

Prep Item/Recipe	Meal	Container
Mason Jar Salad: Cook Quinoa, chop veggies, assemble	Lunch	Jar (6 Medium)
Veggies, Greek Dip & Hummus: [zucchini, radishes, celery]	Lunch	Jars (4 Medium & 4 Extra Small)
Carrots & Celery [4 weeks of soups]	Dinners	Freezer bags (1 cup of each veggie - 4 bags)
Green Smoothie: Fruits & Veggies	Breakfast	Freezer bags (2)
Blueberry Overnight Oats: Double Recipe	Breakfast	Jar (6 Medium)
Cottage Cheese & Fruit (can cut up ahead or grab in AM)	Snack	Jar (3 small, 3 extra small & 6 small)
Nuts & Fruit (can cut up ahead or grab in AM)	Snack	Jar (6 Small) & Sandwich bags (6)
Pasta a figioli soup	Dinner	Jars (2 Large)
Pizza Past Salad: veggies, toppings	Dinner	Jars (2 medium)
Italian Stuffed Peppers: Ground Turkey Cooked, add sauce & seasonings, spinach, parmesan cheese)	Dinner	Jar (1 large)
Fruit for desserts: pear, berries x 2 desserts, banana	Desserts	Set aside so you don't eat accidentally

### Blueberry Overnight Oats (Dashing Dish) – double recipe & divide into 6 containers

<https://dashingdish.com/recipe/blueberry-cobbler-overnight-oatmeal/>

- 3/4 cup Unsweetened almond milk (or milk of choice)
- 1/2 cup Plain low fat Greek yogurt (or mashed banana or applesauce)
- 1 1/2 cup Blueberries (fresh or frozen work)
- 1 cup Old fashioned oats
- 1/4 cup Protein powder (or additional 1/4 cup oats)
- 2 tbs Baking stevia (or 1/4 cup sweetener that measures like sugar) 1
- 1/4 tspSalt
- 1/4 tspCinnamon
- Optional: Pinch of apple pie or pumpkin pie spice or nutmeg

In a medium bowl, microwave the blueberries for 30-60 seconds so they pop open. (This will give you more juice and flavor of the berry. Note: if you are using frozen berries, make sure you microwave them until they are thawed). Stir in the rest of ingredients, and divide into three containers. Cover containers and store in the fridge overnight. Top with pecans, additional blueberries, cinnamon, and/or low sugar maple syrup before serving if desired! (Tastes great cold, or microwaved 30-60 seconds)

### Green Smoothie (Lauren Conrad)

- 1 cup raw spinach
- 1 cup frozen peaches
- 1 cup frozen pineapples
- 1 teaspoon organic flax seed
- 1 teaspoon dried coconut flakes
- 1 cup almond milk
- 1 teaspoon of your favorite protein powder
- 1/2 banana

### **Quinoa Mason Jar Salad (Liz Langford)**

<http://xsizeforlife.com/?s=quinoa+mason+jar+salad>

- Bolthouse Dressing
- Cucumber, chopped
- Red & Yellow Bell Peppers, chopped
- Black Beans
- Feta Cheese
- Quinoa
- Cherry Tomatoes
- Kalamata Olives

### **Mustard Glazed Salmon (Kathy Kaehler)**

<http://www.kathykaehler.net/club/weekly-menu/mustard-glazed-salmon/>

- 1/2 tablespoons olive oil
- 1 tablespoon light mayo
- 1 tablespoon whole grain Dijon mustard
- 1 tablespoon fresh lemon juice
- 1 tablespoon brown sugar
- Salt and pepper
- 2 pieces wild salmon fillet
- 1 tablespoon chopped fresh dill

Preheat the oven to 425 degrees. In a small bowl, mix together olive oil, mayo, mustard, lemon juice, brown sugar, dill and 1/4 teaspoon each salt and pepper.

Put salmon, skin side down, in a baking dish, and spoon mustard glaze over each piece of fish. Bake until salmon is just cooked through, 8 to 10 minutes. Sprinkle with chopped dill, if desired, and serve.

