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# Lunch



Southwestern Wrap



Spinach & Strawberry Salad



DIY Instant Noodle Soup



Mediterranean Steak Bowl



Tuscan White Bean Soup



4-Ingredient Spring Pesto Pasta

# Healthy Chicken Avocado Wrap

Veronika's Kitchen



8 servings



20 minutes

## INGREDIENTS

2 chicken breasts, cooked and sliced

8 large burrito size tortillas

3 cups lettuce, chopped

1 large tomato, diced

1 avocado diced

1 cup sour cream

3 cups yellow sharp cheddar cheese, grated



## INSTRUCTIONS

### Cook the chicken

1. Rinse and pat dry chicken breasts. Season with salt and pepper on both sides. Preheat a pan on medium/high heat and add 2 tablespoons olive oil. Place the meat on the skillet and cover with a lid. Cook for about 5-7 minutes, then flip and cook for another 5 minutes. The timing will depend on the size of the chicken. Make sure that the internal temperature will reach 165-170°F.

### Assemble

1. Slice cooked or grilled chicken, chop lettuce, tomatoes, and avocado, and grate sharp cheddar.
2. Put a large burrito size tortilla on a plate, layer with about ½ cup chopped lettuce, ¼ cup tomatoes, avocado, a tablespoon sour cream, few slices of grilled chicken, and top with ¼ cup grated sharp cheddar.
3. Wrap them like an envelope. Repeat the same with the rest of the ingredients.
4. Preheat a pan on medium high heat (you DON'T need to grease it with oil). Place the wraps with edges down and grill for a couple of minutes, until brown/golden color, then flip and grill on the other side.

### NUTRITIONAL INFORMATION

Calories 471

Fat 27.75g

Protein 27.75g

Sugars 3.75g

Carbohydrates: 20.25g

# Mediterranean Chicken Wrap

Homemade Mastery



4 servings



30 minutes

## INGREDIENTS

1 1/2 lbs / 650g chicken breast, skinless, boneless

3 garlic cloves, minced

1 tsp chili flakes

1 tsp ground black pepper

1 1/2 tsp mint, dried

1/2 cup yogurt

1/2 tsp dill, dried or 1 tbs fresh

salt and pepper to taste

hummus

1 cup chopped cabbage

everyday salad

cooked broccoli

3-4 tortillas



## INSTRUCTIONS

1. Chop the vegetables for the salad and prepare the salad.
2. Make the garlicky yogurt sauce: mix the yogurt with 1 garlic clove, a pinch of salt and the dill until smooth.
3. Chop the chicken in bite-sized pieces and add it to a non-stick pan with 1 Tbsp olive oil, cooking at medium-high heat. Add 2 cloves of garlic, the chili flakes, black pepper and dried mint and stir together until the chicken is coated. Cook for 8-10 minutes or until the chicken is golden brown.
4. Assemble the wraps: Fill with as much as you like...In the center of a tortilla add the chopped lettuce or cabbage, the chicken, cooked broccoli (if using), some salad, the hummus and the tzatziki. Wrap like a burrito and enjoy immediately.

### NUTRITIONAL INFORMATION

Calories 488

Fat 11g

Protein 58 g

Sugars 3 g

Carbohydrates:35 g

(doesn't include fruit)

# Southwestern Wraps

Jo Cooks



7 servings



20 minutes

## INGREDIENTS

1 tablespoon olive oil

8 ounce chicken cooked and shredded

1 teaspoon cumin ground

1 teaspoon chili powder ground

1 teaspoon garlic powder

1 teaspoon onion powder

1 cup corn kernels frozen

1 jalapeno chopped

1 cup canned black beans drained and rinsed

1/4 cup green onions chopped

1/4 cup cilantro chopped

4 cup fresh spinach

1 cup roasted red peppers roughly chopped

1 cup sour cream low fat

1/2 cup blue cheese crumbled

- juice from 1/2 lime
- 7 Flatout flatbreads
- 1 cup Monterey Jack cheese shredded



## INSTRUCTIONS

1. Heat the olive oil in a large skillet over medium-high heat. Add the cooked chicken, cumin, chili powder, garlic powder, onion powder and stir to make sure the chicken is coated in the spices. Cook for 1 or 2 minutes until the chicken warms up.
2. Add the corn, black beans, green onions, cilantro and stir. Cook for 1 more minute until everything warms through.
3. Add the spinach and roasted red peppers to the skillet and cook for a couple more minutes until the spinach cooks down. Remove from heat.
4. In a small bowl whisk together the sour cream, blue cheese and the lime juice.
5. Spread about 2 tbsp of the sour cream/blue cheese mixture over a flatbread evenly, then add about 1/4 cup of the chicken mixture and spread evenly over the flatbread. Sprinkle with some Monterey Jack cheese then roll the flatbread to form a wrap. Cut in half and serve.

### NUTRITIONAL INFORMATION

Calories 281

Fat 19g

Protein 22g

Sugars 13g

Carbohydrates 64g

# Turkey Reuben Sandwich

ETNT



4 servings



5 minutes

## INGREDIENTS

¼ cup ketchup

¼ cup olive oil mayonnaise

2 Tbsp relish

Few dashes Tabasco sauce

Black pepper to taste

1 lb turkey pastrami (or, failing that, regular turkey)

4 slices low-fat Swiss cheese

8 slices rye bread toasted

1 cup bottled sauerkraut



## INSTRUCTIONS

1. Combine the ketchup, mayo, relish, and Tabasco in a bowl and mix. Season with a bit of black pepper. Set the dressing aside. (Note: You can always skip this step and buy a bottle of Russian or Thousand Island dressing, but it's never as good as the homemade stuff.)
2. Divide the pastrami into four portions, pile on plates, and top each with a slice of cheese. Microwave briefly, about 30 seconds each, to melt the cheese.
3. Lay out four slices of the rye bread on a cutting board. Top each with sauerkraut and then pastrami and cheese. Drizzle with the dressing. Top with the remaining slices of bread.


