



EATING WITH ANNE

BREAKFAST | LUNCH | DINNER



ANNE CRAIG FITNESS

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HELLO, MY NAME IS ANNE CRAIG. I AM A MOTHER OF THREE BEAUTIFUL GIRLS, A CERTIFIED TRAINER AND NUTRITIONIST. MY WHOLE FOOD RECIPES MAKE IT CLEAR THAT YOU DON'T HAVE TO SACRIFICE YOUR FAVORITE FOODS IN ORDER TO EAT AND FEEL BETTER.

After many years and emotional battles with food I came to learn that what I ate and how I viewed food directly affected how I showed up in my life. Today and going forward I invite you to reconnect with food and develop a happier, longer-term mind-set for healthy eating.

It's time for a more intentional way. A more simple way. Without the extremes. Without the guilt. Without the information overload. Without all the stress. I believe it doesn't have to be hard when we change the way we approach it.

My goal is to help you create a life that feels good on the inside – not just looks good on the outside.

Welcome to my kitchen.



"ANNE, DO YOU TRACK YOUR MACROS?"

ANSWER: NO I DO NOT. I PERSONALLY FOUND TRACKING MOVED MY FOCUS AWAY FROM MY BODY'S NATURAL INNER CUES TO EATING.

Understand that my personal choice to not track macros is what has worked best for me. That may not be true for you. Tracking became a trigger for me, I obsessed over food and shifted from embracing my body to disciplining and ranking it.

This is not a "macro-based" meal plan.

I have although provided that information for you and here is why. Visual learning serving sizes in the kitchen is huge and can be insanely helpful. I want you to enjoy the simplicity of these meals because simplicity is the key to consistency, consistency is the key to long-term success.

WHAT IS MACRO COUNTING AND IS IT RIGHT FOR ME?

Macro tracking or "tracking your macros" refers to the habit of counting or tracking how many grams of carbohydrates, protein, and fat you have per meal or per day.

PROS:

- Helps hold you accountable to eating the right amount of food.
- Provides an awareness of any imbalances you may have with your current nutrition.
- Opens your eyes to what an actual serving size is.

CONS:

- Doesn't take into account food quality.
- Takes some time and effort, logging, weighing, pre planning.
- Can exacerbate and/or create disordered eating.
- Can lead to social stress and alienate people from friends and family.

MY STAPLES.

THESE FEW BASIC AND VERSATILE INGREDIENTS THAT CAN BE USED IN MULTIPLE WAYS.
IN MY KITCHEN I AM INTENTIONAL AND PREPARED BUT ENJOY FREEDOM AND FLEXIBILITY TO
MODIFY AND CHANGE THINGS UP.

PROTEIN

Organic chicken breast
Ground turkey
Organic Ground beef
Nitrate free organic deli slices
Wild Salmon
Canned chicken
Canned tuna
Pastured Organic eggs
Chicken Sausages
Beans

VEGETABLES

Cauliflower Rice
Broccoli
Asparagus
Brussel Sprouts
Carrots
Spinach
Green leafy lettuce
Bell peppers
Cucumbers

DAIRY

Parmesan cheese
Whole greek yogurt (or Fage Plain fat free)
Laughing cow cheese
Feta cheese
Low fat Cottage cheese

FRUIT

Frozen berry blends
Bananas
Apples
Raspberries
Strawberries
Lemons
Tomatos

HEALTHY FATS, NUTS & NUT BUTTERS

Slivered almonds
PB2
Unsweetened Almond milk
Nuts or nut butters
Avocado

STARTCHES & GRAINS

Whole Grain bread
Quaker Old Fashioned oats
Corn tortillas
Ole Xtreme wellness tortilla wrap
Rice
Sweet potatoes

OTHER

Organic free range chicken broth
Bolthouse Farms salad dressing

BREAKFAST.

