

Prep Item/Recipe	Meal	Container
Mason Jar Fajitas: see recipe (for directions)	Lunch	Jar (6 Medium, 6 small, 6 sandwich bags)
Veggies & Hard Boiled Eggs	Lunch	Jars (4 Medium & 4 Small)
Green Smoothie: Fruits & Veggies	Breakfast	Freezer bags (2)
Egg Puff (half has to be done the night before)	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
Split Pea Soup	Dinner	Jars (2 Large)
Salad in Mason Jar (after make Sunday Dinner)	Dinner	Jars (2 medium)
Spaghetti Squash Lasagna - do all but cook (leave in fridge till Tuesday)	Dinners	Baking dish
Fruit for desserts: pear, berries x 2 desserts, banana	Desserts	Set aside so you don't eat accidentally

Week 4
Staples to replenish or make sure have on hand: almond milk, plain nonfat Greek yogurt, cottage cheese (2 big containers - at least), eggs, protein powder, low-sodium chicken broth, fresh garlic, almonds, Tru-whip, egg white substitute (2 cups), feta cheese, parmesan cheese, mozzarella cheese, lite mexican cheese
Veggies: spinach (large bag), romaine lettuce (enough for 2 dinners), yellow onions, 2 red bell peppers, bag of mini bell peppers (for fajitas & other lunches), celery & carrots if didn't freeze ahead, large spaghetti squash, cucumbers, shredded carrots
Fresh Fruit: bananas, fruit of choice for snacks/lunches, pears/apples/berries (for desserts)
Frozen Fruit: peaches, pineapple or mango, cherries
Frozen Veggie: spinach
spaghetti sauce (1.5 cups)
corn (15 oz can)
black beans (15 oz can)
taco seasoning (low-sodium)
Mrs. Dash Fiesta Lime Seasoning (salt-free)
salsa
split peas (dry)
lean ground turkey (2 lbs)
bacon (turkey)
Almond flour (since it is gluten free)
High Fiber Tortillas (maybe can find gluten free)
Seasonings: thyme, bay leaves
Tortilla strips (usually in produce section) - salad toppings
Bolthouse Dressing: Salsa Ranch
Edamame - steamable in a bag

Egg Puff (Dashing Dish) – divide into 6 breakfast portions

- 4 slices center cut bacon (or turkey breakfast sausage/ lean ham or turkey)
- 2 eggs
- 2 cups egg whites (or egg substitute)
- 1 cup fat free cottage cheese
- 1/2 cup feta cheese
- 1/2 cup red and/or green bell peppers, diced
- 1 tsp baking powder,
- 1/4 cup flour (Almond so it's gluten free)
- 1/4 cup parmesan cheese
- salt and pepper to taste (I suggest just a pinch of each!)
- *Optional: Any steamed/chopped veggies of choice! Also, if you would like to add a little spice~ you could add 1/2 small can of diced green chillis!

1. Cook bacon (or sausage) until cooked through, and/or crisp. *(I usually place bacon in the microwave, or on a baking sheet in the oven).* Crumble bacon, and set aside.
2. In a large bowl, combine eggs, egg whites, cottage cheese, shredded cheese, bacon and bell pepper. Whisk until mixture is well combined. (Also, if you are adding any additional veggies, add them to the mixture here!) Cover mixture, and refrigerate overnight.
3. The next morning, preheat oven to 350 degrees. Spray a 9×13 sized baking dish with non-stick cooking spray. (Or you could do 6 individual small baking dishes)
4. Remove egg/cheese mixture from fridge, and stir in flour, baking powder and salt/pepper. Pour batter into baking dish. Sprinkle parmesan cheese on top.
5. Bake for 30 to 35 minutes in oven, until egg puffs up, and becomes slightly golden on top.

