




F*at* & fed

for people who crave food AND results.





IMPORTANT info



All nutrition information and macro calculations provided are estimated based on the ingredient amounts listed in each recipe and the specific brands available to me locally. Please note that your own macro amounts may vary depending on portion sizes, product brands, and preparation methods. The listed amounts are suggestions based on my personal use of reputable calorie-tracking databases. You are encouraged to adjust any ingredients or portions to fit your own calorie needs, goals, and preferences. For the most accurate results, individually weigh and log the ingredients you personally use. By purchasing and using this product, you acknowledge and agree to do so at your own risk. I, MaKayla Thomas / MaKayla Thomas Fitness, LLC, am not liable for any injury, loss, or damages that may occur. You assume all responsibility for your health, safety, and use of this content. Nothing included is intended to diagnose, treat, or replace professional medical advice.

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[CALORIE DEFICIT FORMULA](#)

[FREE MEAL PLANNER JOURNAL](#)

[CHEAT SHEET + FAVORITES](#)

[AMAZON KITCHEN ESSENTIALS](#)

[FREE WORKOUT SAMPLE!](#)

[MACRO CALCULATOR](#)

click links!



FAVORITE PRINTING OPTIONS

- [Printme1](#) (code Makayla will save you \$)
- Can also print + store pages in a binder!
(please make sure page size is properly scaled in print settings so entire page prints)





FYI &

FAQ

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!

MACROS DON'T MATCH WHAT'S LISTED?

You are ALWAYS encourage to calculate macros of recipes based on ingredients/amounts YOU use, this will be most accurate.

If you notice a large discrepancy, here are a few possible explanations:

CHICKEN:

2 chicken tenderloins (2 oz each, total of 4 oz) = 100 calories.

Some calorie trackers will suggest chicken tenderloins are 100 EACH. Make sure you're inputting the correct option

RICE/PASTA:

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 = **340 calories**

1 cup COOKED rice = **170 calories**

If you are logging 1/2 cup dry rice instead of 1/2 cup COOKED rice, the macros will be very different. The recipe will tell you whether the amount should be measured cooked or dry.

SERVINGS/YIELDS:

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.

EXAMPLE: (things can get tricky): imagine you made soup or 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).

QUICK MEASUREMENTS:

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

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

1/2 cup (cooked) lean ground beef = 1 serving, or 4 oz (before cooking)

1 can typically get four 1/2 cup servings out of 1 lb ground beef

2 chicken tenderloins = 4 oz (generally)





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 La Banderita zero carb + Mission Carb Balance)
- Corn Tortillas or tostadas
- Tortilla Chips
- Rice Cakes
- Beans (black beans, pinto, refried)
- Corn
- Popcorn

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 and Raos)
- 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)
- PB2 peanut butter powder

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

toaster
scrambler
bowl
(I like to make
3 at a time)

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

creamy chicken
riz casserole +
sides of choice

Tuesday

toaster
scrambler
bowl

meal prep
bowl #2

leftovers from
last night's
dinner or
smashburger
sliders

click to jump
to recipe!



wednesday

stuffed french
toast bowl

everything
bagel dip +
baked chips,
and/or fruit
(make 2).

healthy girl
gorditas

Thursday

toaster
scrambler
bowl

leftovers from
dinner last
night (make
into taco
salad)

meal prep
bowl #3

Friday

stuffed french
toast bowl

everything
bagel dip #2
(put in a
tortilla) +
sides of
choice

chicken parm
pizza + side
salad

snacks:

see snack section +
take your pick! I
usually have 1-2
snacks each day
depending on how
hungry I am

GO HOME

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 other cookbooks also include weekly meals and planned meals/grocery lists for you!

grocery list

(modify amounts to accommodate your family's needs)

week 1

protein & dairy

eggs
egg whites (egg beaters)
turkey sausage patties
canned chicken (2-3 cans or rotisserie)
shredded cheese (cheddar + mozzarella)
ultra thin (or low cal) cheese slices
pepper jack Laughing Cow wedges
light cream cheese
Greek yogurt (plain + vanilla)
protein shake or milk
chicken tenderloins
lean ground beef

produce

green onions or chives
spinach
onions
lettuce
frozen or fresh fruits + veggies of choice
frozen hashbrown patties

bread, grains & dry goods

low calorie bread
low carb pitas (Joseph's brand)
low carb hard shell dorito tacos
low carb or regular buns (Healthy Life brand)
instant rice of choice
Ritz crackers
fat free refried beans
taco sauce
marinara sauce
alfredo sauce
taco seasoning packet
au jus seasoning packet
brown sugar substitute (Swerve or similar)
spread of choice (pumpkin butter, apple butter)
oats

salt, pepper, garlic, Italian seasoning, onion powder, BBQ or cajun seasoning, everything bagel seasoning

sides + veggies of choice for lunches and dinners (fruits/veggies/chips, etc)

meal prep bowl of choice ingredients

staples I always keep on hand that may not be listed:

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

see specific product recommendations on my "favorites" page, I shop at Walmart.



GO HOME

Go-To's + faves

chipotle sauce



mexican rice seasoning



[click here](#)



I have a few "favorites" that are my go-tos, if I don't have something specific listed that means I don't really have a preference! Here are things I'm particular about, all can be found at Walmart.

WALMART FAVORITES

GO HOME

Kitchen essentials

a few of my favorite kitchen favorites that I use often (all purchased with my own money, not an ad). ALL of my amazon favorites can be found [HERE](#).



GO HOME

select a salad

take your pick + build a salad!

base



GREENERY



BEANS



CHOPPED VEGGIES



protein



CHICKEN



BEEF



FISH



BACON



DELI



TOFU

mix-ins



BEANS



POTATO



RICE



PICO/GUAC



PASTA



EGG

dressing

**CHIPOTLE
RANCH
SALSA
HOT SAUCE
SRIRACHA**

**ASIAN SESAME
HONEY MUSTARD
HOT HONEY
ITALIAN DRESSING
FRUIT VINAIGRETTE**

**HUMMUS
TZATZIKI
HOT HONEY
AVOCADO LIME
BBQ SAUCE**

topping



BACON



CROUTON



CRISPY



CHEESE



WONTON



TORTILLA

tips + tricks

tips, tricks, and info that might make your life (or meal prep) easier!



GO HOME

1 CHICKEN

I like the tenderloins because they're quicker to thaw and cook! To thaw I set them in a bowl in the fridge the day before I need them. If I need them quick I set them in a bowl and run water over them.



2 GROUND BEEF

To get that really flavorful crisp browned meat (that's still juicy) you will want to cook it in a skillet on medium/high heat, break it up like you usually would but let it sit, don't stir it around! Once the bottom has a crisp, browned exterior, then flip it over and continue cooking until done



SEASONING combos

3

LEFTOVER SAUCES/BROTHS

If your recipe ever calls for an odd amount of an ingredient (like ½ can chicken broth, cream of chicken, pumpkin, marinara, etc.) if you aren't going to use the remainder right away, you can put it in a ziploc bag and freeze it to use later



ALL PURPOSE:

salt, pepper, garlic, paprika

MEXICAN:

cumin, chili powder, cayenne, paprika, garlic

ITALIAN:

salt, crushed red pepper, garlic, italian (oregano, basil, rosemary)

ASIAN:

ginger, garlic, honey, crushed red pepper, soy sauce, sesame oil

GREEK:

olive oil, salt, pepper, oregano, rosemary garlic, lemon juice

always measure your seasonings!

4 FREEZER STUFF

I like to freeze things like spinach, onion, diced peppers, etc. It makes no difference that I can tell when you cook them and they stay fresh for a lot longer



5 THIN IT OUT

An easy way to cut calories while still enjoying your favorite sauces is by thinning them out! I like use half the amount of sauce/dressing I usually use but add a splash of liquid like banana pepper juice, milk, or fresh lime/lemon.





GUEST CHECK

107369

DESSERT-BEV

breakfast



BREAKFAST GRAVY BOWLS

ingredients:

PER BOWL:

- 1/2 cup cooked, diced hashbrowns
- 1 TBS bacon bits, or turkey bacon
- 1/3 cup egg whites (or 1 real egg)
- 1-2 TBS shredded cheese

SAUSAGE GRAVY (4 servings):

- ½ lb. turkey sausage gravy
- 3 TBS flour
- 2 cups skim milk
- ¼ tsp salt, pepper

ingredients are for 1 bowl, (I typically prep 4 at a time here) if following suggested servings, modify amounts to fit your needs

MACROS:

Yield/servings: 4
macros (per serving)

Calories: 294

Fat: 11g

Protein: 26g

Carbs: 22g

(approximate)



GO HOME

DIRECTIONS:

Prepare hashbrowns according to package directions (I air fry on 400 for about 10 min, shake 10-15 more min or until crisp)

Scramble eggs, salt and pepper

Prepare sausage gravy by browning turkey sausage in a large sauce pan (like you would brown ground beef), once browned, add flour and stir until flour is cooked in and no longer white. Add milk and stir until gravy thickens, season with salt and pepper (makes enough for 4 bowls)

Assemble bowl/tupperware in this order:

- 1/2 cup hashbrowns
- scrambled egg
- bacon bits
- 1 TBS shredded cheese
- 1/4 serving of the gravy

Store in fridge for about 5 days or freeze to keep longer. I reheat in microwave!

CHICKEN BREAKFAST BOWL

ingredients:

- 8 tator tots, smashed
- 3-4 oz chopped chicken of choice (I like Real Good crispy chicken here)
- 1/2 cup egg whites (egg beaters)
- 1-2 TBS shredded cheese
- optional side of pico or sauteed veggies
- drizzle of chipotle sauce of choice, approx 1/2 TBS

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

MACROS:

Yield/servings: 1
macros (per serving)

Calories: 279

Fat: 15g

Protein: 30g

Carbs: 10g

(approximate)



GO HOME

DIRECTIONS:

Air fry/bake tator tots and crispy chicken according to package directions, I like to gently smash tots flat when done and chop chicken into bite sized chunks

Scramble egg whites (or eggs), season with salt and pepper

Assemble bowl/tupperware in this order:

- 8 tator tots
- scrambled egg
- chopped chicken
- 1 TBS shredded cheese
- drizzle of chipotle sauce

Store in fridge for about 5 days or freeze to keep longer. I reheat in microwave!

MCGRIDDLE BOX

ingredients:

- 1 cup dry protein pancake mix (I like Premier)
- 1 cup water
- 8 turkey sausage links
- 4 slices bacon of choice
- 1 cup egg beaters or 4 real eggs
- pancake syrup of choice

recipe is for 4 bowls, modify amounts to fit your needs

MACROS:

Yield/servings: 4
macros (per 1)

Calories: 278

Fat: 9g

Protein: 26g

Carbs: 20g

(approximate)



DIRECTIONS:

In a bowl, mix dry pancake mix with water, mix gently but don't overmix, lumps are fine!

Spread this mixture onto a small greased baking dish and bake 400 for 8-10 minutes

Use a small round cookie cutter or rim of a glass to cut out mini pancakes, I usually get 12 out of this recipe. Use the scraps to make pancake bowls.

Prepare breakfast meat of choice according to package directions and scramble egg beaters or eggs if adding.

Assemble bowl/tupperware in this order:

- 4 mini pancakes
- 2 turkey sausage links
- 1 slice turkey bacon
- ¼ cup scrambled eggs
- pancake syrup of choice (sugar free to save cals)

eat separated OR toss to mix together and enjoy as a McGriddle bowl!

Store in fridge for about 5 days or freeze to keep longer. I reheat in microwave!

FRITATTA BOWLS

ingredients:

- 1 cup frozen shredded hashbrowns
- 1/2 cup egg whites (or real egg)
- 1 TBS bacon bits
- 2 slices ham, chopped
- spinach, tomato, or other veggies to taste, approx 2 TBS each
- 1 TBS feta



GO HOME

DIRECTIONS:

Mix all ingredients together (except the shredded cheese which goes on top)

Add mixture to a greased microwave safe bowl/dish, and sprinkle cheese on top

Microwave for 2 minutes, stir, then microwave 1 more minute or until cooked through

Serve with fresh salsa or pico if preferred

Store in fridge for about 5 days or freeze to keep longer. I reheat in microwave!

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

MACROS:

Yield/servings: 1
macros (per serving)

Calories: 270

Fat: 10g

Protein: 25g

Carbs: 17g

(approximate)

TOASTER SCRAMBLER BOWL

ingredients:

- 4 frozen hashbrown patties
- 2 eggs
- 3/4 cup egg whites (egg beaters)
- 2 pepper jack laughing cow wedges
- 2 TBS shredded cheese
- 1/4 cup greek yogurt
- 2 turkey sausage patties, crumbled
- 2 TBS crispy bacon bits
- salt, pepper (to taste)
- shredded cheese for topping, approx 2 TBS per bowl

recipe is for 4 bowls, modify amounts to fit your needs

MACROS:

Yield/servings: 4
macros (per serving)

Calories: 314

Fat: 18g

Protein: 21g

Carbs: 17g

(approximate)



GO HOME

DIRECTIONS:

Prepare frozen hashbrown patties by toasting in a toaster or baking/air frying according to package directions.

Mix eggs and egg whites together and add to a nonstick skillet on medium low heat, scoot mixture around gently as it cooks (don't stir it)

Once it's about halfway cooked, add pepper jack cheese, shredded cheese, greek yogurt, and crumbled sausage, bacon. Fold in gently and remove from heat, season with salt and pepper

Assemble 4 bowls/tupperware in this order:

- 1 hashbrown patty
- divide egg mixture evenly amongst bowls
- sprinkle of cheese
- optional pico, salsa

if eating leftover, store in air tight containers and microwave to reheat before eating

1 MIN TEX MEX CASSEROLE

ingredients:

- 1 cup frozen shredded hashbrowns
- 1/2 cup egg whites (or real egg)
- 1 pepperjack laughing cow cheese
- 1 TBS bacon bits
- 1 turkey sausage patty, crumbled
- 1 TBS salsa or green chiles
- pico or other veggies, to taste, approx 2 TBS each
- 1 TBS shredded mexican cheese

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

MACROS:

Yield/servings: 1
macros (per serving)

Calories: 293

Fat: 9g

Protein: 28g

Carbs: 22g

(approximate)



DIRECTIONS:

Mix all ingredients together (except the shredded cheese which goes on top)

Add mixture to a greased microwave safe bowl/dish, and sprinkle cheese on top

Microwave for 2 minutes, stir, then microwave 1 more minute or until cooked through

Serve with fresh salsa or pico if preferred

Store in fridge for about 5 days or freeze to keep longer. I reheat in microwave!

CAJUN CASSEROLE BOWLS

ingredients:

- 1 frozen hashbrown patty
- 2 eggs
- 2-3 oz turkey kielbasa (or breakfast protein of choice)
- bell peppers, onion, other veggies of choice, approx 2 TBS each
- 2 TBS shredded cheese

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

MACROS:

Yield/servings: 1
macros (per serving)

Calories: 385

Fat: 25g

Protein: 24g

Carbs: 19g

(approximate)



GO HOME

DIRECTIONS:

Dice turkey kielbasa, peppers, onions, or other veggies of choice and sauté in a skillet until golden brown.

Whisk 2 eggs together, add salt and pepper, and set aside.

In a small casserole dish or glass Tupperware container, add the following ingredients to each bowl in this order:

- frozen hash brown patty
- whisked eggs
- sautéed kielbasa and peppers/onion
- shredded cheese

Bake at 375°F for 20-25 minutes.

Serve with hot sauce, fresh salsa, or other sauce of choice! Store in fridge for about 5 days or freeze to keep longer. I reheat in microwave!

HASHBROWN NEST BAKES

ingredients:

- 1 cup frozen shredded hashbrown
- 2 eggs
- 2 TBS bacon bits
- 1 TBS shredded cheese
- salt, pepper to taste



DIRECTIONS:

In a small greased casserole dish or glass tupperware container, add frozen hashbrowns and season with salt and pepper. Bake 400 for 20 min

Remove from oven and gently scoot hashbrowns to make 2 small wells (small holes)

Crack an egg into each well, sprinkle with bacon + cheese and bake another 10-12 min or until done to your liking

Serve with hot sauce, pico, fresh salsa if preferred. Store in fridge for about 5 days or freeze to keep longer. I reheat in microwave!

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

MACROS:

Yield/servings: 1
macros (per serving)

Calories: 290

Fat: 16g

Protein: 20g

Carbs: 18g

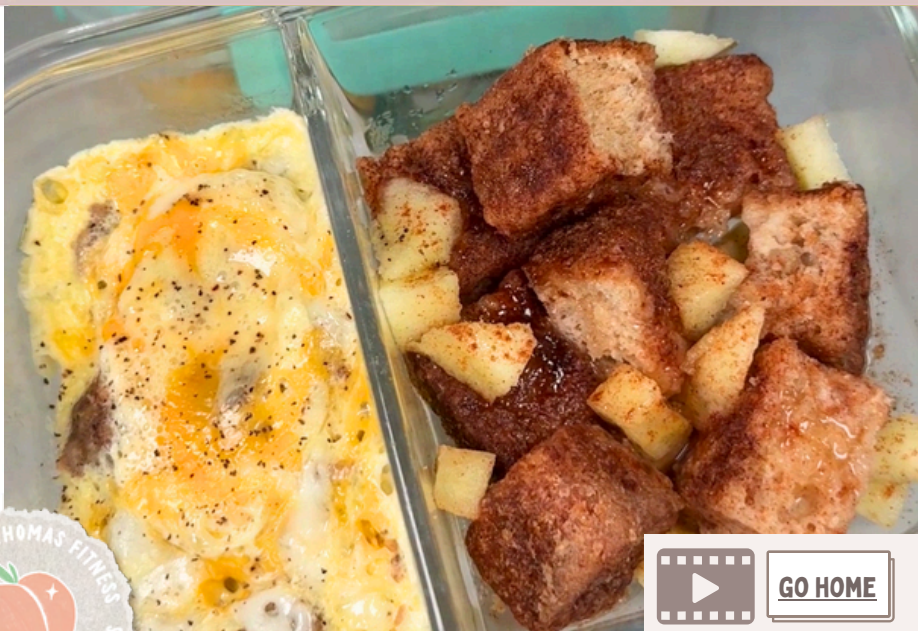
(approximate)

FRENCH TOAST STICK BREAKFAST BOX

ingredients:

- 2 Kodiak French toast sticks (frozen)
- optional diced apple
- 1/3 cup egg beaters (egg whites or 1-2 regular eggs)
- 1 TBS shredded cheese
- 2 turkey sausage links, cooked

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



DIRECTIONS:

In a small glass tupperware container (with 2 compartments), to one side add egg beaters, or whisked egg, 2 turkey sausage links cut into small chunks, and sprinkle with shredded cheese

In the other compartment, cut up 2 frozen french toast sticks into bite sized chunks. Mix in finely diced apple chunks and sprinkle with cinnamon

When ready to eat, microwave 1:45 seconds or until eggs are cooked and french toast is warm.

Serve with sugar free syrup if preferred, store in the fridge until ready to eat!

MACROS:

Yield/servings: 1
macros (per serving)

Calories: 309

Fat: 14g

Protein: 25g

Carbs: 22g

(approximate)

REESES FRENCH TOAST BOWLS

ingredients:

- 2 slices low calorie bread (I like Sara Lee 45 calorie)
- 1/4 cup protein shake of choice
- 1/4 cup egg whites (egg beaters)
- 1 TBS pb2 powdered peanut butter
- 1 TBS chocolate chips

OPTIONAL DRIZZLE:

- 1 TBS melted peanut butter
- 1 TBS protein shake or milk

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

MACROS:

Yield/servings: 1

Calories: 213

Fat: 4g

Protein: 19g

Carbs: 27g

(approximate)



GO HOME

DIRECTIONS:

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)

In a small bowl, mix together your protein shake or milk, and liquid egg whites, and pb2 powder, whisk well and pour over bread cubes. Let these sit for 5 or so minutes to soak up the liquid, sprinkle with chocolate chips

Bake for 20 minutes on 400F

Top with sugar free syrup, sliced banana, or optional drizzle

Store in fridge for up to 5 days or freeze to keep longer. I reheat in microwave!

STUFFED FRENCH TOAST BOWLS

ingredients:

- 2 slices low calorie bread
- 1-2 TBS pumpkin butter (or apple butter, peanut butter, any sort of spread you like works)
- 1/4 cup egg whites (egg beaters)
- 1/4 cup premade protein shake (or milk)
- ¼ tsp pumpkin spice or cinnamon

OPTIONAL CRUMB TOPPING:

- ½ TBS softened butter
- 1 TBS brown sugar (swerve)
- 1 TBS flour

OPTIONAL FROSTING:

- 2 TBS vanilla greek yogurt
- splash of protein shake

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

MACROS:

Yield/servings: 1

Calories: 210

Fat: 2g

Protein: 20g

Carbs: 31g

(approximate)



GO HOME

DIRECTIONS:

Spread pumpkin butter between 2 slices of bread (like you're making a sandwich). 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)

In a small bowl, mix together your protein shake or milk, and liquid egg whites, and pumpkin spice, whisk well and pour over bread cubes. Let these sit for 5 or so minutes to soak up the liquid

In a small bowl, mix together crumble ingredients with a fork until mixture looks like sandy crumbles, sprinkle this over bread cubes

Bake for 20 minutes on 400F

Top with sugar free syrup or optional drizzle

Store in fridge for up to 5 days or freeze to keep longer. I reheat in microwave!

APPLE BUTTER CASSEROLE BOWLS

ingredients:

- 2 frozen Kodiak waffles
- 1 apple, finely diced
- 1 TBS apple butter (or pumpkin butter, peanut butter, any sort of spread you like works)
- 1/4 cup egg whites (egg beaters)
- 1/4 cup premade protein shake (or milk)
- ¼ tsp apple pie spice or cinnamon

OPTIONAL CRUMB TOPPING:

- ½ TBS softened butter
- 1 TBS brown sugar (swerve)
- 1 TBS flour

OPTIONAL FROSTING:

- 2 TBS vanilla greek yogurt
- splash of protein shake

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

MACROS:

Yield/servings: 1

Calories: 405

Fat: 11g

Protein: 26g

Carbs: 54g

(approximate)



GO HOME

DIRECTIONS:

Toast waffles according to package directions then cut into small pieces. Place in a small glass meal prep container or any small casserole dish will do (spray with nonstick spray)

In a small bowl, mix together your protein shake or milk, liquid egg whites, apple butter and apple pie spice, whisk well and pour over waffle cubes. Let these sit for 5 or so minutes to soak up the liquid

In a small bowl, mix together crumble ingredients with a fork until mixture looks like sandy crumbs, sprinkle this over bread cubes

Bake for 20 minutes on 400F

Top with sugar free syrup or optional drizzle

Store in fridge for up to 5 days or freeze to keep longer. I reheat in microwave!

GO HOME 28

CHICK-FIL-A ROLL UPS

ingredients:

- 2 low calorie mini/snack sized tortillas
- approx 1/2 cup egg beaters (or 1 egg, beaten)
- 2 TBS shredded cheese
- 2 chicken tenders of choice, I like Real Good brand here
- optional: southwestern ranch, salsa, pico for serving



GO HOME

DIRECTIONS:

Cook chicken of choice according to package directions

In a small nonstick skillet with heat on medium, let your skillet get hot then slowly pour egg beaters (or whisked egg).

If skillet is hot enough, it should be easy to use spatula to scrape any egg that runs and shape into a circular shape. Add tortilla directly on top of egg and press gently. Let it cook for 30 seconds or so, then flip.

Add cheese, chicken strip, and/or other fillings of choice then roll it up. Serve with hot honey or southwestern ranch for dipping if preferred.

I like to pack 2 roll-ups with a high protein side like greek yogurt + fruit!

recipe is for 2 roll-ups (1 bowl), I typically prep 3-4 bowls at a time if following suggested servings, modify amounts to fit your needs

MACROS:

Yield/servings: 1

Calories: 294

Fat: 8g

Protein: 43g

Carbs: 17g

(approximate)

BREAKFAST BITES

ingredients:

- 1 cup egg whites (egg beaters)
- 1 TBS frozen shredded hashbrown per muffin tin
- 6 turkey sausage patties, cooked
- salt, pepper, to taste



GO HOME

DIRECTIONS:

In a nonstick or greased muffin tin, pour about 2 TBS egg whites in each spot (I usually make 6-8 at a time)

Add 1 TBS frozen shredded hashbrowns on top of egg mixture, then press 1 cooked turkey sausage patty right on top

Add 1-2 more TBS of egg mixture, along with a sprinkle of salt and pepper, and shredded cheese (approx 1 TBS per slot)

Bake 350 for 15-18 minutes or until set

Serve with sides of choice and store in fridge for up to 5 days or freeze to keep longer. I reheat in microwave!

