



Weekly Recipe Plan WK18

HAM ROLL-UPS

Macros: Makes 2 servings/2 rolls per serving. Macros per serving: 350 cals 18 P 32 C 18 F.



INGREDIENTS

- 112 grams/2 servings uncured honey ham
- 4 crescent rolls, uncooked
- 4 laughing cow cheese wedges
- ½ mini wholly guacamole cup

DIRECTIONS

1. Heat oven to 350 or 375 degrees based on your cookie sheet as directed on the crescent roll package.
2. Lay 4 sections of dough on a parchment paper lined cookie sheet. Drop a laughing cow wedge on the wide end of each dough piece followed by guacamole split evenly between all 4.
3. Disperse ham evenly between each dough piece, roll up with all contents inside.
4. Bake per crescent roll package instructions (about 9-12 minutes) or until golden brown.



Weekly Recipe Plan WK18

ROASTED CABBAGE & HAM

Macros: Makes 1 serving. Macros per serving: 254 cals 22 P 18 C 12 F



INGREDIENTS

- 75 grams green cabbage
- 75 grams red cabbage
- 1 tsp spice brown mustard
- 1 laughing cow cheese wedge
- ½ tbl extra virgin olive oil
- 4 oz honey ham (I used oscar mayer)

DIRECTIONS

1. Preheat the oven to 400 degrees. Line a cookie sheet with foil and lightly spray with non stick spray.
2. Place each cabbage slice on the foil and drizzle a portion of the olive oil on each, flip them over and drizzle the remaining olive oil. Season to taste with salt, pepper and paprika if for a kick.
3. Split the laughing cow cheese wedge between the 2 cabbage pieces on the top, add the ham next to the cabbage on the foil lined sheet and bake for about 12 minutes or until the cabbage starts to golden and the cheese is melted.
4. Remove the cabbage to a plate and top with the heated ham and mustard for a large, little messy, yet delicious combo!



SIMPLE HAM BAKE

Macros: Makes 4 servings. Macros per serving: 324 cals 19 P 33 C 14 F

INGREDIENTS

- 224 grams honey ham (I used oscar mayer)
- 1 package frozen riced broccoli & cauliflower (about 2.5 cups)
- 1 roll of 8 crescent rolls
- 4 tsp spicy brown mustard
- 1 serving shredded parmesan cheese
- 5 tbl liquid egg whites
- 1 tsp onion powder

DIRECTIONS

1. Preheat the oven to 375 degrees and lightly spray a 9 x 13 or an 8 x 8 dish with non stick spray. Cook the riced broccoli and cauliflower to package instructions.
2. For a 9 x 13 size dish, lay out the entire crescent roll tube across the bottom of the dish. If you are using an 8 x 8 dish, split the crescent dough in half and line the bottom with half and reserve the other half to lay across the top later.
3. Lay the ham out evenly across the dough and then evenly spread the mustard across the top of the ham.
4. In a medium size bowl, mix the broccoli mix with the parmesan cheese, egg whites and onion powder until well combined. Pour mixture evenly over the top of the ham and mustard.
5. If you are using the 8 x 8 dish, please add the remaining dough to the top of the broccoli mix now.
6. Bake for approximately 17-18 minutes or until the dough is golden brown. Slice into 4 servings and enjoy!



Weekly Recipe Plan WK18

CREAMY BROCCOLI PASTA SALAD

Macros: Makes 4 servings. Macros per serving: 214 cal 15 P 27 C 6 F



INGREDIENTS

- $\frac{3}{4}$ cup plain non fat greek yogurt
- 1 tsp onion powder
- 1 serving shredded parmesan cheese
- 1 package plain frozen broccoli florets (about 2.25 cups)
- 1 package Birds Eye Zucchini Lentil Pasta
- $\frac{1}{2}$ cups Primal Kitchen Alfredo Sauce

DIRECTIONS

1. Cook broccoli per package instructions and place in a large dish/mixing bowl.
2. Cook zucchini pasta per package instructions and pour over broccoli.
3. Add remaining ingredients and mix until well combined.
4. Split into 4 even servings.



Weekly Recipe Plan WK18

OATMEAL JAM BARS

Macros: Makes 16 bars.

Macros per bar: 112 cal 6 P 28 C 1 F

INGREDIENTS

- $\frac{3}{4}$ cup unsweetened applesauce
- $\frac{3}{4}$ cup truvia sugar replacement
- 6 tbl truvia brown sugar replacement
- 2.5 scoops Level-1 Vanilla Ice Cream
- $\frac{1}{2}$ cup Kodiak buttermilk mix
- 1 $\frac{1}{2}$ cup old fashioned oats
- 1 cup Sugar Free jelly/jam

DIRECTIONS

1. Heat oven to 350 degrees. Place parchment paper over 13 x 9 pan and lightly spray with non stick spray.
2. Beat together the applesauce and sugars on high until fluffy consistency.
3. Add protein powder, kodiak and oats and mix on medium to high speed until completely incorporated.
4. Spray a spatula with non stick spray and remove about $\frac{3}{4}$ of the dough to the parchment paper. Push down to spread evenly over the bottom of the pan. Bake for 15 minutes.
5. Remove the pan from the oven, evenly spread the jelly/jam over the crust.
6. Spray fingers with non stick spray and drop remaining dough over the jelly/jam layer.
7. Bake for an additional 35 minutes. Allow to cool completely and slice into 16 equal sized bars.

