

Prep Item/Recipe	Meal	Container
Taco Soup & Greek Yogurt	Lunch	Jar (6 Medium & 6 Extra Small)
Veggies, Greek Dip & Hummus: [zucchini, radishes, celery]	Lunch	Jars (4 Medium & 4 Extra Small)
Green Smoothie: Fruits & Veggies	Breakfast	Freezer bags (2)
Brownie Batter Overnight Oats: Double Recipe	Breakfast	Jar (6 Medium)
Cottage Cheese & Fruit (can cut up ahead or grab in AM) or Nuts & Fruit (can cut up ahead or grab in AM)	Snack	Jar (depends on which snacks you choose) Cottage Cheese: Male - small jar, Female - extra small jar
Chicken Noodle Soup (one recipe for two meals)	Dinner	Jars (2 Large)
One Pot Paleo Mexican Chicken Stir Fry	Dinner	Jars (2 medium)
Italian Stuffed Peppers: Ground Turkey Cooked, add sauce & seasonings, spinach, parmesan cheese)	Dinner	Jar (1 large & 1 freezer bag)
Fruit for desserts: pear, berries x 2 desserts, banana	Desserts	Set aside so you don't eat accidentally

<b>Week 3 – Grocery List</b>	
Staples to replenish or make sure have on hand: almond milk, plain nonfat Greek yogurt, cottage cheese, eggs, oats, protein powder, low-sodium chicken broth (12 cups), parmesan cheese, lemon juice, fresh garlic, almonds, greek yogurt dip, hummus dip, goat cheese, Tru-whip	
Veggies: spinach (large bag), asparagus (bunch), yellow onions, 2 green bell peppers, 3 red bell peppers, broccoli crowns (1.5 cups), radishes/zucchini/celery (or other veggies of choice for dip)	if you didn't freeze carrots & celery ahead - then get more for soup
Fresh Fruit: bananas, fruit of choice for snacks/lunches, pears/apples/berries (for desserts)	
Frozen Fruit: peaches, pineapple or mango	
Frozen Veggie: spinach, cauliflower	
spaghetti sauce 2 cups)	
fat-free refried beans (15 oz can)	
corn (15 oz can)	
black beans (15 oz can)	
Rotel diced tomatoes with green chilis (10 oz)	
chicken breast in water (1 large can)	
taco seasoning (low-sodium)	
salmon (2 - 4 oz filets)	
chicken breasts (3 lbs - for two meals)	
lean ground turkey (1 lb)	
veggie burger and/or bison meat	
Whole Grain wide egg noodles (can sub quinoa but see note about cooking)	

## **Brownie Batter Overnight Oats (Dashing Dish) – double recipe and put into 6 jars**

<https://dashingdish.com/recipe/brownie-batter-overnight-protein-oatmeal/>

- **1 cup** Unsweetened almond milk (or low fat milk of choice)
- **1/2 cup** Plain low fat Greek yogurt (or mashed banana, or pumpkin)
- **2 tbs** Unsweetened cocoa powder (or more, to taste)
- **1/8 tsp** Salt
- **2 tbs** Baking stevia or 1/4 cup sweetener that measures like sugar <sup>1</sup>
- **1 cup** Old fashioned oats
- **1/4 cup** Protein powder (or additional oats)

In a small bowl, mix all of the ingredients together. Divide between 6 small mason jars. Cover and refrigerate overnight (or for at least an hour (or more) so the oats soften and absorb the liquid). Top with chopped nuts or topping of choice if desired! Enjoy cold, or microwave for 30-60 seconds to enjoy warm!

## **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

## **Creamy Taco Soup (Dashing Dish)**

<https://dashingdish.com/recipe/creamy-chicken-taco-soup/>

- 1 (16 oz) can Fat free refried beans
- 1 (15 oz) can Chicken broth (or 2 chicken bullion cubes and 2 cups water)
- 1 (15 oz) Corn
- 1 (15 oz) Black beans
- 1 (10 oz) Rotel diced tomatoes with green chiles (or for a mild soup, just use plain diced tomatoes)
- 1 large can organic Chicken breast
- 2 tbs Taco seasoning
- greek yogurt for topping

Put everything in a crockpot and cook on high for 4 hours, or low for 8 hours. *\*If you don't have a crockpot, you can make this soup on your stovetop! Simply put everything in a large pot, covered, and cook on medium-low for about 45-60 minutes, or until chicken is cooked through.*