### NUTRITIONAL INFORMATION


Calories 365

Fat 14g

# Ultimate Club Sandwich with Super Mayo

ETNT

 4 servings

 10 minutes

## INGREDIENTS

2 Tbsp olive oil mayonnaise

1 Tbsp Dijon mustard

1 clove garlic, finely minced

1 tsp dried oregano

6 sandwich rolls, split and lightly toasted

2 cups shredded romaine

8 slices tomato

8 strips cooked bacon

4 oz ham in 8 slices

4 oz turkey in 8 slices



## INSTRUCTIONS

1. In a mixing bowl, combine the mayonnaise, mustard, garlic, and oregano.
2. Spread the mayo mixture on 8 pieces of the toasted sandwich rolls.
3. Top each piece with shredded romaine, a slice of tomato, and a strip of bacon.
4. Top 4 of the pieces with ham and the other 4 with turkey.
5. Build each sandwich with a turkey half, a ham half, and top with a final piece of sandwich roll for a tri-level sandwich.

### NUTRITIONAL INFORMATION

Calories 330

Fat 12g

# Quickest Caprese Sandwich

ETNT



4 servings



15 minutes

## INGREDIENTS

- 1 baguette, sliced in half lengthwise
- 1 clove garlic, peeled and cut in half
- 2 large heirloom tomatoes, sliced
- 4 oz fresh mozzarella, sliced
- 15–20 fresh basil leaves
- Salt and black pepper to taste
- 1 Tbsp olive oil
- 1 Tbsp balsamic vinegar



## INSTRUCTIONS

1. Preheat the broiler.
2. Broil the baguette, cut sides up, 6" from heat, for about 2 minutes, until the inside is lightly toasted.
3. Rub each half with a half clove of garlic; the crusty bread will release the garlic's essential oils, giving you instant garlic bread.
4. Layer the bottom half of the baguette, alternating with slices of tomato, mozzarella, and basil leaves.
5. Season evenly with salt and lots of fresh black pepper.
6. Finish with a drizzle of olive oil and vinegar, then top with the other baguette half.
7. Cut the whole package into four pieces.

### NUTRITIONAL INFORMATION

Calories 300

Fat 17g



# Easy BBQ Chicken Salad

Lexi's Clean Kitchen



4 servings



15 minutes

## INGREDIENTS

### For Cilantro Ranch Dressing:

1/2 teaspoon dried dill

1/2 teaspoon dried parsley

1/2 teaspoon garlic powder

1/2 teaspoon onion powder

1/4 teaspoon fine sea salt

1/4 teaspoon ground black pepper

1/2 cup good-quality mayonnaise or greek yogurt

1-2 tablespoons unsweetened almond milk

1 tablespoon lemon juice

1/2 cup lightly packed picked cilantro leaves (about half a bunch of cilantro)

### For Salad:

1 lb. baked bbq chicken breast, or leftover shredded, grilled or rotisserie chicken (see note)

1/4 cup homemade or store-bought bbq sauce

4-6 cups lettuce of choice (we recommend romaine!)

1/2 small red onion, diced

1 cup chopped tomatoes (or halved cherry tomatoes)

1 cup thawed frozen corn kernels (or cooked corn kernels)

1 cup cooked (or rinsed canned) black beans (optional)



## INSTRUCTIONS

1. Add all dressing ingredients to a blender, and blend until smooth and creamy. Taste and adjust seasoning. Set aside.
2. Dice cooked chicken into bite sized pieces. Add chicken and bbq sauce to a small bowl and mix together.
3. Assemble the salads: Divide lettuce, onion, tomatoes, corn, and black beans (if using), in a bowl. Divide the bbq chicken on top, then drizzle over 2 tablespoons of the reserved dressing. Serve immediately.

### NUTRITIONAL INFORMATION

Calories 376

Fat 24g

Protein 18g

Carbohydrates: 21g

# Chopped Chicken Cobb Salad

Eating Well



1 servings



5 minutes

## INGREDIENTS

2 cups chopped romaine lettuce

2 tablespoons bottled blue cheese dressing, such as Bolthouse Farms Chunky Blue Cheese, divided

¼ cup chopped tomato

¼ cup chopped cucumber

¼ cup sliced white button mushrooms

3 ounces grilled or roasted chicken breast, cut into cubes or strips

½ hard-boiled egg, chopped

¼ cup no-salt-added cannellini beans, drained and rinsed



## INSTRUCTIONS

1. Place lettuce in a medium bowl. Add Toss 1 Tbsp. dressing; toss to coat. Arrange tomato, cucumber, mushrooms, chicken, egg, and beans in rows atop the lettuce. Drizzle with the remaining 1 Tbsp. dressing.

### NUTRITIONAL INFORMATION

Calories 410

Fat 21 g

Protein 35g

Sugars 6.5g

Carbohydrates: 17 g

# Smoked Salmon Pasta Salad

EatingWell



6 servings



20 minutes

## INGREDIENTS

8 ounces large shell pasta

1 cup frozen peas

½ cup canola mayonnaise

½ cup nonfat buttermilk

2 tablespoons thinly sliced chives

2 tablespoons lemon juice

1 ½ teaspoons chopped fresh tarragon

2 large garlic cloves, minced

½ teaspoon salt

½ teaspoon ground pepper

2 cups packed baby arugula

6 ounces smoked salmon, torn into 1-inch pieces



## INSTRUCTIONS

1. Cook pasta according to package directions, omitting salt; add peas to the pot during the final 1 minute of cook time. Drain, rinse with cold water and drain well.
2. Whisk mayonnaise, buttermilk, chives, lemon juice, tarragon, garlic, salt and pepper in a large bowl. Add the pasta-pea mixture, arugula and smoked salmon; stir gently until well combined.

