



Weekly Recipe Plan WK20



TURKEY NOODLE CASSEROLE

Macros: Makes 4 servings. Macros per serving: 344 cal 25 P 26 C 15 F

INGREDIENTS

- 2 servings Instant Pot Turkey Thighs (recipe below)
- 1 package birds eye zucchini lentil pasta, cheddar sauce
- ½ cup cooked mixed veggies
- 1 cup non fat plain greek yogurt
- ⅓ cup Milk of choice
- ¾ cup Primal Kitchen Alfredo Sauce
- 1 serving shredded cheese

DIRECTIONS

1. Preheat the oven to 350 degrees. Cook the lentil pasta to package instructions.
2. In a large bowl mix together the turkey, greek yogurt, alfredo sauce and milk.
3. Add the cooked lentil pasta and veggies. Fold/stir gently to incorporate.
4. Pour mixture into an 8 x 8 dish sprayed with non stick spray and top with cheese.
5. Bake uncovered for 25-30 min.

**TEX MEX TURKEY ENCHILADAS****Macros: Makes 4 servings. Macros per serving: 348 cal 32 P 33 C 9 F****INGREDIENTS**

- 1 pound 99% lean ground turkey
- 3 servings cooked alexia sweet potato fries
- 1 19 oz can red enchilada sauce
- 2 cup chopped onions, frozen or fresh
- 2 cup chopped bell pepper, frozen or fresh
- 1 serving shredded cheese
- ½ tbl EVOO
- 1 tsp ground cumin

DIRECTIONS

1. Heat a large skillet over medium heat. Add the EVOO, ground turkey, cumin, salt and pepper. Cook until turkey is completely cooked and remove from pan.
2. Add the bell pepper and onion to the pan and saute until they begin to tender (about 3 minutes). Add the turkey and enchilada sauce to the pan with the veggies. Cover and bring to a boil. Reduce to a simmer and cook until liquid reduces, stirring occasionally.
3. Add the sweet potato fries to the top of the mix and sprinkle the cheese on top of the fries.
4. Turn off the heat, cover the pan and allow the cheese to melt.

GREEK CAULI TURKEY

Macros: Makes 1 serving. Macros per serving: 305 cal 29 P 23 C 10 F

INGREDIENTS

- 1 serving Instant Pot Turkey Thighs (recipe below)
- 1 tsp minced garlic
- ½ cup fresh spinach
- 1 package frozen riced cauliflower
- 1 serving sun dried tomatoes
- ¾ cup low sodium chicken broth
- 4 tbl greek yogurt tzatziki dip
- Salt, pepper and oregano to taste

DIRECTIONS

1. Heat a medium sized skillet over medium heat and spray with non stick spray. Add the turkey, garlic, oregano, salt and pepper. Saute for about 2-3 minutes.
2. Add the spinach, chicken broth and tomatoes to the pan. Cover and bring to a boil. Reduce to a simmer and cook for about 10 minutes.
3. Add the frozen cauliflower to the pan, stir and cook uncovered for about 5 more minutes.
4. Remove to a bowl and add tzatziki dip to the top.

Instant Pot Turkey Thighs

Macros: Makes approximately 4 servings (about 3.5 oz after fat and bone removed per serving). Macros per serving: 184 cal 19 P 4 C 10 F

Ingredients:

- About 2 lb Turkey Thighs
- 1 packet italian seasoning
- Salt and pepper to taste
- ½ tbl onion powder
- 1 tsp minced garlic
- ¼ cup white cooking wine
- 1 ½ cup low sodium chicken broth

Recipe:

Season turkey thighs with italian seasoning, salt and pepper.

Turn Instant Pot to saute function, spray with non stick spray and sear turkey thighs on each side (about 5 minutes per side).

Add garlic, wine and broth. Switch to pressure cook, attach the lid and cook on high for 20 minutes with a natural release after.

Shred and remove excess fat and bone after cooking.





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STRAWBERRY CHEESECAKE SMOOTHIE

Macros: Makes 1 serving. Macros per serving: 390 cals 42 P 40 C 5 F



INGREDIENTS

- 1 scoop Level-1 Strawberry Milkshake
- ¼ cup milk of choice
- ¾ cup non fat plain greek yogurt
- ½ package Instant Sugar Free Jello pudding - white chocolate or cheesecake flavor
- 100 grams strawberries
- 4 tbl non fat cool whip
- ¼ tsp xanthan gum
- Handful of ice

DIRECTIONS

1. In a blender add ice, milk, yogurt, level-1, xanthan gum and pudding mix. Blend until smooth. You may need to stop and scrape the sides and blend a bit more.
2. Add strawberries and pulse to chop or blend to make smooth.
3. Remove to cup, mix in the cool whip and top with a few diced strawberries.



**BLUEBERRY PROTEIN FRENCH TOAST
BAKE**

Macros: Makes 12 servings

Macros per serving: 142 cals 10 P 21 C 3 F

INGREDIENTS

- 1 Pillsbury Crescent Dough Sheet
- 1.5 cups fresh blueberries
- 8 oz Non Fat Cream Cheese, softened
- 16 tsp (½ cup + 2 tbl + 2 tsp) Truvia sweetener
- 2 egg whites
- 2 whole eggs
- 1.5 cups non fat plain greek yogurt
- 1 scoop Blueberry Muffin Level-1 Protein
- 3 tsp vanilla extract
- Truvia confectioners sugar and cinnamon for sprinkling

DIRECTIONS

1. Lightly spray a 9 x 13 baking dish with non-stick spray.
2. Chop dough into bite size pieces and evenly spread across the bottom of the dish. Sprinkle all blueberries evenly over dough pieces
3. In a blender or food processor, add the remaining ingredients (minus the confectioners and cinnamon) and blend until smooth and creamy. It will be the consistency of cream.
4. Evenly pour the yogurt blend over the blueberries and dough. Let sit for 20 -30 minutes to let it soak in.
5. Preheat the oven to 350 degrees and bake for about 45 minutes. The top will start to crack and slightly brown when it is done.
6. Remove to the counter to allow it to cool before slicing into 12 even squares. Sprinkle with cinnamon and confectioners and enjoy!