BREAKFAST

EGG & AVOCADO TOAST

INGREDIENTS

1 slice Dave's Killer thin sliced bread
½ small avocado
1 whole egg + 1 egg white

DIRECTIONS

1. Spray frying pan with cooking spray. Crack and add the whole egg and egg white to the frying pan.
2. Follow Over easy instruction
3. Toast the slice of bread in the toaster while eggs are cooking
4. With a fork evenly spread avocado on the toast, cover with egg and season to taste.

EGG COOKING OPTIONS

1. **Over-Easy:** Simply heat a greased pan and crack raw eggs onto its surface. Cook until just set, gently flip, and cook for 20-30 seconds more
2. **Scramble:** Use a fork or whisk to beat the eggs briskly for 30-60 seconds, making sure the eggs are fully broken up and mixed well. Add to the frying pan. Turn off the heat when the eggs are 90% cooked. When the eggs are done, serve immediately

SERVINGS: 1

Calories: 267
Carbs: 18g
Protein: 15g
Fat: 15g

OMELET BOWL

INGREDIENTS

2 slices Columbus Turkey Bacon
1 whole egg
2 egg whites
Red bell pepper
1 cup chopped spinach
2oz diced avocado (about ½ a small avocado)
1TB mozzarella shredded cheese
3oz sweet potatoes diced
2 tbs of Olive oil
Dash of hot sauce (optional)
Dash of sea salt
Dash of black pepper
Dash of garlic powder

DIRECTIONS

1. Add 2 Tbsp of olive oil to a pan.
2. Heat pan to medium heat.
3. Add chopped sweet potatoes. (pre cooked will shorten time)
4. Sprinkle potatoes with sea salt, pepper, paprika and garlic powder.
5. Cook for 8-10 minutes. Tossing occasionally.
6. Add veggies and cook for 5 minutes.
7. Add bacon and cook for 3 minutes.
8. Add spinach, eggs and egg whites to the pan and scramble all together until the eggs are cooked through.
9. Transfer to a bowl and season with sea salt and pepper.
10. Top with avocado. (Cheese is optional)

QUICK PREP TIP:

Pre-chopping and cooking sweet potatoes to store in your fridge during the week will decrease the prep and cook time of this dish. If you have pre cooked potatoes, add them when you add the veggies.

SHORT ON TIME?

Place the shredded sweet potatoes on a plate. Spray with cooking spray and microwave for 2 minutes. Saute veggies for 5 minutes and add sweet potatoes to the pan when you add bacon.

SERVINGS: 1

Calories: 420
Carbs: 30g
Protein: 30g
Fat: 20g



BREAKFAST

BREAKFAST CASSEROLE

SERVINGS: 4

Calories: 290

Carbs: 22g

Protein: 24g

Fat: 12g

INGREDIENTS

3 whole eggs

1 cup egg whites (10 egg whites)

2 Aidells Chicken Apple Sausage links

8 oz chopped cooked sweet potato (two small sweet potatoes)

1 cup chopped of assorted yellow, red & orange bell peppers

1-2 handfuls of baby spinach chopped ¼ cup shredded mozzarella cheese

DIRECTIONS

1. Preheat the oven to 375 degrees. Spray 9x9 inch baking dish with non-stick spray.
2. In a medium bowl, whisk eggs & whites. Set aside
3. Line bottom of baking dish with diced sweet potatoes. Then layer the bell peppers, turkey and spinach.
4. Pour the eggs over top of the spinach.
5. Bake for 45-50 minutes or until edges of egg begin to brown and casserole is firm throughout.

