 chicken tenderloins (sliced)
- 2 TBS queso
- 1 TBS shredded cheese of choice

*\*if eating right away, microwave to melt cheese, if saving for later, store in air tight containers and heat thoroughly before eating\**

*Yield/servings: 3*

### MACROS (PER SERVING)

Calories: 268

Fat: 9

Protein: 34

Carbs: 18

*(approximate)*

# TATER TOT CASSEROLE BOWLS

## INGREDIENTS:

*\*to avoid confusion, this recipe is for 1 bowl, —I typically prep 3-4 of these at a time!\**

- 1/2 cup frozen tater tots
- 1 laughing cow cheese (I use light)
- 1/4 cup plain greek yogurt
- 1/4 cup cream of chicken soup
- 1/4 tsp salt/pepper (more if needed)
- 4 oz (approx 1/2 cup) cooked lean ground beef
  
- 2 TBS shredded cheese (on top)

feel free to add veggies or other protein options to these!



**Yield/servings: 1**

### MACROS (PER SERVING)

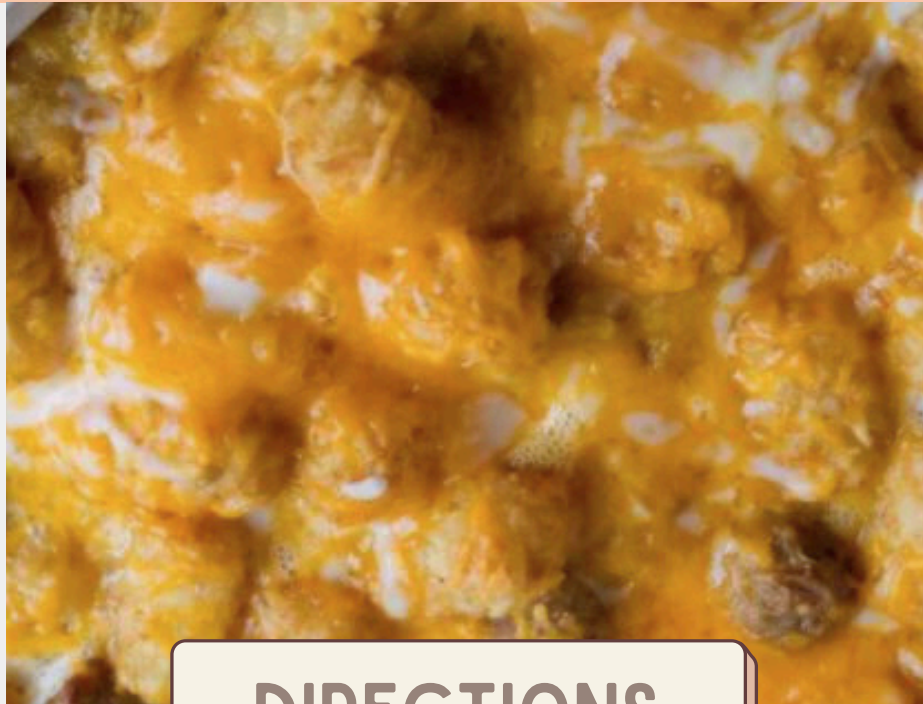
Calories: 461

Fat: 23

Protein: 36

Carbs: 28

*(approximate)*



## DIRECTIONS:

1. Mix together all the ingredients listed (EXCEPT the tater tots, those go on top). Add to a small baking dish (or glass meal prep container).

2. Add tater tots on top + bake on 350 for 25 minutes

If you'd like to make this in a large casserole dish, multiply the ingredients by 4 and bake in a 9x13 baking dish for 30-40 minutes!

TIP: feel free to add in other fillings or veggies of choice

# CHEESY TACO HASHBROWN CASSEROLE BOWLS

## INGREDIENTS:

*\*to avoid confusion, this recipe is for 1 bowl, —I typically prep 4 of these at a time using 1 lb. lean beef!\**

- 1 cup frozen hashbrowns
- 1 laughing cow cheese (I use light)
- 1/4 cup plain greek yogurt
- 1/4 cup cream of chicken soup
- 1/4 tsp salt/pepper (more if needed)
- 2 TBS pico (or rotel)
- 4 oz (approx 1/2 cup) taco meat
  
- 2 TBS shredded cheese (on top)

feel free to add veggies or other protein options to these!



**Yield/servings: 1**

### MACROS (PER SERVING)

Calories: 375

Fat: 16

Protein: 35

Carbs: 24

*(approximate)*



## DIRECTIONS:

1. In a small baking dish (or glass meal prep container), mix together all the ingredients listed (EXCEPT the shredded cheese, it goes on top).
2. Add cheese on top + bake on 375 for 25 minutes

If you'd like to make this in a large casserole dish, multiply the ingredients by 4 and bake in a 9x13 baking dish for 25-35 minutes!

TIP: feel free to add in other fillings of choice (black beans, corn, jalapenos, etc)

# CRACK CHICKEN HASHBROWN CASSEROLE

## INGREDIENTS:

*\*to avoid confusion, this recipe is for 1 bowl, —I typically prep 3-4 of these at a time!\**

- 1 cup frozen shredded hashbrowns
- 1 light laughing cow cheese
- 1/4 cup plain Greek yogurt
- 1/4 cup cream of chicken soup
- 1/2 tsp ranch seasoning
- 2 TBS shredded cheese
- 1 TBS bacon
- 4 oz shredded chicken
  
- 2 TBS cheese (on top)



**Yield/servings: 1**

### MACROS (PER SERVING)

Calories: 339

Fat: 9

Protein: 39

Carbs: 52

*(approximate)*



## DIRECTIONS:

1. In a small baking dish (or glass meal prep container), mix together all the ingredients listed (EXCEPT the 2 TBS shredded cheese, it goes on top).
2. Add cheese on top + bake on 375 for 25 minutes

If you'd like to make this in a large casserole dish, multiply the ingredients by 3 then add to a greased 8x8 glass dish! Bake for 25-30 min on 375

# YUM YUM RICE BOWL

## INGREDIENTS:

*\*recipe is for 3 bowls, if following suggested servings, modify amounts to fit your needs/amount of bowls desired\**

- 6 boneless skinless chicken tenderloins
- 3/4 cup (dry) instant rice
- 1 steamer bag cauliflower rice (I use green giant)
- 1 egg

### Sauce:

- 3 TBS light yum yum sauce
- 3 TBS teriyaki
- 2 TBS soy sauce
- 1/2 tsp garlic, ginger, pepper



**Yield/servings: 3**

### MACROS (PER SERVING)

Calories: 348

Fat: 12

Protein: 32

Carbs: 32

*(approximate)*



## DIRECTIONS:

1. Prepare rice mixture by microwaving both types of rice (cauliflower rice and regular/instant rice) then mix together.
2. Prepare chicken, I like to lightly season with seasoning salt, pepper, garlic, paprika, then air fry 400 5 min, each side (let them rest a couple minutes before slicing)
3. Mix sauce ingredients together in a small bowl
4. In a large skillet misted with oil, set heat to medium high heat. Once hot, add rice mixture (best if this is leftover/refrigerated rice but it's fine to use hot too). Spread rice out and let it lightly "fry" then add sauce. Gently mix until combined. Scoot rice to the side and add egg, let it fry then stir it in. You can either add chicken here, OR add exact amount of chicken to each meal prep bowl.

### Assemble 3 bowls/tupperware in this order:

Fried rice mixture divided evenly amongst 3 bowls  
2 chicken tenderloins, chopped/shredded each bowl  
drizzle of light yum yum sauce + sesame seeds

# PAD THAI BOWLS

## INGREDIENTS:

*\*recipe is for 3 bowls, if following suggested servings, modify amounts to fit your needs/amount of bowls desired\**

- 5 oz (dry) pasta, I like linguine for these
- 6 boneless skinless chicken tenderloins
- Veggies of choice—I like to do zucchini, onion, peppers, shredded carrot, etc.
- 1 egg scrambled (optional)

### SAUCE:

- 1/4 cup teriyaki sauce (I like Panda Express brand)
- 3 TBS soy sauce
- 1 TBS honey
- 1/4 tsp (or more) garlic, ginger, red pepper flakes
- juice of a lime

Yield/servings: 3

### MACROS (PER SERVING)

Calories: 357

Fat: 3

Protein: 34

Carbs: 50

(approximate)



## DIRECTIONS:

1. Prepare chicken, I like to lightly season both sides with seasoning salt, pepper, garlic, paprika, and air fry on 400, 5 min each side, then take out and let it rest on a cutting board before slicing.
2. Cook noodles according to package, if adding green veggie and scrambled egg for volume, cook these as well
3. Mix all sauce ingredients together in a bowl, then add cooked noodles and stir until combined

### Assemble 3 bowls/tupperware in this order:

- Divide your noodles evenly amongst your 3 bowls
- mix in your green veggie or add to side if using (optional)
- 2 chicken tenderloins, sliced
- lime wedge for garnish

*(suggested amounts provided as an example but of course modify to fit your preference/needs)*



# SESAME CHICKEN BOWLS

## INGREDIENTS:

*\*recipe is for 3 bowls, if following suggested servings, modify amounts to fit your needs/amount of bowls desired\**

- 4-5 oz (dry) pasta, I like linguine for these
- **NOODLE SAUCE:**
  - 1/4 cup teriyaki sauce (I like Panda Express brand)
  - 2 TBS soy sauce
  - 1/2 tsp garlic, red pepper flakes
- 3 (3-4 oz) servings ANY chicken—I like to air fry crispy nuggets for these, Real Good brand (or you can use 6 boneless skinless chicken tenderloins like usual)
- **CHICKEN SAUCE:** (for tossing chicken in after cooking): 1/4 cup sesame sauce, 1 TBS light mayo, 2 TBS honey
- Veggies of choice—I like to add zucchini, or broccoli for these



Yield/servings: 3

### MACROS (PER SERVING)

Calories: 415

Fat: 9

Protein: 31

Carbs: 56

*(approximate)*



## DIRECTIONS:

1. Prepare chicken, you can use regular chicken to save cals, or add crispy air fried chicken for convenience. Once cooked, add them to a bowl with the chicken sauce ingredients listed on side, and toss until coated.
2. Cook noodles according to package, if adding green veggies, cook these as well
3. Mix all noodle sauce ingredients together in a bowl, then add cooked noodles and stir until combined

### Assemble 3 bowls/tupperware in this order:

- Divide your noodles evenly amongst your 3 bowls
- mix in your green veggie or add to side if using (optional)
- 3-4 oz chicken (tossed in sauce)
- drizzle of light yum yum sauce (optional)

*(suggested amounts provided as an example but of course modify to fit your preference/needs)*

# bowls



# SUB IN A TUB

## INGREDIENTS:

*\*recipe is for 1 bowl, if following suggested servings, modify amounts to fit your needs/amount of bowls desired\**

- 1/2 cup cooked pasta (I use Barilla protein penne for this)

### FINELY CHOP THE FOLLOWING:

- 6 turkey pepperoni
- 3 slices deli ham
- 3 slices thin salami
- banana peppers
- red onion
- cheese cubes of choice
- shredded lettuce

### DRESSING:

- 1 TBS light mayo
- 2 TBS light italian dressing
- splash of banana pepper juice



**Yield/servings: 1**

### MACROS (PER SERVING)

Calories: 332

Fat: 13

Protein: 37

Carbs: 33

*(approximate)*



## DIRECTIONS:

1. Cook pasta according to package directions, and add to a bowl (or tupperware container if meal prepping)
2. Finely chop all ingredients listed on side, add these to bowl
3. Mix dressing ingredients together (TIP: if meal prepping to eat later, store dressing in a ziploc bag and add to bowl right before eating to keep your meal from getting soggy).
4. Toss everything together until evenly combined, add crushed croutons on top for crunch if preferred!

# CLUB IN A TUB

## INGREDIENTS:

*\*recipe is for 1 bowl, if following suggested servings, modify amounts to fit your needs/amount of bowls desired\**

- 1/2 cup cooked pasta (I use Barilla protein penne for this)
- 4 slices deli turkey (chopped)
- 2 TBS bacon bits or crispy bacon
- 1-2 TBS cheese cubes
- 1-2 TBS diced tomato
- 1-2 TBS diced avocado

## DRESSING:

- 1 TBS ranch dressing or light mayo
- 2 TBS light Italian dressing



**Yield/servings: 1**

### MACROS (PER SERVING)

Calories: 394

Fat: 15

Protein: 30

Carbs: 36

*(approximate)*



## DIRECTIONS:

1. Cook pasta according to package directions, and add to a bowl (or tupperware container if meal prepping)
2. Finely chop all ingredients listed on side, add these to bowl
3. Mix dressing ingredients together (TIP: if meal prepping to eat later, store dressing in a ziploc bag and add to bowl right before eating to keep your meal from getting soggy).
4. Toss everything together until evenly combined, add crushed croutons on top for crunch if preferred!

# COBB SALAD BOWL

## INGREDIENTS:

- 3-4 oz chicken of choice (I like air fried Real Good chicken strips for this)
- 1/2 cup (cooked) pasta (I like Barilla protein pasta)
- 1 TBS crispy bacon bits
- 1 TBS shredded cheese
- Diced tomato, red onion, other veggies of choice
- 1 TBS crushed croutons
- shredded lettuce (to taste)

**Dressing:** 3 TBS plain Greek yogurt mixed with 1 TBS ranch seasoning (thin out with milk or pickle juice)

*Yield/servings: 1*

### MACROS (PER SERVING)

Calories: 369

Fat: 6.5

Protein: 41

Carbs: 39

*(approximate)*



## DIRECTIONS:

1. Cook pasta according to package directions, and add to a bowl (or tupperware container if meal prepping)
2. Prepare chicken of choice, then chop into bite sized pieces
3. Finely chop all ingredients listed on side, add these to bowl
4. Mix dressing ingredients together (TIP: if meal prepping to eat later, store dressing in a ziploc bag and add to bowl right before eating to keep your meal from getting soggy).
5. Toss everything together until evenly combined, add crushed croutons on top for crunch if preferred!

# ENCHILADA PASTA SALAD

## INGREDIENTS:

- 4 oz chicken (any kind)
- 1/2 cup cooked pasta I like Barilla protein pasta

1-2 TBS:

- black beans
- corn
- red onion
- tomato
- jalapeño or poblano pepper (optional)
- Dressing: 3 TBS enchilada sauce, 1 TBS plain Greek yogurt, 1 tsp taco seasoning, lime juice
- Optional tortilla strips for topping



**Yield/servings: 1**

### MACROS (PER SERVING)

Calories: 319

Fat: 2

Protein: 34

Carbs: 41

*(approximate)*



## DIRECTIONS:

1. Cook pasta according to package directions, and add to a bowl (or tupperware container if meal prepping)
2. Prepare chicken of choice, I like to season 2 chicken tenderloins for this, then air fry 400F for 5 min, each side. Let rest a couple minutes on cutting board, then slice.
3. Dice and add veggies
4. Mix dressing ingredients together then toss everything together until evenly combined, add tortilla strips on top for crunch if preferred!

# HONEY LIME CHICKEN BOWL

## INGREDIENTS:

*\*recipe is for 1 bowl, if following suggested servings, modify amounts to fit your needs/amount of bowls desired\**

- 1/3 cup cooked rice (I use ready rice, feel free to mix with cauliflower rice for more volume if preferred)
- 4 oz chicken (any kind)
- 1/4 cup fire roasted corn (Birds eye oven roasted is my fav)
- 1/4 of a small avocado, sliced
- lime
- 1 tsp queso fresca
- dressing: 1 TBS avocado ranch (Chick-fil-A brand) 1 tsp honey, lime juice to thin



**Yield/servings: 1**

### MACROS (PER SERVING)

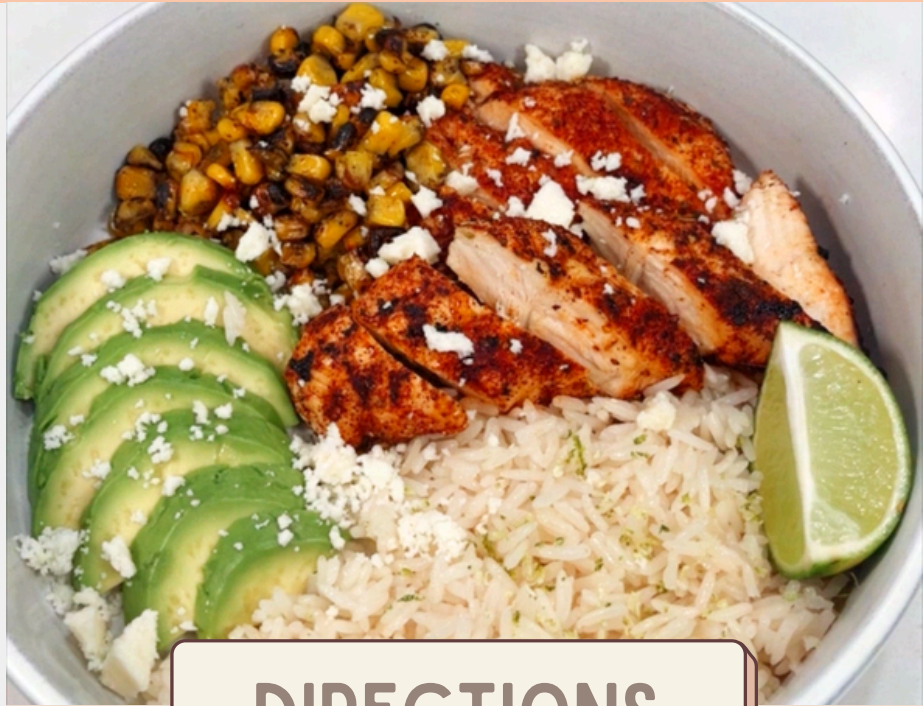
Calories: 437

Fat: 21

Protein: 29

Carbs: 30

*(approximate)*



## DIRECTIONS:

1. Cook rice of choice according to package directions, and add to a bowl (or tupperware container if meal prepping)
2. Prepare chicken of choice, I like to season 2 chicken tenderloins for this, then air fry 400F for 5 min, each side. Let rest a couple minutes on cutting board, then slice.
3. Prepare corn and dice avocado, add to bowl
4. Mix dressing ingredients together then toss everything together until evenly combined, sprinkle with queso fresca + add tortilla strips on top for crunch if preferred!