### NUTRITIONAL INFORMATION

Calories 329

Fat 16g

Protein 12g

Sugars 3.2g

Carbohydrates: 34g

# Spinach-Strawberry Salad

EatingWell



4 servings



15 minutes

## INGREDIENTS

1 ½ tablespoons extra-virgin olive oil

1 tablespoon best-quality balsamic vinegar

2 teaspoons finely chopped shallot

¼ teaspoon salt

¼ teaspoon ground pepper

6 cups baby spinach

1 cup sliced strawberries

¼ cup crumbled feta cheese

¼ cup toasted chopped walnuts



## INSTRUCTIONS

1. Whisk oil, vinegar, shallot, salt and pepper in a large bowl. Let stand for 5 to 10 minutes to allow shallots to soften and mellow a bit.
2. Add spinach, strawberries, feta and walnuts to the bowl and toss to coat with the dressing.

### NUTRITIONAL INFORMATION

Calories 158

Fat 12g

Protein 4.8g

Sugars 3.3g

Carbohydrates: 8.6g

# Healthy Taco Salad

Healthy Seasonal Recipes



4 servings



30 minutes

## INGREDIENTS

3 corn tortillas

1 teaspoons avocado oil

1 ¼ teaspoon coarse kosher salt, divided

1 pound ground chicken or turkey

1 diced red bell pepper

1 bunch scallions, sliced, white and green parts separated

1 tablespoon Mexican/taco seasoning \*no salt added\*

2 tablespoons tomato paste

½ cup water

2 hearts of romaine, chopped, washed and spun dry

1 cup shredded Monterey Jack or Pepper Jack

¼ cup chopped cilantro leaves

½ cup Apple Cider Vinegar Salad Dressing

½ cup salsa



## INSTRUCTIONS

1. Preheat oven to 350 degrees F.
2. Lay tortillas on cutting board. Brush oil over the tortillas. Sprinkle with ¼ teaspoon salt and cut into strips. Spread on a large rimmed baking sheet and transfer to the oven. Bake until crispy and just starting to turn golden, 12 to 15 minutes. Set aside.
3. Coat a large non-stick skillet with cooking spray and set over medium-high heat. Add chicken, red pepper and scallion whites and cook, crumbling the chicken with a wooden spoon until no longer pink, 5 to 7 minutes. Sprinkle with Mexican seasoning and the remaining 1 teaspoon salt, and stir to coat. Add in tomato paste and stir to coat. Add in water and stir until the mixture becomes saucy. Remove from the heat and stir in the scallion greens.
4. Divide romaine among 4 large pasta bowls or plates. Top with the chicken mixture and cheese. Drizzle with dressing. Top with chips, cilantro and salsa on top.

### NUTRITIONAL INFORMATION

Calories 477

Fat 28g

Protein 32g

Carbohydrates: 26g

# Zucchini Pasta Salad w/ Avocado Spinach Dressing

Sugar-Free Mom



2 servings



10 minutes

## INGREDIENTS

1 ½ cups spiraled zucchini

½ cup shelled edamame

½ cup sliced celery

½ cup chopped red bell pepper

½ cup cherry tomatoes

Optional:

¼ cup feta cheese

2 tablespoons kalamata olives

### Avocado Spinach Dressing

½ cup fresh packed spinach

½ ripe avocado

juice of 1 lemon

2 tablespoons extra virgin olive oil

2 tablespoons Greek yogurt plain, 2%

½ teaspoon salt

¼ teaspoon pepper



## INSTRUCTIONS

1. Spiral or shred or thinly slice zucchini. Set aside.
2. In a high powdered blender mix dressing ingredients until smooth.
3. Pour ½ the dressing into the bottom of 2 mason jars.
4. Add celery on top of dressing.
5. Add peppers on top of celery then top with edamame or chicken.
6. Sprinkle feta cheese then add tomatoes and olives.
7. Last place ½ the spiraled zucchini into each mason jar.
8. Cover and refrigerate. Last up to 5 days.
9. Once ready to eat, shake the jar vigorously then pour onto a plate. Toss with fork if needed to mix dressing.

### NUTRITIONAL INFORMATION

Calories 298

Fat 23g

Protein 11.5g

Sugars 9.2g

Carbohydrates: 20.7g

# DIY Instant Noodle

The Kitchn



1 serving



10 minutes

## INGREDIENTS

1 to 3 teaspoons flavor base — soup stock paste, miso paste, curry paste

1 to 3 teaspoons flavoring extras, optional — chili-garlic sauce

1/4 to 1/2 cup filler ingredients

- frozen corn, frozen carrots, frozen peas, diced tofu, leftover cooked meat, dried or thinly sliced mushrooms, thinly sliced spinach or other hearty greens, kimchi

3/4 to 1 cup noodles

- cooked udon, cooked yakisoba or ramen, cooked soba noodles, cooked spaghetti or fettuccine, cooked rice noodles,

1/4 to 1/2 cup fresh ingredients — fresh herbs, sliced green onions, bean sprouts, sliced lime or lemon



## INSTRUCTIONS

1. Place flavor base and flavor extras in the bottom of the cup: If it's a paste, like soup stock or miso paste, spread it around a little so it dissolves more easily once you add the hot water. Also add any flavoring extras.
2. Top with filler ingredients: Scatter your filler ingredients over the top of the paste. It's OK if they get mixed in with the flavor base and extras.
3. Add the noodles: Pack the noodles down so they're fairly compact. It's fine if they stick together — they will un-stick once you add the water.
4. Finish with the fresh ingredients: If you'd like to keep these from getting mixed into the hot soup, pack these into a baggie that can be removed just before you add the water.
5. Seal and refrigerate: Place the lid on the container and refrigerate for up to a week. Use a dry-erase marker or masking tape label to write the contents of each jar so you can easily grab whichever combo of ingredients you want that day. (It's best to keep the jars refrigerated until you're ready to eat)
6. Top with hot water
7. Cover and steep:
  - a. Place the lid back over the container.
  - b. Let the soup steep for 2 to 3 minutes, stir thoroughly
  - c. Eat right away!