OVERNIGHT PROTEIN OATS

INGREDIENTS

- ½ cup rolled oats
- 1TB flaxseed meal
- 1 scoop of your favorite protein powder
- 5oz unsweetened almond milk
- 1 pack of stevia sweetener (optional)

DIRECTIONS

1. In a mason jar or container, add oats, flaxseed, protein powder and milk. Sometimes I like to add ½ a mashed banana to thicken and sweeten the mixture.
2. Give them a good stir.
3. Refrigerate for 5 hours or overnight. In the morning, add additional liquid if you'd like.
4. Once you achieve the desired consistency, top with fruit, nuts, nut butter, seeds, protein powder, granola, coconut, or vanilla extract. *NOTE: toppings are not included in nutrition facts in bottom left, but are listed below:*

SERVINGS: 1

Calories: 320
Carbs: 35g
Protein: 29g
Fat: 7g

TOPPING	CALORIES	CARBS	PROTEIN	FAT
¼ cup Plain Non-Fat Greek Yogurt	58	2.5	12	0
⅓ cup strawberries	17	4	0.3	0
⅓ cup blueberries	31	7	0.4	0.1
1Tbsp almond butter	105	3	4	9
2Tbsp PB Fit	50	4	6	1.5
1 Tbsp Peanut Butter	94	3	4	8
½ mashed banana	65	14	0.5	0.3
2 Tbsp All Natural Pancake Syrup	110	26 (20g sugar)	0	0

COOK'S NOTE

The mixture will keep for up to 2 days. If you don't add a banana, up to 4 days.



BREAKFAST

3 INGREDIENT PROTEIN PANCAKES

SERVINGS: 1

Calories: 190

Carbs: 20g

Protein: 20g

Fat: 3g

INGREDIENTS

1/3 cup cottage cheese

1/3 cup egg whites

1/3 cup oatmeal

DIRECTIONS

1. Heat a griddle to medium heat
2. Add the eggs, egg whites, cottage cheese, and rolled oats to a blender; blend until smooth.
3. Pour the batter onto the griddle, making about 3-4 pancakes.
4. Once the pancakes start to bubble, flip and cook the other side. *These tend to burn easily so watch carefully.*
5. Top pancakes with desired toppings and 100% pure organic maple syrup.

BREAKFAST

POWER CAKES PANCAKES

INGREDIENTS

1 scoop protein powder
2Tb coconut flour
1/3 cup egg whites
1/2 tsp baking powder
1/4 cup plain greek yogurt
2oz unsweetened almond milk

DIRECTIONS

1. Heat a griddle to medium heat
2. Combine all ingredients in a bowl or blender, combine until smooth.
3. Pour the batter onto the griddle, making about 3-4 pancakes. Once the pancakes start to bubble, flip and cook the other side. *These tend to burn easily so watch carefully.*
4. Top pancakes with desired toppings and 100% pure organic maple syrup.

These pancakes are more fluffy like traditional buttermilk pancakes.

SERVINGS: 1

Calories: 210
Carbs: 10g
Protein: 10g
Fat: 34g

BREAKFAST

BANANA SPINACH PANCAKES

INGREDIENTS

1 eggs
2 egg whites
1/3 cup low fat cottage cheese
1/3 cup Old fashioned rolled oats
1/3 banana
1 cup spinach

DIRECTIONS

1. Heat a griddle to medium heat
2. Add the eggs, egg whites, cottage cheese, rolled oats, bananas and spinach to a blender and blend until smooth
3. Pour batter into the pan, making about 24 pancakes.
4. Flip when edges start to bubble. *These burn easily so be careful.*
5. Top pancakes with desired toppings and 100% pure maple syrup.

SERVINGS: 1

Calories: 325
Carbs: 33g
Protein: 28g
Fat: 9g

EGG WHITE SANDWICH

INGREDIENTS

- 1 english muffin
- 3 egg whites
- 2oz of thinly sliced avocado (½ small avocado)
- 1 Laughing Cow Cheese Wedge
- Turkey bacon OR Sliced tomato

DIRECTIONS

1. To make an egg white patty, whisk together three egg whites (or more if you prefer) and pour it into a small skillet. The patty will be larger so fold the patty in half to fit perfectly on english muffin.
2. Let the egg whites cook over medium heat until they turn opaque (about 2 minutes), before flipping them over with a spatula.
3. Cook on the other side for about 2 minutes, until the egg whites are cooked all the way through and starting to turn slightly golden in places.
4. Spread the laughing cow cheese evenly over both halves of the muffin.
5. Add optional bacon, thin slices of tomato, and top with warm eggs. *NOTE: toppings are not included in nutrition facts in bottom left, but are listed below.*
6. Season as desired

SERVINGS: 1

Calories: 315
Carbs: 32g
Protein: 20g
Fat: 12g

TOPPING	CALORIES	CARBS	PROTEIN	FAT
Turkey Bacon	42	0	6	2
Sliced Tomato	10	2	0	0

COOK'S NOTE

I recommend sourdough or Bubbas English Muffins found at Walmart, Target, Smiths, and Sams.

