





## Weekly Recipe Plan WK12



### MAIN

### APPLE SAUSAGE SHEET PAN BAKE

**Macros: Makes 3 servings. Macros per serving: 282 cals 18 P 34 C 11 F**

### INGREDIENTS

- 1 cored and chopped medium apple
- 1 bag of frozen broccoli stir fry veggie blend
- 1 tbl Extra Virgin Olive Oil
- 4 links Al Fresco Sweet Apple Chicken Sausages, sliced
- Seasonings of choice

### DIRECTIONS

1. Preheat the oven to 400 degrees. Line a large cookie sheet with foil and lightly spray with non stick spray.
2. Add all ingredients to the cookie sheet, drizzle oil over the top and season to taste.
3. Bake for 20 minutes. Stir. Bake for an additional 15 minutes.
4. Divide up into 3 servings.



## Weekly Recipe Plan WK12

### MAIN

### SIMPLE SAUSAGE SKILLET

**Macros: Makes 2 servings. Macros per serving: 319 cal 23 P 24 C 16 F**



### INGREDIENTS

- 4 Johnsonville Turkey Smoked Sausage Links, sliced
- 2 cups chopped onions
- 1 ½ bell peppers chopped
- ½ tbl olive oil
- Seasoning to taste (I used garlic salt and pepper)

### DIRECTIONS

1. Heat large skillet over medium to high heat.
2. Add all ingredients to the pan.
3. Stir occasionally and cook until heated through and peppers/onions are tender.

**MAIN**

**ITALIAN PASTA BAKE**

**Macros: Makes 8 servings. Macros per serving: 295 cals 19 P 41 C 7 F.**



**INGREDIENTS**

- 1 box protein pasta (I used Barilla Protein Spaghetti)
- 4 links Johnsonville Chicken Sausage, Chipotle & Jack, sliced
- 1 serving shredded cheese
- 1 bell pepper, diced
- 1 tsp minced garlic
- 1 ½ cup Marinara Sauce (I used Primal Kitchen Tomato Basil)
- 1 envelope dry Italian Seasoning
- ¾ cup plain non fat greek yogurt

**DIRECTIONS**

1. Prepare entire box of spaghetti per package instructions.
2. Preheat the oven to 375 degrees and spray a large pie dish with nonstick spray.
3. Transfer cooked and drained pasta to the prepared pie dish. Top with the sliced up sausage links evenly.
4. In a bowl combine the garlic, marinara, greek yogurt and italian seasoning until well mixed. Carefully pour the mixture over the noodles. \*\*The dish will get very full so pour slow and allow the mixture to soak down into the noodles.
5. Top with bell pepper and shredded cheese.
6. Bake for 15 minutes or until cheese is melted and bubbly.
7. Slice into 8 even slices.

**SIDE****SAUSAGE CROSTINI**

**Macros: Makes 4 servings. Macros per serving: 84 cal 5 P 8 C 4 F.**

**INGREDIENTS**

- 1 multigrain sandwich thin roll, cut in half to make 4 pieces
- EVOO cooking spray
- 2 laughing cow cheese wedges
- 1 Johnsonville Turkey Smoked Sausage Link, diced
- ½ serving (14 grams) shredded mozzarella cheese
- ¼ red bell pepper, diced
- ½ tbl bacon bits

**DIRECTIONS**

1. Preheat oven to 375 degrees. Line a baking sheet with foil.
2. Lightly spray each side of your bread pieces with EVOO cooking spray. Bake for about 4 minutes, flip the slices and bake an additional 2 minutes.
3. In a small bowl, mix together cheese wedges, sausage link, shredded mozzarella, pepper and bacon bits until well incorporated.
4. Spread mixture evenly over each slice of baked bread slices.
5. Bake an additional 7-8 minutes until the cheese is melted and heated through.
6. Serve warm.

### DESSERT

### RED VELVET PROTEIN POKE CAKE

**Macros: Makes 4 HUGE servings.**

**Macros per serving:**

**305 Cals 25 P 27 C 10 F**

#### INGREDIENTS

##### Cake:

- $\frac{3}{4}$  cup red velvet cake mix
- 1 scoop milk chocolate level-1 protein powder
- 2 tbl cocoa powder
- 6 tbl egg whites
- $\frac{2}{3}$  cup fat free greek yogurt
- 2 tbl light butter, melted
- Pinch of salt
- $\frac{1}{4}$  tsp baking powder
- $\frac{1}{4}$  chopped chocolate crunch level-1 bar

##### Poke filling:

- 1 cup confectioners truvia sweetener
- 7-8 tsp milk
- 1 tsp vanilla extract

##### Frosting:

- 2 tbl fat free cream cheese, room temp
- 2 tbl  $\frac{1}{3}$  fat cream cheese, room temp
- $\frac{1}{4}$  cup fat free greek yogurt
- 1 scoop vanilla ice cream level-1 protein powder
- 1 tbl milk
- $\frac{1}{4}$  chopped chocolate crunch level-1 bar



#### DIRECTIONS

1. Preheat the oven to 350 degrees, lightly spray a 6x6 square baking dish with non-stick spray and set to the side.
2. Mix protein powder, cake mix, cocoa powder, salt and baking powder in one bowl. Add in egg, melted butter, egg whites, chopped level-1 bar and greek yogurt. Mix until well incorporated.
3. Pour into the baking dish and bake for about 22-25 minutes or until a toothpick comes out clean. (Be sure to check on it sooner than later to avoid it drying out)
4. Let the cake completely cool and take the end of a long spoon or spatula and poke holes all around the cake.
5. Mix the poke filling in a small bowl until the consistency is runny and pour evenly over the cake spreading lightly around to allow it to soak into the holes you poked into the cake.