



**MAIN****JALAPENO POPPER LOIN**

**Macros:**  
**(pending size of your pork loin)**  
**Makes about 6 servings.**  
**Macros per serving: 33 P 6 C 14 F**

**INGREDIENTS**

- 1 lean cut pork loin
- ½ tsp salt
- ½ tsp pepper
- 8 oz non fat cream cheese, room temp
- 1 tbl dry ranch seasoning
- 1 cup 2% Mexican blend shredded cheese
- 2 oz jalapenos drained and chopped
- 1 tbl extra virgin olive oil
- 4 tbl bacon bits

**DIRECTIONS**

1. Butterfly pork loin by carefully slicing horizontally down the middle in order to open it like a book. Cover loin with plastic wrap and pound until it until even thickness is achieved.
2. Unwrap from plastic wrap and season with salt and pepper on each side. Leave inside portion of pork loin facing up and sprinkle bacon bits over the top.
3. In a bowl, mix together the cream cheese and ranch until well incorporated. Spread mixture evenly over the bacon bits.
4. Add shredded cheese and then jalapenos.
5. "Close" pork loin and secure closure. I suggest using baking twine to hold it closed during cooking.
6. Set instant pot to saute function and heat olive oil. Add pork loin and sear each side for about 4 minutes on each side.
7. Lightly spray the air fryer basket with non stick spray and transfer seared loin to the basket.
8. Place the basket into the instant pot and set to air fry at 400 degrees. Cook for approximately 16-20 minutes pending the size of your loin. Check internal temperature is between 145-160 degrees to ensure doneness.
9. Remove twine and slice into 6 equal servings.



## Weekly Recipe Plan WK10

### MAIN

### SPICY PORK TACOS

**Macros:**  
**makes 1 serving.**  
**Macros per serving:**  
**383 cals 33 P 23 C 17 F**



### INGREDIENTS

- 1 serving Jalapeno Popper Pork Loin, diced
- 2 hard taco corn shells
- Shredded lettuce
- 1 serving salsa
- 1 dollop (about .15 cup) of plain non fat greek yogurt

### DIRECTIONS

1. Chop and reheat (if needed) pork loin serving.
2. Assemble tacos with lettuce, salsa, loin and greek yogurt in that order.
3. Enjoy!



## Weekly Recipe Plan WK10

### MAIN

### MAKE-AHEAD JALAPENO LOIN SANDWICH

**Macros:**  
**Makes 1 serving.**  
**Macros per serving: 416 cal 37 P 25 C 18 F**



### INGREDIENTS

- 1 serving jalapeno pork loin, chopped
- 1 serving lavash flatbread
- 1 tbl avocado salsa

### DIRECTIONS

1. Add avocado salsa to one half of the lavash flatbread.
2. Top with chopped loin/cream cheese mixture.
3. Heat in the microwave or stove top when ready to eat.
4. To freeze/make ahead: assemble the ingredients, wrap in parchment paper and then wrap in foil. When ready to eat, REMOVE THE FOIL and heat in the microwave or remove both foil and parchment and throw it onto a hot pan for about 3-4 minutes per side.

**SIDE****MEXICAN STREET CORN SALAD****Makes 6 servings****MACROS****Calories: 181 P: 6 C: 24 F: 8 Fiber: 3****INGREDIENTS**

## Salad:

- 4 cups cooked corn, cooled
- 1 red chopped red pepper
- 1 jalapeno, chopped (more if you like more heat)
- 56 g Queso Fresco, crumbled

## Dressing:

- 3 tbsp plain nonfat greek yogurt
- 4 tbsp olive oil reduced fat mayo
- 2 juiced limes
- ½ tsp paprika
- ½ tsp cumin
- ¼ tsp chili powder
- ¼ tsp salt
- ¼ tsp pepper

**DIRECTIONS**

1. Mix corn, red pepper, and jalapeno together in a medium sized bowl.
2. Whisk together yogurt, mayo, lime juice, and spices together.
3. Pour dressing over veggies and mix together.
4. Top with crumbled Queso Fresco.

### DESSERT

### PROTEIN CHURRO DIP

**Macros:**  
makes 10 servings (I suggest weighing  
the whole recipe and dividing that  
amount by 10).

**Macros per serving: 44 cal 6 P 5 C 0 F.**

### INGREDIENTS

- ½ scoop Vanilla Ice Cream Level-1
- ½ scoop Cinnamon Cookie Batter Level-1
- 4 oz non fat cream cheese, room temp
- ⅔ cup nonfat plain greek yogurt
- 1 tsp truvia/sugar replacement
- 1 tsp ground cinnamon
- ⅓ cup nonfat milk
- ½ package Sugar Free Instant Jello Pudding Cheesecake flavor

### DIRECTIONS

1. Combine all ingredients in a bowl together and beat with a mixer until smooth.
2. Enjoy as a dip, spread or with a spoon. (It was delicious on top of tostadas too!)

