





## Weekly Recipe Plan WK3

### MAIN

### AIR FRYER SHRIMP

**Macros: Makes 2 servings.**

**Macros per serving: 146 cal 20 P 10 C 3 F**



### INGREDIENTS

- 6 oz shrimp, thawed/fresh, tail off and deveined
- 1 ½ tbl kodiak, buttermilk dry mix
- ¼ tsp seasoning salt
- ½ tsp garlic powder
- 1 large egg
- 1 tbl egg whites
- 2 ½ tbl panko crumbs
- Pepper to taste

### DIRECTIONS

1. In one bowl mix kodiak, seasoning salt, garlic powder and pepper.
2. In another bowl lightly beat the egg and egg whites.
3. In a third bowl, put the panko crumbs.
4. Use one hand to put each shrimp through the flour and then dunk into the egg mix. Be sure to shake off excess flour and egg before moving to the panko crumbs.
5. Use your other hand to dip into panko crumbs.
6. Place shrimp into a lightly greased air fryer basket sprayed with non-stick spray and be sure to not crowd them.
7. Air fry at 400 degrees for about 9 minutes, flipping halfway through.
8. Repeat until all shrimp are cooked! Enjoy as an appetizer or even on top of a salad/in a wrap!



## Weekly Recipe Plan WK3



### MAIN

### CLEAN FRIED RICE & SHRIMP

#### Macros:

**Makes 3 servings.**

**Per serving: 315 cal 21 P 29 C 12 F**

#### INGREDIENTS

- 33 medium shrimp, deveined and tails removed
- 3 large eggs
- 1 tbl extra virgin olive oil
- 1 package Birds Eye Rice, Southwestern Style

#### DIRECTIONS

1. Thaw the shrimp under cool running water according to package instructions (usually 5 minutes or so)
2. Heat olive oil over medium heat in a large frying pan.
3. Add shrimp into the hot pan and season to taste. (I used a light dusting of simply lemon pepper). Cook on each side until opaque; usually 2-3 minutes per side. Try not to overcook or they will get rubbery. Remove to plate.
4. Add bird's eye rice to the hot pan and cook to package instructions.
5. Leave rice in the pan and crack 3 eggs into the mix. Stir to mix in and scramble/fry the eggs into the mixture.
6. Add shrimp back into the rice mix for a quick re-heat and split into 3 equal servings.

Tips: for less carbs, choose cauliflower rice instead of regular rice.  
For less fats use egg whites instead of whole eggs.



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### MAIN

### OVERNIGHT EGG BAKE

**Macros: makes 8 servings**  
**Cut into 8 equal servings.**  
**172 Calories / 13.5 P / 8 C / 10 F**

### INGREDIENTS

- 8 Slices Turkey Bacon
- 1 1/4 Cup egg whites
- 6 slices Sara Lee Delightful Bread
- 1 1/4 Cup Milk
- 1 1/2 Cup shredded cheese

### DIRECTIONS

1. Spray the bottom and sides of a 13x9 inch pan. Layer bread on bottom of pan. Spread cheese on bread and crumble bacon on top of cheese.
2. In a separate bowl, mix egg whites and milk together. Add salt and pepper. I also like a sprinkle of garlic and onion powder. Pour milk/egg mixture over bread. Refrigerate overnight. Bake at 350\* for 45-60 minutes. Cover with foil the last 15-20 minutes. It's done when you poke with a knife and the bread looks moist but not overly wet. Cut into 8 equal servings.

**SIDE****JALAPENO SHRIMP POPPER****Macros:****Makes 4 servings.****Per serving: 81 cals 7 P 5 C 3 F****INGREDIENTS**

- 1 oz drained and diced jalapenos
- 1 oz 1/3 less fat cream cheese, room temp
- 1 serving shredded mozzarella cheese
- 2 tbl egg whites
- 1/4 cup whole wheat bread crumbs
- 1 1/1 serving shrimp

**DIRECTIONS**

1. Preheat oven to 350 degrees
2. Heat a medium skillet over medium heat. Thaw shrimp according to package instructions if they are frozen.
3. Spray skillet with non-stick spray and add shrimp. Spray lightly with avocado spray to help seasoning stick. I seasoned it to taste with a little lemon pepper.
4. Saute shrimp on each side for 2-3 minutes until opaque.
5. Remove shrimp from heat and place on a plate with paper towels to soak up excess water after cooking.
6. In a large bowl, combine jalapenos, cream cheese, egg whites and mozzarella cheese.
7. Add shrimp, careful to not add in excess liquid after cooking.
8. Place parchment paper over a cookie sheet and lightly spray with nonstick spray.
9. Use a large spoon or cookie scoop to make 4 even sized poppers on the parchment paper (you may have to shape them as best you can). Coat the top and sides evenly with the bread crumbs.
10. Bake for 10-15 minutes or until golden brown.

Tips: these didn't turn out to be finger foods like I had expected but they are delicious! Grab a plate and small fork to dig in!



## Weekly Recipe Plan WK3

### DESSERT

### PROTEIN OATMEAL CREAM PIES

**Macros per sandwich:  
Approx 8 P 20 C 5 F**



### INGREDIENTS

Cookie ingredients:

- 3 tbl melted butter
- 1 ¼ cup pumpkin puree
- 2 tbl milk
- 2 tsp vanilla extract
- ½ cup truvia sweetener
- 1 cup flour
- 1 cup quick oats
- 1 tsp baking soda
- 2 tsp pumpkin pie spice
- Pinch of salt

Filling Ingredients:

- 1 scoop level-1 ice cream sandwich protein powder
- 4 oz fat free cream cheese
- ¼ cup water to thin for desired consistency

### DIRECTIONS

1. Combine the above, allow to sit while the oven preheats to 350 degrees.
2. Scoop 9 even amounts of batter onto 2 cookie sheets and flatten slightly to the shape you desire.
3. Cook for about 9-10 minutes and allow to cool completely before adding frosting.