## Garlic Parmesan Salmon & Asparagus (Dashing Dish)

<https://dashingdish.com/recipe/garlic-parmesan-salmon-asparagus/>

- 2 (4 oz) Salmon fillets (if frozen, let thaw before using) 1
  - 1 bundle Asparagus, washed and ends trimmed off (about 20 spears) 2
- Dry Spice Mix:
- 1/3 cup Parmesan cheese, grated
  - 1/2 tsp Garlic powder
  - 1/4 tsp Onion powder
  - 1/2 tsp Paprika
  - 1/4 tsp Salt
  - 1/8 tsp Pepper
  - 1 tbs Dried parsley
- Wet Mix:
- 1 tbs Lemon juice (juice from 1/2 lemon)
  - 1/4 cup Plain low fat Greek yogurt
  - 2 tsp Garlic, minced

Preheat oven to 425 degrees. Line a baking pan with foil, and spray with cooking spray. Place salmon fillets on one side of the baking pan, and the asparagus on the other. (You could also use two separate pans if desired).

In a small bowl, mix together the ingredients for the dry mixture (the parmesan and the seasonings.) Lightly spray the asparagus with cooking spray and sprinkle 2 tbs of this dry mixture over the asparagus.

Mix the rest of the dry mix with the lemon juice and yogurt. Drizzle this mixture over the salmon, spreading it out evenly over the fish. Bake 15-20 minutes, or until fish is cooked through (opaque in the thickest part) and the topping is starting to get lightly golden on both the fish and asparagus. Enjoy!

## Slow Cooker Chicken Noodle Soup

<http://www.cookingclassy.com/2013/11/slow-cooker-chicken-noodle-soup/>

**\*\*If you are going to use the Quinoa Noodles – add when you eat...not to the slow cooker!!!!**

- 1 1/2 lbs boneless skinless chicken breasts
  - use frozen shredded chicken from previous week's prep
- 5 medium carrots, peeled and chopped (1 3/4 cups)
- 1 medium yellow onion, chopped (1 1/2 cups)
- 4 stalks celery, chopped (1 1/4 cups)
- 3 cloves garlic, minced
- 3 Tbsp extra virgin olive oil
- 6 cups low-sodium chicken broth (3 - 15 oz cans)
- 1 cup water
- 1/2 tsp dried thyme
- 1/2 tsp dried rosemary, crushed
- 1/4 tsp celery seed, finely crushed\*
- 2 bay leaves
- Salt and freshly ground black pepper, to taste
- 2 cups uncooked wide egg noodles
- 3 1/2 Tbsp chopped fresh parsley
- 1 Tbsp fresh lemon juice

To a slow cooker, add chicken (un-cut), diced carrots, onion, celery, and garlic. Drizzle olive oil over top then add in chicken broth, water, thyme, rosemary, celery seed, bay leaves and season with salt and pepper to taste. Cover and cook on low heat 6 - 7 hours.

Remove cooked chicken and allow to rest 10 minutes, then dice into bite size pieces. Meanwhile, add egg noodles and parsley to slow cooker. Increase temperature to high, cover and cook 10 minutes longer (or until noodles are tender). Stir in lemon juice and toss in cooked, diced chicken.

## One Pot Paleo Mexican Chicken Stir Fry

<http://sweetcsdesigns.com/one-pot-paleo-mexican-chicken-stir-fry/>

- 1 tsp olive oil
- 2 skinless chicken breasts, fat trimmed off and diced into 2" chunks
- 2 bell peppers
- 1 1/2 cups broccoli florets
- 1 tsp cumin
- 1/2 tsp cayenne pepper
- 1/2 tsp smoked paprika
- optional: 1/2 tsp chili powder

1. Heat a large pan on medium high heat.
2. Add oil and heat until shimmery, about 20 seconds.
3. Add diced chicken, stir occasionally until lightly browned on all sides- about 5 minutes.
4. Add peppers and broccoli and continue to cook until veggies are slightly browned and softened- about 10 minutes.
5. Add spices and a little water to help coat the stir fry with the spices (about 2 tbsp- adjust as needed).
6. Cook until water is completely absorbed.
7. Remove and enjoy!

## 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 & squeezed dry)
  - 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
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- 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!