MACROS:

Yield/servings: 6
macros (per 1)

Calories: 118

Fat: 5g

Protein: 14g

Carbs: 3g

(approximate)

FRENCH TOAST SLIDERS

ingredients:

- 5 low cal hot dog buns (I like Healthy Life Keto buns for this)
- 1/2 cup egg beaters or egg whites
- 1/2 cup premade protein shake (like Fairlife, Premier, etc)
- 1/4 tsp cinnamon

Fillings of choice, per sandwich:

- 1 egg or 1/4 cup egg whites
- 1 slice cheese
- 2 turkey sausage patties
- pancake syrup for dipping

recipe is for 5 sandwiches, modify amounts to fit your needs

MACROS:

Yield/servings: 5
macros (per 1)

Calories: 289

Fat: 10g

Protein: 40g

Carbs: 21g

(approximate)



DIRECTIONS:

Slice each hot dog bun in half to make 2 sliders from each bun

In a bowl, mix together your egg whites, protein shake, and cinnamon.

Dip each slice of bread into this mixture then add to a hot skillet on medium high heat. Toast both sides then assemble your sandwiches.

I add scrambled eggs, a slice of cheese, and a turkey sausage patty to each sandwich

Serve with syrup (sugar free if preferred) for dipping

Wrap (I wrap in a paper towel, then foil so that I can easily unwrap and heat up in paper towel when I'm ready).

Store in fridge for up to 5 days or freeze to keep longer. I reheat in microwave!

BREAKFAST PIZZA SAMMIES

ingredients:

- 4 low calorie english muffins
- 4 laughing cow wedges (or light cream cheese)
- ½ tsp white sausage gravy mix
- 2 turkey sausage patties
- 4 TBS bacon
- shredded cheese, 1-2 TBS each
- 4 eggs

recipe is for 4 sandwiches, if following suggested servings, modify amounts to fit your needs

MACROS:

Yield/servings: 4
macros (per 1)

Calories: 285

Fat: 14g

Protein: 20g

Carbs: 20g

(approximate)



GO HOME

DIRECTIONS:

Split each english muffin into 2 halves and lay onto baking sheet

Spread ½ of a laughing cow cheese and ½ tsp white gravy mix onto each half, I like to do this using the back of a spoon

Prepare turkey sausage patties according to package directions then mash to crumble

Sprinkle crumbled sausage over 4 of the halves and sprinkle bacon bits over the other 4 halves, then add shredded cheese, approx 1 TBS per english muffin half

Bake 5 minutes on 400F or until toasted and melty

Add an egg cooked to your liking onto one of the english muffin halves, then add the other half on top to make a sandwich

Wrap (I wrap in a paper towel, then foil so that I can easily unwrap and heat up in paper towel when I'm ready).

Store in fridge for up to 5 days or freeze to keep longer. I reheat in microwave!

EGG IN A BAGEL SAMMIE

ingredients:

- 100 calorie bagel thin
- 1 egg
- 1 slice ultra thin cheese
- 1 slice bacon, cut in half
- 1 TBS light cream cheese
- optional, 1 TBS bacon jam (or jelly)

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

MACROS:

Yield/servings: 1

Calories: 282

Fat: 14g

Protein: 17g

Carbs: 19g

(approximate)



GO HOME

DIRECTIONS:

Separate your bagel thin into 2 halves, place 1 half into air fryer, crack an egg into the hole and air fry 350 for 10-12 minutes or until done to your liking

Toast the other half of your bagel thin in the toaster or oven, then spread cream cheese and optional bacon jam over surface

Assemble sandwich by adding a slice of cheese and crispy bacon on top of egg bagel, then top with other half to make a sandwich

Wrap (I wrap in a paper towel, then foil so that I can easily unwrap and heat up in paper towel when I'm ready).

Store in fridge for up to 5 days or freeze to keep longer. I reheat in microwave!

BREAKFAST SCRAMBLERS

ingredients:

- 2 eggs
- 3/4 cup egg whites (egg beaters)
- 2 pepper jack laughing cow wedges
- 3 TBS shredded cheese
- 1/4 cup greek yogurt
- 4 turkey sausage patties, crumbled
- salt, pepper (to taste)
- 4 low calorie tortillas

recipe is for 4, if following suggested servings, modify amounts to fit your needs

MACROS:

Yield/servings: 4
macros (per 1)

Calories: 215

Fat: 10g

Protein: 21g

Carbs: 16g

(approximate)



GO HOME

DIRECTIONS:

Mix eggs and egg whites together and add to a nonstick skillet on medium low heat, scoot mixture around gently as it cooks (don't stir it)

Once it's about halfway cooked, add pepper jack cheese, shredded cheese, greek yogurt, and crumbled sausage. Fold in gently and remove from heat, season with salt and pepper

Divide mixture evenly amongst 4 tortillas, tuck ends and fold (like a burrito)

Store in fridge for up to 5 days or freeze to keep longer. I reheat in microwave!

HONEY BUTTER CHICKEN CROISSANTS

ingredients:

- 2 mini croissants
- 2 crispy chicken strips of choice (I like Real Good tenders here)
- 1 tsp butter
- 1 TBS hot honey
- sides of choice like greek yogurt parfait, sliced fruit, eggs, etc.



GO HOME

DIRECTIONS:

Air fry chicken tenders according to package directions or until golden and crispy

Slice 2 mini croissants in half and add 1 tender inside each

Whisk together ½ tablespoon of melted butter, then stir in 1 TBS of hot honey

Brush a little of the glaze on each chicken tender. Drizzle any extra honey butter over the top of each croissant or add to a small container for dipping

Add sides of choice like greek yogurt parfait, sliced fruit, scrambled eggs, etc.

if eating leftover, store in air tight containers and microwave to reheat before eating

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

MACROS:

Yield/servings: 1

Calories: 432

Fat: 20g

Protein: 25g

Carbs: 45g

(approximate)

TEX MEX BREAKFAST BURRITOS

ingredients:

- 4 low calorie tortilla (I like La Banderita)
- 2 frozen hashbrown patties
- ½ lb. turkey chorizo (OR 4 turkey sausage patties, crumbled)
- 1 cup egg whites
- 4 TBS shredded mexican cheese
- pico, salsa, chipotle sauce other toppings of choice

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

MACROS:

Yield/servings: 4
macros (per 1)

Calories: 340

Fat: 20g

Protein: 23g

Carbs: 27g

(approximate)



GO HOME

DIRECTIONS:

Prepare eggs/egg beaters to your liking, I just scramble mine. Feel free to add your sauteed veggies in with these too if you are adding them.

Cook turkey chorizo (or turkey sausage patties) according to package directions

Cook hashbrowns to your liking, I just put mine in the toaster and cook until golden brown.

Cut hashbrown in half and lay a half on each of your tortillas followed by turkey chorizo, eggs/veggies, and shredded cheese.

Finish with a drizzle of chipotle sauce or salsa then tuck the sides of the tortilla and roll tightly like a burrito.

wrap (I wrap in a paper towel, then foil so that I can easily unwrap and heat up in paper towel when i'm ready).

store in fridge for up to 5 days or freeze to keep longer. I reheat in microwave!

BREAKFAST CUP SAMMIES

ingredients:

- 1/2 cup protein pancake mix (Kodiak)
- 1/2 cup cheese
- 2 eggs
- 1/2 tsp salt, pepper
- 1/2 lb. cooked turkey sausage
- 1 cup egg whites (or 1 egg per sandwich)
- 7 slices bacon
- 2 slices cheese (cut into 4 squares each)

recipe is for 7, if following suggested servings, modify amounts to fit your needs

MACROS:

Yield/servings: 7
macros (per 1)
Calories: 208
Fat: 12g
Protein: 18g
Carbs: 6g

(approximate)



GO HOME

DIRECTIONS:

Brown 1/2 lb. turkey sausage in a skillet until cooked through

In a large bowl mix cooked sausage, protein pancake mix, 1/2 cup shredded cheese, 2 eggs, and salt and pepper.

Scoop dough evenly into 7 greased muffin tin slots, bake for 20 minutes on 350F

Make egg patties by cooking in a skillet or pour egg whites into a greased baking dish, bake 8-10 minutes on 350F. Once done, use a cookie cutter or glass rim to cut 7 circle patties

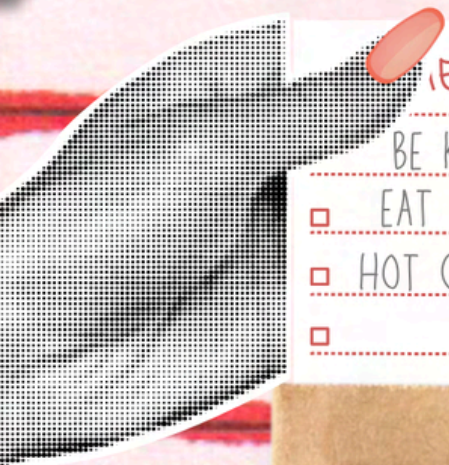
Cook bacon of choice to your liking, I like to break each slice in half after cooking so it fits better onto sandwich

Fold 2 slices of cheese so each slice makes 4 smaller squares

Once biscuits are done, remove from muffin tin and cut in half (like you'd split a biscuit to make a sandwich)

Top with egg patty, cheese square, bacon, and other half of biscuit

Store in fridge for up to 5 days or freeze to keep longer. I reheat in microwave!



- CHECK LIST**
- BE KIND
 - EAT WELL
 - HOT GIRL STUFF
 -



basics

Quick basics I include in all of my cookbooks that serve as bases for so many recipes you'll find inside! Super versatile and easy to change up based on your meal.



basics

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parmesan chicken

- 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

Mix together greek yogurt, parm, ranch seasoning and spread over chicken. Air fry 400 for 5 min, flip, sprinkle with topping and air fry another 5 minutes



garlic parm chicken

- 2 boneless skinless chicken tenderloins
- 1/4 tsp garlic salt, pepper, paprika, italian seasoning

Topping:

- 1/2 TBS melted butter
- 1 TBS Parmesan
- parsley

Season chicken with seasonings listed, air fry 400 for 5 minutes, flip, 5 more minutes then brush with garlic butter topping



tropical pulled pork

- 1 pork tenderloin
- 1 can crushed pineapple
- 1/4 cup brown sugar swerve
- 1/4 cup soy sauce
- 1/4 cup teriyaki sauce
- 1/2 tsp garlic, ginger, red pepper flakes, salt/pepper

Add all ingredients to crockpot and cook on low for 5-6 hours or until pork is 165F or shreds apart easily. Shred pork into small pieces and return to sauce. Serve as pork tacos or make into bowls with rice, grilled pineapple, and tropical slaw!



air fryer burgers

- 1 lb lean beef
- burger seasoning of choice

Divide meat into 4 even sized balls, press flat with a burger press (or small plate) season both sides with seasoning of choice. Air fry 380F for 8 minutes, flip, 8 more minutes. Perfect, easy burgers every time!



pork tenderloin

- 1 pork tenderloin (I usually get Smithfield)

Sauce:

- 1 TBS butter
- 1/4 cup chicken broth
- 1 TBS soy sauce + 1 TBS brown sugar
- 1 tsp Italian seasoning, 1 tsp minced garlic

I usually cut my tenderloin in half, then air fry 400F for 15 minutes, flip, continue cooking for another 10 or so minutes (sometimes longer, cook time will vary depending on how big your tenderloin is. Internal temp should be 145-160F, or meat will be pinkish white/juicy when done). Let it rest for 5-10 min then slice

In a skillet melt butter, add seasonings, then the remaining ingredients. Simmer for a few minutes then drizzle over sliced tenderloin



crockpot roast

- beef chuck roast
- potatoes, carrots, onion
- 1 au jus seasoning packet
- 2-3 cups beef broth
- 1/2 cup pepperoncini juice

salt, pepper both sides of roast then add all ingredients to crockpot and cook on high for 5-8 hours or low for 8-11 until fork tender.



BEST BASIC CHICKEN

ingredients:

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!

- 2 boneless, skinless chicken tenderloins (thawed)
- 1/4 tsp of each: salt, pepper, garlic powder, paprika



LIKE THESE!



2 tenderloins = 1 serving
(2 oz each = 4 oz total)

MACROS:

Yield: 2 tenderloins
macros (per 2 tenderloins)

Calories: 100

Fat: 0g

Protein: 22g

Carbs: 0g

(approximate)



GO HOME

DIRECTIONS:

Make sure chicken tenderloins are thawed and patted dry.

Mix all seasonings together in a small bowl, then rub seasoning mixture on both sides of chicken, I like to give a quick mist of cooking oil on each side too

Add chicken in an even layer to air fryer and cook for 5 minutes on 400 F, flip each piece, then continue cooking for another 5 minutes (**immediately remove from air fryer** so chicken doesn't dry out)

Let them rest on a cutting board for a couple minutes before slicing with a sharp knife

**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.*

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

LAZY GIRL STEAK

ingredients:

- 4 oz steak of choice (I typically get sirloin when trying to save cal's, or ribeye when I want lots of flavor)
- 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 marinate as little as 15 minutes, or if you have time can let it marinate in fridge for several hours/overnight)

MACROS:

Yield/servings: 1
macros (per 4 oz)

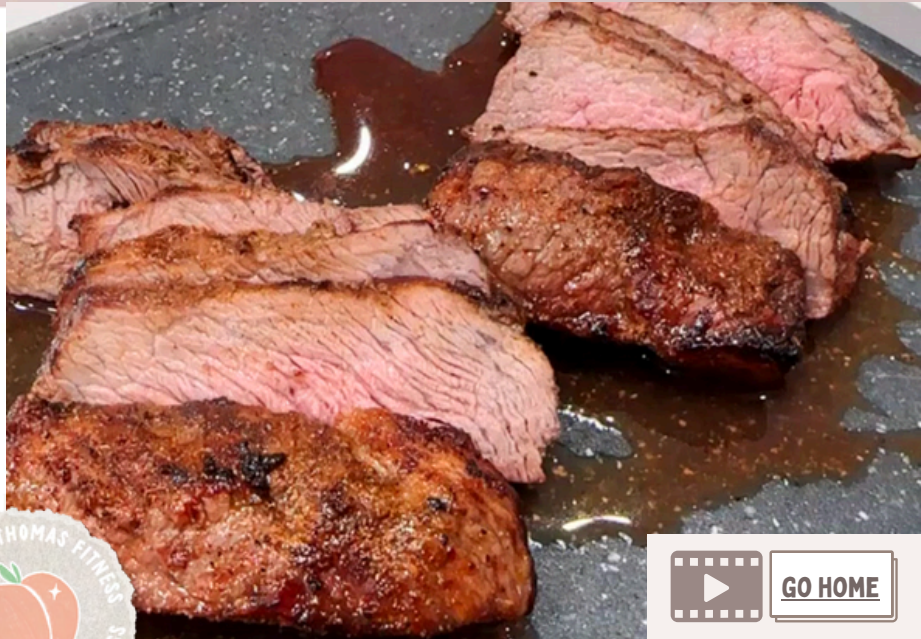
Calories: 220

Fat: 14g

Protein: 22g

Carbs: 0g

(approximate)



GO HOME

DIRECTIONS:

Make sure steak is thawed and patted dry

Season both sides generously with salt/pepper or steak seasoning

Preheat air fryer to 400 and cook for 5 minutes (with nothing in it, this gets it hot).

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)

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.

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

5 MINUTE MEXICAN RICE

ingredients:

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.

- 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:

macros (per 1/2 cup COOKED)

Calories: 90

Fat: 0g

Protein: 2g

Carbs: 19g

(approximate)



GO HOME

DIRECTIONS:

Mix water, tomato seasoning, and salt together in a large bowl or ceramic liquid measuring cup (water should be a light orange color).

Add uncooked rice to seasoned water, stir.

Microwave according to back of instant rice box (usually about 5:30-6 min)

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



Sauces

smashburger sauce

- 2 TBS light mayo
- 1 TBS ketchup
- 1 tsp mustard
- ¼ tsp burger seasoning
- splash of pickle juice
- optional relish or chopped pickle

Mix together until smooth, serve on burgers, meal prep bowls, wraps, loaded fries, salads!



bang bang sauce

- 2 TBS sriracha mayo
- 1 TBS hot honey
- 1 tsp soy sauce
- optional red chili flakes, squeeze of lime

Mix together until smooth, serve on wraps, meal prep bowls, tacos, stir fry!



chili lime vinaigrette

- 2 TBS apple cider vinegar
- squeeze of lime
- ½ tsp chili powder + cumin
- 1 tsp sugar or honey

Mix together until smooth, serve on wraps, meal prep bowls, salads, or tacos!



greek yogurt ranch

- 1 single serve container plain greek yogurt (I like Fage)
- 2 tsp (or more) ranch seasoning
- splash of pickle juice or milk, more for a thinner ranch, less if you like a dip-like ranch

Mix together until smooth, serve on burgers, meal prep bowls, wraps, loaded fries, salads!



jalapeno lime ranch

- 2 TBS light mayo
- 1 TBS milk
- ½ tsp ranch seasoning
- 1 TBS pickled jalapenos
- ½ TBS cilantro
- big squeeze of lime

You can make a bigger batch and blend everything together in a blender or food processor or blend everything by hand but make sure everything is very finely diced!



hot honey mustard

- 2 TBS light mayo
- 1 TBS hot honey
- 1 tsp yellow or stone ground mustard
- splash of hot sauce

Mix together until smooth, serve on burgers, meal prep bowls, wraps, loaded fries, salads!





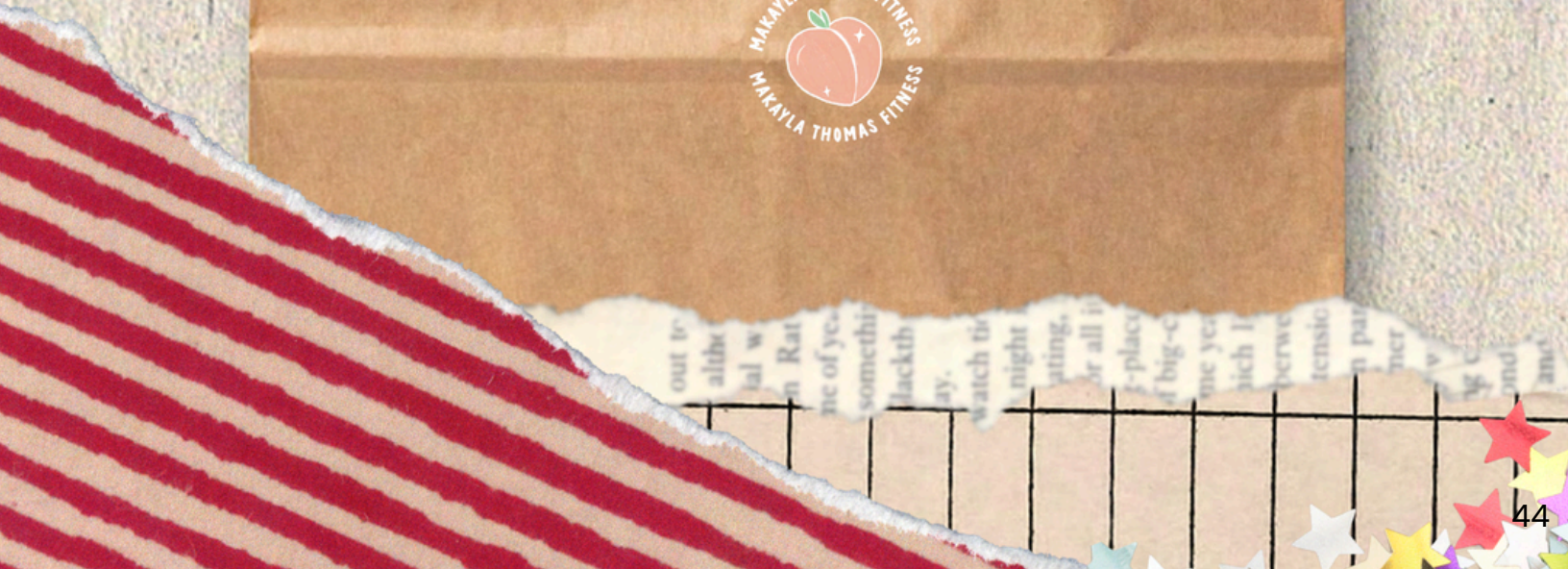
FreshMart Supermarket
123 Main Street
Date: 24/09/2025
Time: 2:45 PM

1 x Milk (1L)	\$2.49
Bread (Loaf)	1.99
2 x Apples (Each)	3.98
1 x Eggs (Dozen)	3.25
1 x Cheese (200g)	3.75
1 x Chicken Breast	\$5.50
1 x Rice (2kg)	4.20
1 x Orange Juice (1L)	2.99
Subtotal:	\$6.75
Tax (5%):	\$0.34
Total:	\$7.09

Thank you for shopping



Meal prep



PHILLY CHEESE PASTA BOWLS

ingredients:

- 1 lb lean beef
- ½ au jus seasoning packet
- 2 cups COOKED pasta (I like Barilla protein pasta here)
- 1 jar alfredo sauce
- sauteed veggies to taste, approx ¼ cup per bowl
- skim mozzarella, approx 2 TBS each bowl



GO HOME

DIRECTIONS:

Prepare meat by browning in a skillet, add about ½ of your au jus seasoning packet and a splash of water.

If adding sauteed veggies, sauté in a skillet until soft, adding a splash of water if they begin to brown to brown too quickly. You can also cook these in with your meat if you prefer.

Assemble bowl/tupperware in this order:

- 1/2 cup cooked pasta
- 1/2 cup cooked lean beef
- sauteed veggies
- 1/2 cup alfredo sauce
- 2 TBS shredded cheese

if eating leftover, store in air tight containers and microwave to reheat before eating

MACROS:

Yield/servings: 4
macros (per 1)

Calories: 355

Fat: 17g

Protein: 30g

Carbs: 25g

(approximate)

BROCCOLI CHICKEN CASSEROLE BOWLS

ingredients:

- 2 chicken boneless skinless chicken tenderloins
- 1 laughing cow cheese
- ¼ cup cream of chicken soup (fat free if preferred)
- ¼ cup plain greek yogurt
- ¼ tsp salt, pepper, garlic
- cooked broccoli to taste, approx ¼ cup
- 5 reduced fat Ritz crackers, crushed

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

MACROS:

Yield/servings: 1

Calories: 266

Fat: 5g

Protein: 34g

Carbs: 20g

(approximate)



DIRECTIONS:

Prepare chicken by seasoning both sides with seasoning salt, garlic, pepper, and paprika. Air fry 400F for 5 minutes, flip, another 5 minutes, then shred/dice (rotisserie chicken works great here too)

Mix together with laughing cow cheese, cream of chicken, greek yogurt, seasonings, and broccoli, stir until combined

Add this mixture to small glass tupperware or baking dish

Top with crushed crackers and mist with cooking spray of choice (or drizzle with small amount of melted butter)

Bake 350F for 20-25 minutes

Store in fridge for about 5 days or freeze to keep longer. I reheat in microwave!

CREAMY TOMATO PASTA BOWL

ingredients:

- 2-3 oz Turkey kielbasa
- finely diced peppers, onion to taste
- 1/2 cup cooked pasta of choice
- 1 TBS parmesan
- 1/4 cup alfredo
- 1/4 cup marinara
- ¼ tsp garlic, cajun, optional red pepper flakes
- crushed croutons (optional)

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

MACROS:

Yield/servings: 1

Calories: 321

Fat: 15g

Protein: 16g

Carbs: 32g

(approximate)



DIRECTIONS:

In a skillet misted with oil, sauté sliced turkey kielbasa and diced peppers/onions until lightly browned and veggies are soft

Cook pasta according to package directions, add sausage, veggies, both sauces, seasoning and mix until evenly combined

Top with parmesan and crushed croutons for crunch (optional)

I serve this with a big side salad or green veggie!