LUNCH.



LUNCH

CHICKEN SALAD SANDWICH

SERVINGS: 1

Calories: 369
Carbs: 18g
Protein: 31g
Fat: 19g

INGREDIENTS

1 slice Dave's Killer Thin Sliced Bread
4oz shredded rotisserie chicken or canned chicken
1Tbsp Chosen Food Avocado mayo
¼ small apple (finely diced)
Dash of slivered almonds (not included in Marcos)
Lemon juice to taste

DIRECTIONS

1. In a bowl mix together chicken, Avocado mayo, diced apple, almonds & lemon juice
2. Toast bread slice
3. Spread mixture over bread and leave sandwich open face

LOW CARB OPTION

Use lettuce head leaves in place of bread

LUNCH

GREEK CHICKEN ZUCCHINI SALAD

SERVINGS: 5

Calories: 272

Carbs: 27g

Protein: 20g

Fat: 10g

INGREDIENTS

6 oz. grilled chicken, chopped
4 oz. whole wheat pasta, dry
4 zucchini squash
16 cherry tomatoes, halved
16 olives
1/4 c. feta cheese
Pinch of fresh basil, chopped
Artichoke hearts

DRESSING

1/8 c. avocado oil
Juice from 1/2 lemon
1/2 tsp. garlic, minced
Dash of sea salt
Dash of pepper

DIRECTIONS

1. Cook or grill chicken. Start with a simple seasoning on both sides of the chicken breast with cooking spray or oil.
2. Then season with salt, fresh ground pepper, garlic powder and paprika.
3. As chicken is cooking, boil water and cook pasta according to the directions on the package.
4. Whisk or blend together the ingredients for the dressing.
5. Spiralize zucchini (If you prefer it warm, cook the spiralized zucchini on a lightly oiled skillet)
6. Chop chicken.
7. Add all ingredients to a large bowl and toss together.
8. Divide into 5 servings.



LUNCH

TRIPLE BERRY CHICKEN SALAD

INGREDIENTS

3oz cooked chicken breast (*optional, chicken breast is included in nutrition facts below*)
2-3 handfuls of spinach
¼ c raspberries
¼ c blueberries
¼ c strawberries
2Tb slivered almonds
2Tb Balsamic vinaigrette
2TB feta cheese

DIRECTIONS

1. If chicken is desired: Rub or spray Chicken with a little oil.
2. Cook chicken breast on stove for about 15 minutes flipping until golden brown and cooked through.
3. In a large bowl add chopped spinach, raspberries, blueberries, strawberries, feta cheese and slivered almonds.
4. Drizzle dressing on top

SERVINGS: 1

Calories: 350
Carbs: 23g
Protein: 27g
Fat: 17g

LUNCH

TURKEY CHOP SALAD

INGREDIENTS

2-3 handfuls of chopped romaine lettuce
4oz chopped white meat deli turkey
5 cup cucumber slices
4 cherry tomatoes diced
Diced bell peppers (choice of green, red, yellow or orange)
2Tb Bolthouse Yogurt Dressing (any flavor)

DIRECTIONS

1. Chop romaine lettuce, deli slices, cucumbers, bell peppers and cherry tomatoes.
2. Toss in a bowl
3. Drizzle with dressing

