





## **HOT ALFREDO SAUSAGE SKILLET**

**Macros: Makes 3 servings. Macros per serving: 367 cal 35 P 29 C 14 F 2 Fiber.**

### INGREDIENTS

- 1 package Birds Eye Zucchini Lentil Pasta in olive oil
- 4 links (1 package) Al Fresco Sweet Italian Style Chicken Sausages, sliced
- 1 cup non fat plain greek yogurt
- 1 serving Primal Alfredo Sauce
- 14 grams (½ serving) shredded Mozzarella
- 4 tsp grated parmesan
- 1 Tbl cajun seasoning

### DIRECTIONS

1. Heat a medium sized skillet over medium heat, spray with non stick spray and add the sliced sausages to the pan. Cook for a few minutes, flipping a few times, and remove to set aside once they are beginning to brown.
2. Lower the heat of the pan, you may need to spray with non stick again, and add the greek yogurt, alfredo sauce and cajun seasoning to the pan. Mix and stir frequently to prevent burning/curdling.
3. Add the sausages back in once the yogurt mix is heated through. Add the mozzarella and half of the parmesan and mix in until it's melted in.
4. Top with remaining parmesan after removing from heat and for some extra kick, sprinkle a little more cajun seasoning on the top.



### **SIMPLE SAUSAGE PASTA SALAD**

**Macros: Makes 5 servings. Macros per serving: 277 cal 22 P 36 C 6 F 4 Fiber.**

#### **INGREDIENTS**

- 6 oz protein pasta (I used Barilla)
- 1 tsp minced garlic
- 1 cup cherry tomatoes, halved
- 4 links (1 package) Al Fresco Sweet Apple Chicken Sausages, sliced
- 1 cup non fat plain greek yogurt
- 1 serving shredded colby jack cheese or cheese of choice
- 1 bell pepper, diced
- 2 tbl dry onion soup mix
- Salt and pepper to taste

#### **DIRECTIONS**

1. Cook pasta to package directions, drain and set aside to cool. (I like to spray them with avocado spray to help prevent sticking).
2. It is up to you if you want to heat up/brown your sliced sausages. They are fully cooked and don't require reheating, but if you wish to, heat them in a skillet until slightly browned and set aside to cool.
3. In a large bowl, mix together the yogurt and onion soup mix. Add the sausages, pasta, bell pepper and cheese. Mix until well incorporated.
4. Season with salt and pepper to taste and top with halved tomatoes.



## GARDEN FRESH SAUSAGE SKILLET

**Macros: Makes 3 servings. Macros per serving: 336 cal 24 P 34 C 13 F 5 Fiber**

### INGREDIENTS

- 1 medium zucchini, sliced and quartered
- 1 medium yellow squash, sliced and quartered
- 1 package (6 links) Johnsonville Turkey Smoked Sausages, sliced
- 1 medium sweet potato, sliced and quartered
- 1 bell pepper, diced
- 1 cup diced onion
- 1 tsp minced garlic
- 1 tsp onion powder
- Salt and pepper
- Avocado spray

### DIRECTIONS

1. Heat a medium skillet over medium heat. Spray with non stick spray and add the sausage links. Cook for a few minutes, flipping a few times to start to brown each side.
2. Remove the sausages and set aside. Add all the veggies, potato and garlic to the pan. Spray with avocado spray and add seasonings. Stir and cover. Stir every few minutes and cook until potatoes are about tender.
3. Add the sausages back in, stir and heat for a few minutes until sausages are warmed up again.



## Weekly Recipe Plan WK26



### STRAWBERRY CUCUMBER SALAD

**Macros: Makes 2 servings. Macros per serving: 95 cals 2 P 25 C 1 Fat 5 Fiber.**

#### INGREDIENTS

- 2 cups strawberries, sliced
- 3 mini cucumbers, sliced
- 4 tbl Balsamic Bolthouse dressing
- 2 tsp Truvia sugar replacement

#### DIRECTIONS

1. In a medium bowl add the the dressing and Truvia. Mix until well combined.
2. Add the strawberries and cucumber slices. Mix until well combined.

**CHOCOLATE RASPBERRY OVERNIGHT  
OATS****Macros: Makes 1 serving. Macros per  
serving: 411 cal 35 P 52 C 8 F 7 fiber****INGREDIENTS**

- ½ cup old fashioned rolled oats, dry
- 3 tbl egg whites (from the carton)
- 1 tbl Sugar Free Raspberry Preserves
- 1 tbl hershey's cocoa powder
- ¼ scoop level-1 vanilla ice cream
- ¼ package Instant sugar free jell-o chocolate pudding
- ½ cup unsweetened almond milk
- ¼ cup raspberries

**DIRECTIONS**

1. PreAdd oats to blender and pulse until powdery.
2. Add the remaining ingredients except for the raspberries to the blender and blend until smooth. You may need to scrape the sides once to incorporate all ingredients.
3. Pour into a bowl and cover in the fridge overnight. Top with raspberries in the morning.