LASAGNA BOWLS

ingredients:

- 1 lb. lean beef or turkey italian sausage
- 1 jar marinara
- 8 lasagna noodles (cooked)
- 1 cup greek yogurt (or blended cottage cheese)
- ½ cup parmesan
- 1 tsp garlic salt, pepper, garlic, italian,
- skim mozzarella, 2 TBS per bowl
- green veggie of choice, I like spinach here

recipe is for 4 bowls, if following suggested servings, modify amounts to fit your needs

MACROS:

macros (per serving)

Calories: 509

Fat: 20g

Protein: 43g

Carbs: 40g

(approximate)



GO HOME

DIRECTIONS:

Prepare meat sauce by browning lean beef in a skillet until cooked through, season with seasonings of choice (I like salt, pepper, garlic, italian here) then mix in marinara sauce

In a bowl, mix together greek yogurt, parmesan, and seasonings listed

Boil pasta until tender according to package directions and prepare optional green veggie (I just sauté or microwave spinach)

Assemble 4 bowls/tupperware in this order:

- 1 cooked lasagna noodle (cut into bite sized pieces)
- half of your creamy mixture
- spinach or green veggie of choice
- 2 TBS meat sauce
- **repeat each layer one more time**
- top with 2 TBS shredded mozzarella

When ready to eat, microwave 1:30 (or bake) until hot and melty

if eating leftover, store in air tight containers and microwave to reheat before eating

GARLIC PARM CHICKEN CASSEROLE BOWLS

ingredients:

- 2 russet potatoes
- 6 boneless skinless chicken tenderloins
- 1/2 tsp paprika, seasoning salt, garlic, parmesan
- optional green veggie (I like zucchini or broccoli here)

SAUCE MIXTURE (per bowl):

- 3 TBS garlic parm sauce (buffalo wild wings brand)
- 1/3 cup alfredo sauce of choice
- 3 TBS greek yogurt
- sprinkle of skim mozzarella
- optional french fried onions for topping

recipe is for 3 bowls, modify amounts to fit your needs

MACROS:

Yield/servings: 3
macros (per 1)

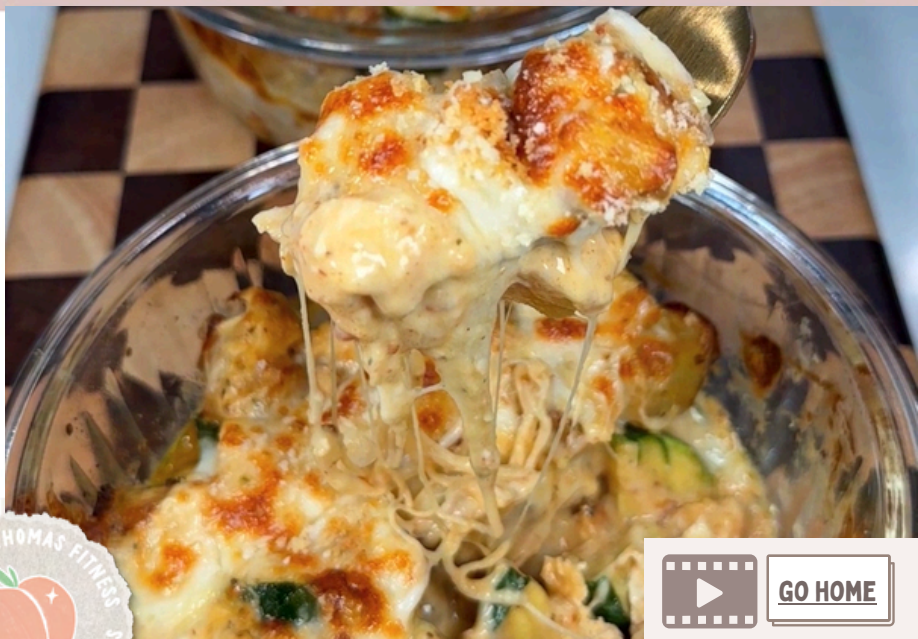
Calories: 382

Fat: 12g

Protein: 35g

Carbs: 31g

(approximate)



GO HOME

DIRECTIONS:

Dice potatoes into small, even cubes. Mist with oil and season with garlic, salt, pepper. Air fry (or bake) on 400F for 10 min, shake, 10-15 more minutes or until crisp.

Prepare chicken by cutting into bite sized chunks, toss in seasonings listed, then air fry 400F for 4 minutes, flip, 3-4 more min

Prepare green veggie of choice if using (I like air fried zucchini bites here)

Assemble 3 bowls/tupperware in this order:

- Divide potatoes evenly amongst 3 bowls
- Optional green veggie
- Divide chicken chunks evenly
- Sauce mixture

Mix ingredients together until combined, sprinkle with skim mozzarella and bake 425 for 10-15 minutes until melty

if eating leftover, store in air tight containers and microwave to reheat before eating

MARRY ME PASTA BAKES

ingredients:

- 3-4 oz boneless skinless chicken (see directions)
- 1/2 cup chicken broth
- 1/4 cup alfredo
- 1 TBS marinara
- 1/4 tsp salt, pepper, garlic, italian
- 1/2 cup egg noodles
- 1 TBS parm
- 2 TBS sundried tomatoes
- spinach, to taste (chopped)
- 2 TBS skim mozzarella

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

MACROS:

Yield/servings: 1

Calories: 394

Fat: 9g

Protein: 36g

Carbs: 39g

(approximate)



GO HOME

DIRECTIONS:

Prepare chicken, I like to season with salt, pepper, garlic, italian, paprika, then air fry 400F 5 min, each side (let them rest a couple minutes before shredding or chopping into small pieces), rotisserie chicken also works great here

In a small glass tupperware or baking dish, add chicken broth, alfredo, marinara, seasonings, parmesan, and mix gently until combined

Stir in your cooked, shredded chicken, noodles, and spinach, sundried tomatoes

Cover with foil and bake on 375F for 25 min, then stir in 1 TBS mozzarella and top with 1 more TBS, continue cooking 5 more minutes

if eating leftover, store in air tight containers and microwave to reheat before eating

STUFFING CASSEROLE BOWLS

ingredients:

- 8 boneless skinless chicken tenderloins
- 1 can cream of chicken with herbs
- 1/2 cup greek yogurt
- ¼ tsp garlic powder, onion powder, salt/pepper to taste
- optional green veggie of choice, approx ¼ cup per bowl
- 1 box stovetop stuffing
- 1.5 cup chicken broth
- 2 TBS butter, melted

recipe is for 4 bowls, modify amounts to fit your needs

MACROS:

Yield/servings: 4
macros (per 1)

Calories: 413

Fat: 15g

Protein: 34g

Carbs: 37g

(approximate)



GO HOME

DIRECTIONS:

Prepare chicken, I like to season with salt, pepper, garlic, italian, paprika, then air fry 400F 5 min, each side (let them rest a couple minutes before shredding or chopping into small pieces), rotisserie chicken also works great here

Prepare green veggie of choice if using (I like air fried zucchini, green beans, or broccoli here)

Mix cream of chicken, greek yogurt, chicken, green veggie and seasonings listed together, then divide evenly amongst 4 meal prep bowls/oven safe tupperware containers (can also make as a family meal by baking in a large baking dish)

Mix dry stovetop stuffing with chicken broth then divide mixture evenly on top of each bowl

Melt butter and drizzle evenly on top of bowls
Bake on 375F for 20-30 minutes

if eating leftover, store in air tight containers and microwave to reheat before eating

HONEY GARLIC CHICKEN BOWL

ingredients:

- 1 cup cauliflower rice (I get frozen riced cauliflower steamer packs)
- 1 cup cooked jasmine rice (I like the ready rice steamer packs)
- 6 boneless skinless chicken tenderloins

CREAMY SAUCE:

- 1 TBS butter
- 1 tsp minced garlic
- 2 TBS hot honey
- ¼ tsp chicken bouillon, paprika, cajun seasoning of choice
- ¾ cup milk
- ½ cup parmesan
- 1 TBS light cream cheese

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

MACROS:

Yield/servings: 3
macros (per 1)

Calories: 292

Fat: 10g

Protein: 16g

Carbs: 33g

(approximate)



GO HOME

DIRECTIONS:

Prepare instant rice and cauli rice according to package directions, then mix together

Prepare chicken by seasoning both sides with seasoning salt, garlic, pepper, and paprika. Air fry 400F for 5 minutes, flip, another 5 minutes, then shred/dice

Prepare sauce by melting butter in sauce pan on medium heat, stir in minced garlic to sauté, then seasonings and honey. Toss to combine. Add milk and whisk until sauce thickens (should thicken within 3-5 minutes). Stir in parmesan and cream cheese, whisk until smooth

Assemble 3 bowls/tupperware in this order:

- rice mixture divided evenly amongst bowls
- 2 chicken tenderloins per bowl (sliced)
- drizzle of sauce

if eating leftover, store in air tight containers and microwave to reheat before eating

WICKED CHICKEN BOWL

ingredients:

- 1 russet potato
- cajun seasoning to taste
- 3-4 oz chicken (I like Real Good crispy chicken here)
- 1 TBS crispy bacon, or bacon bits
- sauteed onion, mushroom, to taste, approx 2 TBS
- 2 TBS pepperjack shredded cheese

SAUCE:

- 3 TBS alfredo sauce
- 1 TBS chipotle sauce of choice

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

MACROS:

Yield/servings: 1

Calories: 394

Fat: 13.5

Protein: 27g

Carbs: 38g

(approximate)



DIRECTIONS:

Dice potato into small, even cubes. Mist with oil and season with cajun seasoning of choice. Air fry (or bake) on 400F for 10 min, shake, 10-15 more minutes or until crisp.

Prepare chicken of choice according to package directions (I like Real Good crispy chicken here), cut into small chunks after cooking

Prepare caramelized onion and mushrooms by finely dicing and sauteing in a skillet on medium heat until soft and browned. Add a splash of water while cooking as needed.

Mix both sauces together

Assemble bowls/tupperware in this order:

- crispy cajun potatoes
- crispy chicken chunks
- caramelized veggies
- 1 TBS crispy bacon bits
- 1-2 TBS shredded cheese
- drizzle of sauce mixture

if eating leftover, store in air tight containers and microwave to reheat before eating

BAJA BBQ CHICKEN BOWL

ingredients:

- 2 medium russet potatoes
- 6 boneless skinless chicken tenderloins
- 6 TBS bacon bits
- optional caramelized onion
- shredded cheese, approx 1-2 TBS per bowl
- 3 TBS BBQ sauce + 3 TBS chipotle sauce of choice
- optional crispy french fried onions for topping

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

MACROS:

Yield/servings: 3 macros (per 1)

Calories: 319

Fat: 8g

Protein: 29g

Carbs: 31g

(approximate)



DIRECTIONS:

Dice potatoes into small, even cubes. Mist with oil and season with garlic, salt, pepper. Air fry (or bake) on 400F for 10 min, shake, 10-15 more minutes or until crisp.

Prepare chicken by cutting into bite sized chunks, toss in seasonings listed, then air fry 400F for 4 minutes, flip, 3-4 more min

Prepare optional caramelized onion by finely dicing and sauteing in a skillet on medium heat until soft and browned. Add a splash of water while cooking as needed.

Mix both sauces together

Assemble 3 bowls/tupperware in this order:

- Divide potatoes evenly amongst 3 bowls
- Divide chicken chunks evenly
- Optional caramelized onion
- 1 TBS crispy bacon bits
- 1-2 TBS shredded cheese
- 1 TBS drizzle of sauce mixture
- sprinkle of french fried onion

if eating leftover, store in air tight containers and microwave to reheat before eating

CREAMY CORN CASSEROLE BOWLS

ingredients:

- 1/4 cup jiffy corn muffin mix
- 1/4 cup greek yogurt
- 1/4 cup corn (drained)
- 2 TBS cream style corn
- 1/2 cup chopped chicken (see directions)
- 2 TBS shredded cheese

recipe is for 1 bowl, (I typically prep 3-4 at a time) or adjust portions to make 1 large family style dish

MACROS:

Yield/servings: 1

Calories: 370

Fat: 9g

Protein: 31g

Carbs: 36g

(approximate)



[GO HOME](#)

DIRECTIONS:

Prepare chicken, I like to season 2 boneless skinless chicken tenderloins with salt, pepper, garlic, paprika, then air fry 400F 5 min, each side (let them rest a couple minutes before shredding or chopping into small pieces), rotisserie chicken also works great here

Mix ingredients together until combined, and add to a small glass tupperware or baking dish, bake 375F for 15-20 minutes or until golden brown and cooked through

if eating leftover, store in air tight containers and microwave to reheat before eating

GNOCCHI BOWLS

ingredients:

- 16 oz pkg gnocchi or pasta of choice
- 8 boneless skinless chicken tenderloins
- sundried tomatoes, approx 2 TBS per bowl
- parmesan cheese, approx 1 TBS per bowl
- spinach (fresh or sauteed)
- 4 TBS sun dried tomato pesto
- ½ jar alfredo sauce
- optional toppings: parmesan, crushed croutons, red pepper flakes

recipe is for 4 bowls, if following suggested servings, modify amounts to fit your needs

MACROS:

Yield/servings: 4
macros (per serving)

Calories: 379

Fat: 8g

Protein: 30g

Carbs: 43g

(approximate)



GO HOME

DIRECTIONS:

Prepare chicken, I like to season with salt, pepper, garlic, italian, paprika, then air fry 400F 5 min, each side (let them rest a couple minutes before shredding or chopping into small pieces), rotisserie chicken also works great here

Mist gnocchi with oil, season with paprika, parmesan, air fry 375 12-15 min til crisp

Mix about half a jar of alfredo sauce with 4 TBS sun dried tomato pesto until combined

Assemble 4 bowls/tupperware in this order:

- ½ cup crispy gnocchi
- 2 chicken tenderloins, chopped
- sundried tomato + spinach
- divide sauce evenly amongst bowls
- sprinkle of parm, crushed croutons

This one is great hot or cold!

if eating leftover, store in air tight containers and microwave to reheat before eating

HONEY BBQ LOADED FRIES

ingredients:

- 2 russet potatoes
- 6 boneless skinless chicken tenderloins
- 1/2 tsp paprika, seasoning salt, BBQ seasoning
- 1/2 tbs BBQ sauce of choice per bowl
- 1/2 tbs Chipotle sauce of choice per bowl
- 1 tsp bacon bits per bowl
- 1 TBS shredded cheese per bowl
- caramelized onion, to taste
- optional french fried onions
- optional green veggie (I like zucchini or broccoli here)

recipe is for 3 bowls, modify amounts to fit your needs

MACROS:

Yield/servings: 3
macros (per serving)

Calories: 245

Fat: 5g

Protein: 26g

Carbs: 23g

(approximate)



GO HOME

DIRECTIONS:

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.

Prepare chicken by cutting into bite sized chunks, toss in seasoning, then air fry 400F for 4 minutes, flip, 3-4 more min, then brush with BBQ sauce

Prepare green veggie of choice and optional caramelized onion by finely dicing and sauteing in a skillet on medium heat until soft and browned. Add a splash of water while cooking as needed.

Assemble 3 bowls/tupperware in this order:

- Divide fries evenly amongst 3 bowls
- Optional green veggie/caramelized onion
- Divide chicken chunks evenly
- 1/2 TBS BBQ sauce + Chipotle sauce
- sprinkle of cheese, bacon bits
- optional french fried onion

if eating leftover, store in air tight containers and microwave to reheat before eating

LOADED CHEESEDOG BOWL

ingredients:

- 3-4 oz turkey kielbasa
- 1 russet potato
- optional caramelized onion
- 1 TBS crispy bacon/bacon bits
- 1 TBS shredded cheese
- optional pickled jalapeno
- 1 TBS light cream cheese, 2 TBS nacho cheese sauce
- optional french fried onions for crunch

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

MACROS:

Yield/servings: 1

Calories: 391

Fat: 18g

Protein: 23g

Carbs: 38g

(approximate)



GO HOME

DIRECTIONS:

Dice potato into bite sized cubes, mist with oil, season generously then air fry 400 for 10 minutes, shake, 10-15 more minutes until done.

Prepare optional caramelized onion by finely dicing and sauteing in a skillet on medium heat until soft and browned. Add a splash of water while cooking as needed.

Prepare kielbasa by slicing into bite sized rounds, and either air frying 370 for 6-7 minutes or sauteing in a skillet until browned.

In a small skillet (or microwave), melt together cream cheese and nacho cheese. Add a splash of milk if needed. Whisk until smooth.

Assemble with potatoes on bottom, add kielbasa, onion/jalapeno, bacon, drizzle of sauce, and shredded cheese

Serve with a sprinkle of french fried onion and side salad of choice

GROOVY FRIES

ingredients:

- 2 cups frozen crinkle cut fries (or make your own)
- 1 lb lean beef
- ½ packet au jus seasoning, ranch seasoning
- optional 1/2 cup fat free refried beans
- optional sauteed onions, to taste, approx 2 TBS per bowl
- nacho cheese sauce (1 TBS per bowl)

GROOVY SAUCE:

- 2 TBS ranch dressing
- 1 TBS ketchup
- 1 tsp mustard
- ¼ tsp ranch seasoning
- splash of pickle juice

recipe is for 4 bowls, if following suggested servings, modify amounts to fit your needs

MACROS:

Yield/servings: 4
macros (per 1)

Calories: 346

Fat: 16g

Protein: 26g

Carbs: 25g

(approximate)



GO HOME

DIRECTIONS:

Mist fries with oil and season with salt, pepper, ranch seasoning, paprika. Air fry (or bake) according to package directions or until crisp

Prepare meat by browning in a skillet, add about ½ of your au jus seasoning packet and a splash of water. OPTIONAL but adds creaminess and fiber: stir in about ½ cup refried beans (I freeze the remainder or use in something else)

Prepare optional caramelized onion by finely dicing and sauteing in a skillet on medium heat until soft and browned. Add a splash of water while cooking as needed.

Assemble 4 bowls/tupperware in this order:

- ½ cup fries
- ½ cup meat mixture
- 2 TBS caramelized onion
- 1 TBS nacho cheese sauce
- drizzle of groovy sauce

if eating leftover, store in air tight containers and microwave to reheat before eating

COWGIRL BOWLS

ingredients:

- 1 lb lean beef
- 2 sweet potatoes
- ½ tsp or more BBQ seasoning
- 1 tsp BBQ sauce + 1 tsp chipotle sauce, per bowl
- optional caramelized red onion
- 2 TBS shredded cheese per bowl
- crispy onions, approx 1 TBS per bowl
- optional spicy maple pickles

recipe is for 4 bowls, modify amounts to fit your needs

MACROS:

Yield/servings: 4
macros (per 1)
Calories: 343
Fat: 14g
Protein: 27g
Carbs: 26g

(approximate)



GO HOME

DIRECTIONS:

Dice potatoes into small, even cubes. Mist with oil and season with salt, pepper, BBQ seasoning. Air fry (or bake) on 400F for 10 min, shake, 10-15 more minutes or until crisp.

Prepare meat by browning in a skillet, add about ½ of your au jus seasoning packet and a splash of water.

Prepare optional caramelized onion by finely dicing and sauteing in a skillet on medium heat until soft and browned. Add a splash of water while cooking as needed.

Assemble 4 bowls/tupperware in this order:

- Divide potatoes evenly amongst 4 bowls
- ½ cup meat mixture
- caramelized onion
- 1 tsp BBQ sauce + 1 tsp chipotle sauce
- 2 TBS shredded cheese
- optional french fried onion, spicy maple pickles

if eating leftover, store in air tight containers and microwave to reheat before eating

LOADED CHEESESTEAK BOWLS

ingredients:

- 2 russet potatoes (diced)
- 1 lb. lean beef
- 1/2 packet au jus seasoning
- diced green pepper, onion, mushroom, to taste
- 4 TBS cheese sauce of choice (thinned with 2 TBS skim milk)
- 2 TBS spicy/southwestern ranch or chipotle sauce
- 4 TBS shredded provolone or pepperjack cheese
- optional french fried onion for topping

recipe is for 4 bowls, modify amounts to fit your needs

MACROS:

Yield/servings: 4
macros (per serving)

Calories: 318

Fat: 16g

Protein: 28g

Carbs: 14g

(approximate)



GO HOME

DIRECTIONS:

Dice potatoes into even sized cubes, season generously with seasoning salt, pepper, garlic, paprika. Air fry (or bake) on 400F for 10 min, shake, 5-10 more minutes or until crisp.

Cook ground beef in a skillet (or sliced steak), and season with au jus seasoning, I just sprinkle the dry seasoning over the meat, add a splash of water then stir. (if adding sauteed veggies, cook these along with your meat until softened)

Assemble 4 bowls/tupperware in this order:

- 1/2 cup diced potatoes
- 1/2 cup ground beef
- sauteed veggies (to taste)
- 1/2 TBS drizzle of sauce
- 1 TBS cheese sauce
- 1-2 TBS shredded cheese
- optional french fried onion before eating

if eating leftover, store in air tight containers and microwave to reheat before eating

SMASHBURGER CASSEROLE BOWLS

ingredients:

- 2 russet potatoes
- 1 lb. lean beef
- ½ au jus seasoning packet
- optional caramelized onion
- bacon bits, approx 1 TBS per bowl
- ¼ tsp burger seasoning
- greek yogurt, 1 TBS per bowl
- shredded cheese, 2 TBS per bowl
- crushed french fried onions

BURGER SAUCE:

- 2 TBS light mayo
 - 1 TBS ketchup
 - 1 tsp mustard
 - ½ tsp cajun seasoning
- (divide evenly amongst bowls)*

recipe is for 4 bowls, modify amounts to fit your needs

MACROS:

Yield/servings: 4
macros (per serving)

Calories: 282

Fat: 12g

Protein: 27g

Carbs: 16g

(approximate)



DIRECTIONS:

Dice potatoes into small, even cubes. Mist with oil and season with garlic, salt, pepper. Air fry (or bake) on 400F for 10 min, shake, 10-15 more minutes or until crisp.

Prepare meat by browning in a skillet, add about ½ of your au jus seasoning packet and a splash of water.

If adding caramelized onion, sauté finely diced onion in a skillet until soft, adding a splash of water if they begin to brown to brown too quickly. You can also cook these in with your meat if you prefer.

Mix sauce ingredients together

Assemble 4 bowls/tupperware in this order:

- Divide potatoes evenly amongst 4 bowls
- 1/2 cup lean beef mixture
- Caramelized onion
- Divide burger sauce evenly amongst bowls
- 1 TBS greek yogurt
- ¼ tsp burger seasoning

Mix ingredients together until combined, sprinkle with bacon bits and shredded cheese and bake 425 for 10-15 minutes until melty

if eating leftover, store in air tight containers and microwave to reheat before eating

QUESO BLANCO RICE BAKES

ingredients:

- 2 boneless skinless chicken tenderloins
- 1/3 cup minute rice (dry)
- 1/2 cup water
- 1/2 tsp tomato bouillon (Knorr brand)
- 2-3 TBS cream of chicken soup
- sauteed bacon, corn, green chiles (to taste, approx 1 TBS each)
- quesadilla cheese, 1 TBS per bowl
- white queso, 1 TBS per bowl

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

MACROS:

Yield/servings: 1

Calories: 339

Fat: 10g

Protein: 31g

Carbs: 30g

(approximate)



DIRECTIONS:

Prepare chicken, I like to season with fajita seasoning, then air fry 400F 5 min, each side (let them rest a couple minutes before shredding or chopping into small pieces), rotisserie chicken also works great here

Sauté any veggies you're using until tender (I like corn, bacon bits, and green chiles in this)

In a small glass tupperware or baking dish, add rice, water, tomato bouillon, and cream of chicken soup, mix gently

Stir in your cooked, shredded chicken, and sauteed veggies. Sprinkle with quesadilla cheese and cover with foil, bake 375 for 20-25 minutes

Top with 1-2 TBS white queso before eating if preferred

if eating leftover, store in air tight containers and microwave to reheat before eating

TACO DIP BOWLS

ingredients:

- 1 lb lean beef
- 2 russet potatoes
- 1 taco seasoning packet, fajita seasoning
- 1/2 cup refried beans, fat free
- 1/4 cup rotel
- 1/4 cup greek yogurt
- 1/4 cup shredded mexican cheese
- 1/4 cup nacho cheese sauce
- 2 TBS rotel

recipe is for 4 bowls, modify amounts to fit your needs

MACROS:

Yield/servings: 4
macros (per 1)
Calories: 417
Fat: 20g
Protein: 49g
Carbs: 11g

(approximate)



GO HOME

DIRECTIONS:

Dice potatoes into even sized cubes, season generously with fajita seasoning and salt. Air fry (or bake) on 400F for 10 min, shake, 5-10 more minutes or until crisp.

