



Weekly Recipe Plan WK7



MAIN

ITALIAN APPLE CIDER PORK CHOPS

Macros:

4 servings.

Macros per serving: 228 cals 23 P 33 C 5 F

INGREDIENTS

- 4 boneless pork chops
- 1 Cup (more if needed) Italian dressing for marinating (I used Waldens Farms Italian)
- ½ cup truvia brown sugar
- 1 tbl salt
- 1 tbl pepper
- ½ white onion, sliced
- 1 medium apple, peeled, cored and sliced

DIRECTIONS

1. Mix Italian dressing, truvia brown sugar, salt and pepper together. Pour into a ziplock bag and add pork chops for soaking for 12-24 hours.
2. When you are ready to cook, heat a large skillet over medium heat. Remove pork chops from marinate and discard leftovers.
3. Spray skillet with non stick spray and add chops to the pan cooking for about 5 minutes per side (until internal temperature reaches at least 160 degrees)
4. Remove chops to clean plate. Add onions and apples to the skillet and cook for 3-5 minutes until onions are translucent and apples begin to soften.
5. Add chops back to the pan to rewarm and split apple/onion mixture evenly with each chop.

Tips: try to get chops that are the same size/thickness for even cooking. This recipe uses 4 oz pork chops to create macros. This dish would be delicious paired with the Hearty Cauliflower side dish or even cut up on top of a salad.



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MAIN

AIR FRYER CHOPS

Macros:
Nutrition pends the leanness of your chops: 147 cal / 19 P / .5 C / .5 F

INGREDIENTS

- 2-4 pork chops
- Extra virgin olive oil OR avocado spray
- Salt & pepper to taste

DIRECTIONS

1. Preheat air fryer to 375 degrees for 5 minutes.
2. Cut a few slices into the outer fat on the chops to help prevent them from wrinkling.
3. Spray with avocado/EVOO spray and season to taste.
4. Spray air fryer tray lightly with nonstick spray.
5. Air fry up to 2 chops at a time (to prevent crowding) for 20 minutes. Flip halfway through and ensure they reach an internal temp of 165 degrees.



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MAIN

BAKED BBQ MUSTARD PORK CHOPS

Macros:

Number of servings is equal to the number of chops you make.

Macros (will vary by leanness of chop) per chop: 163 cal 22 P 6 C 5 F



INGREDIENTS

- 1-4 Pork Chops
- 2 servings Noble Made Mustard BBQ sauce per chop (any other low sugar/sugar free BBQ sauce will work too)

DIRECTIONS

1. Heat a non-stick pan over medium to high heat.
2. Preheat the oven to 400 degrees.
3. Lightly sear the chops in the heated pan for 2-3 minutes per side to lock juices in.
4. Add seared chops to a baking dish. I suggest adding a meat thermometer to the thickest part of one of the chops at this point that will give you a reading during cooking (refer to the kitchen staples list to grab the one I use).
5. Cover chops evenly with Mustard BBQ sauce and bake for about 25 minutes (until the internal temp reads at least 165 degrees).

**SIDE****AIR FRYER PIZZA ROLLS****Macros:****Per roll: 98 cal 7 P 14 C 1 F****INGREDIENTS**

- 80 g all purpose flour
- 6 g baking powder
- 3 g salt
- 150 g non fat greek yogurt
- 50 g pizza sauce
- One light string cheese
- 10 slices turkey pepperoni
- Liquid egg whites
- Everything but bagel seasoning

DIRECTIONS

1. In a bowl stir the flour, baking powder and salt
2. Add the greek yogurt and stir with a fork until combined. Mixture should be slightly crumbly.
3. Lightly dust counter top with flour.
4. Divide dough into 5 equal pieces. Roll dough in flour and flatten into circle.
5. Once flattened, top each with equal parts of the sauce, string cheese and pepperoni.
6. Wrap each dough around filling and pinch to close.
7. Brush each with egg whites and sprinkle everything bagel seasoning on top. Place in air fryer and cook at 325 degrees for 11-12 minutes or until tops are browned.

DESSERT

PB&J MUGCAKE

Macros: Makes 1 serving. Macros per serving:
312 Cals 33 P 18 C 12 F



INGREDIENTS

- 1 scoop vanilla ice cream level-1 protein powder
- 50 grams diced strawberries
- ¼ cup milk
- 1 tbl 1st phorm cinnamon nut butter
- 1 tsp baking powder
- 1 truvia packet
- 1 tbl PB2 powder
- 1 serving whip

DIRECTIONS

1. In a microwaveable safe mug/bowl, spray lightly with non-stick spray.
2. Add protein powder, milk, baking powder and truvia and whisk until well combined.
3. Drop cinnamon nut butter in the middle of the batter and about half of the strawberries into batter.
4. Microwave for 30-40 seconds (depending on your microwave I would suggest starting at 30 seconds and working up from there to avoid it drying out)
5. Mix PB2 powder with water to make a peanut butter drizzle. Drizzle on top of hot mug cake. Top with whip and remaining strawberries.