



**TUSCAN SHRIMP AND SALMON**

**Macros: Makes 1 large serving.**  
**Macros per serving: 415 cal 49 P 12 C 19 F**

**INGREDIENTS**

- 5 oz salmon fillet
- 2 oz shrimp, deveined and tails off
- ½ tbl olive oil
- ¼ onion, diced
- ½ tsp minced garlic
- 1 ½ cups baby spinach
- ¼ cup plain non fat greek yogurt
- 1 serving sun dried tomatoes
- ½ serving shredded parmesan cheese
- 1 full package of miracle plant based noodles (I found these in the cooler section of the health market)

**DIRECTIONS**

1. Prepare miracle noodles first per package instructions. Once they are heated through, remove to the plate and set aside. (If you want to use regular pasta in place of this, you certainly can, just account for the additional carbs in the macros).
2. In the same hot skillet from heating the noodles, add the salmon fillet, skin side down and drizzle ¼ tbl of the oil over it. Season with salt and pepper to taste. Cook for 3-4 minutes until the skin starts to crisp. Carefully flip it over and cook the non-skin side for about 1 additional minute. Remove to a fresh plate and remove skin with a fork.
3. Add the shrimp to the hot skillet and drizzle the remaining ¼ tbl olive oil over the shrimp. Allow them to cook for 1-2 minutes, stirring/flipping, halfway through. Remove to the plate with the salmon.
4. Add the onion and minced garlic to the pan and cook for 1-2 minutes until the onions begin to become translucent. (If needed, you can add a bit of non-stick spray to your pan to reduce any potential sticking).
5. Add in the spinach and sun dried tomatoes. Stir around and once the spinach wilts down (about 1-2 minutes) add the greek yogurt. Mix until all is coated.
6. Add the salmon and shrimp back to the pan and heat through with the spinach mixture.
7. Remove from heat and top miracle noodles with the entire mixture. Top with shredded parmesan.



## Weekly Recipe Plan WK13

### SOUTHERN BROWN SUGAR SALMON

**Macros: Makes 1 serving.**

**Macros per serving: 242 cals 29 P 14 C 9 F**



#### INGREDIENTS

- 5 oz fillet of salmon
- 3 tsp brown sugar truvia
- 1 tsp paprika
- 1 tsp red pepper flakes
- Garlic salt to taste

#### DIRECTIONS

1. Preheat the oven to 400 degrees.
2. Line a baking sheet with foil and lightly spray with non stick spray.
3. Place your salmon fillet (skin side down if it has skin on it) and lightly season with garlic salt, the paprika and red pepper flakes (go easy on the red pepper flakes if you don't like a lot of heat).
4. Top with 3 tsp of truvia.
5. Bake for about 12 minutes. Remove and let set for 3 minutes. The skin should easily remove with a fork before eating. This is delicious paired with my Creamy Broccoli Slaw to help cool down the southern heat!



## Weekly Recipe Plan WK13



### SALMON BURGER

**Macros: Makes 1 serving.**

**Macros per serving: 232 cals 16 P 5 C 16 F**

#### INGREDIENTS

- 1 salmon packet (I used Starkist Selects in EVOO)
- 1 tbl egg whites
- 8 mini Keebler crackers (3 regular should be about the same)
- 1 tsp lemon juice

#### DIRECTIONS

1. Heat a small skillet over medium to high heat.
2. In a small bowl, mix all ingredients together. They will start to form a mixture that somewhat holds its shape.
3. Lightly spray your skillet with non stick spray. Add the mixture to the hot pan and mold into a patty form.
4. Allow to cook for 2-3 minutes and carefully flip to cook an additional 2-3 minutes on the other side. Both sides should end up a perfect golden brown.
5. You can have this on a small wrap, chopped up on a salad or over my Creamy Broccoli Slaw as a delicious simple meal!



## Weekly Recipe Plan WK13



### CREAMY BROCCOLI SLAW

**Macros: Makes 3 large servings.**  
**Macros per serving: 70 cal 8 P 10 C 0 F**

#### INGREDIENTS

- $\frac{3}{4}$  cup plain non fat greek yogurt
- 1 cup cilantro chopped
- 1 oz lime juice
- 1 tsp ground cumin
- $\frac{1}{4}$  tsp garlic salt
- 3 cups/1package slaw mix (I used a broccoli slaw)
- Pepper to taste

#### DIRECTIONS

1. Add everything to the blender except the slaw mix. Blend until smooth.
2. Add slaw mix to a large bowl and pour blended mix over it. Stir to coat and serve.



## STUFFED OATMEAL CUP

**Serves 6.**

**Calories 122 / 5 P / 16 C / 5 F / 2 FIBER**

### INGREDIENTS

- 1 cup oat flour
- 1 tbsp coconut oil-melted
- ¼ cup applesauce-no sugar added
- 1 tbsp ground flax
- ¼ cup baking stevia
- 1 tsp cinnamon
- ¼ tsp salt
- 1 cup Dannon Light & Fit vanilla yogurt
- ½ cup blueberries

### DIRECTIONS

1. Preheat oven to 350. Spray grease 6 muffin tin cups with cooking spray.
2. Mix together oat flour, coconut oil, applesauce, flax, stevia, cinnamon, and salt.
3. Divide into 6 even parts. Press dough into the bottom and sides of the muffin tin. Make sure that the bottom and sides are evenly coated with the dough, if the bottom is too thick it won't cook evenly or get crisp.
4. Bake at 350 for about 18 minutes or until the sides and bottom appear browned.
5. Let cool for about 2 minutes and then carefully remove the granola cup from the pan and cool on a rack until completely cooled.
6. Divide the yogurt evenly filling each granola cup and top each with blueberries.