



Weekly Recipe Plan WK25

SEARED SRIRACHA TUNA BOWL

Macros: Makes 1 serving. Macros per serving: 292 cals 37 P 11 C 11 F 6 Fiber



INGREDIENTS

- 1 tbl rice vinegar
- .1 cup non fat plain greek yogurt (about 1 ½ tbl)
- 1 serving sriracha sauce
- 4 oz ahi tuna steak
- ¼ cup sliced cucumbers
- 1 wholly guacamole mini cup
- ½ pkg riced cauliflower, cooked
- 1 tbl soy sauce
- Seasoning of choice

DIRECTIONS

1. Use hot cauli rice (reheat if needed) and carefully mix in the rice vinegar.
2. Heat a medium sized skillet over medium heat and spray with non stick spray.
3. Add the tuna steak to the hot pan, (spray with avocado spray to help the seasoning stick) and season to taste. Cook on each side for 3-4 minutes.
4. Remove the tuna steak to rest for a couple minutes before slicing.
5. Add the sriracha and greek yogurt to a small bowl to mix until well combined.
6. Add the cucumbers to the bowl with cauli rice, then the tuna, then the soy sauce, guacamole and sriracha mixture.

**TUNA PASTA SALAD**

Macros: Makes 5 servings. Macros per serving: 291 cal 25 P 35 C 7 F 5 Fiber

INGREDIENTS

- 6 oz protein pasta, weighed dry
- 10 oz chunk light tuna in water
- 1 full package frozen mixed veggies (I used birds eye carrots, peas and green beans)
- 1 cup non fat plain greek yogurt
- 4 tsp hidden valley ranch dry mix, dill flavor
- ½ cup slivered almonds
- Salt and pepper to taste

DIRECTIONS

1. Prepare the noodles to package instructions, drain and let cool. I like to spray them with some avocado cooking spray to help prevent sticking.
2. Mix the yogurt and dill flavored ranch mix in a large bowl until well combined. Add in the pasta, tuna (drained if needed), salt, pepper and frozen veggies. Mix until well coated and combined.
3. Top with slivered almonds.



Weekly Recipe Plan WK25

SESAME PEANUT TUNA WRAPS

Macros: Makes 1 serving. Macros per serving: 360 cals 50 P 21 C 10 F 6 Fiber

INGREDIENTS

- ½ package rice cauliflower (cooked)
- 4 oz Ahi Tuna Steak
- 1.5 tbl rice Vinegar
- ½ cup shredded red cabbage
- ½ cup shredded green cabbage
- 2 plain Egg white wraps
- 1 serving PB2
- 1 tsp minced garlic
- ½ tbl pure sesame oil
- 2 tbl G. Hughes Sweet Chili Sugar Free BBQ Sauce

DIRECTIONS

1. Heat a large skillet over medium heat and spray with non stick spray.
2. Add the shredded cabbage, riced cauliflower, seasoning of choice and 1 tbl rice vinegar and saute/stir until veggies are cooked down (about 2-3 min). Remove to a small bowl and set aside.
3. Add the tuna steak to the hot pan, (spray with avocado spray if you want to help the seasoning stick) and season to taste with salt and pepper. Cook on each side for 3-4 minutes.
4. While the tuna is cooking, mix together the PB2, 2 tbl water, garlic, ½ tbl rice vinegar, sesame oil and chili sauce together in a bowl until well incorporated.
5. Remove the tuna steak to rest for a couple minutes before slicing.
6. You can heat the egg wraps for a couple minutes per side if you wish before adding the cabbage mix and tuna to the wraps. Drizzle the peanut sauce over the top.





Weekly Recipe Plan WK25



CAKE BATTER OVERNIGHT OATS

Macros: Makes 1 serving. Macros per serving: 428 cals 38 P 50 C 9 F 4 Fiber

INGREDIENTS

- 1 scoop Level-1 vanilla ice cream
- ½ cup old fashioned oats, dry
- 3 tbl egg whites, from the carton
- ½ cup 2% milk (or adjust macros for milk of choice)
- ¼ package Instant Jell-O Sugar Free Pudding, vanilla
- 1.5 tsp rainbow sprinkles

DIRECTIONS

1. Add the oats into a blender and blend until powdery.
2. Add the remaining ingredients, except for the sprinkles, and blend until smooth.
3. Remove to a bowl/glass (you may need to use a spatula to scrape the sides and get all of the mixture out).
4. Add in 1 tsp of the sprinkles and stir them in. Cover the bowl/glass and place in the fridge overnight.
5. Remove the covering when ready to eat and add the remaining ½ tsp sprinkles.

**FROZEN FRUIT PIZZA**

Macros: Makes 6 servings. Macros per serving: 166 cal 20 P 12 C 5 F 1 Fiber

INGREDIENTS

- 1 full tub (about 3.75 cups) non fat plain greek yogurt
- 1 scoop Level-1 vanilla ice cream
- ¾ package Jell-O Instant Sugar Free Vanilla pudding
- 2 servings PB2
- ¼ cup strawberries, diced
- ¼ cup blueberries
- ¼ cup macadamia nuts, chopped

DIRECTIONS

1. Line a large pie dish with parchment paper.
2. In a medium sized bowl add the yogurt, level-1 and pudding. Mix until well combined.
3. Add to the parchment lined dish and spread evenly.
4. Top with the berries and carefully push down so they settle into the yogurt mix.
5. Add water to the PB2 (about 3 tbl) to make a peanut butter drizzle consistency (add a little more water if needed). Drizzle on top of berries.
6. Top with chopped macadamia nuts and place the dish in the freezer to set.
7. Once the yogurt is set, remove the dish and allow it to warm up slightly, if needed, in order to remove the pizza from the dish. Remove the parchment paper and slice into 6 slices.
8. Store extra slices in the freezer and allow them to warm up slightly on the counter top for 5-10 minutes before eating them.