Cook ground beef in a skillet and season with taco seasoning packet, refried beans, rotel, greek yogurt, and shredded cheese. Stir until combined and melty.

Mix together nacho cheese sauce with rotel and gently stir until combined, heat in microwave or stovetop

Assemble 4 bowls/tupperware in this order:

- divide potatoes evenly
- divide meat mixture evenly
- drizzle of cheesy rotel sauce

if eating leftover, store in air tight containers and microwave to reheat before eating

ENCHILADA LAYER DIP BOWLS

ingredients:

- 1 can fat free refried beans (splash of milk, ¼ cup each bowl)
- 1 cup instant rice
- 1 tsp tomato bouillon
- 1 lb. lean beef, seasoned with 1 taco seasoning packet
- salsa, 2 TBS, per bowl
- 1 TBS greek yogurt mixed with 3 TBS taco or enchilada sauce, per bowl
- 2 TBS mexican cheese, per bowl
- quest chips or tortilla chips for topping or dipping

recipe is for 4 bowls, modify amounts to fit your needs

MACROS:

yield/servings: 4
macros (per 1)

Calories: 390

Fat: 12g

Protein: 36g

Carbs: 37g

(approximate)



DIRECTIONS:

Prepare beans by heating on stovetop (or microwave) with a splash of milk, season with salt, pepper, garlic, chili powder, mix until smooth.

For the taco meat, brown in a skillet and add taco seasoning packet and a splash of water or enchilada sauce

In a microwave safe bowl, add water, tomato bullion, and instant rice. Stir and microwave 5:30 minutes (or until rice is done)

Mix greek yogurt with enchilada sauce

Assemble 4 bowls/tupperware in this order:

- ¼ cup refried beans
- ¼ cup mexican rice
- ½ cup taco meat mixture
- 2 TBS salsa
- greek yogurt sauce
- 2 TBS mexican cheese

Microwave or bake until melty when ready to eat, serve with protein chips or tortilla chips

if eating leftover, store in air tight containers and microwave to reheat before eating

CHEESY CHICKEN TACO BOWL

ingredients:

- 3-4 oz chicken, see directions
- 3/4 cup shredded hashbrown
- 1 pepperjack laughing cow
- 1/4 cup greek yogurt
- 1/2 tsp fajita seasoning
- 2 TBS pico, corn, other veggies of choice
- 1 TBS any salsa (I like salsa verde)
- 2 TBS mexican cheese

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

MACROS:

Yield/servings: 1

Calories: 291

Fat: 7g

Protein: 35g

Carbs: 18g

(approximate)



DIRECTIONS:

Prepare chicken, I like to season chicken tenderloins with fajita seasoning, then air fry 400F 5 min, each side (let them rest a couple minutes before shredding or chopping into small pieces), rotisserie chicken also works great here

In a small glass tupperware or baking dish, add chicken, frozen hashbrowns, laughing cow cheese, greek yogurt, fajita seasoning, pico, corn, salsa, stir until combined

Sprinkle with mexican cheese and bake 375F for 20-25 minutes

Serve with tortilla strips, lime, avocado, etc.

if eating leftover, store in air tight containers and microwave to reheat before eating

LOADED CHEESY FIESTA POTATOES

ingredients:

- ½ cup lean beef
- ½ cup frozen diced hashbrowns
- 1 laughing cow cheese
- ½ tsp taco seasoning
- 2 TBS nacho cheese or queso
- 1/4 cup Greek yogurt
- 2 TBS salsa
- 3 TBS shredded cheese



GO HOME

DIRECTIONS:

Prepare taco meat to your liking

In a small glass tupperware or baking dish, add taco meat, frozen hashbrowns, laughing cow cheese, taco seasoning, queso, greek yogurt, and salsa

Mix until combined then sprinkle with shredded cheese

Bake 375F for 30 minutes or until hashbrowns are tender

Enjoy as is, or serve with tortilla chips or inside tortillas like a burrito

if eating leftover, store in air tight containers and microwave to reheat before eating

I usually prep 4 bowls of this using 1 lb. lean meat

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

MACROS:

Yield/servings: 1

Calories: 378

Fat: 18g

Protein: 36g

Carbs: 22g

(approximate)

SOUTHWESTERN STREET TACO BOWL

ingredients:

- 4 cups frozen diced hashbrowns, 1 cup per bowl
- 1 lb. lean taco meat
- drizzle of chipotle sauce, approx 1 tsp per bowl
- 1 TBS queso per bowl
- 1 TBS shredded cheese per bowl

STREET CORN:

- 1 cup corn
- ¼ cup greek yogurt
- squeeze of lime
- ½ tsp chili powder and tajin

recipe is for 4 bowls, modify amounts to fit your needs

MACROS:

yield/servings: 4
macros (per 1)

Calories: 364

Fat: 19g

Protein: 29g

Carbs: 20g

(approximate)



GO HOME

DIRECTIONS:

Mist frozen hashbrowns with oil of choice, season with taco or fajita seasoning. Air fry (or bake) on 400F for 10 min, shake, 5-10 more minutes or until crisp.

Cook ground beef in a skillet and season with taco seasoning packet and a splash of water

Mix together street corn ingredients until combined

Assemble 4 bowls/tupperware in this order:

- divide potatoes evenly
- divide meat mixture evenly
- divide street corn mixture evenly
- drizzle of chipotle sauce
- 1 TBS queso of choice
- 1 TBS shredded cheese

if eating leftover, store in air tight containers and microwave to reheat before eating

BANG BANG BEEF BOWLS

ingredients:

- 1 cup cauliflower rice (I get frozen riced cauliflower steamer packs)
- 1 cup cooked jasmine rice (I like the ready rice steamer packs)
- 1 lb. lean beef
- ½ tsp garlic + ginger
- 2 TBS soy sauce
- ¼ cup teriyaki sauce
- 1 tsp chili crisp

CHILI CRISP YUM YUM SAUCE:

- 2 TBS light mayo
- 2 tsp hot honey
- 1 tsp chili crisp
- splash of soy sauce

recipe is for 4 bowls, modify amounts to fit your needs

MACROS:

yield/servings: 4
macros (per 1)

Calories: 350

Fat: 14g

Protein: 24g

Carbs: 34g

(approximate)



GO HOME

DIRECTIONS:

Prepare instant rice and cauli rice according to package directions, then mix together

Prepare beef by browning in a skillet on medium high heat until browned. Add soy sauce, teriyaki, seasonings listed, and chili crisp

Prepare sauce by mixing together in a small bowl until smooth

Assemble 4 bowls/tupperware in this order:

- rice mixture divided evenly amongst bowls
- 1/2 cup beef mixture (or divide evenly)
- drizzle of sauce
- squeeze of lime, optional crispy wonton strips

if eating leftover, store in air tight containers and microwave to reheat before eating

NOODLE-ROLL BOWL

ingredients:

- 2 oz noodles of choice (I like barilla protein pasta)
- cabbage/slaw mix, to taste, approx ½ cup or more
- 3 TBS teriyaki sauce
- 2 TBS soy sauce
- ½ cup lean beef
- ¼ tsp garlic salt, red pepper, ginger
- optional: 1 tsp light yum yum sauce, 1 egg, sesame seeds

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

MACROS:

Yield/servings: 1
macros (per serving)
Calories: 385
Fat: 10g
Protein: 26g
Carbs: 46g

(approximate)



GO HOME

DIRECTIONS:

Cook ground beef to your liking, season with seasonings of choice (I like salt, pepper, garlic here)

If adding veggies here, sauté these with the meat until slightly browned but not mushy

Prepare noodles of choice according to package directions, add them to your meat mixture

Drizzle with teriyaki sauce, soy sauce, and seasonings listed, gently toss to combine

Optional: drizzle with light yum yum sauce and serve with a jammy egg (air fry 275 for 11-12 minutes)

I usually prep 4 bowls of this using 1 lb. lean meat 70

CHILI CRISP RAMEN

ingredients:

- 2 boneless skinless chicken tenderloins
- 1/2 pkg ramen
- 1 cup broth or water
- 1 TBS teriyaki
- ¼ tsp garlic, ginger, red pepper flakes
- splash of milk (approx ¼ cup)
- 1 tsp chili crisp

OPTIONAL:

- soft boiled egg
- 2 frozen dumplings

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

MACROS:

Yield/servings: 1
macros (per serving)

Calories: 356

Fat: 11g

Protein: 29g

Carbs: 30g

(approximate)



GO HOME

DIRECTIONS:

Season chicken tenderloins with salt, pepper, garlic, paprika, then air fry 400F 5 min, each side (let them rest a couple minutes before shredding or chopping into small pieces), rotisserie chicken also works great here

Prepare ½ package of ramen noodles, I add them to a microwave safe glass bowl or tupperware container with 1 cup water or broth and microwave for 2-3 minutes

Then stir in seasonings listed, a splash of milk, and chili crisp

Add chicken on top of soup mixture and serve with a jammy egg (air fry 275 for 11-12 minutes) and soup dumplings of choice (I just prepare the frozen kind)

if eating leftover, store in air tight containers and microwave to reheat before eating

BANG BANG NOODLE BOWL

ingredients:

- 5 oz (dry) pasta, I like linguine for these
- 6 boneless skinless chicken tenderloins
- Veggies of choice—I like to do sauteed cabbage, onion, and/or zucchini

NOODLE SAUCE:

- 1/4 cup teriyaki sauce (I like Panda Express brand)
- 2 TBS sriracha mayo
- 1/4 tsp (or more) garlic, ginger, red pepper flakes

BANG BANG SAUCE:

- 2 TBS sriracha mayo
- 2 tsp hot honey
- splash of soy sauce

optional toppings like sesame seeds, green onions, soft boiled egg

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

MACROS:

yield/servings: 3
macros (per 1)

Calories: 368

Fat: 13g

Protein: 14g

Carbs: 47g

(approximate)



GO HOME

DIRECTIONS:

Season both sides of your thawed chicken tenderloins with salt, pepper, garlic, and paprika. Air fry 400F for 5 minutes, flip, 5 more minutes. Slice or dice into bite sized chunks, you can also glaze with teriyaki sauce here.

Prepare optional sauteed veggies of choice, I like to saute chopped cabbage, onion until softened, add a splash of water or soy sauce as you're cooking. Stir sauce ingredients together with cooked noodles in a bowl or skillet and mix with your veggies.

Assemble 3 bowls/tupperware in this order:

- divide noodle mixture evenly amongst bowls
- divide chicken evenly
- drizzle of bang bang sauce
- sesame seeds

if eating leftover, store in air tight containers and microwave to reheat before eating

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Guest Check

SERVER	TABLE	GUESTS	CHECK NUMBER
			4201



quickness



EVERYTHING BAGEL DIP

ingredients:

- 5 oz can chicken (drained)
- 3 TBS cream cheese
- 1/4 cup greek yogurt
- ¼ tsp everything bagel seasoning
- ¼ tsp onion + garlic powder
- 2 TBS bacon or bacon bits
- 2 TBS shredded cheddar
- chives (to taste)

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

MACROS: yield/servings: 1

Calories: 306

Fat: 15g

Protein: 41g

Carbs: 6g

(approximate)



DIRECTIONS:

Drain canned chicken well and add to a small bowl or tupperware container

Mix with cream cheese, greek yogurt, seasonings, bacon, cheese, and chives until combined

I like this cold and with crackers, chips, or sliced veggies for dipping!

SPINACH DIP BOWL

ingredients:

- 3-4 oz chicken (see directions)
- chopped spinach, approx ¼ cup
- 1/4 cup greek yogurt
- 1 TBS light mayo
- 2 laughing cow cheeses
- 1 TBS parmesan
- 1 TBS mozzarella
- ¼ tsp ranch seasoning + garlic
- 2 TBS skim mozzarella
- chips or dippers of choice, I like Quest ranch protein chips with this

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

MACROS: yield/servings: 1

Calories: 428

Fat: 16g

Protein: 59g

Carbs: 13g

(approximate)



GO HOME

DIRECTIONS:

Prepare chicken, I like to season 2 chicken tenderloins with salt, pepper, garlic, paprika then air fry at 400F for 5 minutes per side. Let rest for a couple of minutes before slicing. Rotisserie or canned chicken also works great here!

Microwave or sauté spinach until wilted, should only take a minute or two.

In a small bowl or tupperware container, add chicken, spinach, greek yogurt, mayo, laughing cow cheese, parmesan, mozzarella, and seasonings until combined

Top with 2 TBS skim mozzarella, when ready to eat microwave 1:30-2:00 minutes

Serve with protein chips, crackers, or sliced veggies for dipping! This one is also good cold.

BLOOMIN ONION DIP

ingredients:

- 3-4 oz chicken (see directions or rotisserie chicken is great here too)
- 2-3 TBS caramelized onions
- 1 pepperjack laughing cow cheese
- 1/3 cup greek yogurt
- 1-2 tsp horseradish
- 1/4 tsp garlic, paprika, steak seasoning
- 2 TBS shredded cheese
- optional french fried onions for topping

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

MACROS:
yield/servings: 1

Calories: 266

Fat: 8g

Protein: 37g

Carbs: 8g

(approximate)



GO HOME

DIRECTIONS:

Prepare chicken, I like to season with salt, pepper, garlic, paprika, then air fry 400F 5 min, each side (let them rest a couple minutes before shredding or chopping into small pieces), rotisserie chicken also works great here

Prepare optional caramelized onion by finely dicing and sauteing in a skillet on medium heat until soft and browned. Add a splash of water while cooking as needed.

Add all ingredients to small bowl or tupperware (except cheese which goes on top)

Mix well then add shredded cheese

When ready to eat, microwave 1:30 and sprinkle with crushed french fried onions, serve with chips or sliced veggies of choice

if eating leftover, store in air tight containers and microwave to reheat before eating

BOAT DIP BOWLS

ingredients:

- 3-4 oz chicken (canned/roisserie chicken is great here too)
- 1 laughing cow cheese
- 1/4 cup greek yogurt
- 1 tsp fajita seasoning
- 1 tsp ranch seasoning
- 3 TBS rotel (or salsa)
- 3 TBS southwestern corn
- 2 TBS shredded cheese

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

MACROS:
yield/servings: 1

Calories: 226

Fat: 9g

Protein: 28g

Carbs: 9g

(approximate)



DIRECTIONS:

Prepare chicken, I like to season with fajita seasoning, then air fry 400F 5 min, each side (let them rest a couple minutes before shredding or chopping into small pieces), rotisserie or canned chicken also works great here

Add all ingredients to small bowl or tupperware (except cheese which goes on top)

Mix well then add shredded cheese

When ready to eat, microwave 1:30 and serve with chips of choice (I like Quest chips)

if eating leftover, store in air tight containers and microwave to reheat before eating

COOL RANCH CHICKEN DIP

ingredients:

- 3-4 oz chicken (canned/roisserie chicken is great here too)
- 2 laughing cow cheese
- 1/3 cup greek yogurt
- 1/2 tsp ranch seasoning
- 1 TBS salsa (I like salsa verde)
- 2 TBS shredded cheese
- 4 cool ranch doritos, crushed

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

MACROS:

yield/servings: 1

Calories: 424

Fat: 13g

Protein: 61g

Carbs: 14g

(approximate)



GO HOME

DIRECTIONS:

Prepare chicken, I like to season with fajita seasoning, then air fry 400F 5 min, each side (let them rest a couple minutes before shredding or chopping into small pieces), rotisserie chicken also works great here

Add all ingredients to small bowl or tupperware (except cheese which goes on top)

Mix well then add shredded cheese

When ready to eat, sprinkle crushed doritos on top and microwave 1:30 (or bake) and serve with chips of choice, I like Quest chips

if eating leftover, store in air tight containers and microwave to reheat before eating

HOT HONEY CHICKEN DIP

ingredients:

- 1 (5 oz) can chicken, drained
- 1 pepper jack laughing cow
- 3 TBS Greek yogurt
- 2 TBS hot sauce
- ¼ tsp BBQ seasoning
- 1 tsp hot honey
- 2 TBS shredded cheese
- 1 TBS bacon bits
- hot honey for drizzling
- chips/dippers of choice, I like Quest BBQ protein chips with this

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

MACROS:

yield/servings: 1

Calories: 309

Fat: 9g

Protein: 32g

Carbs: 21g

(approximate)



DIRECTIONS:

Drain canned chicken well and add to a small bowl or tupperware container
Add all ingredients to small bowl or tupperware (except cheese which goes on top)

Mix well then add shredded cheese

When ready to eat, microwave 1:30 and serve with chips of choice (I like Quest chips) optional: small drizzle of hot honey on top right before eating

if eating leftover, store in air tight containers and microwave to reheat before eating

BANG BANG CHICKEN DIP

ingredients:

- 1 (5 oz) can chicken, drained
- 1 TBS light cream cheese
- 3 TBS Greek yogurt
- 1-2 TBS sriracha
- 1/4 tsp garlic + onion powder
- 1 TBS hot honey
- squeeze of lime
- 2 TBS cheese of choice

OPTIONAL TOPPINGS:

- hot honey or sriracha for drizzling
- green onions
- wonton strips

- chips/dippers of choice, I like Quest sweet chili protein chips or air fried wontons with this

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

MACROS:

yield/servings: 1

Calories: 355

Fat: 6g

Protein: 45g

Carbs: 29g

(approximate)



GO HOME

DIRECTIONS:

Drain canned chicken well and add to a small bowl or tupperware container
Add all ingredients to small bowl or tupperware (except cheese which goes on top)

Mix well then add shredded cheese

When ready to eat, microwave 1:30 and serve with chips of choice (I like Quest chips)

if eating leftover, store in air tight containers and microwave to reheat before eating

STREET CORN QUESO BOWLS

ingredients:

- 3-4 oz chicken (see directions or rotisserie chicken is great here too)
- 1 pepperjack laughing cow cheese
- 1/3 cup greek yogurt
- 2 TBS taco or enchilada sauce
- 1/2 tsp fajita seasoning
- 1/4 cup corn
- squeeze of fresh lime
- 2 TBS shredded cheese
- optional tajin, cotija cheese

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

MACROS:

yield/servings: 1

Calories: 263

Fat: 7g

Protein: 36g

Carbs: 12g

(approximate)



GO HOME

DIRECTIONS:

Prepare chicken, I like to season with fajita seasoning, then air fry 400F 5 min, each side (let them rest a couple minutes before shredding or chopping into small pieces), rotisserie chicken also works great here

Add all ingredients to small bowl or tupperware (except cheese which goes on top)

Mix well then add shredded cheese

When ready to eat, microwave 1:30 and serve with chips of choice (I like Quest chips)

if eating leftover, store in air tight containers and microwave to reheat before eating

COWBOY CAVIAR BOWLS

ingredients:

- 3-4 oz chicken of choice
- 2 TBS black beans
- 2 TBS corn
- 2 TBS pico or tomato
- 2 TBS chopped bell pepper
- 2 TBS red onion
- optional cilantro and pickled jalapeno

DRESSING:

- 2-3 TBS apple cider vinegar
 - big squeeze of lime
 - ½ tsp chili powder, cumin
 - 1 tsp sugar or honey, to taste
-
- chips of choice for dipping (I like Quest chili lime chips with this)

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

MACROS:

yield/servings: 1

Calories: 158

Fat: 1g

Protein: 25g

Carbs: 12g

(approximate)



GO HOME

DIRECTIONS:

Prepare chicken, I like to season 2 chicken tenderloins with fajita seasoning, then air fry 400F 5 min, each side (let them rest a couple minutes before shredding or chopping into small pieces), rotisserie chicken also works great here

Finely dice and add all ingredients to small bowl or tupperware

Mix dressing ingredients together and drizzle over + mix well until combined

When ready to eat, serve with chips of choice (I like Quest chips), you can eat this hot or cold but I love this cold

if eating leftover, store in air tight containers and microwave to reheat before eating

SWEET HEAT CHICKEN MAC

ingredients:

- 1 single serve mac and cheese cup of choice (I like Velveeta)
- 1 pepperjack laughing cow cheese
- 3-4 oz chicken (see directions)
- 1/2 tsp BBQ seasoning
- 1/4 cup greek yogurt or blended cottage cheese
- 1 TBS bacon bits
- 1/2 TBS BBQ sauce + 1/2 TBS chipotle sauce of choice
- 2 TBS shredded pepper jack cheese
- optional french fried onions

recipe is for 1 serving, feel free to modify amounts to make this into a family sized meal or meal prep!

MACROS:

yield/servings: 1

Calories: 494

Fat: 8g

Protein: 44g

Carbs: 61g

(approximate)



DIRECTIONS:

Prepare chicken (or use rotisserie chicken in a pinch), I like to season tenderloins then air fry 400F 5 min, each side. Let them rest a couple minutes before shredding or chopping into small pieces.

Prepare mac and cheese cup according to package directions

While it's still hot, add cheese packet that comes with it, laughing cow cheese, greek yogurt, seasoning, and your chopped chicken, mix then microwave another minute.

Add a drizzle of BBQ chipotle sauce on top, along with the shredded cheese and bacon bits. Microwave for 30 seconds or until hot/melty.

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

MINI DIPPERS

ingredients:

- 3 snack size low carb tortillas
- 5 oz can chicken, drained
- 2 laughing cow cheeses
- 1 tbs green chiles
- ½ tsp fajita seasoning
- ½ TBS shredded cheese per dipper

SAUCE:

- 1 tsp avocado ranch
- 1 TBS salsa verde



GO HOME

DIRECTIONS:

Drain chicken well and add to a small bowl with laughing cow cheese, green chiles, fajita seasoning. Mix well.

Lay tortilla on flat surface and spread mixture over the surface of your 3 tortillas (divide mixture evenly amongst the 3)

Sprinkle with shredded cheese and roll up tightly, mix and dip in optional sauce listed!

These are great cold or if you'd like them hot and melty you can air fry (or bake) on 370F for 5-7 minutes

Pack with sides of choice! See sides section for my favorites.

