



**MAIN****CHEESY HAMBURGER SOUP****Macros:**

**Makes 1 serving (easy to multiply if meal prepping).**

**Per 1 serving: 222 cals / 23 P / 9 C / 9 F**

**Makes 8 servings. Each serving is approximately 1 ¾ cup.**

**368 Calories**

**29 P**

**37 C**

**12 F**

**3 Fiber**

**INGREDIENTS**

- 1 lb lean ground beef
- 6 cups chicken broth
- 2 cups water
- 1 onion (5 oz chopped)
- 2 cups frozen mixed veggies
- 6 cups cubed red potatoes (31 oz)
- ½ tsp garlic powder
- 2 tsp italian seasoning
- 1 ½ cups 2% milk
- 2 tbsp cornstarch
- 10 oz velveeta style cheese (I used Aldi brand)
- Salt/Pepper to taste

**DIRECTIONS**

1. Brown ground beef and season with salt, pepper, garlic/onion powder.
2. Add 6 cups chicken broth and water into a stock pot and start heating up the broth.
3. After ground beef is cooked, add beef, potatoes, onions, frozen veggies, garlic powder, and Italian seasonings to the broth. Bring to a boil and then simmer until potatoes and veggies are tender but still slightly firm.
4. Whisk milk and cornstarch together and stir into soup.
5. Cube the cheese and add it into soup. Simmer until the cheese is melted and the soup is heated through.
6. Add salt and pepper to taste, you may not need much salt depending on how much sodium is in your chicken broth.

**MAIN****SPICY WESTERN CASSEROLE**

**Macros: Makes 4 large servings. Macros  
per serving:  
424 cals / 31 P / 38 C / 15 F**

**INGREDIENTS**

- 1 pound lean ground beef
- 1 low sodium taco seasoning packet
- 1 roll/sheet of Pillsbury dough
- ¼ cup non fat plain greek yogurt
- 3 tbl light mayo
- ¼ cup 2% shredded cheddar cheese
- ½ serving (14 grams) shredded mozzarella cheese
- 10 cherry tomatoes, sliced in half
- 2 oz drained jalapenos, diced
- 1 tbl dried onion flakes
- 1 medium bell pepper, chopped

**DIRECTIONS**

1. Preheat the oven to 350 degrees and lightly spray a 8 x 8 dish with non stick spray.
2. Roll pillsbury dough into dish and press down to spread evenly across the bottom. Bake for about 15 minutes or until lightly browned.
3. While the dough is cooking, brown ground beef in a medium sized frying pan, drain grease and cook taco seasoning into meat per package instructions. Remove meat into a separate bowl after cooking.
4. Add chopped pepper and onion flakes into the frying pan and saute until peppers are tender.
5. In another bowl, mix together the yogurt, may and half of the shredded cheese.
6. Add the following on top of the baked dough in this order; taco meat, tomatoes, bell pepper/onions, jalapenos, yogurt mix and remaining shredded cheese.
7. Bake uncovered for about 35 minutes (cheese will be completely melted and dough will be golden brown).

**MAIN****KOREAN STIR FRY****Macros:****3 Servings****309 cal / 36 P / 19C / 8 F****INGREDIENTS**

- 1 lb ground beef
- 1 tbl onion flakes
- 4 tsp minced garlic
- 1 bell pepper, chopped
- 1 pkg birds and shredded carrots & broccoli

## sauce:

- 2 tbt + t 2 tsp brown sugar replacement
- 1/3 c Soy sauce
- 1 1/2 tbl vinegar
- EVOO Spray
- 1/2 tsp paprika

**DIRECTIONS**

1. Brown beef, drain and remove to bowl
2. Mix sauce ingredients in bowl and whisk until well combined
3. Add frozen packet to hot pan with onion flakes, garlic and bell pepper. Stir until veggies are almost tender.
4. Add beef back to the mixture to heat through.
5. stir in sauce and simmer for 3-4 minutes

**SIDE****TWICE-BAKED CHEESY CAULI****Macros: makes 2 giant servings.****Macros per serving:****196 cals / 16 P / 9 C / 11 F****INGREDIENTS**

- 1 package frozen riced cauli
- 4 tbl ⅓ less fat cream cheese
- ½ cup non fat plain greek yogurt
- 4 tsp grated parmesan cheese
- 1 tbl bacon bits
- ½ serving (14 grams) shredded colby jack cheese

**DIRECTIONS**

1. Preheat oven to 350 degrees. Cook frozen cauliflower in the microwave per package instructions.
2. Spray a bread dish with non stick spray.
3. In a small bowl mix the cream cheese, yogurt, parmesan, ½ the bacon bits and ½ the shredded cheese together.
4. Mix cooked cauliflower rice with yogurt mixture until well incorporated.
5. Pour mixture into the prepared bread loaf dish and top with remaining bacon bits and shredded cheese.
6. Bake, covered, for about 20 minutes. Remove the cover and bake for an additional 8-10 minutes. The cheese will be slightly browned.



## Weekly Recipe Plan WK9

### DESSERT

### MACADAMIA NUT PROTEIN BARS

**Macros: Makes 8 bars/slices. Macros per bar/slice: 228 cals / 11 P / 15 C / 15 F**



### INGREDIENTS

- ½ cup Kodiak Buttermilk Mix
- 1 scoop Level-1 Vanilla Ice Cream
- 5.33 tbl butter, softened
- 1 level-1 apple crisp bar, finely chopped
- 1 level-1 peanut butter lover bar, finely chopped
- 2 tbl coconut oil
- 1.33 cup/1 serving rice chex cereal
- ¼ cup/1 serving macadamia nuts
- 2 tbl unsweetened applesauce

### DIRECTIONS

1. Pre heat the oven to 325 degrees and prepare a 8 x 8 baking dish or pie plate with non stick spray.
2. In a large bowl mix together the kodiak, level-1, softened butter and applesauce until a dough forms. Spread the dough on the bottom of your prepared plate and bake for about 12 minutes.
3. Add chopped apple crisp bar and return to oven for about 5 minutes or until the bar has melted into the dough a little.
4. Add chex and nuts to the top of the dish and set aside.
5. Add the coconut oil and chopped peanut butter lover bar to a small microwave safe bowl and microwave at 20 second intervals, stirring between, until bar has melted down (there will be some small chunks after melting). Pour mixture evenly over the cereal and nut mixture and place in the fridge to cool completely.
6. Slice into 8 servings. I would suggest storing in the fridge/freezer.