### NUTRITIONAL INFORMATION

Calories 79

Fat 1.3g

Protein 3.7g

Sugars 2.1g

Carbohydrates: 15.2g

# Deconstructed Sushi In a Jar

The Fork Bite



3 servings



15 minutes

## INGREDIENTS

- 1 lb cooked shrimp (or drained crab meat, tuna)
- 1 cup cucumber, *diced/spiraled*
- 1 cup red cabbage, *sliced*
- 1 cup mango, *cut in thin strips*
- 1 cup matchstick carrot
- 1 cup seaweed salad (optional)
- 1 sheet Seaweeds/Nori (cut into thin strips)

### For Sushi Rice:

- 2 cups cooked sushi rice (or sticky rice)
- 2 tbsp rice wine vinegar
- 2 tbsp sugar

### Sushi Base Sauce:

- 1/8 cup rice vinegar
- 1/4 cup soy sauce
- 2 tbsp brown sugar (or honey)
- 1 tbsp onions (diced)
- 1 tbsp garlic minced

### For Garnish:

- sesame seeds



## INSTRUCTIONS

1. Cook the sticky rice according to package directions. Once cooked, add the rice vinegar and sugar.
2. Once cooked, add sugar and rice vinegar. Mix well and set aside.
3. Arrange the ingredients and layer in this particular order: 2 tbsp of Sushi Base sauce, Shrimp (or drained crab meat), cucumber, seaweed salad, cabbage, carrots, mango sticky rice, nori (seaweed) strips and sesame seeds.
4. Store the jar in the fridge for up to 3 days. Just dump into a bowl when ready to eat.

### NUTRITIONAL INFORMATION

Calories 450

Fat 3g

Protein 38g

Sugars 28g

Carbohydrates: 64g



# Deconstructed Sushi In a Jar

The Fork Bite



3 serving



15 minutes

## INGREDIENTS

- 1 lb cooked shrimp (or drained crab meat, tuna)
- 1 cup cucumber, *diced/spiraled*
- 1 cup red cabbage, *sliced*
- 1 cup mango, *cut in thin strips*
- 1 cup matchstick carrot
- 1 seaweed salad (optional)
- 1 sheet Seaweeds/Nori (cut into thin strips)

### For Sushi Rice:

- 2 cups cooked sushi rice (or sticky rice)
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### Sushi Base Sauce:

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- 1 tbsp onions (diced)
- 1 tbsp garlic minced

### For Garnish:

- sesame seeds



## INSTRUCTIONS

1. Cook the sticky rice according to package directions. Once cooked, add the rice vinegar and sugar.
2. Once cooked, add sugar and rice vinegar. Mix well and set aside.
3. Arrange the ingredients and layer in this particular order: 2 tbsp of Sushi Base sauce, Shrimp (or drained crab meat), cucumber, seaweed salad, cabbage, carrots, mango sticky rice, nori (seaweed) strips and sesame seeds.
4. Store the jar in the fridge for up to 3 days. Just dump into a bowl when ready to eat.

### NUTRITIONAL INFORMATION

Calories 450

Fat 3g

Protein 38g

Sugars 28g

Carbohydrates: 64g

# Mexican Quinoa & Chicken Salad

ETNT



4 servings



20 minutes

## INGREDIENTS

- 8 oz skinless, boneless chicken breast, cooked and shredded
- 3 Tbsp refrigerated salsa
- 2 cups cooked quinoa
- 1 cup chopped tomato
- 3/4 cup canned no-salt-added black beans, rinsed and drained
- 3/4 cup frozen roasted corn, thawed
- 1 small red onion, thinly sliced (1/2 cup)
- 1 avocado, halved, seeded, peeled, and chopped
- 2 Tbsp lime juice
- 2 Tbsp olive oil
- 1 clove garlic, minced
- 2 Tbsp snipped fresh cilantro
- 1/2 tsp salt
- 1/4 tsp black pepper



## INSTRUCTIONS

1. In a small bowl, combine chicken and salsa.
2. Divide quinoa among four pint jars. Layer with tomato, black beans, corn, chicken mixture, onion, and avocado, pressing ingredients down as you fill, if necessary.
3. In another small bowl, combine lime juice, oil, garlic, cilantro, salt, and pepper. Whisk until smooth. Spoon dressing over layers in jars. Cover and chill up to 3 days. Shake jars before serving.

### NUTRITIONAL INFORMATION

Calories 413

Fat 19g

Protein 21g

Sugars 5g

# Build Your Own Nourish Bowl

maple + mango



varies



10 minutes

## INGREDIENTS

### BASE:

- Leafy Greens (e.g. spinach, kale, arugula, mixed baby greens, romaine, leaf lettuce, swiss chard, sprouts, microgreens, etc.)

### TOP WITH:

- Veggies: raw, roasted or grilled (e.g. carrots, cucumber, cabbage, zucchini, beets, mushrooms, peppers, radish, broccoli, cauliflower, snap peas, green beans, asparagus, etc.)
- Protein (e.g. nuts, seeds, beans, lentils, quinoa, tempeh, tofu, eggs, fish, quality meat\*, etc.)
- Whole Food Carbs (e.g. sweet potatoes, quinoa, rice, corn, squash, whole grains, wild rice, beans, peas, etc.)
- Healthy Fats (e.g. avocado, nuts, seeds, olives, olive oil, tahini, salmon, etc.)

### ADD-ONS:

- Options include: homemade or quality store-bought dressings or sauces, fermented veggies like sauerkraut or kimchi, nuts, seeds, hemp hearts, salsa, hummus, fruit, cheese, guacamole, pesto, nutritional yeast, fresh lemon juice, herbs, spices, seasonings, etc.



## INSTRUCTIONS

### 1. Base of Leafy Greens:

- a. Start off by placing a couple handfuls of leafy greens in your bowl.

### 2. Top with Veggies + Protein + Carbs + Healthy Fats:

- a. Add a variety of nutrient dense veggies, protein, carbs and healthy fats. You can sprinkle them on top or arrange them in neat little piles or stripes.

### 3. Finish It Off With Add-Ons:

- a. Drizzle, scatter or scoop on some delicious add-ons to bring it all together.