SERVINGS: 1

Calories: 240

Carbs: 20g

Protein: 26g

Fat: 6g

LUNCH

DELI TURKEY WRAP

INGREDIENTS

1 extreme wellness high fiber whole wheat tortilla
3oz turkey deli sliced white meat (4 slices)
1 Laughing Cow Light Cheese Wedge
2oz sliced avocado (approx ½ avocado)
1-2 large Iceberg or romaine lettuce leaves
¼ sliced cucumber (approx ½ cucumber)

DIRECTIONS

1. Lay out the tortilla wrap
2. Spread on a wedge of laughing cow cheese
3. Layer on spinach, deli meat, cucumber slices, lettuce and avocado
4. Tightly roll and plate

SERVINGS: 1

Calories: 300

Carbs: 23g

Protein: 24g

Fat: 12g



LUNCH

AVO COTTAGE CHEESE TOAST

SERVINGS: 1

Calories: 240

Carbs: 20g

Protein: 12g

Fat: 12g

INGREDIENTS

1 slice Dave's Killer Thin Sliced Bread
2oz Avocado (about ½ small avocado)
1/3 cup low fat cottage cheese
Sprinkle sea salt
Pepita Seeds optional

DIRECTIONS

1. Toast the bread in the toaster.
2. Top with cottage cheese and sliced avocado.
3. Add seasonings of choice: sea salt and pepper to taste.
4. Enjoy with a cup of fruit or veggies on the side



LUNCH

CRUNCH SNACK

SERVINGS: 2

Calories: 300

Carbs: 30g

Protein: 28g

Fat: 8g

INGREDIENTS

2 cheddar rice cakes
6 slices Hillshire Farm Naturals Turkey Breast lunch meat (3 slices each)
2 laughing cow cheeses
1 roma tomato

DIRECTIONS

1. Top rice cakes with 1 cheese wedge each.
2. Layer on deli meat and tomatoes.
3. Add seasoning of choice: sea salt and pepper to taste.
4. Enjoy a cup of fruit on the side

DINNER.

DINNER

TURKEY MEATBALLS

INGREDIENTS

1 Egg, beaten
2 Tablespoons Tomato Paste
1 Small/Medium Onion, *peeled and grated*
3 Cloves Garlic, *finely minced*
¼ Cup Fresh Parsley, *finely chopped*
1/2 Teaspoon Dried Oregano
Salt & Pepper
¼ Cup Almond Flour
1 Tablespoon Coconut Flour
1 Pound Extra-Lean Ground Turkey Breast

DIRECTIONS

1. Preheat the oven to 400°.
2. On your stove heat a frying pan over high heat and coat with non-fat olive oil cooking spray.
3. Combine the beaten egg, tomato paste, grated onion, garlic, parsley, oregano, salt, pepper, almond flour, and coconut flour.
4. Mix well and then mix in the meat. *NOTE: These meatballs are much stickier than traditional*
5. Using a medium or large ice cream/cookie scoop, scoop out the meatballs. You'll end up with about 15 meatballs using a large scoop, and about 24 using a medium.
6. Drop them directly into the frying pan.
7. Let them cook for about 30 seconds or until brown, then flip them over.
8. Cook until brown on the other side, about 30 seconds, and then transfer to a baking sheet lined with parchment.
9. Transfer the meatballs to the oven and bake for about 20 minutes for the large size, or 15 minutes if you used a medium-sized scoop. The meatballs will be firm to the touch when finished.

SERVINGS: 4

Calories: 200
Carbs: 6g
Protein: 30g
Fat: 6g

COOK'S NOTE

These yummy and healthy meatballs are a great addition to any of your favorite pasta or spaghetti squash recipes.