# DORITOS LOCOS TACOS BOWL

## INGREDIENTS:

*\*recipe is for 1 bowl, if following suggested servings, modify amounts to fit your needs/amount of bowls desired\**

- 1/2 cup cooked mexican rice (see recipe in "basics" section)
- 4 oz taco meat (lean beef seasoned with taco seasoning) approx 1/2 cup
- 1-2 TBS shredded cheese
- 1-2 TBS pico
- shredded lettuce (to taste)
- Crushed doritos (to taste, I use about 5 chips worth)
- Can drizzle with cheese dip, queso, salsa, enchilada sauce, etc.



**Yield/servings: 1**

### MACROS (PER SERVING)

Calories: 330

Fat: 15

Protein: 26

Carbs: 26

*(approximate)*



## DIRECTIONS:

1. Cook rice (follow recipe that's listed in the "basics" section), and add to a bowl (or tupperware container if meal prepping)
2. Prepare meat of choice, I cook lean ground beef then season with taco seasoning and a splash of water or broth. Add about 1/2 cup of this to your bowl.
3. Add other "taco toppings" to bowl then drizzle with dressing of choice. I usually go for salsa con queso, white queso, salsa, or enchilada sauce!
4. Lightly toss everything together until evenly combined and add crushed doritos on top for crunch if preferred!

# CRISPY TACO SHELL BOWL

## INGREDIENTS:

- Low carb tortilla of choice, I use Mission Carb Balance
- Avocado oil (or any oil) for misting

*\*recipe is for 1 bowl, if following suggested servings, modify amounts to fit your needs/amount of bowls desired\**



**Yield/servings: 1**

### MACROS (PER SERVING)

Calories: 70

Fat: 3.5

Protein: 5

Carbs: 3 (net)

*(approximate)*



## DIRECTIONS:

1. Mist both sides of your tortilla with avocado oil, place in a hot skillet and give it a quick toast until both sides are golden brown
2. Immediately remove from skillet and press into an oven safe bowl (I just use a ceramic cereal sized bowl)
3. Place this in the oven at 350 for 5-8 minutes
4. Remove from oven and let it sit in your bowl for a couple minutes to cool (this helps it retain it's bowl shape, but is optional).
5. Remove from bowl and add fillings of choice!  
Great for taco salads, bowls, and fajitas!

# PEANUT CHICKEN BOWL

## INGREDIENTS:

*\*recipe is for 1 bowl, if following suggested servings, modify amounts to fit your needs/amount of bowls desired\**

- 4 oz chicken of choice (I use boneless skinless chicken tenderloins)
- 1/3 cup rice of choice (I use Uncle Ben's coconut jasmine rice or instant rice)

*\*optional, mix in equal parts of cauliflower rice for extra veggie/volume\**

- 1 TBS peanuts or cashews
- 1-2 TBS shredded carrots
- 1/2 cup (or more to taste) shredded cabbage mix (tri colored slaw mix)
- optional won ton strips

### Sauce:

- 1 TBS teriyaki sauce
- 1 TBS light yum yum sauce
- 1 TBS peanut sauce
- squeeze of lime juice

Yield/servings: 1

### MACROS (PER SERVING)

Calories: 333

Fat: 8

Protein: 30

Carbs: 30

*(approximate)*



## DIRECTIONS:

1. Prepare rice of choice and add to your bowl (or tupperware if meal prepping)

2. Prepare chicken of choice, I like to season 2 chicken tenderloins for this, then air fry 400F for 5 min, each side. Let rest a couple minutes on cutting board, then slice and add to bowl.

3. Add shredded cabbage, nuts, and shredded carrots to bowl

3. Stir sauce ingredients together until combined and drizzle over everything.

4. lightly toss and sprinkle with wonton strips for added crunch!

This is great hot or cold!

# MCCHICKEN SALAD

## INGREDIENTS:

- shredded lettuce (or greenery of choice)
- Serving of air fried chicken strips approx 3 oz (or nuggets, any chicken will work)
- 1/2 potato (I use russet)
- 1 TBS shredded cheese
- Chopped pickles to taste

### Dressing:

I like to mix honey mustard and light mayo (about 1 TBS each) and thin it out with pickle juice so it drizzles well!



**Yield/servings: 1**

### MACROS (PER SERVING)

Calories: 258

Fat: 14

Protein: 24

Carbs: 9

*(approximate)*



## DIRECTIONS:

1. Prepare fries by slicing into thin strips, mist with oil, season with seasoning salt then air fry on 400 for 10 min, flip/shake, 10-15 more minutes until crisp
2. Prepare chicken of choice, I like to air fry crispy strips here then chop into bite sized pieces
3. Prepare giant salad with whatever greenery you like (I love shredded lettuce for mine), add fries, crispy chicken, chopped pickles, shredded cheese
4. Mix dressing ingredients together then drizzle on top
5. Toss everything together until evenly combined, add sesame seeds if preferred, I like to eat mine with extra fries on the side!

# quickness



Makayla Thomas

FITNESS

# CHICKEN CAESAR SALAD WRAP

## INGREDIENTS:

- 1 mini Caesar salad mix (or any Caesar salad kit will work, I just find the mini's to be perfect sized! I like Taylor Farms brand)
- 1 low carb tortilla
- 4 oz chicken (any chicken is fine, I like air fried chicken strips in this but grilled or rotisserie works here too!)



*Yield/servings: 1*

### MACROS (PER SERVING)

Calories: 320

Fat: 20

Protein: 25

Carbs: 29

*(approximate)*



## DIRECTIONS:

1. Prepare chicken of choice, I like to air fry frozen chicken tenders for this, then chop them into bite sized chunks
2. Mix salad kit together and add your chicken
3. Add this mixture to a low carb tortilla then wrap (I like to tuck the ends and roll tightly like a burrito)
4. Serve with sides of choice, I usually serve with any remaining salad and air fried fries!

# BUFFALO CHICKEN WRAP

## INGREDIENTS:

- 1 low carb tortilla (I use Mission)
- 1 light laughing cow cheese
- 1/4 tsp ranch seasoning
- 1 slice ultra thin sliced Colby Jack
- 4 oz chicken (grilled, rotisserie, etc)
- 1 tsp ranch
- 1 tsp hot sauce
- optional shredded carrots and sliced celery (for crunch)



*Yield/servings: 1*

### MACROS (PER SERVING)

Calories: 256

Fat: 10.5

Protein: 32

Carbs: 20

*(approximate)*



## DIRECTIONS:

1. Prepare chicken of choice, I like to season 2 chicken tenderloins for this, then air fry 400F for 5 min, each side. Let rest a couple minutes on cutting board, then slice.
  2. Lay tortilla on flat surface, add laughing cow cheese and ranch seasoning, use the back of spoon to mix/spread this around to cover the surface of your tortilla
  3. Add sliced cheese, chicken, shredded carrots/celery (optional) and a drizzle of both sauces.
  4. Tuck ends of tortilla then roll tightly like a burrito
- Eat this cold or hot and pack with sides of choice!

# PEANUT CHICKEN WRAP

## INGREDIENTS:

- 1 low carb wrap of choice (I like Mission brand)
- 4 oz chicken of choice (rotisserie, air fried, grilled, etc.) I like to toss mine in teriyaki sauce after cooking
- cabbage mixture (I usually get the tri-colored coleslaw mix from walmart)

### SAUCE:

- 1/2 TBS light yum yum
- 1/2 TBS peanut sauce
- optional wonton strips for crunch



Yield/servings: 1

### MACROS (PER SERVING)

Calories: 243

Fat: 7

Protein: 28

Carbs: 29

(approximate)



## DIRECTIONS:

1. Prepare chicken of choice, I like to season 2 chicken tenderloins for this, then air fry 400F for 5 min, each side. Let rest a couple minutes on cutting board, then toss in a little bit of teriyaki sauce and slice.
  2. Lay tortilla on flat surface, add chicken, a handful of slaw mix
  3. Add sauces and optional wonton strips for crunch if preferred
  4. Tuck ends of tortilla then roll tightly like a burrito
- Eat this cold or hot and pack with sides of choice!

# CHIPOTLE CHICKEN AVOCADO MELT

## INGREDIENTS:

- 1 low carb wrap of choice (I like Mission brand)
- 4 oz chicken of choice (rotisserie, air fried, grilled, etc.)
- 1 TBS Chipotle sauce
- 1 tsp bacon bits
- spinach (to taste)
- avocado (just a couple slices)
- ultra thin provolone



**Yield/servings: 1**

### MACROS (PER SERVING)

Calories: 312

Fat: 16

Protein: 35

Carbs: 21

*(approximate)*



## DIRECTIONS:

1. Lay tortilla flat and make a cut from the bottom center and cutting about halfway up (I use a pizza cutter)

2. Imagine sectioning your tortilla into 4 equal sections, in 1 section apply chipotle sauce and bacon bits, in another add your chicken, in the 3rd add cheese + sliced avocado, in the final section add baby spinach

3. Fold it up by taking the bottom left square and folding it up over the section above it. Then fold that over so it's covering the section to it's right. Finally fold it down so it's covering the section beneath it, you should have a large triangular folded wrap.

4. Toast both sides in a hot skillet until golden brown and cheese is melted

Pair with sides of choice (goes great with soup, salad, or chips!)

# TURKEY APPLE ROLL UPS

## INGREDIENTS:

- 3 slices deli turkey
- 1 apple slice (I like Granny Smith)
- 1/2 slice crispy bacon
- thin chunk of cheddar cheese

*\*to avoid confusion, recipe is listed to show you how to make ONE roll up, I typically make 3 at a time to pack with my lunch but adjust to fit your needs\**



**Yield/servings: 1**

### MACROS (PER SERVING)

Calories: 120

Fat: 5

Protein: 15

Carbs: 3

*(approximate)*



## DIRECTIONS:

1. Lay turkey slices on flat surface so that they're slightly overlapping each other
2. In the center of turkey, add apple slice, bacon, cheese (very close together)
3. fold the bottom of the turkey slices up so that it's covering apple/bacon/cheese about halfway up (like you're giving them a blanket!), then roll from the side like you're rolling a burrito
4. Secure roll ups with a tooth pick if needed

I like to make 3 of these and pack with sides like chips/crackers, hard boiled egg, fruit/yogurt, etc!

# GYRO BITES

## INGREDIENTS:

- 4 oz any chicken (rotisserie or grilled work great here)
- 4 mini naan bites (Stonefire brand)
- 1-2 TBS tzatziki sauce (I like marketside brand from Walmart)
- pico (feel free to make your own with diced tomatoes, cucumbers, onion)
- feta cheese



Yield/servings: 4

MACROS (PER 4)

Calories: 240

Fat: 5

Protein: 27

Carbs: 22

(approximate)



## DIRECTIONS:

1. Prepare chicken of choice (rotisserie, grilled, air fried, etc) and dice into bite sized pieces
2. Assemble bites with the mini naan bite on bottom, thin layer of tzatziki sauce, chicken, pico, and sprinkle of feta cheese

If packing for lunch, feel free to pack all items separately then assemble when ready to eat.

I like to make 4 of these and pack with sides like pasta salad, sliced cucumbers or other veggies, hard boiled egg, fruit/yogurt, etc!

# CHICK FIL A CHICKEN SALAD

## INGREDIENTS:

- 2 cups finely diced/shredded chicken
- 1/2 cup light mayo
- 1/3 cup sweet relish
- chopped celery (to taste)
- 1/4 tsp salt + pepper (or more)



**Yield/servings: 3**

### MACROS (PER SERVING)

Calories: 228

Fat: 12

Protein: 21

Carbs: 9

*(approximate)*



## DIRECTIONS:

1. Prepare chicken of choice (you can use rotisserie, canned, boiled, grilled, etc) then dice it all up until it's finely chopped
2. Add other ingredients to a large bowl and stir until combined.
3. This makes about 3 servings for me, I like to pack 1 serving with sides like crackers or low carb bread and other lunch sides.

# CHICKEN SALAD BITES

## INGREDIENTS:

- 1 single serve portion of chicken salad (I like the little chicken salad packs from walmart deli but any chicken salad will work!)
- 5 crackers of choice (I like Ritz)
- pickles (I like the "Dilly Bites" brand for convenience here)

Other sides of choice:

- carrots + ranch dip
  - peppers + hummus
  - yogurt + fruit parfait
  - hard boiled egg + hot sauce
  - apples + peanut butter
- whatever YOU enjoy!



**Yield/servings: 1**

### MACROS (PER SERVING)

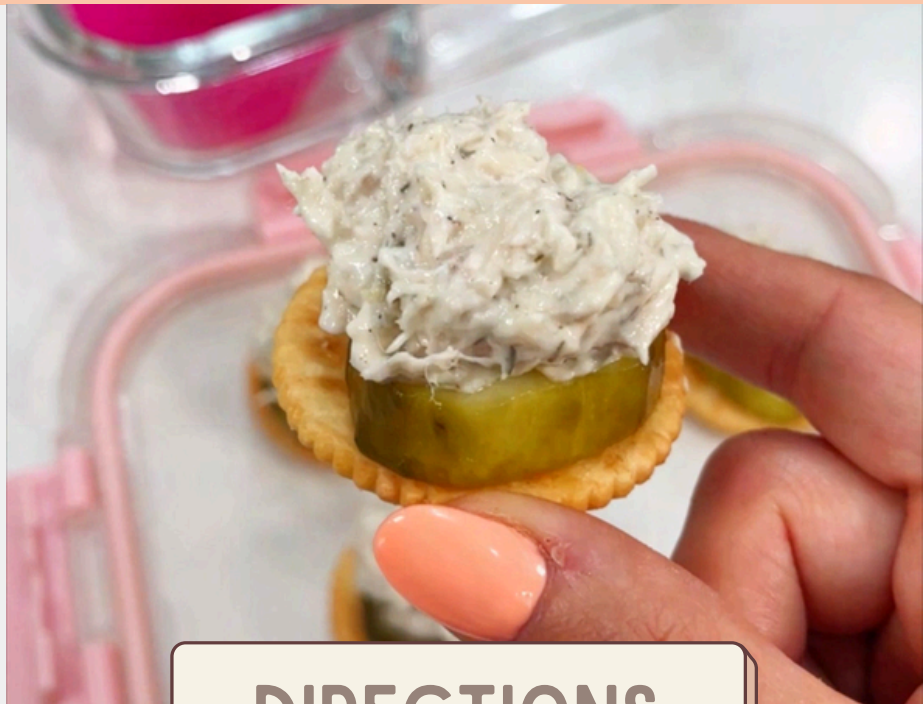
Calories: 280

Fat: 18

Protein: 12

Carbs: 18

*(approximate)*



## DIRECTIONS:

Pack lunch as listed, when you're ready to eat assemble in this order...

- cracker
- pickle
- dollop of chicken salad

enjoy the crunch + pack with other sides of choice!