# California Roll Sushi Bowl

Simply Homecooked



4 servings



25 minutes

## INGREDIENTS

1 1/2 cups dry Sushi Rice

2 cups water

1/4 cup seasoned rice vinegar Marukan

1/4 cup Japanese mayonnaise

2 teaspoons sriracha

8 oz imitation crab chopped into small pieces

1/2 cup diced English cucumber

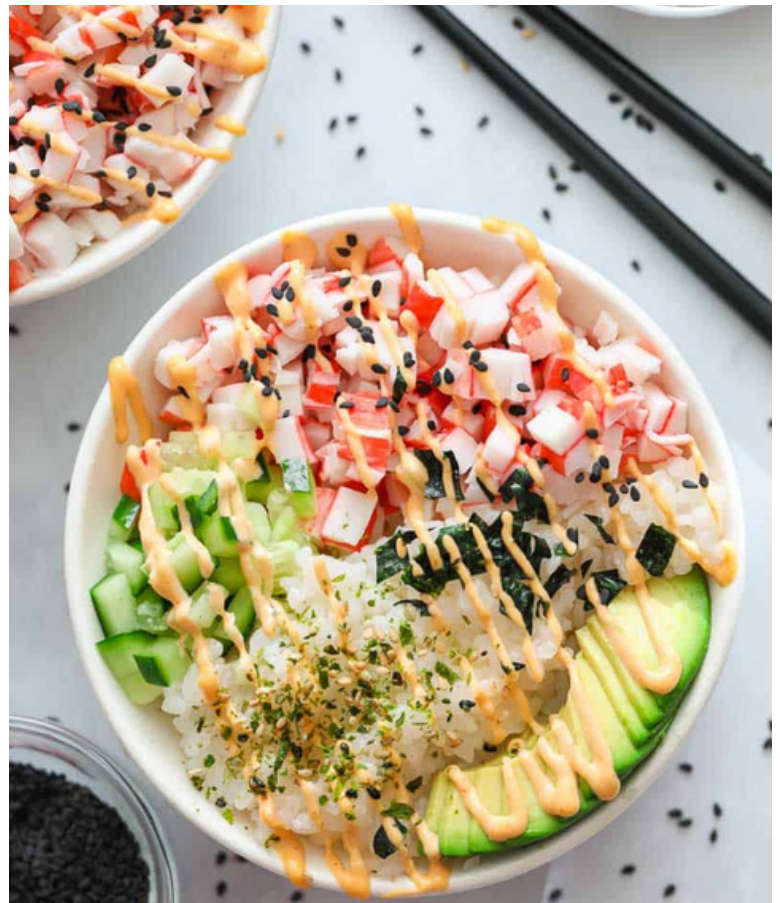
1-2 nori sheets chopped or crumbled into small pieces

1 large avocado peeled and sliced

Black and toasted sesame seeds for garnish

1/4 cup low-sodium soy sauce for serving

Nori Furikake



## INSTRUCTIONS

1. Start off by rinsing 1 1/2 cups of sushi rice in a mesh sifter. Once the rice is well rinsed, add it to your rice cooker along with 2 cups of water. Then turn on the rice cooker.
2. Once the rice is cooked transfer it to a rimmed baking sheet.
3. Then pour 1/4 cup seasoned rice vinegar over the rice and fold it in. You want to use a rice paddle to do this. Make sure be gentle with the rice and not mash it up. Then let the rice cool completely.
4. Then make your spicy Mayo by combining 1/4 cup Japanese mayonnaise with 2 teaspoons sriracha.
5. Now chop cup 8 ounces of leg style imitation crab meat and 1/2 cup of English cucumber. You can also break up a few pieces of Nori (dried seaweed).
6. Now add the cooled sushi rice to a bowl, along with the chopped crab, cucumber, and sliced avocado. Then drizzle on the spicy mayonnaise, and top with chopped nori, sesame seeds, and furikake.

### NUTRITIONAL INFORMATION

Calories 402

Fat 18g

Protein 10g

Sugars 3g

Carbohydrates: 73g

# Healthy Chicken Fajita Rice Bowl

Yellow Bliss Road



4 servings



25 minutes

## INGREDIENTS

1 pound chicken breast tenderloins

2 cups cooked rice white or brown rice, Mexican rice, Cilantro rice

1 poblano pepper sliced thin

1 red pepper sliced thin

1 small onion sliced thin

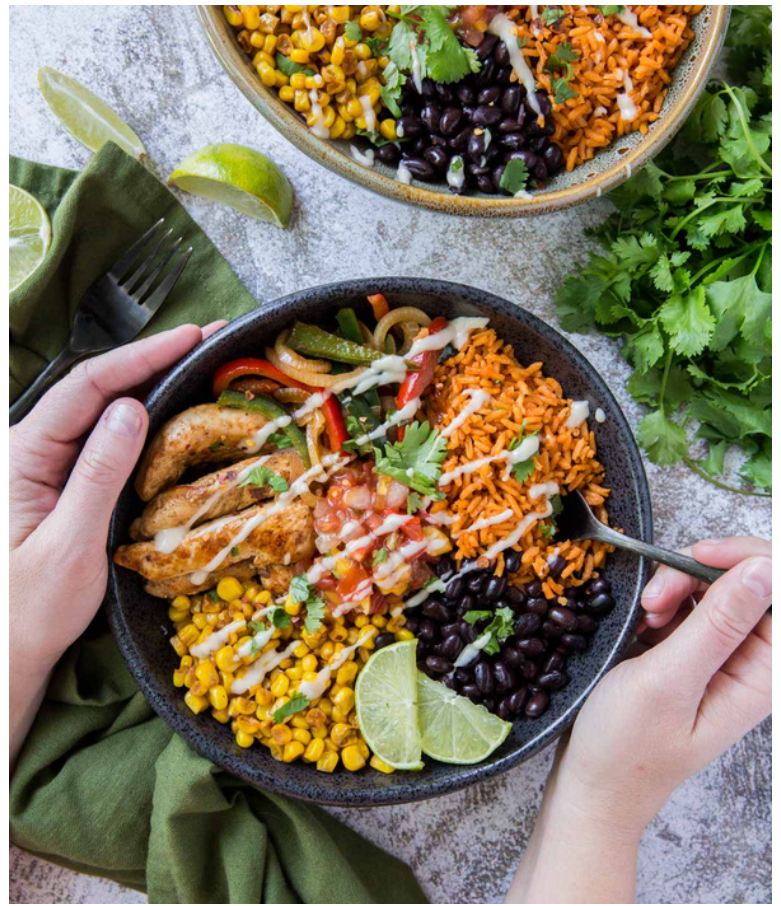
15 ounce canned black beans drained and rinsed