MACROS: yield/servings: 1

Calories: 321

Fat: 11g

Protein: 35g

Carbs: 32g

(approximate)

BIG MAC WRAPS

ingredients:

- 1 lb lean beef
- 1/2 packet au jus seasoning packet
- 6 low calorie tortillas (I like La Banderita brand)
- 6 slices ultra thin sliced cheese
- burger toppings of choice, I like diced pickle, onion, tomato, shredded lettuce

BURGER SAUCE:

- 3 TBS light mayo
- 3 TBS ketchup
- 1 tsp mustard
- 1/2 tsp cajun seasoning
- splash of pickle sauce

MACROS:
yield/servings: 1

Calories: 185

Fat: 10g

Protein: 19g

Carbs: 4g

(approximate)



GO HOME

DIRECTIONS:

Cook ground beef in a skillet by mashing, let it sit until underside is brown, then flip, break up with spatula and let other side get brown. Season with au jus seasoning by sprinkling the dry seasoning over the meat, add a splash of water then stir

Lay tortilla flat and assemble by adding slice of cheese, 1/2 cup of meat mixture (approx), burger toppings of choice, and a drizzle of your burger sauce

Tuck ends of tortilla and fold to roll tightly (like a burrito)

Microwave when ready to eat + pack with sides of choice! See sides section for my favorites

LOADED WRAP

ingredients:

- 1 low calorie tortilla (I like La Banderita zero carb)
- 1 TBS light cream cheese
- 1 TBS bacon bits
- 2 slices deli ham
- 2 slices deli turkey
- 1 slice ultra thin sliced cheese
- pickle spear

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

MACROS: yield/servings: 1

Calories: 269

Fat: 12g

Protein: 27g

Carbs: 18g

(approximate)



GO HOME

DIRECTIONS:

Lay tortilla on flat surface and mash cream cheese with the back of a spoon to spread until tortilla is evenly coated

Sprinkle with bacon bits then add ham, turkey, cheese over surface of tortilla

Place optional pickle spear on top then tuck ends of tortilla and fold to roll tightly (like a burrito)

I love this one cold, pack with sides of choice! See sides section for my favorites

CUBAN WRAP

ingredients:

- 1 low carb tortilla (I like La Banderita)
- 2 oz chicken (see directions)
- 3 slices deli ham
- 1 pepperjack laughing cow cheese
- 1 slice ultra thin sliced pepperjack cheese
- 1 slice crispy bacon
- optional pickles (I like hot maple pickles here)
- shredded lettuce (optional)
- 1 tsp hot honey
- 1 tsp mustard
- 1 tsp bbq sauce

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

MACROS:
yield/servings: 1

Calories: 345

Fat: 12g

Protein: 34g

Carbs: 29g

(approximate)



DIRECTIONS:

Prepare chicken, I like to season with BBQ seasoning, then air fry 400F 5 min, each side (let them rest a couple minutes before shredding into small pieces), rotisserie chicken also works great here

Lay tortilla on flat surface and mash laughing cow cheese with the back of a spoon until tortilla is evenly coated

Add ham, shredded chicken, cheese, bacon, and pickles/lettuce to tortilla

Mix all sauces together until smooth and drizzle over fillings, then tuck ends of tortilla and fold to roll tightly (like a burrito)

Eat this hot OR cold and pack with sides of choice! See sides section for my favorites

CHICKEN BACON RANCH WRAPS

ingredients:

- 1 low carb tortilla (I like La Banderita)
- 3-4 oz chicken (see directions)
- 1 pepperjack laughing cow cheese
- 1/2 tsp ranch seasoning
- 1 slice ultra thin sliced cheese
- 1 slice crispy bacon
- shredded lettuce (optional)

SAUCE:

- 1 tsp ranch of choice
- 1 tsp chipotle sauce of choice

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

MACROS: yield/servings: 1

Calories: 302

Fat: 13g

Protein: 35g

Carbs: 16g

(approximate)



GO HOME

DIRECTIONS:

Prepare chicken, I like to season with fajita seasoning, then air fry 400F 5 min, each side (let them rest a couple minutes before shredding or chopping into small pieces), rotisserie or "Real Good" crispy chicken also works great here

Lay tortilla on flat surface and mash laughing cow cheese with ranch seasoning with the back of a spoon until tortilla is evenly coated

Add cheese, bacon, and chicken to tortilla along with toppings of choice, I like shredded lettuce here

Drizzle with ranch + chipotle sauce and tuck ends of tortilla and fold to roll tightly (like a burrito)

Eat this hot OR cold and pack with sides of choice! See sides section for my favorites

CALIFORNIA BURRITO

ingredients:

- 1 low carb tortilla (I like La Banderita)
- 3-4 oz lean beef
- au jus seasoning packet or burger seasoning of choice
- 1 ultra thin sliced cheese
- 1 slice bacon (or bacon bits)
- 3-4 thin slices avocado

SAUCE:

- 1 TBS greek yogurt
- 1 tsp chipotle ranch
- ½ tsp ranch seasoning
- water or lime juice to thin

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

MACROS:
yield/servings: 1

Calories: 321

Fat: 17g

Protein: 28g

Carbs: 18g

(approximate)



DIRECTIONS:

Cook ground beef in a skillet by mashing, let it sit until underside is brown, then flip, break up with spatula and let other side get brown. Season with au jus seasoning by sprinkling the dry seasoning over the meat, add a splash of water then stir

Lay tortilla flat and assemble by adding slice of cheese, 1/2 cup of meat mixture (approx), bacon, avocado, and sauce mixture

Tuck ends of tortilla and fold to roll tightly (like a burrito)

Microwave when ready to eat + pack with sides of choice! See sides section for my favorites!

BANG BANG WRAP

ingredients:

- 1 low calorie tortilla of choice
- 1 pepperjack laughing cow
- 3-4 oz chicken of choice (I like the Real Good crispy chicken for this)
- 1 TBS sweet chili sauce
- lettuce or cabbage mix, to taste

BANG BANG SAUCE:

- 1 TBS sriracha mayo
- 1 tsp hot honey
- splash of soy sauce

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

MACROS:
yield/servings: 1

Calories: 353

Fat: 16g

Protein: 27g

Carbs: 20g

(approximate)



DIRECTIONS:

Prepare chicken according to package directions, then chop into small pieces and toss in sweet chili sauce

Lay tortilla on flat surface and mash laughing cow cheese with the back of a spoon until tortilla is evenly coated

Add your coated chicken, lettuce or cabbage mix of choice, and drizzle with your bang bang sauce

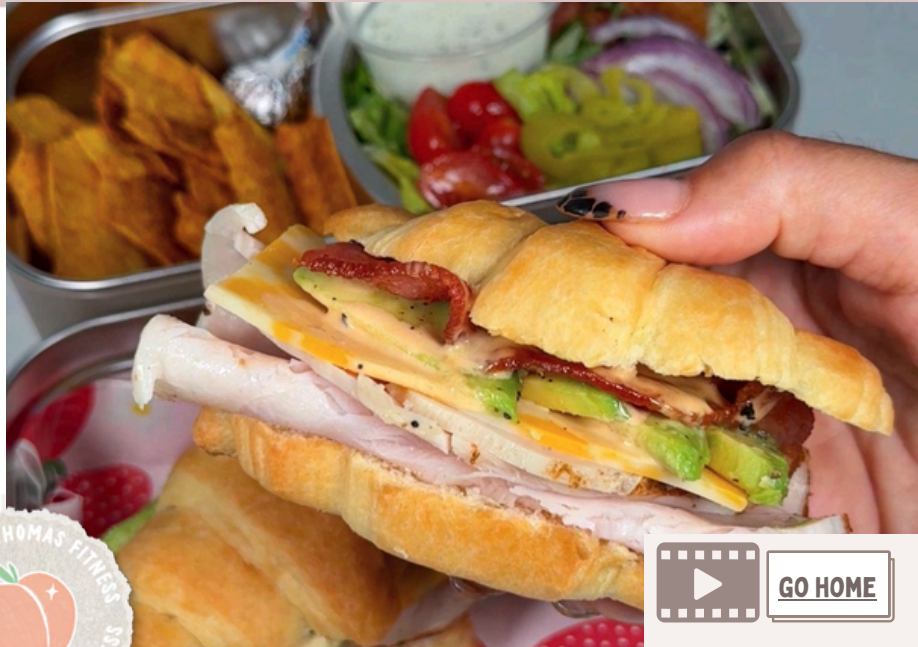
Tuck ends of tortilla and fold to roll tightly (like a burrito)

Eat this hot OR cold and pack with sides of choice! See sides section for my favorites

CALI CLUB CROISSANTS

ingredients:

- 2 mini croissants
- 4 slices deli turkey
- 1 ultra thin slice cheese
- 4-6 thin slices avocado
- 2 slices bacon
- 1 TBS southwestern ranch of choice
- lettuce, tomato, or other sandwich veggies of choice



GO HOME

DIRECTIONS:

Slice 2 mini croissants in half and layer each with 2 slices of deli turkey, half slice cheese, 1 slice bacon, thinly sliced avocado, and a drizzle of southwestern ranch (or sauce of choice)

Feel free to add other toppings of choice

Pair with sides of choice like side salad, pasta salad, greek yogurt parfait, sliced fruit, protein chips, etc.

MACROS:

yield/servings: 1

Calories: 493

Fat: 24g

Protein: 28g

Carbs: 26g

(approximate)

ITALIAN GRINDER LUNCHABLE

ingredients:

- 6 ritz crackers (or other cracker of choice)
- 3 slices deli turkey
- 2 slices cheese of choice
- 12 turkey pepperoni

GRINDER SLAW:

- shredded lettuce, approx ½ cup
- 2 TBS chopped banana peppers
- 2 TBS finely sliced red onion
- 2 TBS light italian + 1 TBS ranch dressing
- salt, pepper



GO HOME

DIRECTIONS:

Pack adult sized lunchable in container or tupperware of choice, I like to cut turkey slices in half and fold cheese slices so that each slice makes 4 smaller cheese squares

Mix grinder slaw ingredients together and store in air tight container or ziplock bag

Assemble crackers in this order:

- cracker of choice
- half slice deli turkey
- small cheese slice
- 2 turkey pepperonis
- grinder slaw on top

Enjoy cold and pair with sides of choice like fruit, yogurt, or other sliced veggies

MACROS:
yield/servings: 1

Calories: 438

Fat: 26g

Protein: 29g

Carbs: 21g

(approximate)

CREAM CHEESE BACON PINWHEELS

ingredients:

- 1 low carb tortilla (I like La Banderita)
- 4 oz chicken (see directions)
- 1 TBS cream cheese
- 1 TBS red pepper jelly
- 2 TBS bacon bits
- 2 TBS shredded cheese



DIRECTIONS:

Any chicken works for these! Rotisserie or canned is great in a pinch, but when making fresh I like to season 2 chicken tenderloins with salt, pepper, garlic, paprika and air fry 400F for 5 min, each side.

Lay tortilla on flat surface and spread cream cheese over the surface of your tortilla using the back of a spoon, spread pepper jelly evenly on top

Add chopped chicken, bacon, and sprinkle with shredded cheese and roll tightly, then slice into small sections with a sharp knife

Air fry (or bake) 370 for 5-7 minute or until golden brown and melty! You can also eat these cold if preferred.

Pack with sides of choice! See sides section for my favorites.

MACROS: yield/servings: 1

Calories: 380

Fat: 15g

Protein: 35g

Carbs: 31g

(approximate)

KICKIN CHICKEN BOWL

ingredients:

- 3-4 oz chicken (see directions)
- 3 TBS caramelized onion/mushroom
- 2 TBS crispy bacon or bacon bits
- thin sliced avocado, 3-4 slices

5 minute mexican rice:

- 1 cup water
- 1 tsp tomato bouillon (Knorr)
- 1 cup dry instant rice, (makes 2 servings)

SAUCE:

- 1 TBS garlic parm sauce
- 1 TBS nacho cheese sauce

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

MACROS:
yield/servings: 1

Calories: 447

Fat: 14g

Protein: 34g

Carbs: 47g

(approximate)



DIRECTIONS:

Prepare chicken, I like to season tenderloins with fajita seasoning then air fry 400F 5 min, flip, 5 more minutes. Let it rest on a plate or cutting board before slicing.

Prepare mexican rice by mixing water and seasoning, then stir in rice and microwave for 5:30 minutes or until done/tender. This makes 2 servings of rice for me.

Prepare sauteed veggies by finely dicing and browning in a skillet on medium low heat until veggies are soft, intermittently add a splash of water and stir if they start to brown too quickly

Heat + mix sauce ingredients together until smooth

Add all ingredients to a bowl by either layering or mixing all together, then drizzle with sauce.

if eating leftover, store in air tight containers and microwave to reheat before eating

HONEY LIME CHICKEN PASTA SALAD BOWL

ingredients:

- 1/2 cup cooked protein pasta
- 4 oz any chicken
- ½ TBS hot honey, fajita seasoning
- cabbage or lettuce mix
- corn, red onion, avocado, pineapple (approx 2 TBS each)

HONEY LIME SAUCE:

- 1 TBS avocado lime ranch
- 2 tsp hot honey
- thinned with a squeeze of lime juice

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

MACROS: yield/servings: 1

Calories: 390

Fat: 9g

Protein: 30g

Carbs: 46g

(approximate)



GO HOME

DIRECTIONS:

Prepare chicken I like to season 2 chicken tenderloins with fajita seasoning and brush with a small amount of hot honey, then air fry at 400F for 5 minutes per side. Let rest for a couple of minutes before slicing.

Cook pasta according to package instructions and dice any optional veggies you'd like

Add all ingredients to a bowl or meal prep container. Mix dressing ingredients together in a small bowl then drizzle over and mix until everything is coated and combined.

Enjoy hot or cold!

HOT HONEY BOWL

ingredients:

- 1/2 cup cooked tortellini or protein pasta of choice
- 2 boneless, skinless chicken tenderloins
- 8 turkey pepperoni slices
- 1 light mozzarella string cheese (or mozzarella pearls)
- chopped grape tomatoes (approx 2 TBS)
- fresh spinach (to taste, approx 1/2 cup)

DRESSING:

- 1 TBS hot honey
- 1 TBS sun dried tomato pesto
- squeeze of lemon

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

MACROS: yield/servings: 1

Calories: 404

Fat: 7g

Protein: 39g

Carbs: 44g

(approximate)



DIRECTIONS:

Prepare chicken I like to season with salt, pepper, garlic, italian then air fry at 400F for 5 minutes per side. Let rest for a couple of minutes before slicing.

Cook pasta according to package instructions and dice (optional) veggies you'd like, and cut string cheese into small chunks as well.

Add all ingredients to a bowl or meal prep container.

Mix honey, sun dried tomato pesto, and lemon together then drizzle over the ingredients, mix until everything is coated and combined.

This is great hot or cold!

LEMON BACON CHICKEN PASTA

ingredients:

- 1/2 cup cooked tortellini or protein pasta of choice
- 2 boneless, skinless chicken tenderloins
- 1 TBS bacon bits
- 1 TBS parmesan
- green veggie of choice (I like cooked broccoli here)
- 3 TBS alfredo sauce, thinned with a big squeeze of lemon
- lemon pepper, paprika, garlic and parmesan

recipe is for 1 serving, feel free to modify amounts to make this into a family sized meal or meal prep!

MACROS: yield/servings: 1

Calories: 304

Fat: 8g

Protein: 31g

Carbs: 27g

(approximate)



DIRECTIONS:

Prepare chicken I like to season with lemon pepper, paprika, garlic and parmesan then air fry at 400F for 5 minutes per side. Let rest for a couple of minutes before slicing.

Cook pasta according to package instructions and prepare any optional green veggie you'd like, I usually use microwave or air fried broccoli here.

Add all ingredients to a bowl or meal prep container. Mix alfredo sauce with a big squeeze of lemon then drizzle over the ingredients, mix until everything is coated and combined.

When ready to eat, sprinkle with lemon pepper + parmesan and enjoy!

BRUSHCHETTA BOWLS

ingredients:

- ½ cup protein pasta
- 3-4 oz chicken (see directions)
- 3 TBS chopped cherry tomato
- 2 TBS finely diced red onion
- 3 TBS chopped banana peppers
- ½ cup spinach
- 1 light mozzarella string cheese, diced
- optional crushed croutons for crunch

DRESSING:

- 2 TBS light italian dressing + 1 TBS sundried tomato pesto

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

MACROS:

yield/servings: 1

Calories: 289

Fat: 6g

Protein: 33g

Carbs: 25g

(approximate)



DIRECTIONS:

Prepare chicken- I like to season 2 chicken tenderloins with salt, pepper, paprika, garlic and Italian seasoning then air fry at 400F for 5 minutes per side. Let rest for a couple of minutes before slicing.

Cook pasta according to package instructions and dice any optional veggies you'd like

Add all ingredients to a bowl or meal prep container. Mix Italian dressing with sundried tomato pesto then drizzle over the ingredients, mix until everything is coated and combined.

When ready to eat, sprinkle with crushed croutons and enjoy hot or cold!

SWEET HEAT CHIPOTLE BOWLS

ingredients:

- 3-4 oz chicken (see directions)
- 1/2 cup prepared pasta salad
- 1 TBS bacon
- 2 TBS diced avocado
- 2 TBS corn
- 2 TBS shredded cheese
- 1/2 cup lettuce

SAUCE:

- 1 TBS chipotle sauce
- 1 tsp hot honey
- 1 tsp bbq sauce

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

MACROS:

yield/servings: 1

Calories: 454

Fat: 10g

Protein: 32g

Carbs: 47g

(approximate)



GO HOME

DIRECTIONS:

Prepare chicken, I like to season 2 chicken tenderloins with fajita seasoning then air fry at 400F for 5 minutes per side. Let rest for a couple of minutes before slicing.

Cook pasta according to package instructions and dice any optional veggies you'd like

Add all ingredients to a bowl or meal prep container. Mix dressing ingredients together in a small bowl then drizzle over and mix until everything is coated and combined.

Enjoy hot or cold!

HONEY CHIPOTLE CHICKEN BOWL

ingredients:

- 3-4 oz chicken (see directions)
- 1 sweet potato, diced
- 2 TBS bacon, or bacon bits
- 2 TBS diced avocado
- spinach to taste, approx ½ cup
- 2 TBS feta

SAUCE:

- 1 TBS chipotle sauce
- 1 tsp hot honey

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

MACROS:

yield/servings: 1

Calories: 460

Fat: 18g

Protein: 32g

Carbs: 39g

(approximate)



GO HOME

DIRECTIONS:

Prepare chicken, I like to season 2 chicken tenderloins with salt, pepper, garlic, paprika then air fry at 400F for 5 minutes per side. Let rest for a couple of minutes before slicing.

Dice potatoes into even sized cubes, season generously with salt and BBQ seasoning. Air fry (or bake) on 400F for 10 min, shake, 5-10 more minutes or until crisp.

Add all ingredients to a bowl or meal prep container. Drizzle both sauces over and toss until everything is coated and combined.

Enjoy hot or cold!

ALOHA BOWL

ingredients:

- 3-4 oz chicken (see directions)
- 3 TBS diced pineapple
- 1/2 cup lettuce or cabbage mix
- 2 TBS shredded carrot
- 1 TBS chopped cashews
- 1 TBS shredded coconut

DRESSING:

- 2 TBS sesame dressing
- 1 TBS light yum yum sauce
- ½ TBS hot honey

- 2 TBS crispy wonton strips for topping

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

MACROS:

Yield/servings: 1

Calories: 439

Fat: 22g

Protein: 26g

Carbs: 28g

(approximate)



DIRECTIONS:

Prepare chicken I like to season 2 chicken tenderloins with salt, pepper, paprika, garlic and then air fry at 400F for 5 minutes per side. Let rest for a couple of minutes before slicing. Optional: brush with teriyaki sauce after cooking.

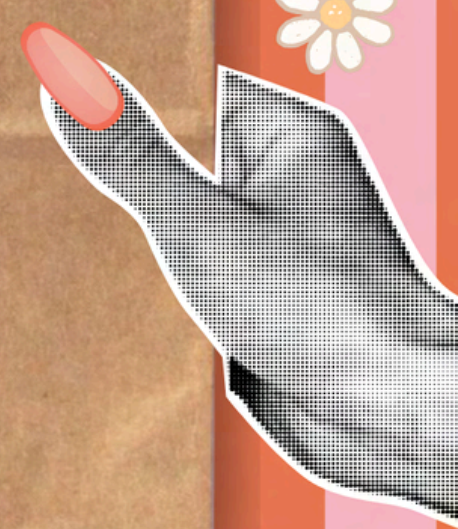
Add all ingredients to a bowl or meal prep container. Mix dressing ingredients listed in a small bowl then drizzle over and mix until everything is coated and combined.

When ready to eat, sprinkle with crispy wonton strips and enjoy hot or cold!



meal time

no fuss meals you can enjoy single
serve OR family size them!



GO HOME

CHICKEN BACON RANCH CASSEROLE

ingredients:

- 2 cups cooked pasta (I like Barilla protein penne)
- 2-3 cups cooked, diced chicken (see directions)
- green veggie to taste (broccoli or zucchini is great here)
- 1 cup alfredo sauce

MILLIONAIRE TOPPING:

- 3 TBS light cream cheese
- 2 TBS light mayo
- 1 cup plain greek yogurt
- 1-2 tsp ranch seasoning
- 2 TBS shredded cheese + bacon bits
- 1/2 cup shredded cheese
- optional ¼ cup panko breadcrumbs on top



GO HOME

DIRECTIONS:

For the chicken you can use the meat from 1 rotisserie chicken here, or prepare your own (see basics section), then shred or dice into small bite sized chunks

Cook pasta according to package directions, and prepare veggie of choice by air frying or sautéing until tender

Mix chicken, pasta, vegetables and alfredo sauce, toss until evenly coated and spread into an 8x8 casserole dish

Mix millionaire topping ingredients together and spread over mixture

Sprinkle with shredded cheese and bake 350 for 20 minutes, optional add panko breadcrumbs and bake for another 5-10 minutes

Enjoy as is, or pair with a side salad for extra volume!

MACROS:

yield/servings: 4
macros (per serving)

Calories: 380

Fat: 15g

Protein: 32g

Carbs: 28g

(approximate)

GARLIC BISCUIT BUBBLE UP

ingredients:

- 2-3 cups shredded chicken
- 4 garlic herb laughing cow cheese
- 1 cup plain Greek yogurt (I use nonfat)
- 1 can reduced fat cream of chicken soup
- optional veggies of choice (I like carrots and peas here)

TOPPING:

- ½ cup cheddar biscuit mix
- 4 TBS shredded cheese
- 4 TBS water



GO HOME

DIRECTIONS:

Prepare chicken, I like to season with ranch seasoning and paprika, then air fry 400F 5 min, each side (let them rest a couple minutes before shredding or chopping into small pieces), rotisserie chicken also works great here

In a bowl, mix together all the ingredients listed (EXCEPT the topping, it goes on top)

Spread into a 8x8 baking dish then press topping mixture on top

Bake on 425 for 20-25 minutes

Use about ½ TBS melted butter mixed with about 1 tsp of the seasoning mixture included with the biscuit mix, brush this on topping while warm

Eat alone or over rice

MACROS:

yield/servings: 4
macros (per serving)

Calories: 296

Fat: 11g

Protein: 28g

Carbs: 16g

(approximate)

BUFFALO CHICKEN HASHBROWN CASSEROLE

ingredients:

- 2-3 cups shredded chicken
- 4 cups frozen shredded hashbrowns
- 4 light laughing cow cheese
- 1 cup plain Greek yogurt (I use nonfat)
- 1 can reduced fat cream of chicken soup
- 1/2 ranch seasoning packet
- 1/4 cup shredded cheese
- 1/4 cup (or more) hot sauce, I like Franks
- 1/2 cup cheese (on top)



GO HOME

DIRECTIONS:

Prepare chicken, I like to season with ranch seasoning and paprika, then air fry 400F 5 min, each side (let them rest a couple minutes before shredding or chopping into small pieces), rotisserie chicken also works great here

In a bowl, mix together all the ingredients listed (EXCEPT the 1/2 cup shredded cheese, it goes on top)

Spread into a 9x13 baking dish then sprinkle with remaining cheese

Bake on 375 for 25-35 minutes

MACROS:

yield/servings: 8
macros (per serving)

Calories: 314

Fat: 7g

Protein: 33g

Carbs: 26g

(approximate)

CRUNCHY CHICKEN CASSEROLE

ingredients:

- 2 cups chicken (or meat from 1 rotisserie chicken)
- 1 can fat free cream of chicken soup
- ½ can fat free cream of mushroom soup (or another can of chicken)
- ¼ tsp salt, pepper, garlic
- ½ cup greek yogurt
- approx 10 Ritz crackers, crushed
- ½ cup plain cornflakes, crushed
- 2 TBS butter, melted
- optional poppyseeds
- optional white rice (for serving)



GO HOME

DIRECTIONS:

Prepare chicken, I like to season chicken tenderloins with salt, pepper, garlic, paprika, and italian seasoning, then air fry 400F 5 min, each side (let them rest a couple minutes before shredding or chopping into small pieces), rotisserie chicken also works great here

In a bowl add chopped or shredded chicken, cream of chicken, cream of mushroom, seasonings listed, and greek yogurt, mix until combined

Add this mixture to a greased glass baking dish

Crush Ritz crackers and cornflakes, drizzle 2 TBS melted butter over and toss to combine so all crumbs are evenly coated, add these on top of casserole

Bake 350 for 25 minutes or until hot and bubbly (cover with foil for the first 15 minutes so top doesn't brown too quickly)

I like serving this casserole over white rice with a big italian side salad or green veggie!