# FRUIT + NUT CHICKEN SALAD

## INGREDIENTS:

- 4 oz chicken (any kind works, rotisserie, canned, grilled, etc)
- 1/4 cup green grapes (sliced)
- 1 TBS chopped pecans
- 1-2 TBS chopped celery
- 1-2 TBS dried cranberries

### Dressing:

- 1-2 TBS light mayo
- 1 TBS plain greek yogurt
- drizzle of honey
- optional 1/2 tsp curry powder

*goes so great on crackers, fruit, salads, or wraps!*



**Yield/servings: 1**

### MACROS (PER SERVING)

Calories: 260

Fat: 8

Protein: 25

Carbs: 20

*(approximate)*



## DIRECTIONS:

1. Prepare chicken of choice then dice until finely chopped. Add this to a bowl.
2. Add sliced grapes, chopped pecans, chopped celery, and dried cranberries.
3. Mix together dressing ingredients and add to bowl. Mix until everything is combined. Eat immediately or store in fridge (so great leftover!)

I like to pack mine with crackers or to eat on top of sliced apples! Makes the perfect sandwich or wrap filling too.

# CHIPOTLE CHICKEN SALAD

## INGREDIENTS:

- 4 oz chicken, any kind, chopped (rotisserie or air fried work great)
- 2 TBS crispy bacon bits
- 2 TBS shredded cheese
- 1/4 cup (or more) diced avocado
- optional chopped spinach

### Dressing:

- 2 TBS chipotle dressing (any kind)
- 1 TBS plain greek yogurt
- 1/2 tsp spicy ranch seasoning
- splash of banana pepper or pickle juice to thin



**Yield/servings: 1**

### MACROS (PER SERVING)

Calories: 400

Fat: 24

Protein: 41

Carbs: 6

*(approximate)*



## DIRECTIONS:

1. Prepare chicken of choice then dice until finely chopped. Add this to a bowl.
2. Add bacon bits, shredded cheese, diced avocado, and chopped spinach.
3. Mix together dressing ingredients and add to bowl. Mix until everything is combined. Eat immediately or store in fridge (so great leftover!)

I like to pack mine with corn chips for dipping. Makes the perfect sandwich or wrap filling too.

# PICKLE BOATS

## INGREDIENTS:

- 1 can of tuna (or chicken) drained
- 1 TBS light mayo
- finely diced red onion and pickle
- salt, pepper
- 1 big dill pickle (sliced in half longways, to create your "boat") or Claussen has already sliced dill halves (OR you can use a cucumber here if you prefer)



**Yield/servings: 1**

### MACROS (PER SERVING)

Calories: 135

Fat: 5.5

Protein: 20

Carbs: 3

*(approximate)*



## DIRECTIONS:

1. Start with your pickle (or cucumber), take your 2 long halves and hollow out the center by scraping with a spoon. You should be left with 2 hollow "boats".
2. Mix together ingredients listed for your tuna (or chicken) salad, taste and modify according to your preference.
3. Add this mixture to your 2 "boats"
4. Feel free to top with a thin layer of ranch (I thin mine out with pickle juice and hot sauce to drizzle over) and top with Everything but the Bagel seasoning if preferred.

Serve with sides of choice and enjoy the crunch! 76

# CRACK CHICKEN DIP

## INGREDIENTS:

- 1 (5 oz) can chicken, drained (or any chicken works)
- 1/2 tsp dry ranch seasoning
- 1 laughing cow cheese
- 1 TBS bacon bits
- 2 TBS shredded cheese



**Yield/servings: 1**

### MACROS (PER SERVING)

Calories: 217

Fat: 9

Protein: 29

Carbs: 3

*(approximate)*



## DIRECTIONS:

1. Drain chicken well and add to a small bowl. (any chicken works here, but I like canned for this specifically)
2. Add other ingredients to bowl (except the shredded cheese) and use a fork to mash together until combined.
3. Sprinkle with shredded cheese
4. If eating immediately, microwave for 1:30-2 minutes or until hot (if saving for later, put in air tight container and microwave before eating)

I like to eat mine with sliced veggies AND tortilla chips, this is a great quick lunch you can pack in a hurry!

# 1 MIN. SPINACH CHICKEN DIP

## INGREDIENTS:

- 1 can (drained) chicken OR 3-4 oz shredded chicken of choice
- 1-2 TBS spinach artichoke dip (I like Marketside brand from Walmart)
- 1 TBS plain greek yogurt
- 1-2 TBS skim mozzarella



**Yield/servings: 1**

### MACROS (PER SERVING)

Calories: 231

Fat: 13

Protein: 28

Carbs: 4

*(approximate)*



## DIRECTIONS:

1. Drain chicken well and add to a small bowl. (any chicken works here, but I like canned for this specifically)
2. Add other ingredients to bowl (except the shredded cheese) and use a fork to mash together until combined.
3. Sprinkle with shredded cheese
4. If eating immediately, microwave for 1:30-2 minutes or until hot (if saving for later, put in air tight container and microwave before eating)

I like to eat mine with sliced veggies AND tortilla chips, this is a great quick lunch you can pack in a hurry!

# 1 MIN. SAUSAGE ROTEL DIP

## INGREDIENTS:

- 2 turkey sausage patties (microwaved and crumbled)
- 2 light laughing cow cheeses
- 1-2 TBS rotel (drained) or pico
- 1-2 TBS nacho cheese dip (salsa con queso)
- 1-2 TBS shredded cheese of choice



**Yield/servings: 1**

### MACROS (PER SERVING)

Calories: 221

Fat: 14

Protein: 20

Carbs: 7

*(approximate)*



## DIRECTIONS:

1. Microwave turkey sausage patties then crumble them until they resemble cooked ground beef, add this to a bowl
2. Add laughing cow cheese and use the back of a spoon to mash together until combined. Stir in rotel and nacho cheese
3. Sprinkle with shredded cheese
4. If eating immediately, microwave for 1:30-2 minutes or until hot (if saving for later, put in air tight container and microwave before eating)

I like to eat mine with sliced veggies AND tortilla chips, this is a great quick lunch you can pack in a hurry!

# 1 MIN. CHEESY CHICKEN ENCHILADA DIP

## INGREDIENTS:

- 4 oz chicken, chopped (any kind, rotisserie, grilled, canned, etc)
- 1 tsp fajita seasoning
- 1/2 cup cottage cheese (I like mine blended so it's smooth)
- 2-3 TBS salsa verde
- optional pico
- 1-2 TBS shredded cheese on top



**Yield/servings: 1**

### MACROS (PER SERVING)

Calories: 245

Fat: 7

Protein: 38

Carbs: 7

*(approximate)*



## DIRECTIONS:

1. Prepare chicken of choice, then dice into bite sized pieces or shred.
2. Add other ingredients to bowl (except the shredded cheese) and mix together until combined.
3. Sprinkle with shredded cheese
4. If eating immediately, microwave for 1:30-2 minutes or until hot (if saving for later, put in air tight container and microwave before eating)

I like to eat mine with sliced veggies AND tortilla chips or Quest chips (chili lime flavor is my favorite for these), this is a great, protein packed lunch you can pack in a hurry!

# PIZZA DIP BOWL

## INGREDIENTS:

- 1/2 cup cottage cheese (I like to blend mine so it's smooth)
- 1 tsp pizza seasoning (or italian seasoning)
- 1 TBS parmesan
- 1/4 cup marinara of choice
- pizza toppings of choice (I like turkey pepperoni, italian turkey sausage, banana peppers, etc.)
- 3 TBS skim mozzarella

*Dippers of choice:*

baby bell pepper slices  
pita thins  
tortilla chips  
carrots  
mini naan dippers  
etc.



**Yield/servings: 1**

**MACROS (PER SERVING)**

Calories: 297

Fat: 14

Protein: 33

Carbs: 14

*(approximate)*



## DIRECTIONS:

1. Mix together cottage cheese, pizza seasoning, parmesan
2. Add a layer of marinara on top and pizza toppings of choice (I like turkey pepperoni and italian turkey sausage here)
3. Sprinkle with shredded cheese
4. If eating immediately, microwave for 1:30-2 minutes or until hot (if saving for later, put in air tight container and microwave before eating)

I like to eat mine with sliced veggies AND pita chip thins, this is a great, protein packed lunch you can pack in a hurry!

# LAZY GIRL TACO MAC

## INGREDIENTS:

- 1 single serve mac and cheese cup (I like Velveeta brand)
- 3-4 oz taco meat (I use lean beef)
- 1 light laughing cow cheese
- 1 TBS plain greek yogurt (or blended cottage cheese)
- optional pico/other taco toppings
- 1-2 TBS shredded cheese



Yield/servings: 1

### MACROS (PER SERVING)

Calories: 461

Fat: 22

Protein: 35

Carbs: 32

(approximate)



## DIRECTIONS:

1. Prepare taco meat to your liking
2. Prepare mac and cheese cup according to package directions
3. While it's still hot, add cheese packet that comes with it, laughing cow cheese, greek yogurt or cottage cheese, and pico.
4. Add shredded cheese on top and continue microwaving for 30 seconds or until hot/melty.

(if you want to make a big batch of this, you can cook 1 lb. of taco meat and combine it with a family sized box of mac and cheese and adjust other ingredients to scale.)

I like to serve mine with a big fiesta side salad or other green veggie!

# CRACK CHICKEN CHAFFLE

## INGREDIENTS:

- 2 TBS shredded cheese (I like colby jack)
- 1-2 oz chicken (any kind, rotisserie works perfect here)
- 1 TBS light cream cheese
- sprinkle of ranch seasoning
- 1 tsp crumbled bacon
- 1 more TBS shredded cheese

*\*to avoid confusion, recipe is listed to show you how to make ONE, I typically make 2-3 at a time to eat with sides but adjust to fit your needs\**



**Yield/servings: 1**

### MACROS (PER SERVING)

Calories: 157

Fat: 9

Protein: 18

Carbs: 2

*(approximate)*



## DIRECTIONS:

1. Spray your mini waffle maker with nonstick spray and let it get hot. Add 2 TBS cheese and layer with shredded chicken, bacon bits, a dollop of light cream cheese, ranch seasoning, and finish off with 1 more TBS shredded cheese

2. Close waffle maker and let this cook until underside is a dark golden brown (1-2 minutes)

3. Use a fork to gently lift cheese from the bottom of waffle maker and have a plate close by that you can QUICKLY lift and transfer to (be quick!).

4. Once on a plate you can let it cool off a little and it will harden up some, making it easier to grab and pick up!

If you don't have a mini waffle maker you can also make these in a muffin tin and bake 350 for 4-5 min.

# PIZZA CHAFFLE

## INGREDIENTS:

- 2 TBS shredded cheese (I like skim mozzarella here)
- turkey pepperonis (usually 4)
- 1-2 oz chicken (any kind, rotisserie works perfect here)
- sprinkle of ranch seasoning (or pizza seasoning like Flavor Gods)
- 1-2 more TBS shredded cheese

*I like to serve marinara on the side to dip these in!*

*\*to avoid confusion, recipe is listed to show you how to make ONE, I typically make 2-3 at a time to eat with sides but adjust to fit your needs\**



**Yield/servings: 1**

### MACROS (PER SERVING)

Calories: 135

Fat: 7

Protein: 17

Carbs: 1

*(approximate)*



## DIRECTIONS:

1. Spray your mini waffle maker with nonstick spray and let it get hot. Add 2 TBS cheese and layer with turkey pepperonis, shredded chicken, ranch seasoning, and finish off with 1 more TBS shredded cheese
2. Close waffle maker and let this cook until underside is a dark golden brown (1-2 minutes)
3. Use a fork to gently lift cheese from the bottom of waffle maker and have a plate close by that you can QUICKLY lift and transfer to (be quick!).
4. Once on a plate you can let it cool off a little and it will harden up some, making it easier to grab and pick up! I like to dip mine in marinara sauce!

If you don't have a mini waffle maker you can also make these in a muffin tin and bake 350 for 4-5 min.

# STREET CORN NACHOS

## INGREDIENTS:

- serving of tortilla chips OR single serve bag of Quest chips (I like chili lime or taco flavor for this)
- 4 oz chicken, any kind (rotisserie is perfect here)
- 2-3 TBS corn, I like fire roasted but any kind works
- 1-2 TBS white cheese dip
- 1-2 TBS shredded mexican cheese

Top with nacho toppings of choice, pico, cilantro, sour cream, shredded lettuce, jalapenos, etc



**Yield/servings: 1**

### MACROS (PER SERVING)

Calories: 362

Fat: 14

Protein: 47

Carbs: 8

*(approximate)*



## DIRECTIONS:

1. Layer chips on a plate, add shredded chicken, fire roasted corn, and shredded mexican cheese

2. Microwave for 30-45 seconds or until cheese is melted

3. Finish with a drizzle of melted white queso and chili powder

Feel free to add other taco toppings of choice! You can use any kind of tortilla chips here, I like to use the Quest chips for an extra protein boost.

# CHEESEBURGER CRUNCHERS

## INGREDIENTS:

- 6 low carb tortillas
- 1 lb lean ground beef (optional diced onions/pickles)
- 1/2 au jus seasoning packet
- 6 low cal string cheese (or any cheese is fine)

Optional burger sauce:

2 TBS light mayo

2 TBS ketchup

1 tsp mustard

splash of pickle juice

1/2 tsp cajun seasoning



**Yield/servings: 6**

**MACROS (EACH)**

Calories: 227

Fat: 12

Protein: 26

Carbs: 18

*(approximate)*



## DIRECTIONS:

1. Brown your lean beef and season with 1/2 of an au jus packet and a splash of water

2. Lay tortilla on a flat surface, then add some of your meat mixture (about as much as you'd add to a taco!), then place string cheese on top. Tuck ends and roll tightly! Repeat with other tortillas until meat mixture has been used up (I usually get about 5-7 out of mine)

3. You can shallow fry these in a skillet with a small amount of avocado oil (let it get hot before adding roll ups, then toast all sides until golden brown) OR you can spray with avocado oil and air fry on 400 for 3-4 min each side, or until toasted and cheese is melted inside.

4. I like to serve these with the burger sauce listed for dipping, air fried fries + a green veggie

# PHILLY CHEESE CRUNCHERS

## INGREDIENTS:

- 6 low carb tortillas
- 1 lb lean ground beef (optional diced onions/pickles)
- 1/2 au jus seasoning packet
- 6 low cal string cheese (or any cheese is fine)
- finely diced green peppers, onions, mushrooms (optional)

### Optional dipping sauce

- any kind of nacho cheese or salsa con queso sauce (I like to mix mine with plain greek yogurt or skim milk to thin it out some)



**Yield/servings: 6**  
**MACROS (EACH)**

Calories: 227

Fat: 12

Protein: 26

Carbs: 18

*(approximate)*



## DIRECTIONS:

1. Brown your lean beef, add finely diced green peppers, mushrooms, and onions and cook until soft. Season with 1/2 of an au jus packet and a splash of water
2. Lay tortilla on a flat surface, then add some of your meat mixture (about as much as you'd add to a taco!), then place string cheese on top
3. Tuck ends and roll tightly! Repeat with other tortillas until meat mixture has been used up (I usually get about 5-7 out of mine)
4. You can shallow fry these in a skillet with a small amount of avocado oil (let it get hot before adding roll ups, then toast all sides until golden brown) OR you can spray with avocado oil and air fry on 400 for 3-4 min each side, or until toasted and cheese is melted inside.
5. I like to serve these with a little bit of nacho cheese sauce for dipping, air fried fries + a green veggie

# ITALIAN CRUNCHERS

## INGREDIENTS:

- 6 low carb tortillas
- 1 lb italian turkey sausage (or regular italian sausage is fine) (seasoned with 1/4 tsp salt, pepper, garlic, Italian)
- 6 light string cheese sticks
- pizza sauce or marinara of choice



**Yield/servings: 6**  
**MACROS (EACH)**

Calories: 213

Fat: 11

Protein: 23

Carbs: 19

*(approximate)*



## DIRECTIONS:

1. Brown your ground Italian sausage, season with seasonings listed.
2. Spread pizza sauce over the surface of your tortilla, then add some of your meat mixture (about as much as you'd add to a taco!), then place string cheese on top
3. Tuck ends and roll tightly! Repeat with other tortillas until meat mixture has been used up (I usually get about 5-7 out of mine)
4. You can shallow fry these in a skillet with a small amount of avocado oil (let it get hot before adding roll ups, then toast all sides until golden brown) OR you can spray with avocado oil and air fry on 400 for 3-4 min each side, or until toasted and cheese is melted inside.
4. I like to serve these with marinara for dipping and a big italian side salad

# BEEFY CHEESE CRISPITOS

## INGREDIENTS:

- 6-7 low carb tortillas
- 1 lb lean ground beef (optional diced onions/pickles)
- taco seasoning packet
- 1/2 can refried beans
- 1/2 can enchilada sauce
- shredded cheese of choice

Optional nacho cheese or queso for dipping



**Yield/servings: 7**  
**MACROS (EACH)**

Calories: 214

Fat: 10

Protein: 21

Carbs: 23

*(approximate)*



## DIRECTIONS:

1. Brown your lean beef, add taco seasoning packet, 1/2 can refried beans, and 1/2 can red enchilada sauce. Mix until combined
2. Lay tortilla on a flat surface, then add some of your meat mixture (about as much as you'd add to a taco!), sprinkle a small amount of shredded cheese on top
3. Tuck ends and roll tightly! Repeat with other tortillas until meat mixture has been used up (I usually get about 5-7 out of mine)
4. You can shallow fry these in a skillet with a small amount of avocado oil (let it get hot before adding roll ups, then toast all sides until golden brown) OR you can spray with avocado oil and air fry on 400 for 3-4 min each side, or until toasted and cheese is melted inside.
5. I like to serve these with a little bit of salsa con queso for dipping and a green veggie/salad!