15 ounce canned corn drained

1 tablespoon fajita seasoning

1 tablespoon oil

Optional ingredients: shredded cheese, sour cream, avocado, salsa, limes



## INSTRUCTIONS

1. Preheat a large skillet to medium high heat and add oil. Season chicken, onions, and peppers with half of the fajita seasoning.
2. When skillet is hot, add the chicken, peppers, and onions. Cook 3-4 minutes per side, or until chicken is cooked through. Transfer chicken and vegetables to a plate and cover with foil to keep warm.
3. To the same skillet, add corn and black beans with the remaining fajita seasoning. Cook, stirring frequently, until warmed through.
4. Assembly:
  - a. Fill bowls with rice, then top with chicken, onions, peppers, corn, and black beans. Add additional toppings as desired, like sour cream, salsa, avocado and a squeeze of lime.

### NUTRITIONAL INFORMATION

Calories 466

Fat 9g

Protein 36g

Sugars 3g

Carbohydrates: 60g

# Mediterranean Steak Bowl

The Real Food Dietitians



4 servings



45 minutes

## INGREDIENTS

### For the Bowls:

- 1 lb. flank steak (may substitute NY strip or sirloin steak)
- 1 pint (10 ounces) grape or cherry tomatoes
- ½ medium red onion, peeled and cut into 1-inch pieces
- 1 head romaine lettuce, chopped (~10-12 cups)
- 1 large cucumber, chopped
- ⅓ cup pitted kalamata olives, sliced
- 1 cup garlic hummus (or store-bought hummus of choice)
- ½ cup crumbled feta cheese
- Skewers for veggies
- 2 tsp. oil of choice (such as avocado oil or olive oil)
- Lemon wedges and/or torn fresh mint leaves for garnish (optional)

### For the Herbed-Yogurt Dressing:

- 1 cup plain yogurt
- 1 Tbsp. olive oil or avocado oil
- Juice of ½ lemon
- 1 large clove garlic, finely minced
- ½ tsp. dried oregano
- ½ tsp. dried dill
- ½ tsp. salt
- 2 tsp. chopped fresh mint (or ½ tsp. dried mint)



## INSTRUCTIONS

### To make the dressing:

1. Combine all dressing ingredients in a small bowl and whisk to combine. Store in the fridge until ready to use, up to 5 days.

### To make the bowls:

1. Preheat grill to high heat (about 450 F).
2. Pat the steak dry with paper towels and sprinkle both sides with salt and pepper.
3. Thread cherry tomatoes and quartered onions onto skewers, brush with the oil, and sprinkle with salt and pepper.
1. When the grill is hot, place flank steak and tomato and onion skewers on the grill. Grill veggies, turning occasionally, for 5-8 minutes or until onions are softened and tomatoes start to blister.
2. Grill the steak for 4-5 minutes, then flip and grill an additional 4-5 minutes for medium-rare (6-7 minutes per side for medium) or until an instant-read thermometer reads 140°F for medium-rare or 150°F for medium.
3. Remove steak to a plate and cover loosely with another plate, or oil and allow steak to rest for 10 minutes before slicing thinly against the grain.
4. While the steak rests, divide the chopped romaine between 4 plates or shallow bowls. Top with sliced steak, grilled vegetables, hummus, chopped cucumbers, olives, and feta cheese.
5. Drizzle with Herbed-Yogurt Dressing and garnish with lemon wedges and/or torn fresh mint leaves.

### NUTRITIONAL INFORMATION

Calories 500

Fat 28g

Protein 37g

Sugars 11g

Carbohydrates: 28g

# Italian Chicken Meal Prep Bowl

A Savory Feast



5 servings



45 minutes

## INGREDIENTS

2 tablespoons olive oil

1 small onion, diced

1 pint grape (or cherry) tomatoes

1 tablespoon minced garlic

2 cups fresh spinach leaves

1 cup shredded parmesan cheese

For the marinade:

- 1/4 cup olive oil
- 1 teaspoon each of basil, oregano and garlic powder
- 1/2 teaspoon each of salt and pepper
- 1 1/2 pounds boneless chicken breasts, cut into cubes



## INSTRUCTIONS

1. After the chicken is marinated, heat the 2 tablespoons of olive oil in a large skillet over medium high heat. Brown the chicken on all sides.
2. Add in the onions and tomatoes and stir, then cover and cook for 3-5 minutes or until the onions are beginning to get tender and translucent.
3. Add in the minced garlic and spinach and stir. Cover and cook for 3-5 minutes or until the spinach is wilted and the chicken is cooked throughly.
4. Let cool and then divide into 5 containers and top each serving with shredded parmesan cheese. Refrigerate until needed and serve cold or warmed up.

