

VEGGIE ROAST "STROGANOFF"

Macros: Makes 2 servings. Macros per serving: 303 cals 27 P 23 C 6 F 9 Fiber

INGREDIENTS

- 1 12 oz package frozen spiraled carrots
- 6 oz shredded chuck roast
- 100 grams sliced mushrooms
- 2 tbl coconut flour
- ½ cup non fat plain greek yogurt
- 1 tsp minced garlic
- Salt and pepper to taste
- Avocado spray

For the roast:

- I used a beef chuck roast and cooked on low in the crock pot with salt, pepper, water/beef broth for 8 hours. Post cooking, I removed the bone and as much fat as possible.

DIRECTIONS

1. Heat a medium to large skillet with a lid over medium heat.
2. Add the frozen carrots and mushrooms and minced garlic to the skillet and spray well with avocado spray. Cover the skillet and allow to heat for about 2-3 minutes. Carefully flip the carrots and start to break them up gently. Recover for an additional 2-3 minutes.
3. Add coconut flour and mix to coat the pan. Add about ¼ cup of water to help it absorb if needed.
4. Reheat the chuck roast if needed at this time. Remove the pan from heat and add the greek yogurt to the pan to stir until everything is well coated. Season with salt and pepper to taste and top with shredded beef.





Weekly Recipe Plan WK28



ALFREDO BEEF FLATBREAD

Macros: Makes 1 serving. Macros per serving: 449 cal 32 P 35 C 12 F 2 Fiber

INGREDIENTS

- 1 Thin Crust Artisan Flat Out Crust
- 4 oz plain shredded beef chuck roast
- 1 serving Primal brand Alfredo Sauce
- 5 cherry tomatoes, halved
- 85 grams/1 serving sliced mushrooms

For the roast:

- I used a beef chuck roast and cooked on low in the crock pot with salt, pepper, water/beef broth for 8 hours. Post cooking, I removed the bone and as much fat as possible.

DIRECTIONS

1. Preheat the oven to 375 degrees and line a baking sheet with parchment paper.
2. Bake the flat bread by itself for 2 minutes.
3. Remove from the oven, top with alfredo, shredded beef, and mushrooms.
4. Return to the oven for 4 minutes.
5. Remove and top with tomatoes and sprinkle of oregano if desired.

GARDEN VEGGIES & BEEF BAKE

Macros: Makes 3 servings. Macros per serving: 347 cal 29 P 19 C 10 F 4 fiber

INGREDIENTS

- 12 oz plain roast meat, shredded
- 1 medium zucchini, sliced and quartered
- 1 medium yellow squash, sliced and quartered
- 1 medium sweet potato, sliced and quartered
- ¼ onion, diced
- 1 tsp minced garlic
- 1 bell pepper, diced
- ¼ red onion, diced
- 1 serving shredded colby jack cheese
- Salt and pepper to taste
- Avocado spray

For the roast:

- I used a beef chuck roast and cooked on low in the crock pot with salt, pepper, water/beef broth for 8 hours. Post cooking, I removed the bone and as much fat as possible.

DIRECTIONS

1. Preheat the oven to 400 degrees and line a large cookie sheet with foil. Spray lightly with nonstick spray. Set aside.
2. Spread sweet potato quarters on baking sheet, spray with avocado spray and season to taste. Bake for 10 minutes.
3. Remove the cookie sheet and add the rest of the veggies and minced garlic to the pan. Spray with avocado spray and season to taste. Bake for another 15 minutes.
4. Remove the cookie sheet and evenly spread beef over the top of the veggies followed by the cheese.
5. Return to the oven for about 5 more minutes until the cheese is melted.





Weekly Recipe Plan WK28



ITALIAN SUB SALAD FOR ONE

Macros: Makes 1 serving. Macros per serving: 347 cals 23 P 33 C 15 F 5 Fiber

INGREDIENTS

- 1 oz protein pasta, I used Barilla brand
- 2 cups spinach leaves
- 2 tbl Bolthouse Dressing, Italian Vinaigrette
- ½ oz/1 serving sun dried tomatoes
- 1 single serving cup Pearls Black Pitted Olives
- 24 slices turkey pepperoni
- ½ serving shredded mozzarella
- ¼ red onion, diced
- Salt, pepper and oregano to taste

DIRECTIONS

1. Make pasta according to package directions, drain and set aside to cool. (I like to spray with avocado spray to reduce sticking).
2. In a medium size bowl, add all ingredients and toss until well coated in dressing and seasonings.
3. You can easily double/triple this recipe if you wish to make multiple servings at once as well.



Weekly Recipe Plan WK28

STRAWBERRY PROTEIN FLUFF

Macros: Makes 1 serving. Macros per serving: 256 cal 24 P 21 C 7 F 1 Fiber



INGREDIENTS

- ¼ package Sugar free Jell-O Strawberry, prepared to package instruction (to make it easy, I poured the jell-o into 4 small bowls to set on their own to make single serving sizes.
- 1 container chobani zero greek yogurt, strawberry
- 8 tbl lite whipped topping
- ½ scoop level-1, strawberry milkshake
- 2 mini golden oreos, crumbled

DIRECTIONS

1. In a medium sized bowl add the yogurt and level-1. Mix until completely incorporated.
2. Add the whipped topping and fold in until well mixed.
3. Add the prepared jell-o to the yogurt mix, break up the jell-o and mix in well.
4. Top with crumbled cookies.