DINNER

CREAMY PESTO SPAGHETTI SQUASH

SERVINGS: 2
(1.5 CUP = 1 SERVING)

Calories: 124
Carbs: 20g
Protein: 5g
Fat: 3g

INGREDIENTS

2 Spaghetti Squashes
Olive Oil Spray
3 Wedges of Laughing Cow Light cheese wedges. *NOTE:*
Garlic Herb Recommended
Salt to taste
Pepper to taste
1 Packet Knorr's Pesto Sauce Mix

DIRECTIONS

1. Preheat oven to 400°.
2. Using a knife, cut lines the width of a butter knife length wise around the spaghetti squash to allow for steam to release.
3. Microwave the squash for 4 minutes, one at a time, and let it cool down before cutting in half.
4. While the squash is cooling, in a small saucepan cook the pesto sauce. Follow instructions on the Knorr's Pesto Sauce Mix packet.
5. Once squash has cooled down, cut the squash in half and scoop out the seeds and stringy insides.
6. Place the halves in a glass casserole dish and coat with olive oil spray, salt and pepper.
7. Bake for 30 minutes.
8. Once baked, place 1 Laughing Cow cheese wedge in each half and bake for another 5 minutes to soften the cheese.
9. Remove from the oven and let it cool.
10. Using a fork, scrape out spaghetti squash "noodles" and cheese.
11. Top with the pesto sauce and stir to combine.

DINNER

INSTANT POT WHITE CHICKEN CHILI

INGREDIENTS

2 tablespoons olive oil
¼ teaspoons garlic powder
1 large green bell pepper, seeded and chopped
2 (4.5 oz.) cans green chilies or for a spicier option
1 small yellow onion, chopped. *NOTE: I prefer ½ an onion*
2 teaspoons ground cumin
2 teaspoons dried oregano
1 teaspoon ground coriander
2 teaspoons salt
2 (15 oz.) cans cannellini beans, rinsed and drained
3 large boneless, skinless chicken breasts
1 cup low fat plain greek yogurt
½ cup chopped fresh cilantro
1 cup chicken broth. *NOTE: Chili will naturally thicken, add more broth as desired*

SERVINGS: 8

Calories: 214
Carbs: 35g
Protein: 24g
Fat: 2g

DIRECTIONS

1. Sauté the garlic powder and vegetables: Select the sauté setting on your pressure cooker and heat the olive oil and onions for 2 minutes, until bubbling.
2. Add the bell pepper, and sauté for about 5 minutes, until the vegetables are slightly softened.
3. Add the spices: cumin, oregano, coriander, and salt and sauté for about 1 minute more, until aromatic.
4. Pour the beans over the vegetables, layer the chicken pieces on top, and pour in the broth. Do not stir. Secure the lid on your pressure cooker in its sealing position. Cancel the sauté program, then select the manual setting and set the cooking time for 15 minutes at high pressure. (The pot will take about 10 minutes to come up to pressure before the cooking program begins.)
5. Release the pressure: Perform a quick pressure release by moving the pressure cooker's lid to its vented position, or let the pressure release naturally.
6. At this point, you can also leave the chili on your pressure cooker's Keep Warm setting for up to 10 hours, then continue with the recipe when you're ready to serve.
7. When the pressure has fully released, open the pot and remove the chicken. Place in a dish, using a pair of forks, shred chicken.
8. Add the shredded chicken back to the pot. Add low fat greek yogurt, cilantro and stir to combine. Taste for seasoning and add more salt if needed.
9. Garnish with crushed tortilla chips or shredded Monterey jack cheese

DINNER

CHICKEN TACOS

INGREDIENTS

2 Corn Tortillas

4oz chicken (2oz per taco) *NOTE: 4 oz is one chicken breast*

Shredded lettuce

2TB shredded cheese (1Tb per taco)

2oz avocado ($\frac{1}{4}$ avocado per taco)

2TB pico de gallo

Taco seasoning

DIRECTIONS

1. Shred chicken in a bowl and stir in taco seasoning
2. On your stove top heat a large frying pan. Spray pan with avocado oil.
3. Lay tortillas on the pan, flip after about a minute when the tortilla begins to golden and cook for another minute.
4. Remove at top with cheese, chicken and toppings.