For the marinade:

1. Combine the olive oil, basil, oregano, garlic powder, salt and pepper in a gallon ziploc bag and shake to combine.
2. Add the chicken to the bag and seal. Marinate for at least 15 minutes or up to 24 hours (put it in the refrigerator if marinating for longer than 15 minutes)

### NUTRITIONAL INFORMATION

Calories 461

Fat 26g

Protein 51g

Sugars 1g

Carbohydrates: 6g

# Tortellini Soup with Italian Sausage & Kales

Modern Proper

 6 servings  35 minutes

## INGREDIENTS

1 lb mild italian sausage, ground

1 onion, minced

6 garlic cloves, minced

1 quart chicken stock

1 (14 oz can)crushed tomatoes

2 tbsp tomato paste

1 tsp salt

1 bunch kale, stems removed

1 (10 oz) bag tortellini, fresh (not dried)

1 cup heavy cream

parmesan cheese (optional)

¼ tsp red pepper flakes (optional)



## INSTRUCTIONS

1. Heat a large soup pot over medium-high heat.
2. Add the sausage, onions and garlic to the pot and sauté until the onions are soft and translucent, about 5 minutes. (Drain off any excessive fat.)
3. Add the chicken stock, crushed tomatoes and tomato paste. Whisk until tomato paste is fully incorporated.
4. Bring to a boil, season with salt then simmer for 15 minutes.
5. Add the kale, tortellini and heavy cream.
6. Simmer for 3-5 minutes until the kale is wilted and the pasta is tender.
7. Serve with parmesan cheese and red pepper flakes if desired.

### NUTRITIONAL INFORMATION

Calories 368

Fat 22g

Protein 19g

Sugars 5g

Carbohydrates: 24g



# Easy Chicken Noodle Soup

Modern Proper

 6 servings  15 minutes

## INGREDIENTS

- 1 tbsp olive oil or butter
- 1 small yellow onion, chopped about 3/4 cup
- 2 ribs of celery, 1/2-inch chopped
- 1-2 large carrots, peeled, 1/2-inch sliced about 1 1/2 cups
- 4 cloves garlic, minced
- 2 bay leaves
- 8 cups chicken stock
- 2-3 cups cooked shredded chicken (from rotisserie)
- 8 oz egg noodles
- 1 tbsp minced, flat leaf parsley
- 1 tsp sea salt
- 1/4 tsp fresh cracked black pepper to taste



## INSTRUCTIONS

1. In a large (6 quart) soup pot or dutch oven, heat the butter or olive oil over medium heat. When the oil is glistening, add the onion, celery and carrots and cook, stirring often, until the onions are translucent, about 5 minutes. Add garlic and cook for 1 minute longer.
2. Add the chicken stock and bay leaves. Bring to a boil over high heat. Reduce heat to medium and cook until the vegetables are nearly tender, about 10 minutes longer.
3. Add the chicken, egg noodles, parsley, salt and pepper. Bring to heavy simmer. Place a lid on the pot to keep the liquid from evaporating. Maintain a low boil/heavy simmer until the noodles are tender and the chicken is warmed through, about 10 minutes longer.

### NUTRITIONAL INFORMATION

Calories 253

Fat 6g

Protein 35g

Sugars 2g

Carbohydrates: 11g

# Taco Soup

Modern Proper



6 servings



45 minutes

## INGREDIENTS

- 1 lb ground beef
- 1 onion, diced
- 1 4 oz can green chilies, mild
- 2 cups chicken stock
- 1 28 oz can diced tomatoes
- 2 tbsp taco seasoning
- 2 14 oz cans black beans, drained
- 1 cup frozen corn
- 1 green bell pepper, diced
- 1 red bell pepper, diced

### Toppings

- cheese
- sour cream
- cilantro
- green onions
- avocado



## INSTRUCTIONS

1. In a large soup pot, brown the beef along with the onions. Add remaining ingredients and simmer 30 minutes.
2. Serve with warm with cheese, sour cream and/or fresh cilantro.

### NUTRITIONAL INFORMATION

Calories 355

Fat 9g

Protein 28g

Sugars 10g

Carbohydrates: 43g

# Tuscan White Bean Soup

Eat with Clarity



6 servings



30 minutes

## INGREDIENTS

- 3 15 ounce cans cannellini beans drained and rinsed
- 1 yellow onion finely chopped
- 4 cloves garlic minced
- 2 tbsp olive oil
- 2 large carrots peeled and chopped
- 1 stalk celery diced
- 1/3 cup white wine I used pinot grigio
- 2 cups chopped kale stems removed, finely chopped
- 2 1/2 – 4 cups vegetable or chicken broth see notes
- 1 tbsp tomato paste
- 1 tsp salt or to taste
- 1/4 tsp black pepper or to taste
- 1/4 tsp red pepper flakes omit if you don't like spice
- 1/4 tsp Italian seasoning
- 2 bay leaves
- 1 tsp dried thyme
- 1/2 tsp dried oregano



## INSTRUCTIONS

1. Saute the finely chopped onion in a large pot or dutch oven with the oil.
2. Once it starts to brown slightly, add in the garlic, celery and carrot. Saute an additional 10 or so minutes to let the veggies soften and brown slightly. The browning helps add lots of flavor!
3. Add in the white wine and saute until most of the liquid has evaporated, about 5-7 minutes.
4. Add in all remaining ingredients except for the kale (see notes about the amount of broth since there is a range, but I recommend starting with 2 1/2 cups), and stir well.
5. Bring to a boil, then cover and reduce heat to low. Let simmer for 15 minutes.
6. Discard the bay leaves, then transfer about 2 1/2 – 3 cups worth of the soup to a blender. Blend until smooth.
7. Transfer back to the pot and stir well to combine. If it's too thick, add in more broth until it reaches your desired consistency.
8. Add in the chopped kale and let simmer for a few minutes to allow the kale to wilt. Taste and adjust flavors as desired. I usually add a bit more salt and pepper and a squeeze of lemon juice.
9. Serve warm as is or with a hearty bread on the side. Enjoy!