# CRACK CHICKEN MINI CRUNCHERS

## INGREDIENTS:

- 5-6 mini low carb tortillas (I like Mission 0 net carb brand)
- 5 oz chicken (any kind, but I prefer canned for this, drained)
- 1 light laughing cow cheese
- 1 TBS shredded cheese
- 1 TBS crumbled bacon
- 1/2 tsp ranch seasoning



**Yield/servings: 5**  
**MACROS (EACH)**

Calories: 63

Fat: 3

Protein: 8

Carbs: 0 (net)

*(approximate)*



## DIRECTIONS:

1. In a small bowl mix together chicken, laughing cow cheese, bacon bits, and ranch seasoning. Mix until combined
2. Lay tortilla on a flat surface, then add some of your chicken mixture, sprinkle a small amount of shredded cheese on top
3. Tuck ends and roll tightly! Repeat with other tortillas until chicken mixture has been used up (I usually get about 5-6 out of mine)
4. You can shallow fry these in a skillet with a small amount of avocado oil (let it get hot before adding roll ups, then toast all sides until golden brown) OR you can spray with avocado oil and air fry on 400 for 3-4 min each side, or until toasted and cheese is melted inside.
5. I like to serve these with a little bit of greek yogurt ranch for dipping, chips, and a fruit/veggie!

# CRAB RANGOON MINI CRUNCHERS

## INGREDIENTS:

- 5 Mission zero net carb tortillas (or any kind of tortilla is fine)
- I prefer a small 5 oz can of chicken (drained) for these but if you like crab, use 1 can of crab (drained)
- 2 TBS light cream cheese (or 2 laughing cow cheeses)
- 1 tsp soy sauce
- optional but I like mine a little sweet, 1 TBS powdered sugar (I use Swerve)
- sweet chili sauce for dipping



**Yield/servings: 5**

**MACROS (EACH)**

Calories: 60

Fat: 3

Protein: 7

Carbs: 7

*(approximate)*



## DIRECTIONS:

1. mix together chicken (or crab), light cream cheese, soy sauce, and powdered sugar until combined
2. add some of the mixture to tortillas (if using the small zero net carb ones, I can usually make 5 with the filling, if using larger tortillas you can probably make 2-3)
3. add filling, tuck ends, and roll tightly like a burrito
4. spray with oil of choice + air fry 400F for 3-4 minutes each side OR shallow fry in a skillet with a very small drizzle of oil
5. sprinkle them with salt and serve with sweet chili sauce for dipping!

# CHEESY CHIPOTLE CHICKEN TACOS

## INGREDIENTS:

- 3-4 oz shredded chicken (rotisserie is perfect here)
- 2 TBS shredded cheese of choice
- 4-5 0 net carb tortillas (these are the mini tortillas, I use mission brand)
- chipotle sauce to taste (approx 1 tsp per taco)



## DIRECTIONS:

1. Fill mini tortillas with shredded chicken, a drizzle of chipotle sauce, and a small sprinkle of cheese, fold over so you have mini taco/quesadillas
2. These are perfect size for toasting in a mini pancake or waffle griddle, or you can just toast in a skillet or air fryer until golden brown and melty
3. I like to serve these with greek yogurt ranch (mixed with a little hot sauce) and side salad!



**Yield/servings: 5**

**MACROS (EACH)**

Calories: 79

Fat: 5

Protein: 9

Carbs: 0

*(approximate)*

# CHICKEN BACON RANCH PIZZA

## INGREDIENTS:

- 1 joseph's brand pita
- 1 TBS ranch dressing of choice (or alfredo)
- 3-4 oz chicken of choice
- bacon bits (approx 1/2 TBS)
- optional veggies: banana peppers, red onions, spinach, etc
- 3 TBS skim mozzarella
- sprinkle of parmesan and oregano



*Yield/servings: 1*

### MACROS (PER SERVING)

Calories: 301

Fat: 14

Protein: 26

Carbs: 13

*(approximate)*



## DIRECTIONS:

1. Spread ranch on surface of pita (this is your pizza sauce)
2. Add remaining ingredients listed
3. Air fry 375F for 5-7 min or until crisp and cheese has melted (can also do in oven on 400F)

# PIZZA 4 SQUARE

## INGREDIENTS:

- 1 Joseph's Lavash Bread (or any flatbread/tortilla wrap will work)
- 2-3 TBS pizza sauce of choice
- Pizza toppings of choice (I like turkey pepperonis, ham, banana peppers)
- 2-3 TBS skim mozzarella
- Garlic + italian seasoning



LIKE THIS!



Yield/servings: 1

### MACROS (PER SERVING)

Calories: 273

Fat: 11

Protein: 29

Carbs: 21

(approximate)



## DIRECTIONS:

1. Lay Lavash bread flat and make a cut from the bottom center and cutting about halfway up (I use a pizza cutter)
2. Imagine sectioning your Lavash into 4 equal square sections, in 1 section apply pizza sauce, in the others, add whatever pizza toppings you like (I add turkey pepperoni to 1 section, and ham/banana peppers in the other), in the final section add shredded mozzarella
3. Fold it up by taking the bottom left square and folding it up over the section above it. Then fold that over so it's covering the section to it's right. Finally fold it down so it's covering the section beneath it, you should have a large rectangular folded wrap.
4. Toast this in a hot skillet until golden brown and cheese is melted

meal time



# LONGHORN MELTY PARMESAN CHICKEN

## INGREDIENTS:

- 2 boneless skinless chicken tenderloins
- 3 TBS Greek yogurt
- 2 TBS Parmesan
- 1/2 TBS ranch seasoning

### Topping:

- 1 TBS Parmesan
- 1 TBS Italian panko



Yield/servings: 1

### MACROS (PER SERVING)

Calories: 194

Fat: 5

Protein: 32

Carbs: 6

(approximate)



## DIRECTIONS:

1. Mix together plain greek yogurt, parmesan, and ranch seasoning (don't worry, this turns into CHEESE when cooked!)
2. Season chicken tenderloins with seasoning salt, pepper, garlic, paprika and air fry on 400F for 5 minutes.
3. Flip chicken, then add greek yogurt mixture over both pieces.
4. Top with more parmesan and italian panko, cook for 5 more minutes on 400 then remove from air fryer and let rest for a couple minutes before eating.
5. Pair with sides of choice and enjoy!

# SHEET PAN CHICKEN

## INGREDIENTS:

- 3-4 chicken breasts, diced into bite sized chunks
- Diced veggies of choice: I like sliced zucchini, onion, mushrooms
- seasoning of choice (seasoning salt, pepper, garlic, paprika)



Yield/servings: 3-4

### MACROS (PER SERVING)

Calories:

Fat: *(will vary based on types/amounts of*

Protein: *veggies used)*

Carbs:



## DIRECTIONS:

1. Slice chicken into even, bite sized chunks. Pat dry and season with seasoning salt, pepper, garlic, and paprika
2. Add to a large baking sheet sprayed with nonstick spray. Spread them out a bit so they aren't piled on top of each other.
3. Add sliced veggies of choice and season those as well
4. Bake at 425 for 15-20 min or until chicken is cooked through and veggies are tender
5. Feel free to drizzle with your favorite sauce or add shredded cheese/bacon bits! Super easy to modify.

# STICKY CHICKEN TENDERS

## INGREDIENTS:

- 2 boneless, skinless chicken tenderloins
- 1/4 cup egg whites (egg beaters) or 1 whole egg
- 1/2 cup cornflakes (crushed)
- 1/4 tsp salt, pepper, garlic, cajun
- **sauce for tossing:** 2-3 TBS sweet chili sauce (Franks) + 1 TBS honey + 1 TBS soy sauce



Yield/servings: 1

### MACROS (PER SERVING)

Calories: 283

Fat: 0

Protein: 28

Carbs: 43

(approximate)



## DIRECTIONS:

1. Add egg whites (or regular egg, whisked) to a large bowl.
2. In a separate bowl, add cornflakes and crush until they are fine crumbs, add seasonings here as well
3. Dip thawed chicken tenderloins in egg mixture, then immediately transfer to bowl with crushed cornflakes. I like to press my chicken into the cornflakes so they really stick and fully coat my chicken
3. Air fry 400F for 5 minutes, then flip and cook for another 5 minutes. While chicken is cooking, mix together sauce ingredients.
4. Gently toss chicken strips in sauce until coated and serve with sides of choice

# CRISPY GARLIC PARM BONELESS BITES

## INGREDIENTS:

- Air fried nuggets or chicken strips of choice (I like Real Good brand or Applegate brand)

### Garlic Parm Sauce:

- 1 TBS garlic parm sauce (I use buffalo wild wings brand from walmart)
- 1/2 TBS melted butter
- sprinkle of parmesan cheese
- squeeze of lemon juice
- (feel free to add lemon pepper here as well if you like that)



Yield/servings: 1

### MACROS (PER SERVING)

Calories: 252

Fat: 14

Protein: 24

Carbs: 5.5

(approximate)



## DIRECTIONS:

1. Air fry nuggets or strips of choice according to package directions
2. Mix sauce ingredients together in a bowl then add cooked chicken to toss (gently), can also stir with a spoon until all pieces are coated.
3. I like to serve mine over mashed potatoes (mixed with riced cauliflower for added veggie/volume), and a green veggie!

# FRIED RICE BOWL

## INGREDIENTS:

- 4 oz chicken of choice (can be shredded, rotisserie, grilled, anything you like!)
- 1/2 cup cooked white rice (I usually make instant or use one of the microwave pouches)
- 1/2 cup cooked cauliflower rice
- frozen mixed veggies of choice (peas, carrots, onion)
- 1 egg
- 2 TBS soy sauce or coconut aminos
- 1-2 TBS teriyaki sauce of choice
- 1/4 tsp garlic, ginger, black pepper



**Yield/servings: 1**

### MACROS (PER SERVING)

Calories: 340

Fat: 7

Protein: 35

Carbs: 33

*(approximate)*



## DIRECTIONS:

1. prepare chicken, dice or shred, and set aside (any kind is fine)
2. microwave (or prepare) rice and cauliflower rice, mix together and set aside (fried rice is best when made with rice that has been cooked/cooled overnight, but if you're in a rush it's fine to use immediately.)
3. Mist a large skillet with nonstick spray or lightly drizzle oil, add 1/4 cup of your frozen mixed veggies and sauté until they're thawed, scoot them over and add 1 egg, stir until everything is scrambled together.
4. Now, add 1 full cup of your rice/cauliflower mixture (approx 1/2 cup each), add seasonings, and the sauces listed. Use a spatula or wooden spoon to toss all together.
5. Add in your chopped chicken and enjoy :)  
Feel free to serve with extra veggies or a drizzle of light yum yum sauce!

# HIBACHI AT HOME

## INGREDIENTS:

- 4 oz chicken, steak, or shrimp
- 1/4 cup teriyaki sauce of choice (I like Panda Express brand)
- 1/4 tsp garlic, ginger, black pepper
- veggies of choice (I like zucchini, onion, shredded carrot, mushrooms)

Follow fried rice bowl instructions on previous page (but OMIT the chicken in that recipe since you are making teriyaki chicken in this recipe)



Yield/servings: 1

### MACROS (PER SERVING)

Calories: 250

Fat: 0

Protein: 26

Carbs: 32

*(for chicken + veggies)*



## DIRECTIONS:

1. Dice chicken (or meat of choice) into bite sized pieces, add teriyaki sauce and seasonings and mix until each piece is well coated

2. Add chicken to a preheated air fryer and cook on 400F for 4 minutes, flip, then cook another 4 minutes, as soon as timer is up take it out

*(if you do not have an air fryer you can also cook chicken in a large skillet until golden brown, once chicken is cooked through, toss with sauce)*

3. In a large hot skillet misted with cooking spray (or air fryer) add sliced veggies of choice and saute until tender (but not mushy), I like to add a splash of soy sauce and garlic while they're cooking.

Serve this with the fried rice recipe listed on previous page!

# RAMEN BOWL

## INGREDIENTS:

- 1/2 of a ramen noodle package (with seasoning packet)
- 2 boneless skinless chicken tenderloins

### Sauce:

- 1 tsp butter
- 1 tsp peanut butter (optional)
- 1 TBS soy sauce
- 1-2 TBS teriyaki sauce
- 1/4 tsp garlic, ginger, red pepper flakes

### Optional:

- 1 soft boiled egg
- green onions
- crispy wonton strips
- lime



**Yield/servings: 1**

### MACROS (PER SERVING)

Calories: 457

Fat: 18

Protein: 35

Carbs: 36

*(approximate)*



## DIRECTIONS:

1. Boil 1/2 package of ramen noodles (I place mine in a bowl filled with water and microwave for 4.5 min, but you can cook on stovetop if you prefer)
2. Prepare chicken, I cook mine in the air fryer (seasoned with garlic, paprika, pepper, and a tiny bit of seasoning salt)
3. Drain off most of the water from your noodles, then stir in butter, peanut butter, soy sauce, teriyaki sauce, 1/2 of the ramen seasoning packet, and other seasonings.
4. Serve with chicken sliced on top (and a soft boiled egg if you prefer, I boil my egg for 6-7 min)

\*adjust amounts to fit YOUR needs\*

# MILLION DOLLAR "LASAGNA"

## INGREDIENTS:

- 2 Joseph Lavish Bread wraps
- 1 lb. turkey italian sausage
- 1 jar marinara of choice
- 1 jar alfredo sauce
- 1/4 cup shredded cheese (I use italian blend)
- 1/4 tsp garlic, italian, seasoning salt, pepper
- More cheese for topping (approx 1/2 cup, I use mozzarella)



Yield/servings: 12

### MACROS (PER SERVING)

Calories: 193

Fat: 11

Protein: 17

Carbs: 10

*(approximate)*



## DIRECTIONS:

1. Cook italian sausage (like ground beef) until browned, add 1 jar marinara to make your meat sauce, season to liking.
2. In a 9x13 baking dish, add a small amount of the marinara sauce, then top with 1 joseph lavish, add another layer of meat sauce, some cheese, and half of the alfredo sauce. Repeat this again with your other Lavish bread, sauce, cheese, alfredo.
3. Top with mozzarella cheese and bake on 375 for 20-25 minutes, I like to serve mine with an italian side salad :)

# CHEESY CHICKEN SPAGHETTI

## INGREDIENTS:

- 6-8 oz dry pasta of choice (approx 1/2 box)
- 2 cans cream of chicken soup
- 6-8 chicken tenderloins
- 1/2 ranch packet (or more, to taste)
- 1/2 cup shredded cheese of choice
- 1 (5 oz) cont. plain greek yogurt (or sour cream if you prefer)
- 1/4 cup crumbled bacon or bacon bits
- optional additional shredded cheese for topping



**Yield/servings: 6**

### MACROS (PER SERVING)

Calories: 282

Fat: 9

Protein: 24

Carbs: 27

*(approximate)*



## DIRECTIONS:

1. Place your chicken in a crock pot and sprinkle 1/2 packet of ranch seasoning over the top
2. Add cream of chicken soup and cover/cook on low for 4 hours (or high for 2-3)
3. Shred chicken with 2 forks and stir in greek yogurt and shredded cheese
4. Boil your pasta according to package directions, then strain and add to the mixture in your crockpot and stir until combined
5. Top with additional shredded cheese and bacon bits, serve with your favorite sides (I like a big side salad or other green veggie with this)

# BEEFY CHEESY SHELLS

## INGREDIENTS:

- 1 lb lean ground beef
- 1/2 tsp salt, pepper, garlic, Italian
- 16 oz can tomato sauce
- 1/2 cup beef broth
- 1 cup half + half
- 1/2 cup shredded cheddar (more for topping)
- 6 oz. (a little less than 1/2 a box) pasta of choice , I use shells



*Yield/servings: 6*

### MACROS (PER SERVING)

Calories: 303

Fat: 12

Protein: 23

Carbs: 28

*(approximate)*



## DIRECTIONS:

1. Brown ground beef in a large skillet, season with seasonings listed
2. Add 1/2 cup beef broth and your tomato sauce, simmer until this thickens a little (5-10 min).
3. Add in your half + half and shredded cheese and stir until combined.
4. Stir in your cooked pasta and top with more shredded cheese if you prefer, cover with lid to melt

I like to balance this out with a green veggie (air fried green beans or broccoli) or a big side salad!

