



Weekly Recipe Plan WK1



CHICKEN

Mushroom Cheesy Chicken

Macros:

Makes 2 servings (2 mushroom caps per serving)

Per serving: 298 Cals 37 P 12 C 14 F

INGREDIENTS

- 4 portabella mushroom caps
- 6 oz lean ground chicken
- 1 Smoked Turkey & Sausage link (I used Chef Bruce Aidells brand)
- 2 slices reduced fat provolone cheese
- 1 oz $\frac{1}{3}$ less fat cream cheese
- $\frac{1}{2}$ bell pepper, chopped
- $\frac{1}{2}$ white onion, chopped
- 1 tsp minced garlic

DIRECTIONS

1. Preheat the oven to 400 degrees.
2. Rinse mushroom caps with cool water and gently pat dry.
3. Add foil to a cookie sheet and lightly spray with non-stick spray. Place mushroom caps on the foil open side up and gently remove the stems from the middle.
4. Bake in the oven for 15 minutes.
5. Heat a large skillet to medium to high heat and spray with non-stick spray. Add chicken and diced up sausage link, pepper, onion and minced garlic to the pan. Cook until the chicken is no longer pink.
6. Add cream cheese and stir until melted and mixed in evenly.
7. Remove from heat and evenly fill each mushroom cap with the chicken mixture.
8. Top with $\frac{1}{2}$ slice of reduced fat provolone cheese and return to the oven for about 5 minutes longer, or until the cheese is melted down.

CHICKEN

Chicken Alfredo Stuffed Peppers

Macros:

Makes 2 servings

(2 pepper halves is one serving).

Macros per serving: 283 Cals 25 P 20 C 14 F



INGREDIENTS

- 2 bell peppers, sliced in half and seeds removed
- ¼ cup reduced sodium chicken broth
- ¾ cup Primal Kitchen Alfredo Sauce
- 4 lean ground chicken
- ½ cup shredded mozzarella
- 1 small package sliced baby bella mushrooms

DIRECTIONS

1. Preheat oven to 350 degrees
2. Slice peppers in half and remove seeds. Place them cut side up in a shallow casserole dish. Add chicken broth to the bottom of the casserole dish.
3. Heat up a large skillet over medium to high heat and lightly spray with non stick spray. Add the ground chicken and package of baby bella's to the pan and saute until ground chicken is fully cooked (no longer pink).
4. Add ½ cup of the alfredo sauce to the pan and mix evenly. Remove the skillet from the heat.
5. Scoop the chicken and mushroom filling to the peppers evenly and top with remaining ¼ cup of alfredo sauce and half of the shredded cheese. Cover with foil and bake for 40 minutes.
6. Remove foil, top with remaining shredded cheese and bake 5 minutes longer.

**CHICKEN****Instant Pot Chicken Noodle Soup****Macros:****Makes 7 servings****Per serving: 276 cal 31 P 31 C 4 F****INGREDIENTS**

- 1 tbl extra virgin olive oil
- 1 cup chopped carrots
- 1 cup celery, diced
- ½ white onion, chopped
- 1.5 pounds chicken breasts
- 4 cups low sodium chicken broth
- 4 cups water
- 1 bay leaf
- Salt and pepper to taste
- 10 oz (dry) protein pasta

DIRECTIONS

1. Turn the instant pot to saute and add olive oil, carrots, onions, celery, salt and pepper. Stir often.
2. Once the onions are translucent, add broth, water, chicken and bay leaf. Stir quickly to incorporate all ingredients. Secure instant pot lid and ensure the valve is closed. Cook on high pressure for 11 minutes and manually release steam when finished cooking.
3. Remove the bay leaf and chicken to a plate. Discard the bay leaf. Turn the instant pot back to saute and when the liquid begins to boil, add the dry pasta. Cook to package instructions; typically 7-8 minutes stirring occasionally.
4. Shred the chicken and add back into the pot.
5. When noodles are finished cooking, turn the pot off and separate evenly into 7 containers.



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SIDE

Hearty Cauliflower Side

Macros:

Makes 6 servings.

Macros per serving: 104 cal 9 P 7 C 6 F

INGREDIENTS

- 2 packages frozen plain riced cauliflower
- 1 cup shredded cheddar cheese
- ½ cup plain nonfat greek yogurt (I used Chobani)
- 2 tsp dry ranch seasoning
- 1 tsp dehydrated chopped onion
- 1 tsp garlic salt
- 4 tbl bacon bits

DIRECTIONS

1. Preheat oven to 350 degrees.
2. Cook both rice steamers per package instructions and empty into a medium sized bowl.
3. Add all ingredients to rice EXCEPT for about a tablespoon of cheese and 1 tbl of bacon bits.
4. Mix well. Add into a small baking dish that has been lightly sprayed with non stick spray (I used a standard bread loaf dish).
5. Bake for 35 minutes and upon removal top with remaining cheese and bacon bits.
6. Slice into 6 servings and serve hot with almost any main dish!



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DESSERT

PROTEIN MONSTER COOKIE DOUGH

**Macros: Makes 20-25 cookies.
Macros for a 20 cookie batch;
1 cookie is: 149 cal 4 P 13 C 9 F**



INGREDIENTS

- 1 cup cinnamon cookie batter
- 1 1/2 cup oats
- 1 cup almond flour
- 2 tbl pb (I suggest 1P nut butter)
- 2 tbl pb2
- 2 eggs
- 1 tsp baking soda
- 1 1/4 tsp vanilla
- 1/4 cup honey
- 8 tbl butter
- 1 cup mini m&m or choc chips

DIRECTIONS

1. Preheat oven to 350 degrees
2. Mix butter and honey together first
3. Add in remaining ingredients (except m & m's and chips) and mix until dough consistency forms
4. Fold in chocolate
5. Line a baking sheet with parchment paper and drop 20 even sized dough balls onto the paper.
6. Bake for 5-10 minutes and remove as soon as the edges start to brown.