





## Weekly Recipe Plan WK21



### DOWN HOME BAKED CHOPS

**Macros: Makes 2 servings. Macros per serving: 296 cal 32 P 3 C 18 F**

#### INGREDIENTS

- 2 boneless pork chops (approximately 4 oz each)
- ½ tsp garlic salt
- 4 tbl ½ fat cream cheese
- .1 cup non fat plain greek yogurt
- 2 tbl bacon bits
- 1 serving shredded cheese

#### DIRECTIONS

1. Preheat the oven to 425 degrees. Mix together the cream cheese, yogurt, bacon bits and half of the shredded cheese.
2. Heat a medium skillet or instant pot over high heat and spray with non stick spray. Season chops on each side to taste with garlic salt and pepper.
3. Sear chops for about 1 minute per side. Remove to a baking dish.
4. Spread mixture evenly over each chop and top with remaining shredded cheese.
5. Bake for about 10-12 minutes (until internal temperature reaches at least 145 degrees).



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### CREAMY SPINACH STUFFED CHOPS

**Macros: Makes 2 servings. Macros per serving: 183 cals 24 P 3 C 8 F**

#### INGREDIENTS

- 2 boneless pork chops (approximately 4 oz each)
- ¼ cup chopped spinach, previously frozen, thawed and drained
- 1 oz ⅓ fat cream cheese
- ½ tsp french onion dip mix
- 15 grams sundried tomatoes, chopped
- ½ tsp minced garlic

#### DIRECTIONS

1. Carefully cut a pocket into each pork chop without cutting all the way through.
2. Mix the drained spinach, cream cheese, dip mix, tomatoes and garlic in a small bowl until well combined.
3. Stuff each pork chop pocket evenly with the mixture. Season each side of each chop to taste with salt and pepper.
4. Heat a skillet or Instant Pot to high heat and spray with non stick spray. (You can use and account for EVOO here if you need more fats).
5. Cook each chop for about 3-4 min on each side (until internal temp reaches at least 145 degrees)



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### CRISPY FRENCH CHOPS

**Macros: Makes 2 servings. Macros per serving: 273 cals 31 P 8 C 13 F**

#### INGREDIENTS

- 2 boneless pork chops, approximately 4 oz each
- ½ cup non fat plain greek yogurt
- 2 tsp french onion dry dip mix
- 1 serving shredded cheese
- 4 tbl french fried onions

#### DIRECTIONS

1. Preheat the oven to 350 degrees. Add the pork chops to a baking dish sprayed with non stick spray.
2. Mix the yogurt and french onion dip mix together and spread evenly over each chop.
3. Top with the shredded cheese and then the french onions.
4. Bake uncovered for approximately 35-40 minutes (until the internal temp reaches 145 degrees).



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### ITALIAN TORTELLINI SALAD

**Macros: Makes 4 servings. Macros per serving: 356 cals 21 P 32 C 15 F**

#### INGREDIENTS

- 1 10 oz package Rana brand Prosciutto & Cheese Tortellini
- 18 slices light dry italian salami, chopped (I used Galileo brand)
- 34 slices turkey pepperoni, chopped (I used applegate naturals brand)
- 4 tbl sliced black olives
- 1 serving shredded mozzarella
- 2 oz sundried tomatoes, chopped
- 2 cups fresh spinach
- 6 tbl Balsamic Vinaigrette Dressing (I used Bolthouse brand)

#### DIRECTIONS

1. Cook tortellini to package instructions, drain and place in large bowl.
2. Gently mix in dressing first.
3. Add remaining ingredients and stir gently until all combined.
4. This can be served hot or cold!



### CARAMEL SHORTBREAD BARS

**Macros: Makes 6 servings. Macros per serving: 289 cals 16 P 37 C 11 F**

#### INGREDIENTS

- 1 serving dry kodiak cake mix, I used buttermilk flavor option
- 1 ½ scoops Vanilla Ice cream level-1
- 9 tsp truvia confectioners sweetener
- 2.5 tbl unsalted butter, cold
- ¼ cup unsweetened applesauce
- 5 servings non fat condensed milk
- 1 large egg
- 1 tsp vanilla extract
- 1 salted caramel level-1 bar, chopped
- ¼ cup sliced almonds

#### DIRECTIONS

1. Preheat oven to 325. Spray an 8 x 8 baking dish well with non stick spray and set aside.
2. In a medium bowl add the kodiak, level-1 powder, truvia, applesauce and butter. Cut butter into mixture until all is well combined.
3. Press into the baked dish so the entire bottom of the dish is covered evenly.
4. Bake for about 14 minutes or until the center of the crust is firm.
5. While the crust is baking, mix together the condensed milk, egg and vanilla extract until smooth. Stir in chopped bar and almonds. Pour over the hot crust and return to the oven for approximately 20 minutes or until the crust/edges are golden and the center is set.
6. Allow to cool before slicing. These will be sticky...and perfect!