# SOUTHWESTERN ALFREDO

## INGREDIENTS:

- 3-4 chicken breasts
- 1 can rotel (drained)
- 1 fajita seasoning packet
- 1 jar alfredo sauce
- optional 1/2 block light cream cheese
- 8 oz (approx 1/2 box) pasta, I use Barilla protein plus penne for this



*Yield/servings: 6*

### MACROS (PER SERVING)

Calories: 250

Fat: 8

Protein: 16

Carbs: 30

*(approximate)*



## DIRECTIONS:

1. To your crockpot, add chicken breasts, fajita seasoning, drained rotel, and alfredo sauce
2. cook on high for 2-3 hours or low for 4-6 until chicken is tender and shreds apart easily with 2 forks.
3. Add 1/2 block cream cheese and stir in until melted/combined.
4. Stir in cooked pasta until evenly coated

I like to serve this with a fiesta side salad or other green veggie!

# TACO SPAGHETTI

## INGREDIENTS:

- 1 lb lean beef
- 1 taco seasoning packet
- 1/2 can red enchilada sauce
- 1/2 block reduced fat cream cheese
- 1/4 cup salsa
- 1/4 cup milk or chicken/beef broth
- 6-7 oz spaghetti noodles (a little less than half of a 16 oz box) I like barilla protein pasta



**Yield/servings: 6**

### MACROS (PER SERVING)

Calories: 256

Fat: 10

Protein: 22

Carbs: 21

*(approximate)*



## DIRECTIONS:

1. Cook pasta according to package directions, then set aside.
2. Brown lean beef in a large skillet until cooked through, then add taco seasoning packet and enchilada sauce, stir until combined.
3. Stir in cream cheese, salsa, and milk (or broth) until smooth.
4. Gently stir in cooked pasta until evenly mixed. Feel free to sprinkle with more shredded cheese and/or pico and cover to melt.

# SPINACH DIP ROLL UPS

## INGREDIENTS:

- 2 Joseph Lavash Bread wraps

### Filling:

- 3 cups chopped chicken (I usually just shred up a rotisserie chicken for these)
- 1 cup spinach artichoke dip (I like marketside brand, from walmart)
- 1/4 cup shredded cheese (I use italian blend)
- 1/4 tsp garlic, italian, seasoning salt, pepper

### Topping:

- 1 jar alfredo
- More cheese for topping (approx 1/2 cup, I use mozzarella)



Yield/servings: 6

### MACROS (PER SERVING)

Calories: 349

Fat: 21

Protein: 26

Carbs: 14

(approximate)



## DIRECTIONS:

1. Cook/dice chicken (or shred rotisserie chicken)
2. Mix together chicken, spinach artichoke dip, cheese, and seasonings
3. Spread half of this filling onto 1 Lavish bread (just cover half of the wrap), then roll into log shape
4. Repeat with the other half of the filling and another Lavash bread. Then slice each log into 3 even pieces
5. Lay each into a 9x13 baking dish and cover with alfredo sauce and more cheese if preferred
6. Bake on 375 for 20-25 minutes, I like to serve mine with an italian side salad :)

# CREAM CHEESE CHICKEN BUNDLES

## INGREDIENTS:

- 2-3 cups shredded chicken (any kind, grilled/rotisserie, etc)
- 1/2 block light cream cheese
- 1/2 cup shredded cheese
- 1/4 cup bacon bits
- 1/2 tsp salt, pepper, garlic, ranch seasoning (or more to taste)
- 2 rolls of crescent roll dough



Yield/servings: 8

### MACROS (PER SERVING)

Calories: 301

Fat: 17

Protein: 16

Carbs: 24

(approximate)



## DIRECTIONS:

1. Mix together chicken, cream cheese, seasonings, shredded cheese and bacon until well combined/smooth
2. Unroll crescent roll dough and take 2 crescents (pressed together to make a rectangle) and fill each with a scoop of your chicken mixture
3. Wrap up each crescent roll by tucking the opposite corners together (should look like a "bundle" or little pillow)
4. Place on a greased baking sheet and bake on 375 for 16-20 minutes or until golden brown and cooked through

I like to serve these with a soup/big side salad or other green veggie!

# STREET CORN ENCHILADA CASSEROLE

## INGREDIENTS:

### Meat mixture:

- 1 lb lean beef
- 1 taco seasoning packet
- 1/2 cup enchilada sauce
- 1/2 cup fat free refried beans

### Street corn layer:

- **1 can** fire roasted corn (but ANY corn works)
- 1/2 cup plain Greek yogurt or sour cream
- 1/2 cup light mayo
- 1/2 tsp: chili powder, cumin, fajita seasoning, squeeze of lime juice
- optional pico

1/2 cup or more shredded mexican blend cheese for topping



Yield/servings: 6

### MACROS (PER SERVING)

Calories: 232

Fat: 13

Protein: 20

Carbs: 11

(approximate)



## DIRECTIONS:

1. Brown ground beef in a large skillet, add taco seasoning packet and enchilada sauce. Stir in refried beans (optional but adds extra protein/fiber and gives great consistency!)
2. Add meat mixture to the bottom of a baking dish (I use 8x8)
3. In a large bowl, mix together street corn ingredients then spread that out on top of meat mixture
4. Top with shredded mexican blend cheese and bake on 350 for 25-30 min
5. Enjoy this as a dip with tortilla or corn chips, over rice, or in tortillas!

I like to balance my plate by eating with a big serving of green veggie or big fiesta style side salad!

# WHITE CHICKEN ENCHILADA CASSEROLE

## INGREDIENTS:

- 1 block reduced fat cream cheese
- 1 single serve PLAIN greek yogurt (5 oz)
- 1/2 packet of fiesta ranch seasoning (or fajita seasoning)
- optional 1/2 small can of green chiles (drained, to taste)
- meat from 1 rotisserie chicken or 3-4 chicken breasts (cooked and shredded/cubed)
- 1/4 cup salsa verde
- 1/2 cup (or more) shredded fiesta blend cheese

### Serving suggestions:

can serve this with chips or baby bell peppers as a dip, over a bed of rice or lettuce, in tortillas, etc!

**Yield/servings: 6**

### MACROS (PER SERVING)

Calories: 158

Fat: 6

Protein: 20

Carbs: 3

*(approximate)*



## DIRECTIONS:

1. Prepare chicken (rotisserie is great here) and shred or dice
2. Add this to a large bowl with cream cheese, greek yogurt, seasoning packet, salsa verde, and optional green chiles...mix until combined
3. Spread this into an 8x8 baking dish then top with shredded fiesta blend cheese
4. Bake on 350 for 25-30 min
5. Enjoy this as a dip with tortilla or corn chips, over rice, or in tortillas!

I like to balance my plate by eating with a big serving of green veggie or big fiesta style side salad!

# CREAMY TACO CUPS

## INGREDIENTS:

- 1 lb. lean beef
- 1 taco seasoning packet (mixed with 1/4 cup water)
- 1/2 can drained rotel
- 4 laughing cow cheeses (or 1/2 block cream cheese)
- 1/4 cup shredded cheese
- 12 wonton or egg roll wrappers (I use the Frieda brand, from walmart)



Yield/servings: 12

MACROS (PER 1)

Calories: 90

Fat: 4

Protein: 9

Carbs: 5

(approximate)



## DIRECTIONS:

1. Brown lean ground beef in a large skillet until cooked through, mix taco seasoning packet with water and combine with meat.
2. Add rotel, laughing cow cheese, and shredded cheese and stir until combined. It should look like a creamy taco dip at this point! (this is great as a burrito filling or with tortilla chips!)
3. Make your wonton cups by spraying each side of your wonton wrappers with cooking spray, then placing them over an UPSIDE DOWN muffin tin (so that your wrappers are molded over the top of the mounds) place in the oven on 375 for 5-7 minutes or until crisp.
4. Add taco filling to each cup and sprinkle with more shredded cheese + taco toppings of choice!

# CHICKEN MINIS

## INGREDIENTS:

- 12 Hawaiian roll sliders
- 12 chicken nuggets (I like Applegate or Real Good brand)
- skim mozzarella (approx 1/2 cup)
- marinara for dipping

### Optional garlic butter:

- 3-4 TBS melted butter
- 1/2 tsp garlic
- 1/2 tsp italian seasoning



Yield/servings: 12

MACROS (PER 1)

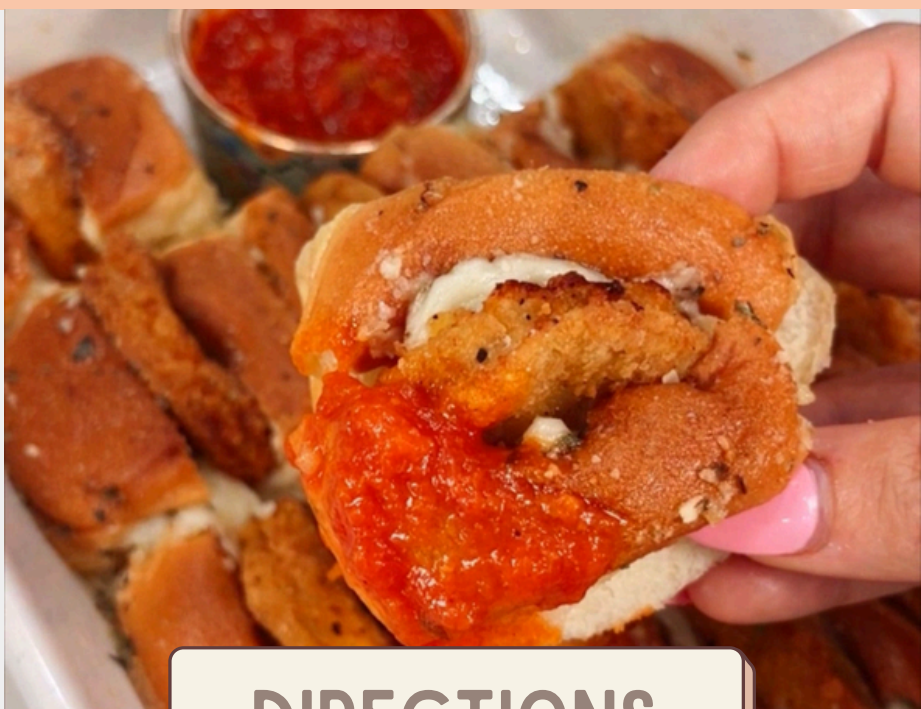
Calories: 140

Fat: 6

Protein: 6

Carbs: 17

(approximate)



## DIRECTIONS:

1. Cook chicken nuggets according to package directions
2. Prepare rolls by placing into a greased 9x13 baking dish. Take a knife and make a slit right in the top center of each roll, don't cut all the way through. Think of making a small pocket for your chicken nugget to fit into.
3. Place chicken nugget into each roll/slit and add cheese (you can into the slit or on top, whatever you prefer.)
4. Melt butter and add seasonings, stir this together then brush over the tops of each roll (brushing will save you cals in comparison to drizzling).
5. Bake on 350 for 10-15 minutes or until golden brown and cheese is melted. I like to serve mine with marinara for dipping and big italian side salad.

# BIG MAC WRAP ATTACK

## INGREDIENTS:

- 1 low carb tortilla of choice
- 4 oz lean hamburger patty
- burger toppings of choice (I like american cheese, pickle/onion, shredded lettuce, and burger sauce)
- optional fries (see directions)

### Burger Sauce:

1 TBS light mayo  
1 TBS ketchup  
1 tsp mustard  
1/4 tsp cajun seasoning  
splash of pickle juice to thin



**Yield/servings: 1**

### MACROS (PER SERVING)

Calories: 352

Fat: 20

Protein: 30

Carbs: 28

*(approximate)*



## DIRECTIONS:

1. Lay tortilla flat and make a cut from the bottom center and cutting about halfway up (I use a pizza cutter)
  2. Imagine sectioning your tortilla into 4 equal sections, in 1 section apply cheese and burger patty, in the others, add whatever burger toppings you like (I add pickle/onion 1 section, air fried fries to another, and burger sauce/lettuce in the last one).
  3. Fold it up by taking the bottom left square and folding it up over the section above it. Then fold that over so it's covering the section to it's right. Finally fold it down so it's covering the section beneath it, you should have a large triangular folded wrap.
  4. Toast both sides in a hot skillet until golden brown and cheese is melted
- You can use any burger/fries you like here but I make both of mine in the air fryer. For burger, form patty out of lean beef, season both sides with seasoning salt and air fry 380 for 7-8 min, flip, and cook 5-6 more minutes.

For fries, slice potato into thin, even slices, mist with oil and season with seasoning salt and air fry (or bake) on 400 for 10 min, flip, 10-15 more minutes.

# LIL MAC SLIDERS

## INGREDIENTS:

- 1 pack Hawaiian rolls (12 count)
- 1 lb. lean ground beef
- 1/2 au jus seasoning packet
- 6 fat free cheese slices  
(American cheese works best here)
- 2-3 TBS butter (melted)
- optional sesame seeds and burger toppings of choice (I like shredded lettuce and finely diced onion and pickle here)

### Big Mac Sauce:

- 3 TBS light mayo
- 2 TBS ketchup
- 1 tsp mustard
- 1/2 tsp cajun seasoning
- diced pickles (or relish) to taste

Yield/servings: 12

MACROS (EACH)

Calories: 187

Fat: 8

Protein: 13

Carbs: 18

(approximate)



## DIRECTIONS:

1. Cut your Hawaiian rolls in half so that there is a top and bottom bun for each, lay the bottom buns in a 9x13 baking dish
2. Brown your ground beef in a skillet and season with half of the au jus seasoning packet, sprinkle this over your buns
3. Mix together Big Mac sauce and spread evenly over meat
4. Sprinkle diced pickle/onion over this if you prefer
5. Take 6 slices of American cheese and fold so that it each slice makes 4 small squares, place 2 small squares on each slider. Place top buns on each.
6. Brush each top bun with a little melted butter and sprinkle with sesame seeds. Bake 350 for 10-15 min.

I serve these with air fried fries + a green veggie!

# AU JUS SLIDERS

## INGREDIENTS:

- 1 pack Hawaiian rolls
- 1 pack sliced deli roast beef
- 6 thin sliced white cheese of choice (provolone, pepperjack, white american, mozzarella, etc)
- 1/2 stick butter
- 1 tsp Au Jus gravy seasoning packet
- optional pepperoncini or banana peppers



**Yield/servings: 12**

**MACROS (EACH)**

Calories: 161

Fat: 8

Protein: 7

Carbs: 16

*(approximate)*



## DIRECTIONS:

1. Cut your Hawaiian rolls in half so that there is a top and bottom bun for each, lay the bottom buns in a 9x13 baking dish
2. Layer roast beef slices on top of each roll (I usually do 2 folded slices of meat).
3. Take your 6 slices of cheese and fold them into fourths (so that each slice gives you 4 small squares of cheese), place 2 small squares on each slider. If you are using pepperoncini peppers, add them now then place top buns on each.
4. Melt butter in a small bowl and add 1 tsp of your au jus seasoning packet, stir well then brush this over the tops of your sliders.
5. Bake 350 for 15-20 min.

I serve these with air fried fries + a big serving of green veggies! You can also use the rest of your au jus graving packet to make a dipping sauce for your sliders!