SERVINGS: 1

Calories: 450

Carbs: 39g

Protein: 32g

Fat: 19g



DINNER

TACO SALAD

INGREDIENTS

- 20 oz. lean ground beef OR ground turkey
- 10-12 cups green leaf lettuce (or more if you'd like)
- 1.5 cups (one 15 oz. can) black beans, *rinsed*
- 1 cup frozen corn, *thawed*
- 1 cup diced tomatoes
- 1 red, yellow, or orange pepper, *diced*
- Salsa to taste (2 Tbs recommended)
- 2TB Classic Catalina Salad Dressing
- Tortilla chips (optional)

SERVINGS: 8

- Calories: 168
- Carbs: 15g
- Protein: 18g
- Fat: 4g

DIRECTIONS

1. On the stove in a large frying pan, brown ground beef over medium/high heat.
2. Add drained and rinsed can of beans.
3. Stir in Catalina salad dressing until coated.
4. Remove from heat.
5. Begin layering on your plate, handful of tortilla chips as the base with lettuce, meat mixture, cheese, corn, tomatoes, peppers, and salsa.

LOWER FAT OPTIONS

1. Use ground turkey instead of ground beef
2. Use avocado instead of salsa
3. Use plain greek yogurt instead of sour cream as a side

TOPPING	CALORIES	CARBS	PROTEIN	FAT
Tortilla Chips	140	20	0	6



DINNER

ONE PAN SALMON DINNER

SERVINGS: 4

Calories: 320

Carbs: 32g

Protein: 29g

Fat: 10g

INGREDIENTS

12 oz salmon

24 asparagus spears OR 2 sliced medium zucchini

1 Lemon, squeezed for juice

Avocado oil

$\frac{3}{4}$ cup uncooked white jasmine rice *NOTES: makes 4 cups (serving is $\frac{1}{2}$ cup cooked) OR 1 cup cauliflower rice for lower carbs*

DIRECTIONS

1. Preheat the oven to 450°.
2. Place salmon filets in a row down the center of your lined baking pan
3. Arrange trimmed asparagus and zucchini wedges along the sides of the salmon.
4. With avocado oil spray or spread across the tops and sides of the fillets, and roll to coat the asparagus and zucchini.
5. Sprinkle all items on the baking pan with salt and pepper.
6. Bake uncovered at 450°F for 12-20 minutes (a thinner fillet will take 12 minutes and larger fillet takes 15-20 minutes).
7. Option to set the oven to BROIL and bake another 2-3 minutes to give the salmon a golden glow.
8. Remove and squeeze lemon juice and sprinkle fresh herbs on salmon as desired.



DINNER

CREAMY CHICKEN ENCHILADAS

INGREDIENTS

4 xtreme wrap tortillas
¼ c nonfat plain greek yogurt
2 tbs lemon juice
1 tsp chili powder
½ c green enchilada sauce
4 Laughing Cow Cheese wedges
1/2 cup black beans
8-10oz of shredded chicken NOTE: option to use
1 can chicken If no protein is already prepped

SERVINGS: 4

Calories: 250
Carbs: 22g
Protein: 27g
Fat: 6g

DIRECTIONS

1. Preheat oven to 350
2. Add plain greek yogurt, honey, lemon juice and chili powder in a bowl. Mix ingredients together until well combined.
3. Add cooked chicken (or canned chicken). Massage all ingredients. Option to store and let marinate for 2 hours or use immediately.
4. Divide chicken into 4 servings to fill each tortilla.
5. Fill tortillas with chicken mixture.
6. Using a 9X12 baking dish, grease it and place rolled tortillas in.
7. Beat 2-4 wedges of LCC until smooth combined with ½ green enchilada sauce.
8. Pour over rolled tortillas.
9. Bake for 30 minutes.
10. Top with fresh salsa

EXTRA CREAMY OPTION

Option to add ¼ cup low fat shredded mozzarella cheese for extra creamy, instead of the 4 Laughing Cow Cheese wedges...but I personally don't miss the mozzarella.