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
- ½ banana

Fajitas in a Jar (Liz)

- 1 lb Ground turkey breast (leanest)
- onions
- Mrs. Dash Fiesta Lime Salt-Free Seasoning (my favorite)
- Mini bell-peppers
- Salsa
- Greek yogurt
- Small high-fiber tortillas (probably can find gluten free)

Cook ground in a skillet with onions. Once browned, add Mrs. Dash seasoning to taste. Then add in about 2 cups of sliced mini bell peppers. Put turkey mixture in a medium size jar (about ½ cup for two small tortillas). In a small jar, put Greek yogurt & salsa to top later. Put two tortillas in sandwich bag. When ready to eat, heat up medium jar with ground turkey. Put in tortilla and top with Greek yogurt & salsa.

Split Pea Soup

<http://thelemonbowl.com/2012/12/slow-cooker-split-pea-soup-with-bacon.html>

- 2 slices bacon - sliced into thin strips
- 1 medium onion - diced
- 2 celery stalks - diced
- 2 carrots - diced
- 1 cup split green peas (uncooked)
- 1 teaspoon thyme
- 2 bay leaves
- 4 cups chicken broth - low sodium
- 3 cups water
- salt and pepper to taste
- ¼ cup chopped fresh parsley - optional garnish

Cook the bacon strips in a medium pan over medium-high heat until crispy and browned; set aside on a paper towel lined plate. In a slow cooker, add all remaining ingredients including the cooked bacon. Heat on Low for 8 hours or High for 4 hours. Season with salt and pepper to taste and garnish with fresh parsley before serving.

Spaghetti Squash Lasagna (Dashing Dish)

<https://dashingdish.com/recipe/spaghetti-squash-low-carb-lasagna/>

- 1 (10 oz) pkg Frozen chopped spinach
- 1 cup Onion, finely chopped
- 1 lb Lean ground turkey
- 2 tsp Italian blend seasoning (or 1 tsp dried basil, 1 tsp dried oregano)
- 1 1/2 cup Spaghetti sauce (low-sugar, low-sodium)
- 1 1/2 cup Low fat cottage cheese (or low fat ricotta)
- 1/2 cup Grated parmesan cheese
- 2 Large egg whites
- 1 Large spaghetti squash, (about 5-6 cups cooked) 2
- 1/2 cup Shredded mozzarella cheese

Preheat oven to 425 degrees. Spray a 9×13 baking dish with cooking spray. Prepare spaghetti squash by microwaving for 5-10 minutes, or until soft, (be sure to pierce with a knife before microwaving to release steam). Or bake in the oven at 350 degrees for 30-45 minutes, or until squash is soft. Cut spaghetti squash in half, and discard seeds. Remove 'spaghetti' noodles from squash and place in a large bowl.

In a large skillet sprayed with cooking spray, sauté the chopped onion and spinach together over medium high heat. Cook until onion is translucent, and spinach is completely de-thawed. Remove spinach and onions from the pan and set aside. To the same skillet, add ground turkey, seasonings, and spaghetti sauce, cooking over medium high heat until turkey is completely cooked through (no longer pink). Remove from heat. Add spinach and turkey mixture together.

Meanwhile, In a small bowl, mix together cottage cheese, parmesan cheese, and egg whites. Whisk until well combined. Prepare to assemble lasagna with spaghetti squash noodles, cottage cheese mixture, and ground turkey mixture each in a separate bowl. Begin by layering half of the spaghetti squash in the baking pan. Followed by half of the ground turkey mixture. Repeat each layer one more time, ending with the ground turkey layer. Top with the shredded mozzarella cheese. Bake for 35-40 minutes, or until cheese is lightly golden brown. Remove from the oven and let sit for about 10 minutes before cutting into the lasagna. Cut into 8 equal size portions, and enjoy!

Chocolate Covered Cherry Protein Shake (Dashing Dish)

<https://dashingdish.com/recipe/chocolate-covered-cherry-protein-shake/>

- 1/2 cup Low fat cottage cheese
- 1 scoop Protein powder (chocolate or vanilla)
- 2-4 pkts Stevia (or 1/4-1 tsp 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 Cocoa powder
- 1/2 cup Frozen cherries (or fresh, pitted)
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Put everything into a blender and blend until creamy consistency is reached! Enjoy!