# CHILI DOG BOATS

## INGREDIENTS:

### Chili:

- 1 lb. lean ground beef
- 1 chili seasoning packet (I like kinders)
- diced onion or dried onion flakes (to taste)
- 1 can chili beans
- 1 can (rinsed) kidney beans
- 1 46 oz can tomato juice (OR half tomato juice, half beef broth)

### Chili Cheese Boats:

- turkey dogs of choice
- hot dog buns of choice (I like Healthy Life brand)
- shredded cheese of choice



Yield/servings: 8

### MACROS (PER CHILI DOG)

Calories: 276

Fat: 6

Protein: 21

Carbs: 34

(approximate)



## DIRECTIONS:

1. Brown ground beef and diced onion until meat is done and onions are tender, add the rest of the chili ingredients and let it simmer to your liking (I simmer for about 20 minutes but if you like a "heartier" chili, you can simmer for longer)
2. To make your chili cheese boats, heat up your hot dogs, then take a hot dog bun (low carb if you prefer) and lay it down FLAT. Cut a long rectangle (the size of a hot dog) out of the top of the bun to rest your hot dog into (think of it as a "grave" for your hot dog LOL)
3. Once hot dog is secured in the top of the bun, add chili and cheese and bake or air fry on 400 just until slightly toasty and cheese is melted

# CHEESE DOG DIPPERS

## INGREDIENTS:

- 1 low carb tortilla
- 1 turkey dog (air fried or microwaved)
- optional nacho cheese (approx 1 TBS)
- 2 TBS shredded cheese



**Yield/servings: 1**

### MACROS (PER SERVING)

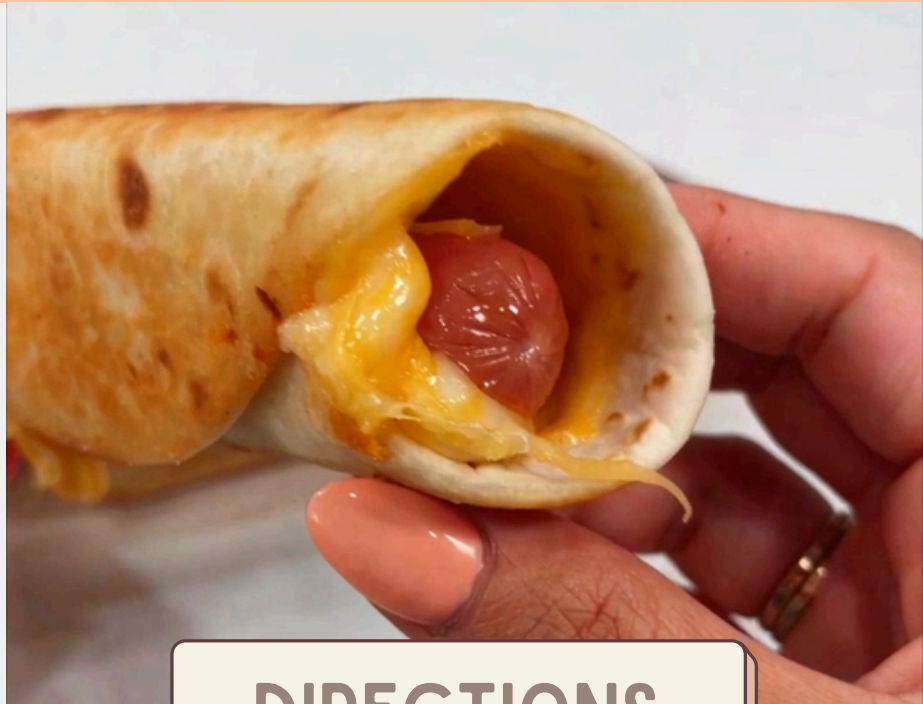
Calories: 211

Fat: 14

Protein: 12

Carbs: 22

*(approximate)*



## DIRECTIONS:

1. Spread a little nacho cheese over the surface of your tortilla, sprinkle with shredded cheese
2. Cook your turkey dog however you prefer (microwaved/air fried/boiled) and place on top of your cheesy tortilla
3. Roll this up like a burrito and mist with oil  
Air fry (380F for 3-4 min each side) or shallow fry in a skillet with a small amount of avocado oil until all sides are crisp

These are perfect "dippers" to go with chili, tomato soup, or cheese sauce!

# crockpot.



# CROCKPOT RITZ CHICKEN

## INGREDIENTS:

- 6-8 boneless, skinless chicken tenderloins (or 3-4 breasts)
- 1 can cream of chicken soup
- 1 cup plain/nonfat greek yogurt
- 1 ranch seasoning packet
- Ritz crackers (I use 1 sleeve of the reduced fat)
- 1/2 stick butter



Yield/servings: 4

### MACROS (PER SERVING)

Calories: 347

Fat: 19

Protein: 26

Carbs: 15

*(approximate)*



## DIRECTIONS:

1. Place thawed chicken in crockpot
2. In a bowl, combine cream of chicken soup with greek yogurt and half of the ranch seasoning packet, stir then spread over chicken
3. Crush Ritz crackers and combine with 1/2 stick melted butter, sprinkle this mixture over the top (I also like to add a small sprinkle of the ranch seasoning here too)
4. Cover and cook for 2-4 hours on high or until chicken is cooked through, serve alone or over a bed of white rice (or cauli rice). I also like to pair with a green veggie or side salad!

# CROCKPOT GARLIC CHICKEN SANDWICHES

## INGREDIENTS:

- 8 boneless, skinless chicken tenderloins (or 4 breasts)
- 1 tsp Garlic Parmesan seasoning packet (from walmart, OR dry ranch seasoning works too)
- 1/2 bottle Buffalo Wild Wings Parmesan Garlic Sauce (Walmart)
- 1/4 cup milk or chicken broth
- 1/2 block reduced fat cream cheese
- Low carb hamburger buns of choice (I use Healthy Life)
- optional slice crispy bacon + ultra thin sliced colby jack cheese



*Yield: makes enough for 8 sandwiches*

### MACROS (PER SERVING)

Calories: 188

Fat: 12

Protein: 14

Carbs: 4

*(bun/toppings not included)*



## DIRECTIONS:

1. Add all ingredients to crock pot and cook on high for 2-3 hours or low for 4-5 (just until chicken is tender and shreds apart easily) Shred chicken with 2 forks (or a hand mixer).
2. Place filling between 2 toasted buns (I use low carb buns) and top with a thin slice of cheese and a slice of crispy bacon.
3. Serve with sides of choice (we like ours with a mindful serving of air fried fries and a green veggie or side salad)

# CHICKEN "BIRRIA" TACOS

## INGREDIENTS:

- 6-8 chicken tenderloins (for 4-5 breasts)
- 1 carne asada seasoning packet (I like Kinders brand) or fajita seasoning packet
- 1 (14oz) can chicken broth
- 1/2 cup (up to 1 cup) salsa of choice
- Low carb tortillas of choice (I like Mission brand)
- Monterey jack cheese



**Yield/servings: 5**

**MACROS (PER 1 TACO)**

Calories: 167

Fat: 5

Protein: 20

Carbs: 21

*(approximate)*



## DIRECTIONS:

1. In a crockpot, add chicken, sprinkle with seasoning packet, then add chicken broth and salsa
2. Cover and cook on high for 2-3 hours or low for 4-5 until chicken is easy to shred, shred chicken then remove from the broth that's left in your crockpot.
3. Take a tortilla and coat in the broth and immediately transfer to a hot skillet, add chicken and cheese to one side then fold tortilla over (like a quesadilla), then flip to toast each side.

I like to dip my taco in a small bowl of the remaining broth! Serve with taco salad, rice, beans, chips, etc!

# CROCKPOT SWEET CHILI CHICKEN

## INGREDIENTS:

- 8 chicken tenderloins
- 1/2 packet fried rice seasoning packet (I like Sun Bird brand from Walmart but seasoning with garlic, ginger, black pepper will be fine too)
- 1 jar Franks Sweet Chili sauce
- 1 block reduced fat cream cheese
- wonton strips (for serving)



**Yield/servings: 4**

### MACROS (PER SERVING)

Calories: 380

Fat: 6

Protein: 24

Carbs: 57

*(approximate)*



## DIRECTIONS:

1. Add chicken to crockpot and sprinkle with seasoning packet
2. Add Sweet chili sauce and cream cheese block right on top
3. Cook on low for 4-5 hours or high for 2-3 or until chicken shreds apart easily with a fork
4. Mix until combined and serve over white rice, I like to top mine with wonton strips for crunch

This also makes a great dip, perfect with crispy wontons for dipping!

# POT ROAST MELTS

## INGREDIENTS:

- 1 beef roast/chuck roast
- 1-2 cans beef broth (I use 2 because I like the broth)
- 1 beefy onion soup mix (or au jus mix)
- baby carrots + sliced onion (to taste)
- baby red potatoes (I usually just get a potato kit, Little Potato Company brand)
- low carb hot dog buns (or other bun of choice)
- cheese of choice—I do thin sliced provolone

*I like A1 on mine too!*



**Yield/servings: 8**

### MACROS (PER SERVING)

Calories: 264

Fat: 14

Protein: 19

Carbs: 17

*(approximate)*



## DIRECTIONS:

1. Salt/pepper your roast and put it in your crockpot (some people sear theirs first, but I don't)
2. Add 1/2 of your beefy onion seasoning packet directly over meat
3. Add carrots, potatoes, onion then the rest of your seasoning packet
4. Cover and cook on high for 6-8 hours or until meat is super tender and shreds apart very easily (longer if you cook on low)
5. Take this meat and add to low carb hot dog buns, add (optional A1 sauce) and cheese and bake on 400 for 5 or so minutes until bread is toasty and cheese has melted!

Enjoy this with sides of choice, I like to serve with the pot roast veggies (carrots/potatoes) or air fried green beans!

# BEEFY ENCHILADA SOUP

## INGREDIENTS:

- 1 lb. lean ground beef
- 1 taco seasoning packet
- 1 can corn (drained)
- 1 can black beans (rinsed)
- 1 can rotel
- 1 can red enchilada sauce
- 32 oz beef broth
- lime juice
- 1 cup shredded mexican cheese
- 1 single serve container greek yogurt (optional, adds creaminess and protein)



Yield/servings: 7

### MACROS (PER SERVING)

Calories: 273

Fat: 12

Protein: 24

Carbs: 20

(approximate)



## DIRECTIONS:

1. In a large soup pot, brown 1 lb. lean beef then season with taco seasoning packet
2. Add corn, black beans, rotel, enchilada sauce, beef broth and lime juice, simmer for 15-20 minutes
3. Right before you're ready to eat, stir in 1 cup shredded cheese and 1 single serve container of greek yogurt for creaminess
4. Serve with tortilla strips, extra greek yogurt (or sour cream), shredded cheese, etc

This goes great with a grilled cheese sandwich or mexican cornbread!

# COPYCAT OLIVE GARDEN CREAMY CHICKEN SOUP

## INGREDIENTS:

- 2 TBS butter
- 1/2 cup celery, carrot, onion (finely diced)
- 1 TBS minced garlic
- 2 TBS flour
- 1.5 cups half + half (or milk)
- 1.5 cups chicken broth
  
- 1/2 TBS italian seasoning
- 1 tsp onion powder
- 1/2 tsp salt + pepper
  
- 1-2 cups shredded chicken
- 1/2 cup frozen chopped spinach
  
- 1 cup uncooked gnocchi (or any kind of cooked pasta)
- 1/4 cup parmesan



Yield/servings: 5  
(1 cup) servings

Calories: 273

Fat: 14

Protein: 19

Carbs: 14 net

(approximate)



## DIRECTIONS:

1. In a large soup pot, melt butter on medium heat and add celery, carrot, onion (all very finely diced) and cook until tender
2. Add remaining ingredients and seasonings (except gnocchi/pasta and parmesan) and bring to a boil
3. Add 1 cup uncooked gnocchi (or any kind of cooked pasta) and 1/4 cup parmesan, simmer for 5 minutes
4. Serve with parmesan cheese and crushed croutons on top! I eat mine with a big side salad!

# CROCKPOT MARRY ME CHICKEN SOUP

## INGREDIENTS:

- 6-8 boneless skinless chicken tenderloins
- 1 tsp garlic, cumin, chili powder, Italian, oregano, salt, pepper
- 4 cups chicken broth
- finely diced onion (to taste)
- 1/2 cup or more sundried tomatoes
- 1 cup half + half
- 1/2 block reduced fat cream cheese
- 1 cup shredded cheese (I use parmesan and skim mozz)
- baby spinach (to taste)
- 1-2 cups cooked tortellini (optional)

*Yield/servings: 7*

### MACROS (PER SERVING)

Calories: 208

Fat: 8

Protein: 22

Carbs: 11

*(approximate)*



## DIRECTIONS:

1. Add chicken to a crock pot, add seasonings, onion (finely diced), sundried tomatoes, and chicken broth. Cover and cook on high for 2-3 hours or low for 4-6 or until chicken is easy to shred.
2. Once chicken is shredded, add 1 cup milk (or half and half), 1/2 block cream cheese, 1 cup shredded cheese, and stir until cheese is melted. Stir in spinach here if preferred.
3. Optional, 1 cup cooked tortellini is great in this!



# ITALIAN GNOCCHI SOUP

## INGREDIENTS:

- 1 lb. italian turkey sausage
- finely diced onion (to taste)
- 1/2 tsp italian, garlic, salt, pepper, oregano
- 1 jar marinara sauce (I like Raos)
- 1 (14 oz) can fire roasted tomatoes
- 2-3 cups chicken broth
- 1/2 cup half + half
- 1 cup shredded italian style cheese
- 2 cups gnocchi (or pasta)
- optional spinach to taste



**Yield/servings: 8**

### MACROS (PER SERVING)

Calories: 252

Fat: 12

Protein: 16

Carbs: 18

*(approximate)*



## DIRECTIONS:

1. In a large soup pot, brown 1 lb. lean italian turkey sausage, add finely diced onion and saute until soft
2. Add seasonings, marinara sauce, fire roasted tomatoes, chicken broth, and simmer for 15-20 minutes
3. Right before you're ready to eat, add in 1/2 cup half + half, italian shredded cheese, spinach, and gnocchi. Let the gnocchi cook for a few minutes in the soup until they're tender then serve.

This is great with a grilled cheese on low carb bread, or a big italian side salad!

\*feel free to sub any kind of pasta in place of the gnocchi if you'd rather\*

# sides + snacks



# sides at a glance!

*a few more of my favorite, go to sides! I shop at Walmart but these should also be available at other grocery stores as well.*



- **Air Fried Broccoli:** I like to get fresh broccoli and break into small pieces, mist with oil, season with lemon pepper and garlic then air fry on 370 for 7-8 minutes or until crisp. Optional sprinkle of parmesan.
- **Italian Side Salad:** any lettuce/green you like, thin sliced red onion, tomato, banana peppers/pepperoncini peppers, chopped turkey pepperoni, and crushed croutons. Drizzle of light Italian dressing (with optional splash of banana pepper juice), toss and serve!
- **Lazy Girl Baked Potato:** grab any potato (I usually do russet) and poke holes all over with a fork. Toss in the microwave and microwave for 5 minutes. Poke your fork in it, if it's tender, it's done! If it's not, microwave another minute. Repeat until tender. Add toppings of choice.
- **Smashed Potatoes:** I love the Little Potato Company potatoes for these, but any will work. Microwave according to package directions until tender. Lay them on a baking sheet and smash with the bottom of a glass. Season with salt, pepper, add shredded cheese, bacon bits and broil until cheese is melty.
- **Home Fries:** slice a potato into thin, even fry shaped strips. Mist with oil, season with seasoning salt and air fry 400F, 10 min. Shake/flip, then cook another 10-15 min. until crisp.
- **Mini Salads** (Taylor Farms mini salad kits are my favorite. I love the Nashville Hot one and the Caesar, they're perfect size!) **TIP:** I like to use HALF of the dressing and add a splash of banana pepper juice or pickle juice to make it go further, saves a ton of cals!)

# CRISPY GARLIC PARM ZUCCHINI BITES

## INGREDIENTS:

- 1 zucchini
- avocado oil (for misting)
- salt, pepper, garlic, parmesan cheese (OR sometimes I just do lemon pepper)



## MACROS (PER SERVING)

Calories:

Fat:

Protein:

Carbs:

*will vary  
based on  
amount/size*



## DIRECTIONS:

1. Slice your zucchini into even round pieces, not too thick (or they won't get crisp) and not too thin (or they will burn), pat dry.
2. Mist with avocado oil and toss so that both sides are coated
3. Sprinkle with salt, pepper, garlic, and parmesan
4. Add to a preheated air fryer 400F and cook for 6-8 minutes, then flip each slice (you may have to cook in batches depending on how big your air fryer is, you don't want to overcrowd your basket or they won't get crisp)
5. After flipping, continue cooking another 5-8 minutes or until all pieces are seared and crispy! Sprinkle with more parmesan after cooking if preferred!

