



**SIDE**

**GREEK TURKEY BURGER**

**Macros: for one burger and 30g sauce**  
**180 calories / 24 P / 3 C / 8 F**



**INGREDIENTS**

Burger:

- 1 Lb 93/7 ground turkey
- 1tsp oregano
- 2 cloves garlic, minced
- 50g white onion, finely chopped or grated
- 2TBSP dried parsley
- ½ tsp cumin
- ½ tsp pepper
- 1tsp salt

Tzatziki Sauce:

- 150g 0% Greek Yogurt
- 100g English Cucumber, grated
- ½ tsp dried dill
- 1 Clove garlic, minced
- Salt and pepper to taste

**DIRECTIONS**

1. Mix together the ground turkey, oregano, garlic, white onion, parsley, cumin, salt and pepper.
2. Form turkey mixture into four equal sized patties.
3. Place the patties on a pre-heated grill and cook for about 20 minutes or until internal temperatures reach 65\*. You can also bake or air fry these
4. While the burgers are cooking, mix together the 0% Greek yogurt, english cucumber, dried dill, garlic, salt and pepper. Place sauce in refrigerator to keep chilled.
5. When burgers are done, top with the sauce and other toppings of your choice, such as fat-free feta cheese, onion, lettuce, etc. Serve on a bun, sandwich flat, or low carb wrap. Make it yours and enjoy!

**MAIN****BBQ TURKEY MEATBALLS**

**Macros: Makes 15 meatballs.  
Macros per meatball:  
92 cal / 11 P / 2 C / 4 F / 1 Fiber**

**INGREDIENTS**

- 16 oz 99% lean ground turkey
- 3 servings shredded parmesan
- ½ cup almond flour
- 1 large egg
- 1 egg white
- 1 tsp extra virgin olive oil
- Salt and pepper to taste
- ¼ tsp garlic powder
- 1 tsp onion flakes
- ¼ tsp oregano
- 3 cups bbq sauce (I used 1 cup G. Hughes original and 2 cups Walden Farm Hickory Smoke)

**DIRECTIONS**

1. Combine all ingredients, except the bbq sauce, in a large bowl and mix with hands until well combined.
2. Form into 15 even sized meatballs.
3. Coat the bottom of your instant pot with olive oil and place meatballs as evenly spaced as possible.
4. Set instant pot to saute and brown the sides of your meatballs (do not press down).
5. Pour the bbq sauce evenly over all meatballs and secure your instant pot lid.
6. Set the pressure to low for 10 minutes and once the 10 minutes of cooking is complete, carefully manually release pressure by holding the vent open.
7. Remove and have as an appetizer, in sandwiches or over salads!

**SIDE****SCRAMBLE & SWEET POTATO HASH****Macros: Makes 2 servings.****Macros per serving:****227 cals / 23 P / 23 C / 7 F / 3 Fiber****INGREDIENTS**

- 31 medium sweet potato, shredded
- 1 bell pepper, diced
- 1 large egg
- 3 tbl egg whites
- 6 slices chicken bacon, chopped (if not precooked, prepare to package instructions first)
- 1 serving 1% cottage cheese
- 1 cup spinach, chopped
- ½ onion, diced
- ½ tsp garlic powder
- ¼ tsp paprika
- Salt and pepper to taste

**DIRECTIONS**

1. Preheat the oven to 375 degrees. Spray a regular bread loaf pan with non-stick spray and set aside.
2. Shred sweet potato onto paper towels and press to absorb extra liquid.
3. Mix together the sweet potato, onion, pepper, bacon and seasonings and pour into the prepared dish.
4. Bake for about 8 minutes.
5. Mix together the egg, egg whites and cottage cheese in a bowl (for smoother texture, add the cottage cheese to a blender/food processor first and blend until smooth). Add in spinach and mix until spinach is well coated in egg mixture.
6. Pour on top of sweet potato mixture and return to over for an additional 15-16 minutes.
7. Remove from over and allow to cool. Cut in half for 2 large servings.



## Weekly Recipe Plan WK6

### SIDE

### SPINACH ARTICHOKE PINWHEELS

**Macros: Makes 8 servings.**  
**Per serving: 75 cal 6 P 3 C 4 F**



### INGREDIENTS

- 1 Full Joseph's Lavash Flatbread
- 3 servings Tostitos Creamy Spinach Dip
- 3 Laughing Cow Cheese Wedges
- 6 Johnsonville Turkey Sausage Breakfast Links

### DIRECTIONS

1. Lay out plastic wrap on the counter, then a piece of parchment paper on top, then the lavash flatbread.
2. With a spatula carefully spread cheese wedges evenly over entire flatbread, then repeat with spinach dip.
3. Chop turkey sausage links and spread all over the flat bread.
4. Carefully roll the flat bread up in a tight roll, then roll with the parchment paper to hold in place, then finally roll one more time with the plastic wrap layer.
5. Place in the freezer for 30-60 minutes to harden the roll and allow for easy slicing.
6. Unwrap your pinwheel and slice evenly into 8 slices. Store in the fridge.



## Weekly Recipe Plan WK6

### DESSERT

#### MONSTER COOKIE DOUGH PROTEIN ICECREAM

**Macros: Makes 1 serving: Macros per serving:  
315 Cals 37 P 26 C 7 F**



### INGREDIENTS

- ½ serving Edible Monster Cookie Dough (WEEK 1)
- .75 scoop Level-1 Vanilla Milkshake
- .75 cup Milk
- 1 tsp Xanthan gum
- 1-2 handfuls of ice
- Whip for topping

### DIRECTIONS

1. Freeze monster cookie dough in a flat container. Take out of the freezer once hardened and cut in half. Put remaining dough in the freezer to use for more ice cream later. Chop the dough into small chunks.
2. In a blender add ice, milk, protein powder and xanthan gum in that order.
3. Blend on high until smooth (you may need to stop and scrape sides once or twice)
4. Spoon mixture into bowl or jar and mix in brownie chunks throughout.
5. Top with whip and remaining brownie chunks and devour!