DINNER

FAST FOOD BURGER & FRIES

SERVINGS: 4

Calories: 220

Carbs: 22g

Protein: 22g

Fat: 5g

BURGER INGREDIENTS

10oz lean ground beef
2 tsp worcestershire sauce
½ garlic powder
Dash of sea salt
Dash of black pepper
1 whole egg
Tomatoes
Lettuce
Pickles or pepperchinis
Mustard and ketchup

SWEET POTATO FRIES

INGREDIENTS

2 large sweet potatoes, peeled,
cut into 1x3-inch wedges
2 tablespoons oil
½ teaspoon sea salt
½ teaspoon freshly ground black
pepper
¼ teaspoon paprika
¼ teaspoon garlic powder

DIRECTIONS

1. Heat oven to 400°
2. Cut the sweet potatoes into sticks 1/4 to 1/2 inch wide and toss them with the oil.
3. Add spices to the bowl and blend with sweet potatoes.
4. Spread sweet potatoes onto a baking sheet. These will bake until brown and crisp, for about 15 minutes, then flip and cook until the other side is crisp, for about 10 minutes.
5. Begin making burgers. Mix ground beef, worcestershire sauce, garlic powder and whole egg. Massage until evenly blended. Divide the mixture into four sized patties
6. Place burgers on hot grill, cook for 5-8 minutes per side
7. Assemble burger.
8. **LOW CARB OPTION:** For low carb option, wrap burger in lettuce

SMOOTHIES.



SMOOTHIES

CHOCOLATE PB SHAKE

INGREDIENTS

1C unsweetened almond milk
1 scoop chocolate protein powder
1/2 banana (frozen to make creamier)
2 tbs powder peanut butter
1/4 cup oats
Handful of ice

DIRECTIONS

1. Add milk, protein powder, powdered peanut butter, oats & banana to a high powered blender.
2. Blend until smooth.
3. Enjoy!

SERVINGS: 1

Calories: 340
Carbs: 36g
Protein: 33g
Fat: 7g

SMOOTHIES

BERRY GOOD SMOOTHIE

INGREDIENTS

1 cup unsweetened almond milk
1 scoop vanilla protein powder
1 cup of frozen berry mix blend
1-2 handfuls of spinach
Handful of ice

DIRECTIONS

1. Add milk, protein powder, frozen berries & spinach to a high powered blender.
2. Blend until smooth.
3. Enjoy!

SERVINGS: 1

Calories: 230

Carbs: 25g

Protein: 26g

Fat: 3g

VEGGIES.

PREP INSTRUCTIONS

OVEN ROASTED BROCCOLI AND CAULIFLOWER

1. Preheat the oven to 400 degrees.
2. Chop broccoli into florets.
3. Place on a baking sheet and spread.
4. Spray with baking spray.
5. Sprinkle sea salt and other seasonings of choice.
6. Bake for 20 minutes

OVEN ROASTED SWEET POTATOES: WHOLE

1. Preheat oven to 400 degrees.
2. Wash and poke holes in all the potatoes with a fork or knife.
3. Wrap each individually in foil.
4. Bake for 60 minutes, flipping them halfway.

OVEN ROASTED SWEET POTATOES: CUBED

1. Cut sweet potatoes into bite sized pieces or fries.
2. Spread out as a single layer on a baking pan.
3. Cook for 20 minutes
4. Flip and bake for an additional 15 minutes.

CHICKEN.

PREP INSTRUCTIONS

GRILLED CHICKEN

1. Preheat grill on high.
2. Turn heat down to medium and spray with non stick cooking spray.
3. Place chicken on the grill.
4. Grill for about 10-12 minutes for thinner chicken breasts or butterfly cut chicken.
5. Or 25-30 minutes for larger chicken breasts. *NOTE: This step will vary based on grill temperature and meat thickness.*

FRYING PAN CHICKEN

1. Heat pan to medium heat and grease with cooking spray.
2. Slice thawed meat into smaller pieces.
3. Add seasoning to chicken in pan, salt, pepper and other seasonings of choice.
4. Cover pan with lid.
5. Stir and flip every 3-5 minutes until all sides are golden and fully cooked through.