*These can also be done in an oven on 425 (adjust cook time as needed)*

# GARLICY LEMON ASPARAGUS

## INGREDIENTS:

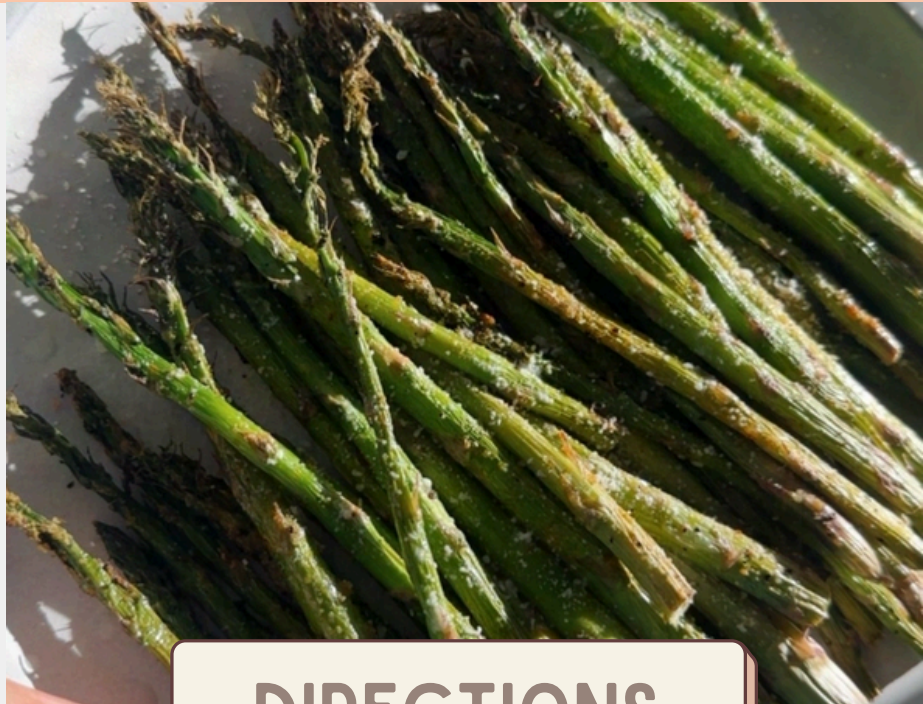
- 1 bunch fresh asparagus (I like the pre-cut bags in Walmart produce section)
- oil of choice (for misting)
- 1 lemon
- lemon pepper, garlic, parmesan



*Yield/servings: varies*  
**MACROS (PER SERVING)**

Calories:

Fat: *(will vary based on size/amount used)*  
Protein:  
Carbs:



## DIRECTIONS:

1. Take asparagus spears and cut off part of the stems (the thick bottom portion, maybe like 1/2 an inch or so)
2. mist with oil of choice and season generously with lemon pepper, garlic, and parmesan
3. Air fry on 400 for 8-10 min or until roasted/crisp
4. Once finished I like to squeeze lemon juice on mine and give them one final sprinkle of parmesan

These can also be done in an oven on 425 (adjust cook time as needed)

# CRISPY GARLIC PARM POTATOES

## INGREDIENTS:

- any small round potatoes will work here, I use the Little Potato Company kit (from walmart) for convenience
- avocado oil (for misting)
- salt, pepper
- 1 TBS parmesan cheese



Yield/servings: 4

### MACROS (PER SERVING)

Calories: 85

Fat: 0

Protein: 2.5

Carbs: 18

*(approximate)*



## DIRECTIONS:

1. I like using the little potato kits from Walmart (but any small, round potato will work), microwave according to package directions for 4-5 min
2. Mist with avocado oil and use seasoning packet that came with potatoes and add a sprinkle of grated parmesan (or season with your favorites)
3. Bake (or air fry) 400 for 15-20 minutes or until crisp on outside and tender inside
4. You can smash these or eat them whole. They go perfectly with a simple cream sauce (see cajun chicken and rice recipe in meal prep section for sauce idea)

# CARAMELIZED VEGGIES

## INGREDIENTS:

- thin sliced onions and/or mushrooms
- spray oil of choice
- soy sauce, broth, or water
- garlic, salt, pepper



## DIRECTIONS:

1. Slice your veggies thin, and add to a skillet misted with nonstick spray (I use avocado oil), medium heat.
  2. Sauté veggies until they begin to soften/brown. If they begin to brown too quickly, turn heat down and add a splash of liquid (you can use a splash of water, broth, or soy sauce). Stir and repeat if needed.
  3. Continue to cook until veggies are very soft and deep brown colored. You can add a lid to help speed the process up a bit.
  4. Once they are soft, add minced garlic, salt/pepper. Stir, then remove from heat.
- These are great alone as a side, or add them to your meals for extra flavor/volume!



*Yield/servings: varies*

### MACROS (PER SERVING)

Calories: *(will vary based on size/amounts used)*  
Fat:  
Protein:  
Carbs:

# FIT-ISH MAC + CHEESE

## INGREDIENTS:

- 1 microwavable cup mac and cheese (I like Velveeta brand)
- 1/4 cup cottage cheese (I like to blend mine) OR plain greek yogurt
- 1 light laughing cow cheese (or 1 TBS light cream cheese)
- 1-2 TBS fat free shredded cheese of choice
- salt, pepper, garlic (to taste)



**Yield/servings: 2**

### MACROS (PER SERVING)

Calories: 155

Fat: 6

Protein: 9

Carbs: 17

*(approximate)*



## DIRECTIONS:

1. Microwave mac and cheese cup according to package directions, add cheese packet that comes with it.
2. Stir in cottage cheese or greek yogurt, laughing cow, and shredded cheese until smooth.
3. Season with seasonings of choice and microwave again for 30 seconds or until hot.

This makes 2 side servings (for me), I like to pair it with a balanced meal (usually a meat of some sort and a green veggie).

# LAZY GIRL CAESAR SALAD

## INGREDIENTS:

- 1-2 cups shredded lettuce/greenery of choice
- sprinkle of parmesan cheese
- 2 TBS croutons (crushed)
- salt, pepper

Optional salad veggies of choice:

- thinly sliced red onion
- pepperoncini peppers or banana peppers

### Dressing:

- 1 TBS of your fav store bought Caesar dressing
- 1 TBS greek yogurt
- splash of banana pepper (or pickle) juice



**Yield/servings: 1**

### MACROS (PER SERVING)

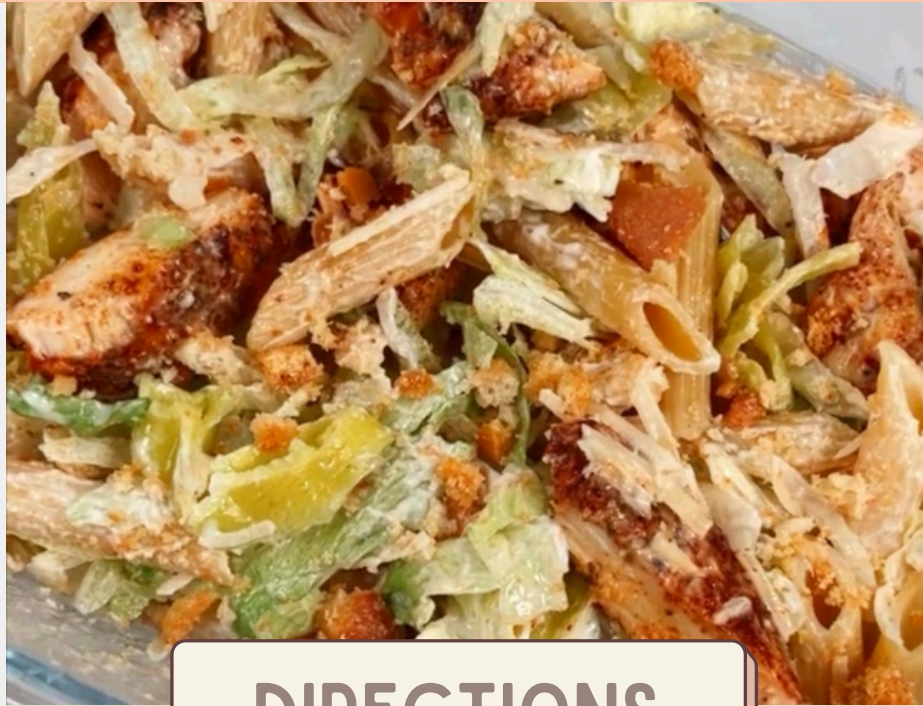
Calories: 87

Fat: 6

Protein: 4

Carbs: 4

*(approximate)*



## DIRECTIONS:

1. Add salad mixture (as much as you want) to a bowl, sliced red onion, pepperoncini peppers (or banana peppers), parmesan, crushed croutons, and salt/pepper
2. Mix dressing ingredients together and drizzle over the top then toss to combine
3. Enjoy this as a side salad or add chicken to turn it into a meal!

# FIESTA SIDE SALAD

## INGREDIENTS:

- salad/lettuce mixture of choice
- 2 TBS corn
- 2 TBS black beans
- 2 TBS pico

Optional salad toppings of choice:

- tortilla strips
- avocado
- chicken
- jalapenos, etc.

**Dressing:**

- 1 TBS of your fav store bought ranch
- 1 TBS of your fav salsa
- lime juice to thin



**Yield/servings: 1**

**MACROS (PER SERVING)**

Calories: 110

Fat: 7

Protein: 3

Carbs: 10

*(approximate)*



## DIRECTIONS:

1. Add your salad mixture (as much as you'd like) to a bowl, add corn, black beans, pico.
2. Mix together dressing ingredients and drizzle on top. Gently toss to coat.
3. Sprinkle with tortilla strips or other salad toppings of choice for crunch!

This is a great, low cal side that goes great with any of the "Mexican" inspired recipes!

# POOLSIDE FIESTA DIP

## INGREDIENTS:

- 1 (5 oz) single serve container plain Greek yogurt
- 1 light laughing cow cheese
- 2 TBS rotel or fresh salsa
- 1-2 TBS spicy ranch or fiesta ranch seasoning
- 2 TBS cheese
- Chips or sliced peppers for serving (I like Quest taco chips for this)



Yield/servings: 1

### MACROS (PER SERVING)

Calories: 160

Fat: 6

Protein: 22

Carbs: 7

*(approximate)*



## DIRECTIONS:

1. Mix all ingredients together in a bowl until combined
2. I like to top mine with more salsa on top and a sprinkle of shredded cheese
3. Enjoy cold with sliced veggies and chips (I like taco or chili lime flavored Quest chips with this)

# FRIED PICKLE DIP

## INGREDIENTS:

- 1 (5 oz) single serve container plain Greek yogurt
- 2 light laughing cow cheese
- chopped dill pickles to taste
- Splash of pickle juice
- 1/2 tsp dill
- 1 TBS ranch powder
- crispy dillies + panko on top



*Yield/servings: 1*

### MACROS (PER SERVING)

Calories: 163

Fat: 3

Protein: 21

Carbs: 14

*(approximate)*



## DIRECTIONS:

1. In a bowl, mix together greek yogurt, laughing cow cheeses, chopped pickles, pickle juice, ranch seasoning and dill, stir until combined
2. Add crispy dillies (crispy pickles, in the salad aisle at walmart) and/or toasted panko breadcrumbs on top for crunch.
3. I like to eat mine with pita thins, sliced veggies, or chips

# SINGLE SERVE DEVILED EGG

## INGREDIENTS:

- 1 hard boiled egg (I like to buy the convenient package from walmart that has ready to eat hard boiled eggs, but feel free to boil your own)
- 1 tsp light mayo (or Greek yogurt)
- pinch of sugar (or sweetener like Swerve)
- 1 tsp relish (optional)
- salt + pepper

add whatever you like to your deviled eggs, some like mustard, bacon bits, paprika, etc.



**Yield/servings: 1**

### MACROS (PER SERVING)

Calories: 87

Fat: 6

Protein: 6

Carbs: 2

*(approximate)*



## DIRECTIONS:

1. Slice boiled egg long ways so that you have 2 even halves
2. Gently pop yolk out of each half and place in a small bowl
3. Add light mayo, sweetener, relish, and salt/pepper to small bowl with yolks and mash with a fork
4. Add this mixture back to your egg white halves and sprinkle with paprika or other toppings of choice

(if boiling your own hard boiled eggs, add to a pot of water (enough water to cover your egg) and bring to a boil. Boil for 10-12 minutes and then transfer to a bowl of ice water, then peel.)

# killer combos

*a few more of my favorite, go to snack combos! I shop at Walmart but these should also be available at other grocery stores as well.*



- Protein shake (I like Fairlife) with a handful of your favorite cereal for crunch
- Rice cakes with peanut butter (your peanut butter will go further if you melt it!) and a sprinkle of mini chocolate chips
- Quest Chips dipped in salsa (I like taco or chili lime flavor)
- **Creamy Fruit Salad:** chopped fruit mixed with a little vanilla greek yogurt and cool whip
- **Grown up snack tray:** I like turkey pepperonis or meat sticks, cheese cubes, sliced fruit or veggie, and a few crackers or nuts
- **Pizza Bites:** Turkey pepperonis sprinkled with mozzarella cheese (microwave for 20-30 sec)
- **Apple Nachos:** thin sliced apples, drizzled with melted peanut butter or sugar free caramel. Sprinkled with granola, chocolate chips, or nuts
- **Healthy Snickers:** dates with nut butter, chocolate chips, and crushed nuts on top
- Guacamole cups with pretzel thins, pita chips, or Quest Chips
- **Brownie Sundae:** Fiber One brownie heated in microwave for 10-20 sec, served with frozen cool whip or Halo Top ice cream
- **Fit-ish Ranch:** plain greek yogurt, 1-2 TBS ranch seasoning, splash of pickle juice or milk to thin. Great with carrots or other veggies

# treats



# SINGLE SERVE ECLAIR CAKE

## INGREDIENTS:

- 1.5 graham cracker sheets
- 1 single serve yogurt of choice
- 1 TBS cheesecake jello mix
- 1-2 TBS cool whip
- 1-2 TBS frosting of choice (I use store bought)



**Yield/servings: 1**

### MACROS (PER SERVING)

Calories: 326

Fat: 9

Protein: 14

Carbs: 46

*(approximate)*



## DIRECTIONS:

1. Stir jello mix into pudding until combined, then mix in cool whip
2. Break graham crackers along perforated lines (you should have 3 even sized squares)
3. Place 1 square into the bottom of a small dish/tupperware container, and add HALF of your cheesecake yogurt mix over the graham cracker. Then layer with another graham cracker square, and use other half of yogurt mixture. Place final graham cracker on top.
4. Add frosting to a small bowl and microwave for 20-30 seconds until melted. Pour this over the top of your dessert and let it set in the fridge for a few hours until soft (I usually leave it overnight).

# SINGLE SERVE BROWNIE

## INGREDIENTS:

- 4 TBS brownie mix
- 1.5 TBS pumpkin puree
- optional chocolate chips



**Yield/servings: 1**

### MACROS (PER SERVING)

Calories: 192

Fat: 2

Protein: 1

Carbs: 44

*(approximate)*



## DIRECTIONS:

1. Mix dry brownie mix with pumpkin puree in a small bowl until combined. Stir vigorously so that it turns into a brownie batter consistency
2. Sprinkle with chocolate chips if preferred then microwave for 45 seconds to 1 minute
3. Serve with frozen cool whip or ice cream of choice (I like Halo Top)

# SMORES-ADILLA

## INGREDIENTS:

- 0 net carb tortilla (I use mission)
- 1/2 TBS mini chocolate chips
- Mini marshmallows (approx 7-10?)



## DIRECTIONS:

1. Add mini chocolate chips and mini marshmallows to one side of a mini 0 carb tortilla, fold over so you have a mini taco
2. This is the perfect size to toast in a mini pancake griddle OR you can just toast in a regular skillet until lightly browned and melty inside



Yield/servings: 1

### MACROS (PER SERVING)

Calories: 82

Fat: 4

Protein: 3

Carbs: 17

*(approximate)*

# SAMOA RICE CAKE

## INGREDIENTS:

- 1 rice cake (caramel or chocolate flavored is my favorite for this)
- 1 TBS melted peanut butter (or nut butter of choice)
- 2 TBS packed coconut
- 1/2 TBS honey
- Optional chocolate chips (to melt + drizzle)



**Yield/servings: 1**

### MACROS (PER SERVING)

Calories: 257

Fat: 13

Protein: 5

Carbs: 30

*(approximate)*



## DIRECTIONS:

1. In a small bowl, melt 1 TBS peanut butter then stir in shredded coconut and honey. Mix until combined
2. Add coconut mixture on top of caramel or chocolate rice cake
3. Top with a drizzle of melted chocolate or a sprinkle of chocolate chips

# SMORES PROTEIN BITES

## INGREDIENTS:

- 3 TBS oats (instant or quick oats work best here)
- 1 scoop protein powder (any kind)
- 1/3 cup regular peanut butter
- 1/4 cup honey

### Smores mix ins:

- 2 TBS mini chocolate chips
- 2 TBS mini marshmallows
- 1 crushed graham cracker



Yield/servings: 12

### MACROS (PER SERVING)

Calories: 90

Fat: 4

Protein: 4

Carbs: 11

*(approximate)*



## DIRECTIONS:

1. To a mixing bowl, add all ingredients
2. Stir until combined, your mixture should resemble cookie dough
3. Form dough into 12 even balls
4. Refrigerate for the perfect grab + go snack or bedtime treat

# MINI SOPAPILLAS

## INGREDIENTS:

- 2 zero net carb mini tortillas (Mission brand)
- oil of choice for misting
- 1/4 tsp cinnamon
- 2 tsp zero cal sugar (I like Swerve for this)

### Fillings of choice:

- Vanilla ice cream (Halo Top)
- Sugar free caramel
- Whipped cream
- Fruit



Yield: 2

### MACROS (PER 2)

Calories: 50

Fat: 3

Protein: 4

Carbs: 0

*(Doesn't include ice cream)*



## DIRECTIONS:

1. Mist each mini tortilla with oil (both sides)
2. In a small bowl combine sugar and cinnamon, sprinkle this on top of tortillas and rub until both sides are coated in mixture
3. Give each side a quick toast in a hot skillet, and immediately press them into a muffin tin. (They should look like little taco salad cups)
4. Bake them for 3-5 min. on 350F

They should be golden brown and crisp! Fill them with ice cream (I like Halo Top) and sprinkle with toppings of choice (more of your cinnamon sugar mixture, sugar free caramel, whipped cream, etc.)