### **Pasta Fagioli Soup (Skinny Taste)**

<http://www.skinnytaste.com/2008/12/pasta-fagioli-64-pts.html>

- 1 tbsp olive oil
- 1/2 onion
- 3 cloves garlic, chopped
- 1 celery stalk, chopped
- 1 carrot, finely chopped
- 1 15 oz can cannellini beans
- 15 oz can tomato sauce or crushed tomatoes
- 1 large bay leaf
- 1 tbsp basil
- 1 tbsp parsley
- 1 tsp oregano
- 2 (14 oz each) cans fat free chicken broth (or vegetable broth for vegetarians)
- 2 cups water
- salt and pepper to taste
- 6 oz dry Ditalini pasta or other small pasta

Directions are stovetop on website if desired or cook in crockpot on low for 6-8 hours (high 3-4 hours). Add pasta at end of cook time and cook for additional 15 minutes or until cooked thru.

### **Pizza Pasta Salad (Liz Langford)**

- pasta 1/4 c
- turkey pepperoni (1 serving)
- parmesan cheese (2 tbs)
- black olives
- peppers
- lettuce or kale or spinach (lots)
- cherry tomatoes
- Bolthouse Dressing (Avocado Cilantro is good with this salad - watch how much dressing you use!)

### **Italian Stuffed Red Peppers (Dashing Dish)**

<https://dashingdish.com/recipe/italian-style-stuffed-red-peppers/>

- 1 lb Lean ground turkey (Or lean ground beef)
  - 3 Red bell peppers
  - 2 cups Spaghetti sauce
  - 1 tsp Basil/oregano seasoning (or any blend of italian herbs)
  - 1 tsp Garlic powder (or 1 garlic clove, pressed)
  - 1/2 tsp Salt and pepper
  - 1/2 cup Frozen chopped spinach (or veggie of choice) or (de-thawed and squeezed dry with paper towel)
  - 2 tbs Grated parmesan cheese + 6 tbs to garnish over the top of each pepper
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- Pre-heat oven to 450 degrees. Line baking sheet with foil, (for easy clean up), coat with non-stick cooking spray. Wash red peppers, and cut around the stem to remove.
  - Remove the stems.
  - Cut peppers in half length-wise, and remove the seeds and ribs inside the peppers. Set peppers on baking pan.
  - Meanwhile, cook ground turkey in a large non-stick pan over medium-high heat. Stir and break up the turkey while it's cooking. When turkey is almost completely cooked through, add the sauce and seasonings to the pan. Stir and continue to cook until the turkey is completely cooked (when it is no longer pink). Add the spinach and parmesan and stir until everything is well combined.
  - Scoop 1/2 cup of the turkey mixture into each pepper.
  - Sprinkle 1 tbs parmesan over each pepper (or another low fat shredded cheese, such as mozzarella).
  - Bake for 20-30 minutes, or until cheese is melted, and lightly golden brown.
  - Remove from the oven, let cool, and enjoy!!!

### **Roasted Cauliflower (Dashing Dish)**

<https://dashingdish.com/recipe/roasted-cauliflower/>

- 1 bag Frozen cauliflower
- 1/2 tsp Salt
- 1/4 tsp Pepper
- 1 tsp Garlic herb seasoning or garlic powder
- 4 tbs Grated parmesan cheese

- Preheat the oven to 425 degrees.
- Microwave frozen cauliflower for 2 minutes to begin de-thawing process.
- Line a rimmed baking sheet with aluminum foil. Spray foil with nonstick cooking spray. Spread the cauliflower florets evenly on the tray and sprinkle over the Parmesan, salt, garlic and pepper.
- Bake for 20-25 minutes until veggies are roasted and Parmesan is crispy.

### **Peanut Butter Cup Protein Shake (Dashing Dish)**

<https://dashingdish.com/recipe/reeses-peanut-butter-cup-protein-shake/>

- 1/2 cup      Fat free cottage cheese 1
- 1 scoop      Protein powder (chocolate or vanilla) 2
- 1-3 pkts      Stevia (or 1/4-1 tbs sweetener of choice)
- 5-10      Ice cubes (Depending on how thick you like it, use less for a thinner consistency)
- 1/2-1 cup      Water (Alter this according to desired consistency)
- 1 tbs      Unsweetened cocoa powder
- 2 tbs      Peanut Flour (aka PB2) OR 2 tbs Peanut Butter

Put everything into a blender and blend until creamy consistency is reached! Enjoy!