### NUTRITIONAL INFORMATION

Calories 221

Fat 5g

Protein 15g

Sugars 1g

Carbohydrates: 25g

# French Onion-Style Beef Vegetable Soup

Cleaning Eat Mag

 4 servings  40 minutes

## INGREDIENTS

- 1 tbsp olive oil
- 4 stalks celery, thinly sliced
- 2 leeks (white and light green parts), halved lengthwise and thinly sliced
- 1 lb cremini mushrooms, sliced
- 3 tbsp dry red wine
- 1 tsp unsalted tomato paste
- 4 cups low-sodium chicken broth, divided
- 1 tsp potato or arrowroot starch
- Leftover steak (from Red Wine Steak), cut into bitesize pieces
- Leftover caramelized vegetables (from Red Wine Steak)
- 1/2 tsp each sea salt and ground black pepper
- 1 clove garlic, minced
- 1/3 cup grated Parmesan cheese
- 4 tsp organic unsalted butter, softened
- 4 oz whole-grain baguette, sliced into 16 rounds



## INSTRUCTIONS

1. In a large saucepan on medium, heat oil. Add celery and leeks and cook, stirring occasionally, until softened, about 5 minutes. Add mushrooms and cook, stirring occasionally, until beginning to brown and no liquid remains, 15 to 20 minutes.
2. Stir in wine and tomato paste; cook for 1 minute. Add 3 cups broth; bring to a boil. Reduce heat to low and cook for 10 minutes. In a small bowl, whisk remaining 1 cup broth with starch; stir into soup. Stir in steak, vegetables, salt and pepper. Bring to a boil; reduce to a simmer and cook until thickened, 1 minute.
3. Meanwhile, preheat oven to 400°F. In a separate small bowl, combine garlic, cheese and butter. Arrange baguette slices on a parchment-lined baking sheet; spread garlic mixture over tops. Bake until golden, about 10 minutes.
4. Divide soup among bowls; top with baguette.

### NUTRITIONAL INFORMATION

Calories 354

Fat 16g

Protein 20g

Sugars 8.5g

Carbohydrates: 38g

# Turkey Paninis with Sun-Dried Tomatoes

Clean Eating Mag



4 servings



20 minutes

## INGREDIENTS

- 1 whole-wheat baguette, cut crosswise in fourths
- 12 sun-dried tomatoes (packed in olive oil), patted dry and halved
- 2 oz part-skim mozzarella cheese, thinly sliced
- 6 1-oz slices reduced-sodium fresh deli turkey
- 1 1/2 cups arugula leaves



## INSTRUCTIONS

1. Split open baguette sections and layer each bottom half with 6 pieces tomato, 1/2 oz cheese, 1 1/2 slices turkey and top half of bread. Toast sandwich on a countertop grill or panini press on medium heat, lid down, until lightly browned, about 6 minutes. If using stovetop method, toast about 3 minutes per side, or until lightly browned.
2. As soon as paninis are done toasting, open each and add 1/3 cup arugula. Slice each panini on the diagonal and serve immediately.

### NUTRITIONAL INFORMATION

Calories 260

Fat 6g

Protein 16g

Sugars 4g

Carbohydrates: 34g

# BBQ Chicken Sandwich

EatingWell



1 serving



10 minutes

## INGREDIENTS

½ cup shredded cooked chicken

¼ cup shredded carrots

2 tablespoons barbecue sauce

2 teaspoons light ranch dressing

1 small whole-wheat sandwich bun

1 leaf romaine lettuce



## INSTRUCTIONS

1. Combine chicken, carrots and barbecue sauce in a bowl. Spread ranch dressing on the bun. Top with the chicken mixture and lettuce.

### NUTRITIONAL INFORMATION

Calories 334

Fat 7.5g

Protein 26g

Sugar: 17.1g

Carbohydrates: 41.3g

# Zucchini Pizza Bites

Laura Fuentes



2 servings



10 minutes

## INGREDIENTS

1 large zucchini, sliced diagonally into 1/4-inch thick rounds

1/4 cup marinara sauce

1/2 cup shredded Mozzarella cheese

1/4 cup mini pepperonis

2 tablespoons sliced black olives



## INSTRUCTIONS

1. Preheat the oven to broil. Line a large baking sheet with parchment paper.
2. Place the zucchini slices onto the lined baking sheet in an even layer.
3. Spread the marinara sauce over the top of each slice. Top with cheese, pepperoni, and black olives.
4. Broil for 2 to 3 minutes or until the cheese is melted.

### NUTRITIONAL INFORMATION

Calories 151

Fat 9.7g

Protein 11.6g

Sugars 1.9g

Carbohydrates: 4.6g

# 4-Ingredient Spring Pesto Pasta

The Seasoned Mom



4 servings



15 minutes

## INGREDIENTS

2 cups (4 ounces) uncooked wagon wheel pasta (can substitute with other small pasta)

½ cup frozen peas thawed

⅓ cup prepared pesto sauce (or more or less pesto sauce, to taste)

1 cup diced cooked chicken (such as leftover chicken or rotisserie chicken)



## INSTRUCTIONS

1. Boil pasta according to package instructions. Stir in peas, pesto, and chicken until completely combined. Serve immediately

### NUTRITIONAL INFORMATION

Calories 248

Fat 9g

Protein 13g

Sugars 2g

Carbohydrates: 26g



# Veggie Quesadilla

Picky Eater Blog

 4 servings  30 minutes

## INGREDIENTS

4 Sprouted Wheat Tortillas(1 per quesadilla)

1 cup Mexican shredded cheese blend(1/4 cup per quesadilla)

1 cup Refried or whole black beans(1/4 cup per quesadilla)

1 tsp Taco Seasoning(more to taste)

3 roma tomatoes, diced

1/2 red onion, diced

1/2 cup corn

1 red/orange/yellow bell pepper, diced

8 tbsp Salsa (2 tbsp per quesadilla)

4 tbsp Guacamole (1 tbsp per quesadilla)



## INSTRUCTIONS

1. Heat beans over the stove on medium heat. Add taco seasoning to taste and stir until combined
2. Heat a large pan over medium to medium-low heat, spray with olive oil cooking spray. Add tortilla to pan.
3. Assemble quesadillas: One layer of beans, one layer of cheese (1/8 cup), a layer of onions corn, & peppers, and another layer of cheese (remaining 1/8 cup).
4. Grill the quesadillas in the pan until both sides are browned and crispy and the cheese has melted. About 1-2 minutes on each side. Top with diced tomatoes, 1 Tbsp guac and 2 Tbsp salsa.

### NUTRITIONAL INFORMATION

Calories 380

Fat 13g

Protein 18.6g

Sugars 1.5g

Carbohydrates: 46.8g