MACROS:

yield/servings: 8
macros (per serving)

Calories: 153

Fat: 8g

Protein: 11g

Carbs: 10g

(approximate)

SHEET PAN CHEESEBURGER POCKETS

ingredients:

- 2 cans crescent roll or pizza dough
- 1 lb lean beef
- ½ packet au jus seasoning
- optional caramelized onion
- 8 TBS shredded cheese (approx)
OR american cheese slices
- optional sesame seeds
- optional bacon bits
- optional 2 TBS melted butter

BURGER SAUCE:

- 3 TBS light mayo
- 3 TBS ketchup
- 1-2 TBS mustard
- splash of pickle juice
- ¼ tsp burger seasoning of choice

MACROS:

yield/servings: 8
macros (per serving)

Calories: 344

Fat: 17g

Protein: 18g

Carbs: 29g

(approximate)



GO HOME

DIRECTIONS:

Cook meat in a skillet until browned. Add diced onion here as well if using. Cook until meat is browned and onions are golden and tender. Sprinkle with a little bit of an au jus seasoning packet and a splash of water

On a greased baking sheet, roll out 1 can of crescent dough and press seams together so it forms one large rectangle

Add meat mixture, caramelized onion, bacon bits (optional), drizzle of burger sauce, and shredded cheese. Roll out the other can of crescent roll dough and place on top

Press seams together and use the end of a fork to crimp the edges to seal. NOTE: you can make this as one giant "pocket" OR you can cut into smaller rectangles with a pizza cutter, then crimp edges on each smaller pocket, then bake.

Brush with a whisked egg OR small amount of melted butter then bake 375F for 12-15 minutes or until golden brown

Serve with a big side salad or green veggie of choice

MELTY TUSCAN CHICKEN

ingredients:

- 2 boneless skinless chicken tenderloin
- 3 TBS Greek yogurt
- 3 TBS Alfredo sauce
- ½ TBS sundried tomato pesto
- ½ TBS parmesan
- ¼ tsp garlic salt, pepper, italian
- optional sundried tomatoes, spinach (to taste)
- 3 TBS shredded mozzarella
- 1 TBS italian panko breadcrumbs

recipe is for 1 serving, feel free to modify amounts to make this into a family sized meal

MACROS:

yield/servings: 1
macros (per serving)

Calories: 315

Fat: 13g

Protein: 38g

Carbs: 9g

(approximate)



GO HOME

DIRECTIONS:

Mix together plain greek yogurt, alfredo sauce, tomato peso, parmesan, and seasonings (don't worry, this turns into CHEESE when cooked!)

Season chicken tenderloins with seasoning salt, pepper, garlic, paprika and air fry on 400F for 5 minutes.

Flip chicken, then add greek yogurt mixture over both pieces. Feel free to add sauteed spinach and sun dried tomatoes on top of this here as well.

Top with mozzarella and italian panko, cook for 5 more minutes on 400 then remove from air fryer and let rest for a couple minutes before eating.

Pair with sides of choice and enjoy!

ENCHILADA "LASAGNA"

ingredients:

- 1 lb lean beef
- ½ cup fat free refried beans
- 1 joseph lavash flatbread (or tortillas)
- 1 single serve greek yogurt
- 1 can enchilada sauce
- 1 cup shredded mexican cheese
- ½ cup white queso of choice



GO HOME

DIRECTIONS:

Cut flat bread in half, put in bottom of 8x8 baking dish

Cook meat, add taco seasoning, beans, layer half of that mixture over flatbread

Mix greek yogurt and 1/2 can enchilada sauce, spread over meat mixture, sprinkle with 1/2 cup cheese

Repeat layers with other half of flatbread, meat mixture, remainder of enchilada sauce, remaining shredded cheese, ½ cup queso drizzled on top

Bake 375 for 20-25 minutes

MACROS:

yield/servings: 6
macros (per serving)

Calories: 256

Fat: 13g

Protein: 27g

Carbs: 8 (net)

(approximate)

WHITE STUFFED SHELLS

ingredients:

- 4 jumbo shells
- 3-4 oz boneless skinless chicken

FILLING:

- ½ cup greek yogurt, 2 TBS parmesan, 1 laughing cow cheese, optional chopped spinach, ¼ tsp salt, pepper, garlic, italian
- ¼ cup alfredo sauce
- 2 TBS skim mozzarella
- paprika, italian seasoning

recipe is for 1 serving, feel free to modify amounts to make this into a family sized meal

MACROS:

Yield/servings: 1

Calories: 379

Fat: 15g

Protein: 46g

Carbs: 16g

(approximate)



DIRECTIONS:

Prepare chicken, I like to season with salt, pepper, garlic, paprika, and italian seasoning, then air fry 400F 5 min, each side (let them rest a couple minutes before shredding or chopping into small pieces), rotisserie chicken also works great here

In a small bowl, mix together filling ingredients listed

Boil pasta until almost tender according to package directions and prepare optional green veggie (I just sauté or microwave spinach)

Evenly distribute filling mixture amongst your 4 jumbo shells

In a small glass tupperware container or any oven safe baking dish, add 2 TBS alfredo sauce to lightly coat the bottom, then add shells on top

Drizzle with a little more alfredo sauce, add shredded mozzarella, and sprinkle with paprika and italian seasoning

Bake 400 for 15-20 minute or until bubbling and golden on top

I serve with a big side salad!

CREAMY WICKED CHICKEN PASTA

ingredients:

- 2 boneless skinless chicken tenderloins
- 2 oz cooked pasta of choice
- 1 tsp butter
- 1 tsp garlic, ½ tsp italian seasoning
- 1 TBS hot sauce
- ½ TBS hot honey
- 1/4 cup Alfredo sauce
- optional TBS greek yogurt or light cream cheese
- parmesan, crushed croutons for serving

recipe is for 1 serving, feel free to modify amounts to make this into a family sized meal

MACROS:

yield/servings: 1

Calories: 419

Fat: 11g

Protein: 36g

Carbs: 43g

(approximate)



GO HOME

DIRECTIONS:

Prepare chicken, I like to season with salt, pepper, garlic, paprika, and italian seasoning, then air fry 400F 5 min, each side (let them rest a couple minutes before shredding or chopping into small pieces)

Prepare pasta of choice according to package directions

In a skillet or saucepot, saute butter with garlic and italian seasoning until fragrant, then add in hot sauce and honey, saute until combined. Turn down heat and stir in alfredo sauce and greek yogurt until smooth. Mix with your noodles

Serve sliced chicken on top of pasta with an optional drizzle of hot honey and parmesan

I like to eat this with a big italian side salad or other green veggie!

Feel free to increase amounts to serve as family style dish

STROGANOFF BAKE

ingredients:

- ½ cup beef broth
- ¼ cup alfredo
- ½ cup cooked lean ground beef
- ¼ tsp au jus seasoning packet
- 1 tbs parmesan
- ½ cup dry egg noodles
- 2 TBS shredded cheese (mozzarella or provolone)

recipe is for 1 serving, feel free to modify amounts to make this into a family sized meal or meal prep!

MACROS: yield/servings: 1

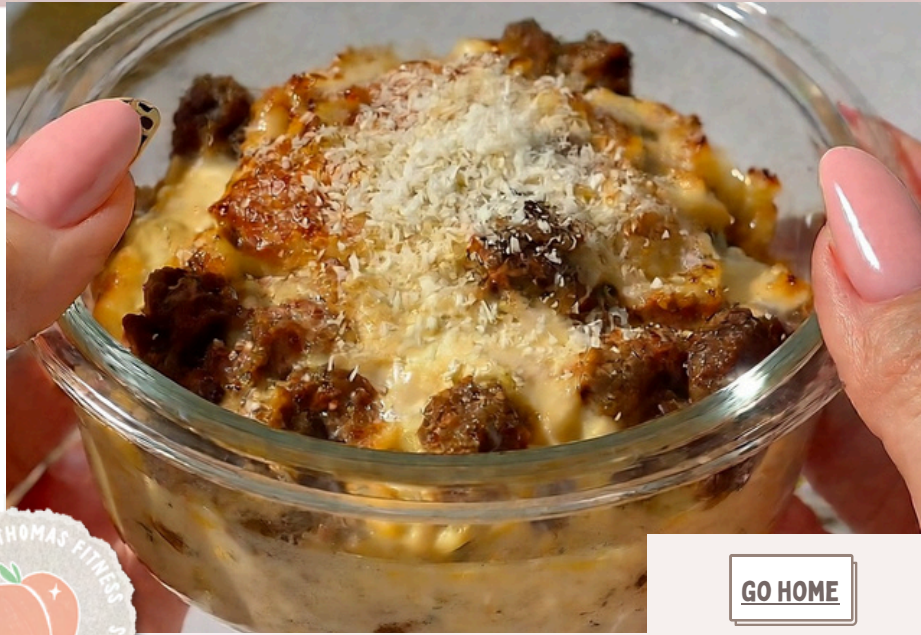
Calories: 377

Fat: 18g

Protein: 33g

Carbs: 19g

(approximate)



GO HOME

DIRECTIONS:

Prepare lean beef to your liking

In a small glass tupperware or baking dish, add beef broth, ¼ tsp au jus seasoning, alfredo, parmesan, mix gently until combined

Stir in your cooked lean beef and egg noodles

Cover with foil and bake on 375F for 25-30 min, then stir in 2 TBS mozzarella before eating

if eating leftover, store in air tight containers and microwave to reheat before eating

You can also meal prep these, I typically make 4 at a time when doing this

SINGLE SERVE ROLL UP

ingredients:

- ½ josephs lavash bread (or any flatbread)
- 3-4 oz any chicken, see directions
- ¼ cup green veggie of choice (spinach or cooked broccoli for me)
- 1 laughing cow
- ¼ cup Greek yogurt
- ¼ tsp garlic, salt, pepper, italian
- 1 TBS Parmesan
- ¼ cup marinara (or alfredo) sauce
- 2 TBS skim mozzarella

recipe is for 1 serving, feel free to modify amounts to make this into a family sized meal or meal prep!

MACROS:

yield/servings: 1

Calories: 326

Fat: 10g

Protein: 44g

Carbs: 16g

(approximate)



GO HOME

DIRECTIONS:

Prepare chicken, I like to season 2 chicken tenderloins with salt, pepper, garlic, paprika, and italian seasoning, then air fry 400F 5 min, each side (let them rest a couple minutes before shredding or chopping into small pieces), rotisserie chicken also works great here

In a small bowl add chopped chicken, laughing cow, greek yogurt, seasonings listed, green veggie of choice, and parmesan, mix until combined

Add this mixture to HALF of a joseph lavash bread and roll up (should look like a large hot pocket) place roll up into a greased glass baking dish or tupperware container

Cover with marinara or alfredo sauce and shredded mozzarella

Bake 375F for 10-15 minutes or until hot and melty, I like serving with a big italian side salad!

SINGLE SERVE CHEESY CHICKEN ENCHILADAS

ingredients:

- 3-4 oz any chicken (see directions)
- 1 pepper jack laughing cow
- 1/2 tsp fajita seasoning
- 2 TBS salsa
- 2 TBS Greek yogurt
- 2 snack sized low cal tortillas (I like La Banderita brand)
- 2 TBS shredded quesadilla cheese
- 2 TBS queso of choice

recipe is for 1 serving, feel free to modify amounts to make this into a family sized meal or meal prep!

MACROS:

yield/servings: 1

Calories: 370

Fat: 16g

Protein: 40g

Carbs: 23g

(approximate)



GO HOME

DIRECTIONS:

Prepare chicken, I like to season 2 chicken tenderloins with fajita seasoning then air fry 400F 5 min, each side (let them rest a couple minutes before shredding or chopping into small pieces), rotisserie chicken also works great here

In a small bowl add chopped chicken, laughing cow, greek yogurt, fajita seasoning, and salsa, mix until combined

Split this mixture evenly between 2 small tortillas and roll up like enchiladas. Place into a greased glass baking dish or tupperware container

Cover with melted queso of choice and sprinkle with shredded cheese

Bake 425F for 10-15 minutes or until hot and melty, I like serving with a big mexican side salad!

SINGLE SERVE WHITE CHICKEN LASAGNA

ingredients:

- 2 boneless skinless chicken tenderloins
- 2 lasagna noodles (cooked)
- ½ cup greek yogurt (or blended cottage cheese)
- 2 TBS parmesan
- ½ tsp garlic salt, pepper, garlic, italian
- ½ cup alfredo sauce of choice
- 2 TBS skim mozzarella
- green veggie of choice, I like spinach here

recipe is for 1 serving, feel free to modify amounts to make this into a family sized meal or meal prep!

MACROS:

yield/servings: 1

Calories: 527

Fat: 16g

Protein: 48g

Carbs: 45g

(approximate)



GO HOME

DIRECTIONS:

Prepare chicken, I like to season with salt, pepper, garlic, paprika, and italian seasoning, then air fry 400F 5 min, each side (let them rest a couple minutes before shredding or chopping into small pieces), rotisserie chicken also works great here

In a small bowl, mix together greek yogurt, parmesan, and seasonings listed

Boil pasta until tender according to package directions and prepare optional green veggie (I just sauté or microwave spinach)

Assemble bowl/tupperware in this order:

- cooked lasagna noodle (cut into bite sized pieces)
- half of your creamy mixture
- spinach or green veggie of choice
- 3 TBS alfredo sauce
- 1 chicken tenderloin, chopped

repeat each layer one more time then top with shredded mozzarella

When ready to eat, microwave 1:30 (or bake) until hot and melty

if eating leftover, store in air tight containers and microwave to reheat before eating

LAZY GIRL LOADED GARLIC BREAD

ingredients:

- 1 piece frozen garlic bread
- 2 chicken boneless, skinless chicken tenderloins
- 2 TBS pizza sauce
- 2 TBS shredded mozzarella
- italian seasoning, parmesan for topping

recipe is for 1 serving, feel free to modify amounts to make this into a family sized meal or meal prep!

MACROS:

yield/servings: 1

Calories: 298

Fat: 10g

Protein: 30g

Carbs: 20g

(approximate)



GO HOME

DIRECTIONS:

Prepare chicken, I like to season 2 chicken tenderloins with salt, pepper, garlic, paprika, and italian seasoning, then air fry 400F 5 min, each side (let them rest a couple minutes before shredding or chopping into small pieces), rotisserie chicken also works great here

Cook frozen garlic bread according to package directions, smash center down slightly with spoon and add pizza sauce, chopped chicken, and shredded cheese

Bake or air fry a couple more minutes just until cheese is melty, I like serving with a big italian side salad!

CHICKEN PARM PIZZA

ingredients:

- 1 (12 oz) can chicken, drained
- 1 egg
- ½ cup shredded cheese
- ¼ tsp salt, pepper, garlic, Italian
- pizza toppings of choice, I like ¼ cup marinara and ¼ cup shredded mozzarella
- optional: serve with pasta tossed in alfredo sauce on top



GO HOME

DIRECTIONS:

Drain chicken well and mix with egg, shredded cheese, and seasonings listed

Mix well then press into thin circle pizza shape onto a greased baking sheet or pizza pan

Bake on 425 for 20 min or until crisp

Top with pizza toppings of choice, I like to make this into a chicken parm pizza by adding marinara and shredded mozzarella, broil until melty

To make this a Cheesecake Factory dupe, also top with a mindful portion of pasta tossed in alfredo sauce

MACROS:

yield/servings: 2

Calories: 335

Fat: 15g

Protein: 44g

Carbs: 5g

(approximate)

BANG BANG FRIED RICE

ingredients:

- 1/2 cup cooked rice of choice
- 1/2 cup cooked cauliflower rice
- 3-4 oz chicken (see directions)
- ¼ cup frozen peas, carrots, onion
- 1 egg
- 2 TBS soy sauce
- 2 TBS teriyaki sauce
- ¼ tsp garlic, ginger, red pepper

BANG BANG SAUCE:

- ½ TBS sriracha mayo
- 1 tsp honey
- splash of soy sauce

recipe is for 1 serving, feel free to modify amounts to make this into a family sized meal or meal prep!

MACROS:

yield/servings: 1

Calories: 410

Fat: 10g

Protein: 33g

Carbs: 44g

(approximate)



GO HOME

DIRECTIONS:

Prepare rice and cauliflower rice of choice, then mix together and set aside

Prepare chicken, I like to season 2 chicken tenderloins with salt, pepper, garlic, paprika, then air fry 400F 5 min, each side (let them rest a couple minutes before shredding or chopping into small pieces), rotisserie chicken also works great here

In a skillet on medium heat, mist with cooking oil of choice, add frozen veggies and sauté until just cooked. Add egg and stir to scramble then add rice, soy sauce, teriyaki, and seasonings. Toss gently to combine.

Top with chicken and drizzle bang bang sauce over. Enjoy as a single serve meal or prep as meal prep!

recipe is for 1 bowl, (if making as a family meal or meal prep, multiply ingredients by 4)

HEALTHY GIRL GORDITAS

ingredients:

- 8 low carb pita (Jospheh's brand)
- 8 nacho cheese hard shell taco (I like El Dorado low carb brand)
- 2-3 TBS shredded cheese per taco
- 1 lb lean beef (to split amongst 8 tacos)
- 1 taco seasoning packet
- ½ cup fat free refried beans
- 2 TBS taco sauce
- optional equal parts of greek yogurt mixed with taco sauce for topping



GO HOME

DIRECTIONS:

Prepare meat by browning in a skillet until browned, add taco seasoning, and stir in beans until combined. Add splash of taco sauce and stir.

Sprinkle cheese over the surface of low carb tortilla, toast in a skillet or bake in oven on 375 until melty, then immediately add hard taco shell on top of melted cheese (best if you bake the hard shells prior to this so they're crispy)

Add approximately 2 oz taco mixture to your Gordita and toppings of choice

MACROS:

Yield/servings: 8
macros (per 1)

Calories: 274

Fat: 13g

Protein: 24g

Carbs: 24g

(approximate)

SMASHBURGER SLIDERS

ingredients:

- 5 low cal hot dog buns (I like Healthy Life brand)
- 1 lb. lean ground beef
- 1/2 au jus seasoning packet
- 5 TBS bacon bits
- 5 fat free cheese slices
(American cheese works best here)
- 2-3 TBS butter (melted)
- optional burger toppings of choice
(I like adding shredded lettuce after baking)



GO HOME

SMASHBURGER SAUCE:

- 3 TBS light mayo
- 2 TBS ketchup
- 1 tsp BBQ sauce
- 1/2 tsp cajun or BBQ seasoning

MACROS:

Yield/servings: 10 sliders
macros (per 1)

Calories: 187

Fat: 8g

Protein: 15g

Carbs: 14g

(approximate)

DIRECTIONS:

Cut each hot dog bun in half to make 2 small slider buns out of each, lay buns in a baking dish

Brown your ground beef in a skillet and season with half of the au jus seasoning packet, divide meat evenly between each bun, gently pry each bun open and place meat in middle like you'd place a hot dog

Mix together sauce ingredients and spread evenly over meat

Sprinkle bacon bits, diced pickle and/or sauteed onions over this if you prefer. If sautéing onions, finely dice and sauté in a skillet over medium heat, add a splash of water when the bottom of your pan starts browning. Stir, cover, repeat until onions are soft.

Take 5 slices of American cheese and fold in half, place half slice on each then top with the top bun

Brush each top bun with a little melted butter Bake 350 for 10-15 min.

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

PICKLEWICH SAMMIE

ingredients:

- 8 TBS shredded cheese
- 6 pickle "stackers" (thin slices of pickles)
- 3 slices deli turkey
- 1 slice bacon
- 1 TBS greek yogurt ranch or sauce of choice

SANDWICH TOPPINGS OF CHOICE:

- I like sliced tomato, red onion, salt, pepper, shredded lettuce, and a mindful handful of kettle cooked chips on top!

recipe is for 1 serving, feel free to modify amounts to make this into a family sized meal or meal prep!

MACROS:

yield/servings: 1

Calories: 361

Fat: 21g

Protein: 26g

Carbs: 16g

(approximate)



GO HOME

DIRECTIONS:

On a flat, nonstick baking sheet, sprinkle about 4 TBS cheese in a thin layer, square shape (like a piece of bread), do this again to make your second piece of "bread"

Pat pickle slices dry then add side by side on top of choice, about 3 per "bread"

Bake 400 for 10-15 minutes, your "bread" slices should peel up easily

Layer sandwich with turkey, bacon, and other sandwich toppings of choice, I like to drizzle with ranch and add a small sprinkle of kettle chips on top

Enjoy immediately and pair with sides of choice!

TROPICAL CHICKEN TACOS

ingredients:

- 8 boneless skinless chicken tenderloins
- BBQ seasoning
- diced pineapple, approx 1 cup
- diced red onion, to taste
- 3 TBS BBQ sauce + 3 TBS teriyaki sauce
- chipotle sauce, lime
- low cal tortillas of choice

TROPICAL SLAW:

- 1 cup cabbage or slaw mix
- 1 avocado, diced
- ¼ cup diced red onion, pineapple
- ¼ cup coleslaw dressing, juice of a lime, 1 TBS hot honey, salt, pepper to taste



GO HOME

DIRECTIONS:

Cut chicken into bite sized pieces, sprinkle with BBQ seasoning and mix with BBQ sauce and teriyaki sauce

Add chicken chunks, diced pineapple, diced red onion chunks to a large baking sheet

Bake 425 for 15-20 minutes or until chicken is cooked through

Mix tropical slaw ingredients together

I like serving this in low calorie tortillas, with a drizzle of chipotle sauce, and tropical slaw on top! Would also make a great tropical chicken taco bowl over rice.

MACROS:

Yield/servings: 8 tacos
macros (per 1)

Calories: 168

Fat: 7g

Protein: 13g

Carbs: 15g

(approximate)

PHILLY CHEESE TACOS

ingredients:

- 1 lb lean beef
- 1/2 au jus seasoning packet
- 6-8 snack sized, low calorie tortillas (I like La Banderita)
- shredded pepperjack or cheese of choice
- bell peppers, onions, mushroom (optional)
- optional white queso for dipping



GO HOME

DIRECTIONS:

Cook meat in a skillet until browned. Add diced veggies here as well if using. Cook until meat is browned and veggies are tender. Sprinkle with a little bit of an au jus seasoning packet and a splash of water

Lay tortillas flat and fill with meat mixture (I usually have enough meat to make 6-8 small tacos). Sprinkle with cheese then fold over like a taco

Fold/smash tacos, secure with toothpick if needed. Toast in a skillet with avocado oil until both sides are golden brown and toasty (or airfry/bake 400 for 4-5 minutes each side or until crisp)

Serve with white queso for drizzling or dipping and add sides of choice, I like air fried fries and a green veggie with these!

MACROS:

Yield/servings: 6-8
macros (per 1)

Calories: 135

Fat: 7g

Protein: 13g

Carbs: 10g

(approximate)

CRACK CHICKEN TOASTY BITES

ingredients:

- 1 light english muffin
- 5 oz can chicken, drained
- 2 laughing cow cheeses
- ½ tsp ranch seasoning
- 1 TBS bacon bits
- 2 TBS shredded cheese

recipe is for 1 serving, feel free to modify amounts to make this into a family sized meal or meal prep!

MACROS:

yield/servings: 1

Calories: 358

Fat: 13g

Protein: 37g

Carbs: 30g

(approximate)



GO HOME

DIRECTIONS:

Drain chicken well (or use rotisserie), add to a small bowl with laughing cow cheese, ranch seasoning, and bacon bits. Mix until combined

Split english muffin into 2 halves and spread mixture evenly onto each half

Top each half with a TBS of shredded cheese

Air fry 370F for 6-7 minutes (or bake until melty)

Enjoy with sides of choice like side salad, protein chips, sliced veggies, etc.

GO HOME 24

CHIPOTLE CHICKEN STUFFED FLATBREAD

ingredients:

- 2 low calorie tortillas of choice
- 1 pepper jack laughing cow cheese
- ½ tsp fajita seasoning
- 2 tsp chipotle sauce of choice
- 3-4 oz chicken (see directions)
- 2 TBS pico
- 4 TBS shredded mexican cheese

recipe is for 1 serving, feel free to modify amounts to make this into a family sized meal or meal prep!

MACROS:

yield/servings: 1

Calories: 388

Fat: 16g

Protein: 40g

Carbs: 30g

(approximate)



GO HOME

DIRECTIONS:

Prepare chicken, I like to season with fajita seasoning, then air fry 400F 5 min, each side (let them rest a couple minutes before shredding or chopping into small pieces), rotisserie or "Real Good" crispy chicken also works great here

Spread laughing cow cheese and fajita seasoning across the surface of 1 tortilla, I use the back of a spoon to mash and spread

Add chopped chicken, pico, a drizzle of chipotle sauce and 1-2 TBS shredded cheese

Place second tortilla on top and add a SMALL amount of sauce on top of this tortilla (maybe 1 tsp), spread this over the surface just so the remaining cheese has something to stick to. Sprinkle with remaining cheese. Secure with toothpicks if needed

Air fry (or bake) on 370 for 6-7 minutes or until crisp and cheese is melted.

