



Weekly Recipe Plan WK8



MAIN

SPINACH AND ARTICHOKE CHICKEN BREAST

Makes 6 servings

Calories: 231 / 28 P / 3 C / 11 F

INGREDIENTS

- 16 oz of chicken breasts thawed, cut into 6 evenly sized pieces, pounded out if needed
- ¼ cup reduced fat olive oil mayonnaise
- ¼ cup light sour cream
- ¼ cup plain nonfat greek yogurt
- 1 cup marinated artichokes, drained (one small jar)
- 3 slices of provolone cheese
- 1 ½ cups roughly chopped fresh baby spinach
- Garlic powder
- Onion powder
- Salt
- Pepper

DIRECTIONS

1. Preheat the oven to 375. Spray the bottom of a glass 13 x 9 inch pan with cooking spray and lay out chicken breasts.
2. Season breasts with salt, pepper, garlic, and onion powder.
3. Mix together the mayonnaise, sour cream, yogurt, and artichokes. Add ½ tsp garlic powder and desired amount of salt/pepper.
4. Mix in spinach. Evenly top each breast with mayo/spinach mixture. Place ½ slice of cheese over each breast.
5. Cover the pan with foil and bake for 20 minutes. After 20 minutes take off foil and increase temperature to 400 and cook chicken for another 15 minutes or until breast is cooked through and cheese is browned.



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MAIN

PANKO CHICKEN

Macros:
169 calories. 23 P / 8 C / 5 F

INGREDIENTS

- 30z chicken breast
- 10g panko
- 1 large egg (you'll only use ½)
- Salt and pepper to taste

DIRECTIONS

1. Crack egg into shallow dish and whisk with fork until blended together.
2. Add 10G of Panko to second shallow dish, season with salt and pepper
3. Dip both sides of chicken breast into egg
4. Next cover sides of chicken with panko
5. Air fry at 370* for 5 minutes, flip chicken over and increase temperature to 400* and finish cooking 3-5 minutes. Use a meat thermometer to make sure chicken is cooked through.
6. Try using different seasonings or panko flavors to change this up. Use it as a healthier alternative for chicken parmesan, add buffalo sauce for a spicy chicken, or whatever other ideas you have!



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MAIN

BUFFALO CHICKEN SPREAD / DIP

Macros:
Makes 1 serving (easy to multiply if meal prepping).
Per 1 serving: 222 cals / 23 P / 9 C / 9 F



INGREDIENTS

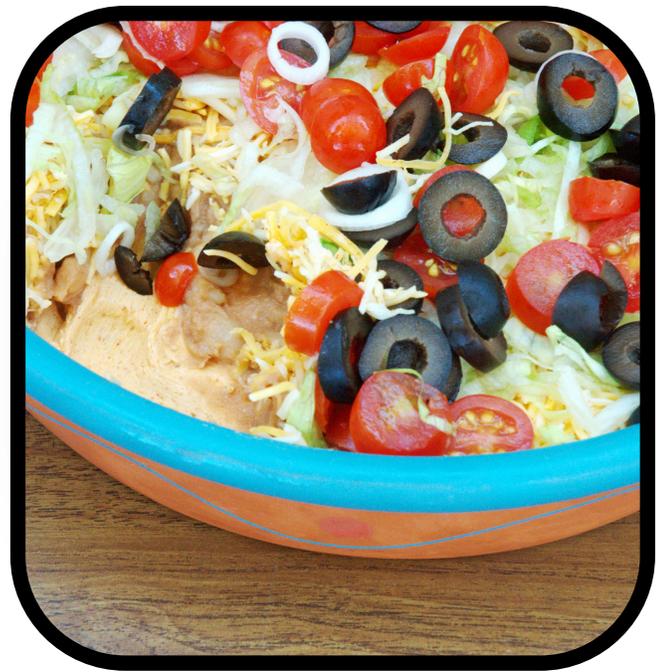
- 3 oz cooked, shredded chicken (I use plain crockpot chicken or rotisserie chicken if i'm in a hurry)
- ½ bell pepper, sliced and seeds removed
- ⅓ tbl minced dehydrated onion
- 1 tsp dry ranch seasoning
- 1 oz ⅓ less fat cream cheese
- 2 tbl buffalo sauce (I used Primal)

DIRECTIONS

1. Add chicken, cream cheese, onion, ranch and buffalo to a microwave safe bowl.
2. Microwave on high in increments of 30 seconds stopping to stir between. Repeat until heated through.
3. Use bell peppers for dippers or use this as a spread on top of a salad or sandwich.

SIDE**CLEAN 7-LAYER TACO DIP**

Macros:
for 1/6 of recipe without dipper of choice
231 calories. 21 P. 14 C. 11 F.

**INGREDIENTS**

- 80z fat-free cream cheese, softened
- 1C fat-free plain greek yogurt
- 1C salsa
- 1TBSP taco seasoning
- 1C shredded lettuce
- 6oz cooked shredded chicken
- 100g shredded cheese
- 1 roma tomato
- 1 avocado
- 1TBSP olives

Dippers of Choice - I always suggest sliced up bell and sweet peppers or tortilla chips!

DIRECTIONS

1. Combine the softened cream cheese, greek yogurt, salsa, taco seasoning, and shredded chicken until well combined. Spread into rectangular baking dish or pie pate. (Optional: let sit in the fridge for an hour to let flavors combine.)
2. Top with remaining ingredients and serve!
3. You can serve this with the traditional tortilla chips or I suggest sliced up bell and sweet peppers to use as your dippers to save on extra carbs!



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DESSERT

BANANA CHOCOLATE PUDDING

**Macros: Makes 1 serving. Macros per serving:
395 cals 45 P 31 C 9 F**



INGREDIENTS

- 1 scoop Chocolate Banana Level-1 Protein
- 1 cup milk
- ¼ cup plain non fat greek yogurt
- 1 serving pb2 powder, separated by 2 tbl
- ½ tbl xanthan gum
- ¼ package Instant banana cream sugar free jello pudding
- ¼ medium banana

DIRECTIONS

1. Add all ingredients, excluding the banana and 1 tbsp of PB2 powder into a blender and blend on high until smooth. (This will get thick so you may need to scrape the sides once or twice)
2. Pour/scoop into a bowl. Add water to the remaining tbsp of PB2 powder to create a peanut butter drizzle. Drizzle over the top and top with sliced bananas and a bit of whip if you like.