# LIGHTER STRAWBERRY CUPCAKES

## INGREDIENTS:

- 1 strawberry cake mix
- 1 single serve size strawberry flavored greek yogurt
- 1 cup water (or premade protein shake, I use Fairlife vanilla)

Toppings of choice:

whipped cream

frosting

sliced berries

granola



Yield/servings: 36 mini  
**MACROS (PER SERVING)**

Calories: 46

Fat: 0

Protein: 1

Carbs: 10

*(approximate)*



## DIRECTIONS:

1. Gently mix all ingredients together in a mixing bowl
2. Fill mini muffin tin with batter, each one about halfway full
3. Bake on 350 for 10-12 minutes or until they're no longer runny in the middle
4. Let cool and top with toppings of choice

# BANANA SUSHI

## INGREDIENTS:

- 1 low carb tortilla of choice
- 1 TBS peanut butter (or nut butter), melted
- 1 banana
- optional caramel sauce (I use Smuckers sugar free) and granola of choice



*Yield/servings: 1*

### MACROS (PER SERVING)

Calories: 271

Fat: 12

Protein: 10

Carbs: 50

*(approximate)*



## DIRECTIONS:

1. Lay tortilla on flat surface and cover with melted peanut butter
2. Place banana in tortilla and roll it up
3. (optional "razzle dazzle"), drizzle tortilla with caramel sauce and brush to coat, then sprinkle with granola for crunch
4. Slice this "log" into small 1 inch sections, they should resemble little sushi pieces!

# SINGLE SERVE PINEAPPLE UPSIDE DOWN CAKE

## INGREDIENTS:

- 1 TBS brown sugar (I use substitute like Swerve)
- 1/2 TBS butter
- 1 pineapple ring
- 1 maraschino cherry
- 1 dessert shell (Walmart bakery)



**Yield/servings: 1**

### MACROS (PER SERVING)

Calories: 160

Fat: 6.5

Protein: 1

Carbs: 31

*(approximate)*



## DIRECTIONS:

1. Take a small square of aluminum foil and add 1 TBS brown sugar (I use Swerve) to the middle.
2. Place 1/2 TBS butter on top of sugar, then your pineapple ring. Add cherry in the center hole of pineapple ring
3. Add dessert shell on top of pineapple ring then gently pull sides of foil up to create a little "pouch" or "tent", this can be loose and not perfect
4. Air fry on 400 for 10 min
5. Once finished unwrap and serve with cool whip or ice cream of choice (I like Halo Top)

# STRAWBERRY PRETZEL DIP

## INGREDIENTS:

- 8 oz tub light cool whip
- 1 single serve strawberry greek yogurt
- 1/2 box cheesecake jello mix (sugar free if preferred)
- 1/4 cup strawberry pie filling (more on top if preferred)
- pretzel thins + strawberries for dipping



*Yield/servings: 6*

### MACROS (PER SERVING)

Calories: 137

Fat: 5

Protein: 2

Carbs: 23

*(approximate)*



## DIRECTIONS:

1. Mix together cool whip, yogurt, cheesecake jello mix and pie filling until smooth and well combined.
2. Makes about 6 servings, I like to put my serving in a small bowl and add more pie filling on top.
3. Serve with pretzel thins and sliced strawberries for dipping

# OREO FLUFF

## INGREDIENTS:

- 8 oz tub light cool whip
- 1/2 box Oreo pudding mix
- 1 sugar free pudding cup (OR single serve Greek yogurt if you want more protein)
- 6 Oreo Thins (crushed)



## DIRECTIONS:

1. Mix together cool whip, Oreo pudding mix, and pudding cup (or greek yogurt if you prefer) until smooth.
2. Stir in crushed Oreo thins
3. Top with whipped cream and more cookie crumbs if you prefer and enjoy!

This is so good leftover after being refrigerated for a few hours too!



*Yield/servings: 6*

### MACROS (PER SERVING)

Calories: 159

Fat: 6

Protein: 1

Carbs: 28

*(approximate)*

# SNACK CAKE PARFAIT

## INGREDIENTS:

- ONE little debbie snack cake of choice (zebra cake, christmas tree cake, oatmeal cream pie, etc)
- 1 single serve yogurt of choice
- 1 TBS cheesecake jello mix
- cool whip or whipped cream of choice

(feel free to add in fruit, sprinkles, nuts, etc)



**Yield/servings: 2**

### MACROS (PER SERVING)

Calories: 198

Fat: 6

Protein: 6

Carbs: 30

*(approximate)*



## DIRECTIONS:

1. Mix your single serve yogurt with 1 TBS cheesecake jello mix and 1 TBS cool whip, add a small layer of this between 2 small bowls or cups
2. On top of that layer, add a small amount of your little debbie cake (crumbled up)
3. Add a layer of cool whip or whipped cream, then repeat the layers again until you've used all your yogurt mixture and all of your snack cake!

\*if you prefer, you can also do this with a Fiber One brownie or cake\*

# 1 MIN CARAMEL APPLE CHEESECAKE

## INGREDIENTS:

- 1 vanilla dessert shell (like a mini angel food cake, I get mine from Walmart bakery)
- 1 apple
- dash of cinnamon/brown sugar (or brown sugar splenda)
- 1 single serve greek yogurt of choice (I like Apple Pie flavored for this)
- 1 TBS cheesecake pudding mix
- 1 TBS cool whip

### Toppings of choice:

- Caramel sauce (sugar free if preferred)
- crushed nuts/granola

Yield/servings: 1

### MACROS (PER SERVING)

Calories: 310

Fat: 3

Protein: 13

Carbs: 60

(approximate)



## DIRECTIONS:

1. Cube your mini cake and place in a small ramekin
2. Peel and dice apple into small, uniform chunks. Place in a small bowl and sprinkle with cinnamon and brown sugar, microwave for 1:30-2 min or until apples are soft
3. Place cooked apples on top of your cake
4. Prepare cheesecake mixture by mixing together yogurt, cheesecake mix, and cool whip until smooth. Add this on top of apples.
5. Top with sugar free caramel sauce and crushed nuts if you prefer. This is better after being refrigerated for a few hours but feel free to eat right away!



# SINGLE SERVE PUMPKIN FLUFF

## INGREDIENTS:

- 1 single serve yogurt of choice (I like to use pumpkin spice flavored, but any flavor will work)
- 1 TBS cheesecake pudding mix
- 2 TBS cool whip
- dash of pumpkin pie spice



*Yield/servings: 1*

### MACROS (PER SERVING)

Calories: 155

Fat: 1

Protein: 6

Carbs: 30

*(approximate)*



## DIRECTIONS:

1. Mix all ingredients together until combined
2. Eat immediately or chill, this is perfect as a single serve dip with graham crackers and sliced fruit OR to put into a mini graham cracker pie crust!

# BANANA CREME PIE

## INGREDIENTS:

- 1 single serve yogurt of choice (I use banana cream flavored, or vanilla)
- 1 TBS cheesecake flavored jello mix (or french vanilla)
- 1 TBS cool whip
- 2 100 calorie Keebler graham cracker pie crust (OR just used crushed graham crackers here)
- banana (anywhere from 1/2 to a few slices, to taste)



Yield/servings: 2

### MACROS (PER SERVING)

Calories: 168

Fat: 6

Protein: 5

Carbs: 23

*(approximate)*



## DIRECTIONS:

1. Mix together yogurt, jello mix until smooth and well combined. Stir in cool whip and sliced bananas.
2. Divide this filling evenly amongst two mini pie crusts.
3. Top with toppings of choice, I add a banana slice, whipped cream, and crushed graham cracker or nilla wafer on top of mine!

# PROTEIN COOKIES

## INGREDIENTS:

- 3 TBS oats
- 3 scoops protein powder (my fav)
- 1/4 tsp baking powder
- 2 TBS honey
- 1 tsp vanilla
- 2 TBS milk
- 3 TBS mini chocolate chips



Yield/servings: 9

### MACROS (PER SERVING)

Calories: 127

Fat: 5

Protein: 10

Carbs: 10

(approximate)



## DIRECTIONS:

1. Mix all ingredients together in a bowl until mixture resembles cookie dough consistency
2. Form dough into 9 round cookies and place on baking sheet
3. Bake on 350 for 8-9 min

# CINNAMON SUGAR NACHOS

## INGREDIENTS:

- 1 pita bread (I use Joseph's brand pita for these)
- tiny slice of butter approx. 1 tsp
- 1-2 TBS sugar (or substitute like Swerve or Splenda)
- cinnamon to taste
- cooking spray of choice
- sliced strawberries or bananas

optional sauce:

- 1/2 TBS nutella
- small splash of protein shake (I use Fairlife) or milk



**Yield/servings: 1**

### MACROS (PER SERVING)

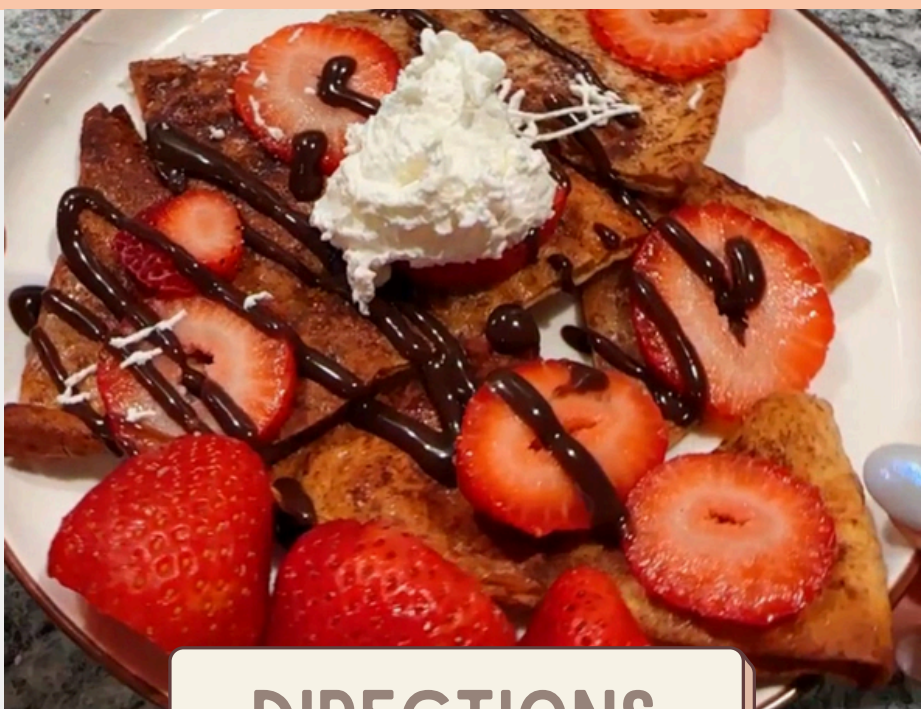
Calories: 127

Fat: 5

Protein: 4

Carbs: 17

*(approximate)*



## DIRECTIONS:

1. Cut pita into 8 triangles (like a pizza)
2. Toss chips in your tiny bit of melted butter until coated, then immediately sprinkle/toss in sugar/cinnamon mixture
3. Place chips in air fryer (or on baking sheet for oven) mist with non stick cooking spray
4. Air fry on 330 for 3 min, flip, then 1-2 more min or until crisp (if baking in oven, turn heat up to 400F)
5. Add sliced strawberries or bananas then drizzle with sauce

To make sauce (for dipping or drizzling) add nutella + small splash of protein shake/milk and stir or whisk until smooth (will take a little elbow grease, mix, mix, mix!)

# APPLE PIE ROLL UPS

## INGREDIENTS:

- 3 Mission zero net carb tortillas (or any kind of tortilla is fine)
- 1 apple
- 1 tsp brown sugar (or substitute like swerve)
- 1/4 tsp cinnamon
- 1/2 tsp cinnamon + 1 tsp sugar (or Swerve) mixed together for sprinkling



**Yield/servings: 3**  
**MACROS (FOR ALL)**

Calories: 155

Fat: 4.5

Protein: 6

Carbs: 43

*(approximate)*



## DIRECTIONS:

1. Peel and finely dice apple, add to a small bowl, and sprinkle with brown sugar + cinnamon then microwave for 1.5-2 min. or until soft
2. Divide this mixture evenly between your tortillas (if using the small zero net carb ones, I can usually make 3 with the filling, if using larger tortillas you can probably make 1-2)
3. Add filling and roll each tightly like a burrito
4. Spray with oil of choice + sprinkle with cinnamon/sugar (or Swerve), air fry 400F for 5-6 minutes OR shallow fry in a skillet with a very small drizzle of oil until lightly browned
5. Optional frosting: I whisk 1 TBS light cream cheese with the remainder of the liquid/sugar mixture that's left in the small bowl you cooked apples in!

# CHECK OUT MY OTHER COOKBOOKS!

## BALANCED BITES



- **CLOSE second favorite of mine!**
- 146 pg. digital PDF you can pull up like an app OR print out if you prefer
- 125+ \*ALL NEW\* macro-friendly recipes (meals are well balanced, and easy to fit within any calorie range)
- Breakfast, lunch, dinner, meal preps, snacks, sides, sauces, and sweets (the most variety of all my cookbooks)
- Macros listed (calories, carbs, fat, protein) for each recipe

- **FREE RESOURCES!**
- **FULL** printable meal planner journal
- Mindful eating guide
- Fast food cheat sheet
- Healthy Swaps
- Macro cheat sheet
- Grocery guide
- 1 sample week of planned meals with correlating grocery list

## HOLY GRAIL



- 127 pg. digital PDF you can pull up like an app OR print out if you prefer
- Macro-friendly recipes
- Macros listed (calories, carbs, fat, protein) for each recipe
- Breakfast, lunch, dinner, meal preps, snacks, sides, sweets
- Fast food cheat sheet
- Macro cheat sheet
- Grocery guide
- **FULL** printable meal planning journal
- 1 sample week of planned meals with correlating grocery list

## HEAT & EAT



- 107 pg. digital PDF you can pull up like an app OR print out if you prefer
- Macro-friendly (meals are well balanced, and easy to fit within any calorie range)
- Macros listed (calories, carbs, fat, protein) for each recipe
- Quick + easy recipes, bowls, pinwheels, meal preps, quick lunches/dinners (fewer breakfast recipes than my other cookbooks)
- Macro cheat sheet + Grocery guide
- How to find YOUR calorie deficit
- Mindful eating guide (tips for learning how to eat WITHOUT tracking calories/macros)
- Printable meal planning sheets
- **My favorite for QUICK/SIMPLE meal prep + quick lunches!**

## SOUL-FUEL



- Digital PDF you can pull up like an app OR print out if you prefer
- Macro-friendly (meals are well balanced, and easy to fit within any calorie range)
- Macros **NOT** listed (but still macro-friendly!)
- Video tutorial linked for each recipe
- Breakfast, lunch, dinner, snacks, sides, sweets (combination of family style meals + meal prep)
- Grocery guide
- 6 weeks of planned meals + correlating grocery lists
- Printable meal planning sheets

## FIT-ISH



- Digital PDF you can pull up like an app OR print out if you prefer
- Macro-friendly (meals are well balanced, and easy to fit within any calorie range)
- **Majority are family-style/sized meals**
- Macros listed (calories, carbs, fat, protein) for each recipe
- Breakfast, lunch, dinner, snacks, sides, sweets (more family-style meals, less single serve)
- Grocery guide
- 6 weeks of planned meals + correlating grocery lists
- Printable meal planning sheets

Makayla Thomas

Don't forget your meal planner journal ([click here](#))!

THANK YOU!



I hope you enjoy these recipes as much as my family and I do! Feel free to send me pictures, share to your social media, or come up with your own creations...make sure to tag me so I can see all the amazing things you come up with! And most importantly, thank you so much for your support!

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