Cut into quarters and enjoy!

BANG BANG SMASH TACOS

ingredients:

- 1 lb. ground chicken
- ginger, red pepper flakes, garlic salt
- 10 wonton wrappers

SLAW TOPPING:

- 1 cup cabbage mix, squeeze of lime
- 1-2 TBS light mayo, 1 TBS hot honey

BANG BANG SAUCE:

- 1 TBS sriracha mayo
- 2 tsp hot honey
- splash of soy sauce



GO HOME

DIRECTIONS:

Smash 1-2 oz ground chicken onto wonton wrappers until fully covered with a thin layer of meat

Cook in a greased skillet (meat side down) until browned, then other side. Gently fold in half like a taco.

Mix slaw ingredients together and serve on top of tacos along with a drizzle of bang bang sauce

MACROS:

Yield/servings: 10
macros (per serving)

Calories: 95

Fat: 5g

Protein: 10g

Carbs: 5g

(approximate)



crockpot



CHICKEN ALFREDO SOUP

ingredients:

- 8 boneless skinless chicken tenderloins
- 2 cups chicken broth
- 1 jar alfredo sauce
- ¼ tsp salt, pepper, garlic, Italian
- 1 cup half + half
- 1 cup Italian cheese
- spinach, to taste, approx 1-2 cups
- 2 cups tortellini or other pasta of choice



GO HOME

DIRECTIONS:

Add chicken to a crock pot, along with chicken broth, alfredo sauce, seasonings listed.

Cover and cook on high for 2-3 hours or low for 4-6 or until chicken is easy to shred with 2 forks.

Once chicken is shredded, add half and half, spinach, and shredded cheese, stir until cheese is melted. Stir in spinach here if preferred, fresh or frozen is fine, along with 2 cups cooked pasta of choice!

Serve with a big italian side salad, a roll, or garlic bread!

MACROS:

Yield/servings: 8
macros (per serving)

Calories: 321

Fat: 18g

Protein: 23g

Carbs: 19g

(approximate)

CHEESEBURGER SOUP

ingredients:

- 1 can cream chicken
- 3 cups chicken broth
- ½ finely diced yellow onion
- 1 large russet potato
- 1 lb lean beef (optional au jus seasoning packet)
- 1/2 packet ranch seasoning
- 1 cup half & half
- 1 single serve container Greek yogurt
- 2 cups shredded cheese
- bacon, shredded cheese, french fried onions for serving



DIRECTIONS:

To a crockpot, add cream of chicken soup, chicken broth, ranch seasoning, finely diced onion, and diced potato

Prepare beef by browning in a skillet, mash and flip when underside is brown, cook other side until browned and no longer pink. I like to season with some of an au jus seasoning packet and a splash of water. Add ground meat to your crockpot.

Cook on high for 3-4 hours or low for 4-6 until onions and potatoes are both soft

Add half & half, greek yogurt, and shredded cheese. Stir until combined

Serve with bacon bits, shredded cheese, and french fried onions on top! I like to pair with a big side salad as well.

MACROS:

Yield/servings: 7
macros (per serving)

Calories: 270

Fat: 16g

Protein: 22g

Carbs: 9g

(approximate)

CHILI CHEESE SOUP

ingredients:

- 1 lb lean ground beef
- 6 oz turkey kielbasa
- 1 can chili beans
- 2.5 cups tomato juice
- 1 can beef broth
- 1 packet chili seasoning
- 1 cup shredded cheese
- 1 single serve Greek yogurt (5 oz)
- 1/2 block light cream cheese



GO HOME

DIRECTIONS:

In a large soup pot or sauce pan, brown ground beef then add sliced turkey kielbasa and sauté until lightly browned

Add chili beans, tomato juice, beef broth, and chili seasoning packet, stir and simmer on medium low heat for 10 minutes

Stir in shredded cheese, cream cheese, and greek yogurt, whisk until smooth

Serve with shredded cheese, greek yogurt, and crushed crackers on top!

MACROS:

Yield/servings: 8
macros (per serving)

Calories: 252

Fat: 12g

Protein: 23g

Carbs: 12g

(approximate)

CROCKPOT BEEFY CHEESY PASTA

ingredients:

- 1 lb lean ground beef
- 3 TBS tomato paste
- 1 cup beef broth
- 1 jar alfredo sauce
- ½ tsp salt, pepper, garlic, italian seasoning, dried onion flakes
- ½ cup shredded cheese of choice
- 2 cups cooked shell pasta



GO HOME

DIRECTIONS:

To a crockpot, add cooked ground beef, tomato paste, beef broth, and seasonings listed

Cook on high for 2-3 hours or low for 4-5

Then stir in shredded cheese until smooth and gently mix in cooked pasta

Serve with a big side salad or green veggie of choice, also great as meal prep!

MACROS:

Yield/servings: 6
macros (per serving)

Calories: 334

Fat: 18g

Protein: 24g

Carbs: 19g

(approximate)

CRACK CHICKEN CHILI

ingredients:

- 8 boneless, skinless chicken tenderloins
- ½ ranch seasoning packet
- 1 can cream of chicken soup
- 3 cups chicken broth
- ½ cup finely diced onion (for flavor)
- 1 can white beans of choice
- 1 cup half + half
- 1 cup shredded colby jack cheese
- ½ block reduced fat cream cheese
- optional toppings: bacon bits, shredded cheese, greek yogurt, crushed croutons, etc.



GO HOME

DIRECTIONS:

To a crockpot, add chicken, ranch seasoning, cream of chicken, broth, finely diced onion, drained white beans

Cook on high for 3-4 hours or low for 4-6 until onions are soft and chicken is tender and easy to shred with 2 forks

Shred chicken, then stir in half + half, shredded cheese, and cream cheese until smooth

Serve with bacon bits, shredded cheese, and crushed croutons on top! I like to pair with a big side salad as well.

MACROS:

Yield/servings: 7
macros (per serving)

Calories: 306

Fat: 17g

Protein: 24g

Carbs: 14g

(approximate)

HONEY LIME CHICKEN SOUP

ingredients:

- 6-8 chicken tenderloins
- 2.5 cups chicken broth
- 1 lime seasoning packet (or fajita)
- 1-2 TBS hot honey
- 1 can black beans, drained
- 1 can fire roasted corn, drained
- ½ cup diced red onion
- 1 lime
- 1 cup half + half
- 1/2 block reduced fat cream cheese
- 1 cup Mexican cheese



GO HOME

DIRECTIONS:

To a crockpot, add chicken, broth, seasoning packet, honey, drained black beans, corn, onion, and juice from a lime

Cook on high for 2-3 hours or low for 4-5 until onions are soft and chicken is tender and easy to shred with 2 forks

Shred chicken, then stir in half + half, shredded cheese, and cream cheese until smooth

Serve with low cal quesadillas, fresh lime, and crispy tortilla strips

MACROS:

Yield/servings: 7
macros (per serving)

Calories: 224

Fat: 8g

Protein: 20g

Carbs: 18g

(approximate)

STREET CORN CHICKEN CHILI

ingredients:

- 8 boneless skinless chicken tenderloins
- 2 cups chicken broth
- 1 can red enchilada sauce
- 1 fajita seasoning packet
- 1 can corn, drained
- 1 can creamed corn
- 1 can white beans
- 1 small can green chiles
- ½ block reduced fat cream cheese
- 1 cup mexican cheese
- optional toppings: cotija, greek yogurt, bacon, avocado, lime, cilantro



GO HOME

DIRECTIONS:

To a crockpot, add chicken, broth, enchilada sauce, seasoning packet, honey, both cans of corn, beans, and green chiles

Cook on high for 2-3 hours or low for 4-5 until onions are soft and chicken is tender and easy to shred with 2 forks

Shred chicken, then stir in shredded cheese and cream cheese until smooth

Serve with low cal quesadillas, and toppings of choice, I like topping mine with fresh lime, extra corn, crispy bacon, cotija cheese and tajin!

MACROS:

Yield/servings: 7
macros (per serving)

Calories: 297

Fat: 7g

Protein: 25g

Carbs: 22g

(approximate)

WICKED CHICKEN SOUP

ingredients:

- 8 chicken tenderloins
- finely diced celery, onion, carrots, to taste (about ¼ cup or more each)
- ½ ranch seasoning packet
- ½ tsp garlic, paprika
- 3-4 cups chicken broth
- ½ cup buffalo or hot sauce
- optional can of white beans, drained
- 1 cup half + half
- 1 cup shredded colby jack cheese
- ½ block reduced fat cream cheese
- **optional toppings:** bacon bits, shredded cheese, greek yogurt



[GO HOME](#)

DIRECTIONS:

To a crockpot, add chicken, finely diced veggies, ranch seasoning, chicken broth, hot sauce of choice

Cook on high for 2-3 hours or low for 4-5 until onions are soft and chicken is tender and easy to shred with 2 forks

Shred chicken, then stir in half + half, shredded cheese, and cream cheese until smooth

Serve with toppings of choice like extra cheese, bacon, greek yogurt, and ritz crackers

MACROS:

Yield/servings: 7
macros (per serving)

Calories: 183

Fat: 10g

Protein: 18g

Carbs: 4g

(approximate)

WALKABOUT MAC + CHEESE SOUP

ingredients:

- 1-2 cups sliced or diced yellow onion
- ½ stick butter
- ½ tsp salt, pepper, garlic, chicken bouillon
- 2 TBS flour
- 1.5 cups chicken broth
- 1.5 cups milk
- 1-2 oz velveeta cheese or cream cheese
- 1 cup shredded cheddar
- meat from 1 rotisserie chicken (or 2 cups your own chicken, shredded)
- **optional** 1 cup cooked elbow pasta



GO HOME

DIRECTIONS:

Finely slice 2 cups of yellow onion, add to a large sauce pan with ½ stick butter and seasonings listed.

Sauté until onions are soft and brown, then stir in flour until combined. You should have a golden blonde mixture in your pan.

Stir in chicken broth and milk, whisk and simmer on medium low until thickened, approx. 5 minutes or so. Then add velveeta and shredded cheese. Whisk until smooth and thick.

Add shredded chicken of choice and optional cooked elbow noodles

I like to serve this with a chicken bacon grilled cheese club + big side salad

MACROS:

Yield/servings: 7
macros (per serving)

Calories: 229

Fat: 13g

Protein: 21g

Carbs: 7g

(approximate)

THAI COCONUT CURRY

ingredients:

- 8 chicken tenderloins
- ½ cup finely diced onion, peas, carrots
- ⅓ cup red curry paste
- ½ cup peanut butter
- 1 can coconut cream
- 1 can coconut milk
- 2 TBS soy sauce
- 1-2 TBS honey
- 14 oz can chicken broth
- 1 TBS garlic
- 1 tsp ginger, red pepper flakes
- 1 lime
- rice, cilantro for serving



GO HOME

DIRECTIONS:

Add chicken to a crockpot along with all other ingredients listed

Cover and cook on low for 5-6 hours or high for 3-4 until veggies are soft and chicken is easy to shred with 2 forks

Serve this over rice or cooked ramen noodles with fresh lime and crispy wontons for topping, you can also serve with a jammy egg for extra protein (air fry egg 275 for 11-12 minutes)

MACROS:

Yield/servings: 7
macros (per serving)

Calories: 343

Fat: 24g

Protein: 20g

Carbs: 12g

(approximate)

CROCKPOT GARLIC CHEDDAR BISCUIT CASSEROLE

ingredients:

- 8 boneless, skinless, chicken tenderloins
- 2 cans cream of chicken
- 5 oz single serve Greek yogurt
- ¼ tsp salt, pepper, garlic
- optional veggies like frozen carrots + peas

TOPPING:

- ½ cup red lobster cheddar bay biscuit mix
- ¼ cup shredded cheese
- ¼ cup water

MACROS:

Yield/servings: 4
macros (per serving)

Calories: 313

Fat: 13g

Protein: 30g

Carbs: 19g

(approximate)



DIRECTIONS:

Place thawed chicken in crockpot

In a bowl, combine cream of chicken soup with greek yogurt and seasonings listed, stir then spread over chicken

Mix topping ingredients together with a fork til a crumbly dough forms, sprinkle on top of chicken mixture (doesn't have to look perfect)

Cover and cook for 2-4 hours on high or until chicken is cooked through

Tip: you can add a large dish cloth over the top of your crockpot before adding lid to help collect moisture so your crust topping browns more easily!

Serve alone or over a bed of white rice (or cauli rice). I also like to pair with a green veggie or side salad!

MARRY ME CHICKEN PASTA

ingredients:

- 8 boneless, skinless chicken tenderloins
- 1 jar of alfredo sauce
- 1 cup of chicken broth
- 2 tablespoons tomato paste
- ½ cup finely diced onion
- ½ cup sun-dried tomatoes
- 1 teaspoon salt, pepper, garlic, paprika
- 1 tablespoon Italian seasoning
- 1-2 cups spinach
- ½ cup shredded Italian cheese
- 2-3 cups cooked pasta of choice



GO HOME

DIRECTIONS:

To a crockpot, add chicken, alfredo sauce, broth, tomato paste, onion, tomatoes, and seasonings listed

Cover and cook on high for 2-3 hours or low for 4-6 until onion is soft and chicken is easy to shred with 2 forks

Shred chicken, then stir in spinach, shredded cheese, and cooked pasta of choice until combined

Serve with extra parmesan and crushed crouton on top. I love enjoying this with a big italian side salad!

MACROS:

Yield/servings: 6
macros (per serving)

Calories: 292

Fat: 8g

Protein: 25g

Carbs: 24g

(approximate)

CREAMY FIESTA CHICKEN

ingredients:

- 8 boneless skinless chicken tenderloins
- 1 fajita seasoning packet
- optional finely diced red/yellow bell peppers, and onion, to taste
- 1 jar salsa of choice
- 1 block reduced fat cream cheese
- rice, tortillas, or "base" of choice, for serving *not included in macros



GO HOME

DIRECTIONS:

In a crockpot, add chicken, veggies, salsa, fajita seasoning, and a block of cream cheese

Cover and cook on high for 3 hours or low for 5 until chicken and veggies are tender. Shred chicken with 2 forks and mix together in crockpot until everything is creamy and combined.

I like to add this chicken over rice and top with a drizzle of avocado lime, also great in hard shell tacos or quesadillas!

MACROS:

Yield/servings: 6
macros (per serving)

Calories: 129

Fat: 2g

Protein: 15g

Carbs: 9g

(approximate)

QUESO VERDE CHICKEN TACOS

ingredients:

- 8 boneless, skinless chicken tenderloin
- 1 can salsa verde
- optional can green chiles
- ½ packet fajita seasoning
- 1 block reduced fat cream cheese
- 9 low calorie tortillas
- quesadilla cheese (approx 1 TBS per taco)



GO HOME

DIRECTIONS:

In a crockpot, add chicken, salsa verde, fajita seasoning, and a block of cream cheese

Cover and cook on high for 2-3 hours or low for 4-5 until chicken is tender. Shred chicken with 2 forks and mix together in crockpot until everything is creamy and combined.

Add filling to tortillas (minis or standard size) with a sprinkle of quesadilla cheese on top. Fold over and toast in a skillet, or airfry/bake until toasty and melty.

Makes about 9 mini tacos or 6 standard sized tacos, filling is also great in a rice bowl or on nachos!

MACROS:

Yield/servings: 9
macros (per 1)

Calories: 179

Fat: 8g

Protein: 16g

Carbs: 13g

(approximate)

CREAMY CROCKPOT BUFFALO CHICKEN CRUNCHERS

ingredients:

- 6-8 chicken tenderloins
- 1 ranch seasoning packet
- ½ cup (or ⅓ cup if you like less spice) buffalo or hot sauce of choice
- 1 block reduced fat cream cheese
- 5-6 low carb tortillas of choice (I like La Banderita brand)
- Monterey jack cheese, 1 TBS per cruncher



GO HOME

DIRECTIONS:

In a crockpot, add chicken, sprinkle with seasoning packet, add hot sauce, cream cheese

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).

Add filling to tortillas with a sprinkle of shredded cheese on top. Tuck + roll tightly like a burrito and toast in a skillet, or airfry/bake (approx. 375 for 4 minutes each side or until toasty and melty).

MACROS:

Yield/servings: 5-6 crunchers
macros (per cruncher)

Calories: 227

Fat: 10g

Protein: 24g

Carbs: 15g

(approximate)

sides at a glance!

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.

Crispy Parm Zucchini: slice a zucchini into thin slices, then cut slices into quarters so you have small chunks, mist with oil, season with lemon pepper, garlic, and parmesan then air fry on 400F for 7-8 minutes or until crisp.

Corn Dip: canned corn, drained. Mix with pico, spoonful of greek yogurt, light mayo, fresh lime and cilantro. Season with salt, garlic, chili powder, and tajin. Sprinkle with cotija cheese if preferred.

Garlic Bread Dippers: slice a few low-calorie hot dog buns or sandwich thins in half. Mist with butter spray, sprinkle garlic salt + parmesan, and air fry at 370F for 4-5 minutes until toasted.

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.

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! Can also mix with pasta salad!

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!)





shortcut GO-TOS

sides I like to pair with meals when I'm short on time or in a rush!



Build your own SNACKLE BOX

PICK YOUR PROTEIN:

- turkey meat sticks
- turkey pepperonis
- cheese cubes
- string cheese
- Babybel cheese
- beef jerky
- hard boiled egg
- turkey bacon
- chicken salad or tuna
- protein bar
- greek yogurt
- cottage cheese

PICK YOUR CARB:

- pretzel thins
- wheat thins
- mini pitas/naans
- popcorn
- crackers
- quest chips/other
- trail mix
- tortilla chips
- baked chips
- puffcorn
- rice cake
- granola
- dried fruit
- crushed cereal

PICK YOUR FRESH:

- carrot sticks
- sliced peppers
- banana peppers
- cucumbers
- apple slices
- any fruit
- pickles

PICK YOUR FUN:

- caramel (sugar free)
- hummus
- ranch
- chocolate chips
- tajin
- peanut butter/jam

I like these containers:

option 1: snack boxes

option 2: snack trays

option 3: bento box

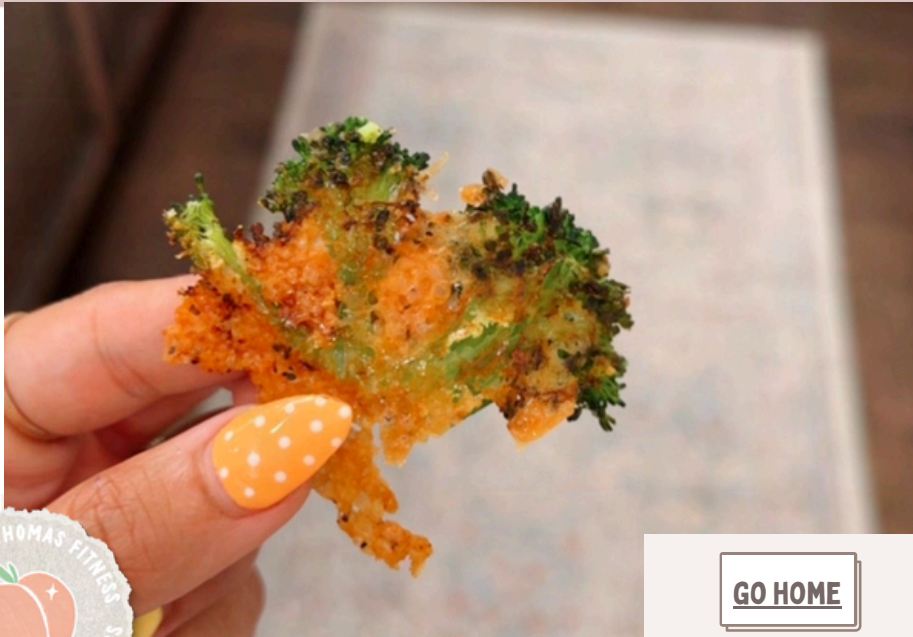
GO HOME



SMASHED PARMESAN BROCCOLI

ingredients:

- 1 package microwave broccoli (or broccoli of choice)
- salt, garlic, lemon pepper
- parmesan, to taste
- squeeze of lemon



[GO HOME](#)

DIRECTIONS:

Microwave broccoli according to package directions, then pat broccoli dry (best as you can)

Arrange broccoli pieces on greased baking sheet and smash with the bottom of a glass so each piece is flattened, they won't look pretty, that's okay

Season generously with salt, garlic, lemon pepper, and parmesan

Bake 425 for 10-15 minutes or until crisp

Finish with a big squeeze of lemon and more parmesan

(can also do the same with zucchini or any green veggie, and air fry instead of bake!)

MACROS:

(will vary based on size/amounts used)

(approximate)

CRISPY GNOCCHI

ingredients:

- Packaged gnocchi of choice
- oil or cooking spray of choice
- garlic salt, parmesan, paprika



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DIRECTIONS:

Mist with oil, season with garlic salt, parmesan, paprika until coated

Air fry 375 for 12-15 min

Add to your favorite pasta dishes or enjoy with marinara as an appetizer

MACROS:

(will vary based on size/amounts used)

(approximate)

LOADED MAC

ingredients:

- 1 single serve mac and cheese cup of choice (I like Velveeta)
- 1 light laughing cow cheese
- 1/4 tsp ranch seasoning
- 1 TBS bacon bits
- 1/4 cup cottage cheese (blended, or greek yogurt)
- 2 TBS shredded colby jack cheese



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DIRECTIONS:

Prepare mac and cheese cup according to package directions

While it's still hot, add cheese packet that comes with it, laughing cow cheese, cottage cheese, seasoning, (can also add chopped chicken here)

Add shredded cheese and bacon bits on top and continue microwaving for 30 seconds or until hot/melty.

Great high protein side or snack, or add chicken to make it a meal!

MACROS:

Yield/servings: 2
macros (per serving)

Calories: 370

Fat: 10g

Protein: 25g

Carbs: 46g

(approximate)

PICKLE DE GALLO

ingredients:

- 1 cup finely diced dill pickles
- ½ cup diced banana peppers
- ⅓ cup finely diced red onion
- optional finely diced tomato
- ¼ cup or more pickle juice
- seasonings of choice, I usually do pepper, if you like sweet add sugar

*perfect topping for burgers, wraps, salads
and for dipping with chips or crackers!*

MACROS:

Yield/servings: 4-6

*(will vary
based on
size/amounts
used)*

(approximate)



GO HOME

DIRECTIONS:

Finely dice all veggies, place in a jar or air tight container of choice

Cover with pickle juice (or pickle juice mixed with a little water if you like less sour)

Add seasonings to taste (make these spicy, sweet, or add extra dill or ranch seasoning)

Mix by stirring or shaking and store in fridge! Perfect for dipping, adding to salads, sandwiches, wraps, salads!

BAKED CHEESE CRISPS

ingredients:

- 8 TBS shredded cheddar or mozzarella cheese
- 8 pickle chips (or turkey pepperoni)

LOW CAL RANCH:

- 3 TBS plain greek yogurt
- ½ tsp or more ranch seasoning
- pickle juice or milk to thin, start with 1-2 TBS and add more to your liking



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DIRECTIONS:

On a flat, nonstick baking sheet, sprinkle about 1 TBS cheese piles in a thin layer, circle shape

Pat pickle slices dry (OR turkey pepperoni slices) and add one on top of each cheese circle

Bake 400 for 7-10 minutes, your chips should peel up easily and harden as they cool

Enjoy immediately and pair with sides or sauce of choice, I like these with greek yogurt ranch!

MACROS:

Yield/servings: 8
macros (per 1)

Calories: 29

Fat: 2g

Protein: 2g

Carbs: 0

(approximate)

FRIED CHEESE WONTONS

ingredients:

- 1 egg roll wrapper
- 2 light babybel cheese wheels
- cooking spray or oil of choice



GO HOME

DIRECTIONS:

Cut egg roll wrapper into 4 square sections

Cut each cheese in half

Fold each cheese chunk into a square wrapper (like a wonton) line wrapper with a small amount water and gently press edges to seal

Mist with oil and air fry 400 for 5-6 minutes

Serve with marinara

MACROS:

Yield/servings: 4
macros (per all 4)

Calories: 160

Fat: 6g

Protein: 12g

Carbs: 13g

(approximate)

PIZZA UNCRUSTABLES

ingredients:

- 2 slices low cal bread
- 2 TBS shredded mozzarella
- 1 TBS pizza sauce
- 3 turkey pepperoni
- optional garlic butter (1 tsp melted butter, dash of garlic salt)



DIRECTIONS:

Using a circular cookie cutter or the rim of a glass, press into bread to cut out a small, crustless bread circle (do this with 2 slices of bread)

On top of one bread circle, add pizza sauce, shredded cheese, and turkey pepperoni, top with the other bread circle and use a fork to crimp the edges all around (to keep the filling from leaking out)

Brush with optional garlic butter or mist with cooking spray then air fry 380 for 5-6 min

Enjoy with marinara for dipping! Great as a snack or side

MACROS:

Yield/servings: 1

Calories: 197

Fat: 11g

Protein: 12g

Carbs: 17g

(approximate)



sweets



GO HOME

SMORES CUPS

ingredients:

- 2 TBS graham cracker crumbs
- 1/3 cup vanilla greek yogurt
- 2 TBS marshmallow cream
- 1 sugar free pudding cup
- optional 1/2 scoop chocolate protein powder of choice
- toppings of choice: I like whipped cream + mini chocolate chips on top

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

MACROS:

Yield/servings: 1
Calories: 199
Fat: 4g
Protein: 12g
Carbs: 30g

(approximate)



GO HOME

DIRECTIONS:

In a small bowl or tupperware container add crushed graham cracker crumbs.

Mix together yogurt and marshmallow cream then add on top of graham cracker base.

Mix together pudding and optional protein powder and layer over yogurt mixture.

Top with cool whip + and sprinkle with mini chips if preferred.

Enjoy as a bowl, or serve with sliced berries and graham crackers as a dip!

REESES ECLAIR CAKE

ingredients:

- 1.5 chocolate graham cracker sheets
- 1 single serve vanilla greek yogurt
- 2 TBS light cool whip
- 1 TBS PB2 powder
- 1-2 TBS chocolate frosting of choice (I use store bought)
- optional tsp melted peanut butter



DIRECTIONS:

Stir yogurt, cool whip, and pb2 together until combined

Break graham crackers along perforated lines (you should have 3 even sized squares)

Place 1 square into the bottom of a small dish/tupperware container, and add HALF of your yogurt mixture over the graham cracker. Then layer with another graham cracker square, and use other half of yogurt mixture. Place final graham cracker on top.

Add frosting to a small bowl and microwave for 20-30 seconds until melted. Pour this over the top of your dessert, add a drizzle of melted peanut butter to swirl on top as well if desired.

Let it set in the fridge for a few hours until soft (I usually leave it overnight).

MACROS:

Yield/servings: 1
Calories: 293
Fat: 13g
Protein: 17g
Carbs: 32g

(approximate)

PINA COLADA CUPS

ingredients:

- 2 single serve containers vanilla greek yogurt
- ¼ cup light cool whip
- 3 TBS crushed pineapple
- 1 TBS cheesecake jello mix
- graham cracker crumbs (approx 2 TBS per bowl)
- optional toppings: whipped cream, cherry



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DIRECTIONS:

In 3 small bowls or tupperware container, add 2 TBS of crushed graham cracker crumbs to each.

Mix together yogurt, cool whip, crushed pineapple, and cheesecake mix, stir until combined then add on top of graham cracker base (split evenly amongst your 3 bowls).

Top with cool whip, a cherry, and more pineapple if preferred.

Enjoy as a bowl, or serve with sliced fruit and graham crackers as a dip!

MACROS:

Yield/servings: 3
macros (per serving)

Calories: 145

Fat: 2g

Protein: 8g

Carbs: 23g

(approximate)

REESES FLUFF CUPS

ingredients:

- 2 single serve containers vanilla greek yogurt
- ¼ cup light cool whip
- 2 TBS pb2 powder
- chocolate graham cracker crumbs (approx 4 TBS per bowl)
- cool whip for topping
- optional: tsp melted peanut butter, mini chips, reeses pieces, reeses thin



GO HOME

DIRECTIONS:

In a small bowl or tupperware container add 2 TBS crushed graham cracker crumbs

Mix together yogurt, cool whip, and pb2 powder until smooth. Feel free to add a small sprinkle of Reeses pieces or 1-2 chopped Reeses thins to this mixture if preferred. Add on top of graham cracker base (split evenly amongst your 3 bowls)

Add one more layer of crushed graham cracker, approx 2 TBS each bowl

Top with a layer of cool whip + add a drizzle of melted peanut butter if preferred, approx 1 tsp per bowl

Enjoy as a bowl, or serve with sliced bananas and graham crackers as a dip!

MACROS:

Yield/servings: 3
macros (per serving)

Calories: 195

Fat: 5g

Protein: 13g

Carbs: 27g

(approximate)

SUNDAE FLUFF

ingredients:

- 4.5 graham cracker squares
- 3 single serve vanilla greek yogurts
- 1 (8 oz) tub cool whip
- 1 banana, sliced
- ½ cup sliced strawberries (frozen/thawed, or fresh)
- optional toppings: chocolate syrup, cherries, nuts



GO HOME

DIRECTIONS:

In an 8x8 baking dish, lay graham crackers down in a single even layer (you may have to break some pieces to make them fit correctly)

Mix greek yogurts, cool whip together until smooth add HALF of this mixture on top of graham crackers

Layer with sliced strawberries and bananas, then add the remainder of your cool whip mixture

Top with optional sundae toppings like a drizzle of chocolate syrup, crushed graham crackers, nuts, etc.

Enjoy cold, even better if you let this sit in the fridge overnight before eating!

MACROS:

Yield/servings: 12
macros (per serving)

Calories: 109

Fat: 4g

Protein: 4g

Carbs: 16g

(approximate)

OREO ICECREAM SAMMIES

ingredients:

- 1 tub light cool whip
- 1 scoop protein powder
- 4 Oreo thins, crushed
- 8 chocolate graham cracker sheets
- optional melted chocolate and toppings for dipping



GO HOME

DIRECTIONS:

Mix together light cool whip, protein powder, and crushed oreo thins

Line a small pan or glass tupperware dish with 4 graham cracker sheets (8 squares), then spread cool whip mixture over all the squares, top with other 4 graham cracker sheets

You should have 8 square smores, freeze these then remove + slice into sandwiches

Store in freezer for a quick and easy ice cream sammie treat

MACROS:

Yield/servings: 8
macros (per serving)

Calories: 118

Fat: 4g

Protein: 4g

Carbs: 17g

(approximate)

GRANOLA CUPS

ingredients:

- 3/4 cup oats
- 3/4 cup rice cereal
- 1/4 cup honey
- 1/4 cup peanut butter
- 1/4 cup brown sugar swerve
- optional melted chocolate of choice, approx 1 TBS per mini cup



GO HOME

DIRECTIONS:

In a small sauce pan melt peanut butter, honey, and brown sugar, whisking until sugar is dissolved and mixture is smooth (or microwave in a bowl, 30 seconds at a time until melted)

In a large bowl, mix oats and rice cereal, then drizzle sugar mixture over and stir to combine

Press mixture into mini muffin tin (or can roll into balls)

Top with an optional TBS of melted chocolate! (to melt chocolate, add to a microwave safe bowl, microwave 30 seconds, stir, and repeat 1-2 more times. Don't forget to stir after each interval or your chocolate will burn)

Store in air tight container and enjoy the best little grab + go treat!

MACROS:

Yield/servings: 15
macros (per 1)

Calories: 87

Fat: 4g

Protein: 2g

Carbs: 13g

(approximate)

CHUNKY MONKEY PUPPY CHOW

ingredients:

- 3 cups peanut butter protein Cheerios
- ½ cup dried banana chips
- 1 cup chocolate chips
- ¼ cup sugar free caramel sauce (or melted peanut butter)
- ½ cup powdered sugar (swerve)



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DIRECTIONS:

To a large bowl, add cheerios, dried banana chips and mix to combine

In a microwave safe bowl, melt chocolate chips by microwaving 30 seconds, stir, repeat 2 more times until smooth (don't forget to stir after each time or you chocolate will burn)

Drizzle this and sugar free caramel or melted peanut butter over cheerio mixture, stir to combine until all cheerios are coated

Sprinkle with powdered sugar and enjoy! Feel free to divide this up into small containers or ziploc bags for a quick, pre-portioned treat!

MACROS:

Yield/servings: 15
macros (per serving)

Calories: 122

Fat: 6g

Protein: 3g

Carbs: 18g

(approximate)

MAGIC COOKIE

ingredients:

- 2 TBS quick oats or crushed cashews
- 1-2 TBS shredded coconut
- 1 TBS crushed graham cracker crumbs
- ½ TBS chocolate chips
- 1 TBS sweetened condensed milk



[GO HOME](#)

DIRECTIONS:

Mix all ingredients together in a small bowl, should resemble a sticky, trail mix type mixture

Place mixture in a circular mound shape on a greased baking sheet

Bake 350 10-12 min, let cool so the cookie sets then enjoy!

MACROS:

Yield/servings: 1
macros (per serving)

Calories: 197

Fat: 7g

Protein: 4g

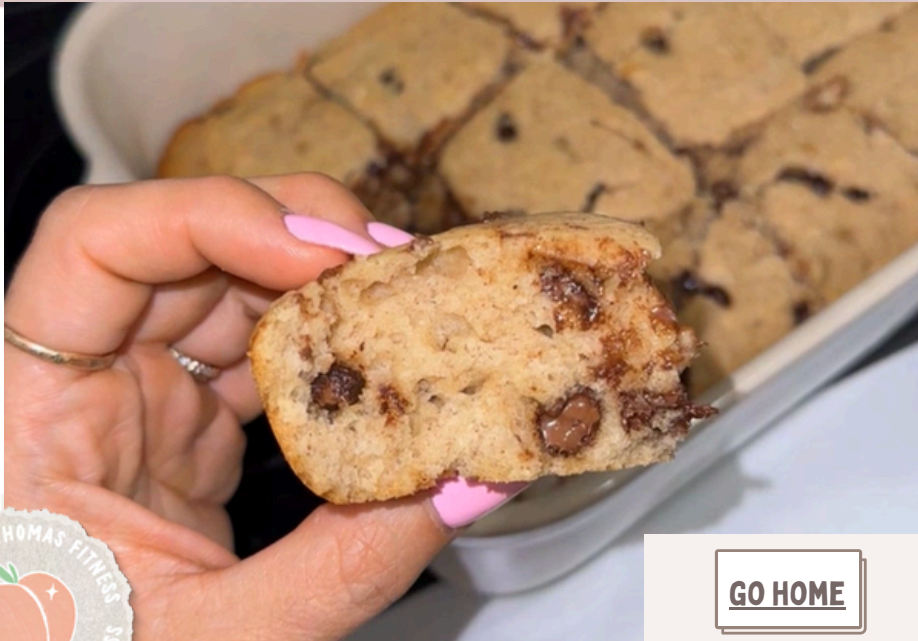
Carbs: 30g

(approximate)

CHOCOLATE CHIP BANANA CAKE

ingredients:

- 1 banana, mashed
- 1 egg
- 3 TBS oil
- 3 TBS honey
- 1/3 cup milk
- 1 tsp vanilla
- 1 cup self-rising flour
- 1 tsp cinnamon
- chocolate chips, to taste



[GO HOME](#)

DIRECTIONS:

Mix mashed bananas, eggs, oil, honey, milk, and vanilla together in a bowl

Add in flour, cinnamon, and chocolate chips and stir until combined

Pour batter into a greased 8x8. Bake on 350F for 20-25 minutes or until done in the middle

Enjoy warm, or enjoy leftover with coffee, with an ice cold protein shake, crumble up in your yogurt, or as a quick pre-workout snack!

MACROS:

Yield/servings: 9
macros (per serving)

Calories: 147

Fat: 6g

Protein: 3g

Carbs: 20g

(approximate)

FLUFFERNUTTER TOASTIE

ingredients:

- 1 low calorie tortilla
- 2 TBS marshmallow cream
- 1 TBS peanut butter (melted)
- 1 tsp mini chocolate chips
- ½ TBS crushed graham cracker crumbs



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DIRECTIONS:

Spread marshmallow cream and melted peanut butter onto the surface of your tortilla, followed by a sprinkle of mini chocolate chips and crushed graham cracker crumbs

Grab the left and right side of your tortilla and fold them in, then fold in half. You should be left with a square shape that will fit inside toaster

Carefully place inside toaster (unplug first, then plug in after food is inside), cook until toasted and melty, unplug toaster again before removing. I like to use a pair of silicone tongs to get mine out.

It should be toasted on the outside and melty inside

MACROS:

Yield/servings: 1

Calories: 238

Fat: 11g

Protein: 8g

Carbs: 33g

(approximate)

SINGLE SERVE PUMPKIN SWIRL COOKIE

ingredients:

- 3 TBS spice cake mix
- 2 TBS pumpkin (I used canned)
- optional chocolate chips

OPTIONAL FROSTING:

- 1 TBS frosting, any kind
- 2 TBS vanilla greek yogurt
- cinnamon, to taste



GO HOME

DIRECTIONS:

In a small bowl, add dry cake mix and pumpkin, stir until combined. If using chocolate chips gently fold these in

Form dough into a cookie shape on a piece of parchment paper or small baking sheet

Air fry 330F for 7-8 min or until done, as it cools it will set more

Add optional frosting mixture after cookie has cooled!

MACROS:

Yield/servings: 1

Calories: 175

Fat: 1g

Protein: 2g

Carbs: 40g

(approximate)

TIP:

swap spice cake mix for yellow cake mix, use apple sauce instead of pumpkin, and add sprinkles for a birthday cake flavor!

CINNI BUNS

ingredients:

- 1 low cal hot dog bun (I like Healthy Life brand)

FILLING:

- 1.5 TBS butter
- 1.5 TBS brown sugar (Swerve)
- ¼ tsp cinnamon

FROSTING:

- ½ TBS any frosting
- 2 TBS vanilla greek yogurt



GO HOME

DIRECTIONS:

To a small bowl, add softened butter, brown sugar, cinnamon and mix until combined

Cut hot dog bun into 3 sections and place in a small baking dish, open each section to layer filling inside

Cover with foil and bake on 375 for 7-10 minutes

Top with optional frosting and enjoy warm!

MACROS:

Yield/servings: 1

Calories: 268

Fat: 20g

Protein: 12g

Carbs: 24g

(approximate)

SINGLE SERVE POPTART

ingredients:

- 3 TBS flour
- 3 TBS protein powder
- 1/8 tsp cinnamon
- 2 tsp cold butter
- 1 TBS water
- 2 tsp greek yogurt

FILLING:

- 1 TBS brown sugar
- 1/2 tsp melted butter
- 1/8 tsp cinnamon

OPTIONAL:

- 1/2 TBS any frosting, melted



GO HOME

DIRECTIONS:

In a small bowl, mix together flour, protein powder, and cinnamon until combined

Cube butter into small chunks and add to bowl, use a fork to mash butter into dry mixture (should look like crumbly sand), then add water and greek yogurt, mix until a dough forms

Divide dough into 2 equal sections and press one section out into a flat rectangle (on a piece of parchment paper or a greased baking sheet)

Stir filling ingredients together and add on top of rectangular dough section, press other section out and add on top to cover filling, use a fork to crimp all edges all the way around pastry

Bake 400 for 10-12 min, enjoy warm and drizzle with optional frosting if preferred

MACROS:

Yield/servings: 2
macros (per serving)

Calories: 205

Fat: 6g

Protein: 19g

Carbs: 18g

(approximate)

AIR FRYER APPLE CRUMBLE

ingredients:

- 1 small apple, finely diced
- ¼ tsp cinnamon
- ½ TBS brown sugar (swerve)
- 2 TBS snickerdoodle (or sugar cookie) cookie mix
- optional: granola, nuts



GO HOME

DIRECTIONS:

Peel and finely dice a small apple

Toss apples in cinnamon and brown sugar, microwave 1 minute or until softened

Sprinkle dry cookie mix right on top and mist with cooking oil (or melted butter) on top

Air fry 350 for 5-7 minutes

Serve with a scoop of light ice cream or cool whip on top

MACROS:

Yield/servings: 1

Calories: 167

Fat: 1g

Protein: 1g

Carbs: 40g

(approximate)

AIR FRYER PEACH COBBLER BOWL

ingredients:

- 1 single serve cup of diced peaches
- ¼ tsp cinnamon
- 3 TBS yellow cake mix



GO HOME

DIRECTIONS:

To a small, oven safe bowl add drained peaches (but save some of the juice to use in the next steps), stir in cinnamon

Sprinkle dry cake mix over peaches then drizzle with about a TBS of the reserved peach juice

Mist with oil and air fry 350 for 5-7 minutes, serve warm with light icecream or cool whip!

MACROS:

Yield/servings: 1

Calories: 185

Fat: 1g

Protein: 2g

Carbs: 43g

(approximate)

ORANGE CREAMSICLE CAKE

ingredients:

- 3 TBS white cake mix
- 1 TBS orange jello mix
- 3 TBS crush zero (any 0 cal orange soda works)

GLAZE:

- 1 TBS orange yogurt
- 2 TBS milk OR your 0 cal orange soda



GO HOME

DIRECTIONS:

In a small, microwave safe bowl mix cake mix, jello powder, and orange soda until fluffy

Microwave for 50 seconds or until bouncy,

Whisk glaze ingredients together until smooth, poke holes into cake and drizzle glaze ingredients over top

Add optional toppings like whipped cream, orange zest, etc.

MACROS:

Yield/servings: 1

Calories: 232

Fat: 2g

Protein: 2g

Carbs: 34g

(approximate)

CINNI-CRUMB CAKE

ingredients:

- 3 TBS cake mix, any flavor but I like spice cake mix here
- 2 TBS pumpkin
- 2 TBS water

CRUMBLE:

- 1 tsp butter
- 1/2 TBS brown sugar
- 1/4 tsp cinnamon



GO HOME

DIRECTIONS:

In a small microwave safe bowl, add dry cake mix, pumpkin, and water. Stir until smooth

In a small bowl, mix together crumble ingredients with a fork until you have a crumbly mixture, sprinkle this on top of cake batter

Microwave 50-60 seconds, serve this with a scoop of light ice cream or cool whip!

MACROS:

Yield/servings: 1

Calories: 197

Fat: 3g

Protein: 2g

Carbs: 42g

(approximate)

skinnydippins

birthday cake dip

- single serve yogurt of choice
- 2 TBS cool whip
- 1/2 TBS mini white chips
- 1 tsp rainbow sprinkles
- 1 TBS dry yellow cake mix

mix + enjoy with fruit or graham crackers



brownie batter dip

- single serve yogurt
- sugar free pudding cup
- 1 TBS dry brownie mix
- optional tsp mini chocolate chips

mix + enjoy with fruit or graham crackers



pumpkin pie dip

- single serve yogurt (pumpkin or vanilla)
- 2 TBS cool whip
- 1/4 tsp pumpkin pie spice
- optional white chips, crushed graham crackers, or golden oreo

mix + enjoy with fruit or graham crackers



cinnamon roll dip

- single serve vanilla greek yogurt
- 1 TBS light cream cheese
- splash of vanilla
- 1/2 tsp cinnamon
- sprinkle of brown sugar swerve
- crushed graham cracker

mix + enjoy with graham crackers or sliced fruit!



queso ranch dip

- single serve plain greek yogurt
- 1/2 TBS taco seasoning
- 1/2 tsp ranch seasoning
- 1 TBS queso
- 1 TBS salsa or pico

mix + microwave, serve with protein chips, tortilla chips, or veggies of choice



pepper jelly dip

- 3 TBS light cream cheese
- 1 light laughing cow cheese
- 1/2 tsp ranch seasoning
- 1 TBS pepper jelly
- 1 TBS bacon bits

mix + top with pepper jelly + bacon. Enjoy hot or cold with protein chips, sliced veggies, or dipper of choice



a few of my quick, go-to options when I need a quick treat! Feel free to add in protein powder to any of these for an extra boost!

GO HOME

others

- chunky monkey: pb, chocolate, banana
- lemon berry
- key lime
- white chocolate strawberry
- banana split
- cookies + cream



Thirsty *girly*

I like mocktails but feel free to add whatever you'd like to your drink!



mimosa float

- mini can Sprite zero
- ½ cup light orange juice
- ¼ cup light pineapple juice

mix + enjoy with a scoop of orange Sherbet on top



strawberry cream pop

- 0 cal Sprite Zero
- 2 TBS frozen strawberries in syrup (thawed) or mashed berries
- splash of vanilla protein shake
- mix sprite with strawberries then add a splash of protein shake on top!



green machine

- 1 vanilla protein shake (like Fairlife)
- ½ cup frozen fruit, 1 like strawberries, pineapple
- 1 TBS honey
- ¼ cup strawberry greek yogurt
- big handful spinach
- ice

blend well + enjoy ice cold with a straw!



protein cocoa

- 1 cup skim milk
- 1 cup chocolate protein shake (fairlife)
- ½ packet hot cocoa mix

mix milk + protein shake, microwave 1-2 minutes until hot. Stir in cocoa mix. Top with whipped cream or mini marshmallows



peppermint shake

- 1 scoop vanilla Halo Top
- 1 fairlife protein shake
- 2 pumps sugar free peppermint syrup
- 1 TBS crushed peppermint
- ice

blend + serve with whipped cream + crushed peppermint



white cocoa

- 1 cup skim milk
- 1 cup vanilla protein shake (fairlife)
- ½ packet white cocoa
- 1/2 tsp pumpkin spice

mix milk + protein shake, microwave 1-2 minutes until hot. Stir in cocoa mix and pumpkin spice. Top with whipped cream



WHICH SHOULD I CHOOSE?



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follow along video with each written recipe!



ALL brand new recipes! (170+) my personal favorite!

FOLLOW ALONG VIDEO included with each recipe!

breakfast, lunch, dinner, meal preps, bowls, wraps, dips, family meals, crockpot, soups, snacks, sides, sweets, drinks...everything you need, all in one spot!

CLICKABLE table of contents

approx calories + macros listed for each recipe

sample week of planned meals + grocery list

FREE meal planner journal (digital but printable)

FREE RESOURCES: macro calculator, calorie deficit formula, favorites, swaps, cheat sheets, grocery guide, sample workout video

HOME MADE



- 171 pg. digital PDF you can pull up like an app OR print out if you prefer
- *ALL NEW* macro-friendly recipes (meals are easy, delicious, family-friendly, and easy to fit within any calorie range)
- Breakfast, lunch, dinner, meal preps, bowls, dips, wraps, snack boxes, sides, sweets, drinks
- Calories/macros listed for each recipe
- 1 week of planned meals with grocery list
- FREE RESOURCES (calorie deficit formula, printable meal planner, macro calculator, kitchen favorites, grocery guide, cheat sheets)

GO HOME

FLAVOR-FULL



- 174 pg. digital PDF you can pull up like an app OR print out if you prefer
- 160+ *ALL NEW* macro-friendly recipes
- Breakfast, lunch, dinner, meal preps, bowls, dips, wraps, snacks, sides, and sweets
- Macros listed for each recipe
- 1 week of planned meals with grocery list
- FREE RESOURCES (calorie deficit formula, printable meal planner, macro calculator, kitchen favorites, grocery guide, cheat sheets)

GOOD FOOD MOOD



- 162 pg. digital PDF you can pull up like an app OR print out if you prefer
- 150+ *ALL NEW* macro-friendly recipes (meals are easy, delicious, family-friendly, and easy to fit within any calorie range)
- Breakfast, lunch, dinner, meal preps, snacks, sides, sauces, and sweets
- Macros listed (calories, carbs, fat, protein) for each recipe
- 1 week of planned meals with grocery list
- FREE RESOURCES (Food + You guide, printable meal planner, macro calculator, kitchen favorites, grocery guide, cheat sheets)

BALANCED BITES



- 146 pg. digital PDF you can pull up like an app OR print out if you prefer
- 125+ 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
- Macros listed (calories, carbs, fat, protein) for each recipe
- FREE RESOURCES (healthy swaps, fast food swaps, cheat sheet, printable meal planner, grocery guide, 1 week of planned meals)

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

THANK YOU!

Contact me:

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!

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



[amazon/kitchen favorites](#)



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