

# Weekly Recipe Plan

WK4

# Grocery List

## PRODUCE

- 1 ONION
  - 5 SMALL YUKON POTATOES
  - 2 SMALL SWEET POTATOES
  - 1 PINEAPPLE, CHUNKED
  - STRAWBERRIES

## MEAT

- ## HAM STEAK 3-4 LB PORK LOIN ROAST

COLD

- DELI TURKEY  
 REDUCED FAT PROVOLONE SLICES

## DRY GOODS

- JOSEPH'S FLATBREADS
  - SUGAR-FREE RASPBERRY PRESERVES
  - TRUVIA CONFECTIONERS SWEETENER
  - 12OZ CAN NON-FAT EVAPORATED MILK
  - CORNSTARCH
  - BACON BITS
  - SWEET PICKLE RELISH
  - CHEESECAKE SUGAR-FREE INSTANT JELLO PUDDING MIX

## 1ST PHORM PRODUCTS

- #### ICECREAM SANDWICH LEVEL-1 PROTEIN

## Weekly Items:



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#### MAIN

#### MONTE CRISCO SANDWICH

**Macros: Makes 1 serving. Macros per serving:  
342 cals 41 P 29 C 12 F**

#### INGREDIENTS

- .5 Josephs Lavash Bread
- 2 oz Turkey breast
- 3 oz ham steak
- 2 tbl egg whites
- 1 slice reduced fat provolone cheese
- $\frac{1}{4}$  cup milk
- 1 tbl light mayo
- 1 tsp mustard
- 1 tbl sugar free raspberry preserves
- 3 tsp truvia confectioners sweetener



#### DIRECTIONS

1. Heat a skillet over medium/high heat and spray with non-stick spray.
2. Cut your lavash bread in half and one half spread the mayo and the other half the mustard.
3. Top one with the turkey, ham and cheese and top with the other lavash bread half.
4. In a shallow bowl mix the egg whites and milk together (like you would for french toast).
5. Carefully dip the lavash bread in the egg mix and place the sandwich on the heated skillet.
6. This is where it gets fun; carefully pour remaining egg mix over the top of the sandwich in the pan (yes the egg mix will overrun the sandwich, just allow the mix to cook in the pan like scrambled eggs).
7. After 1-2 minutes, carefully flip the sandwich over to cook the other side.
8. Once both sides are golden brown, remove to a plate and have the leftover scramble on the side.
9. Top with raspberry preserves and confectioners sweetener and enjoy!



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#### MAIN

#### CROCKPOT POTATO & PORK SOUP

**Macros: Makes 9 servings. Macros per serving:  
318 Cals 25 P 40 C 9 F**

#### INGREDIENTS

- 5 small yukon potatoes, quartered
- 2 small sweet potatoes, quartered
- ½ onion, diced
- 4 cups low sodium chicken broth
- 12 oz fat free evaporated milk
- 2 tbl cornstarch
- 4 oz fat free cream cheese
- ½ cup shredded cheddar (reserve small portion for additional topping)
- Salt and pepper to taste
- 6 servings pineapple pork loin
- 5 tbl bacon bits

#### DIRECTIONS

1. Spray a large crockpot with non-stick spray. Add potatoes, onion and chicken broth to the pot and cook on low for 7 ½ hours (until potatoes are fork tender).
2. Combine cornstarch and evaporated milk and whisk until no clumps remain. Add cornstarch mix, cream cheese, salt, pepper, pork loin and portion of shredded cheese to the pot. Stir, cover and continue cooking on low for an additional half hour (until cream cheese is melted and mixed in).
3. Stir one more time and mash up some of the potatoes to make it thicker if you desire. Split evenly into 9 servings. Top with remaining shredded cheese and bacon bits.





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### MAIN

#### CROCKPOT PINEAPPLE PORK

**Macros: I split my roast into 9 servings at about 3.75 oz each. Macros per serving:  
198 cals 21 P 12 C 9 F**

#### INGREDIENTS

- 3-4 pound pork loin roast (after cooking with bone and fat removed, mine yielded about 35 oz of meat)
- ½ onion diced
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 tsp paprika
- 1 tsp salt
- 1 tsp pepper
- 1 pineapple, chunked
- 1 cup walden farms zero sugar bbq sauce

#### DIRECTIONS

1. Mix all seasonings together and rub pork roast in mixture.
2. Lightly spray a large crockpot with non-stick spray and lay diced onions across the bottom.
3. Lay roast, fat side up, on top of the onions.
4. Pour bbq sauce over roast and spread pineapple chunks around the roast.
5. Cover and cook on low for 8 hours.
6. Remove from the crockpot, remove fat and bone to discard. Shred and use in other recipes like crockpot potato and pork soup or top salads or sandwiches.





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#### SIDE

#### CLEAN DEVILED EGGS

**Macros:**  
per 1/2 EGG  
**39 CALORIES / 4 P / 0.5 C / 2.4 F**



#### INGREDIENTS

- 6 large eggs, hard-boiled peeled and rinsed
- 1/4 cup plain, non fat Greek yogurt
- 1tsp yellow mustard
- 1tsp sweet pickle relish
- 1/8 tsp salt, to taste
- paprika, for garnish

#### DIRECTIONS

- 1.to hard boil eggs in the instant pot, cook on high pressure for 5 minutes, allow 5 minutes natural release, and then dunk eggs in ice water for 5 minutes
- 2.to hard-boil eggs on the stovetop, place eggs in saucepan and cover with cool water by 1". Bring water to a boil over medium-high heat. After water has reached a rolling boil, start a timer and cook eggs for 7 minutes. Drain hot water and dunk eggs in ice water for 5 minutes/
- 3.peel and rinse eggs to remove all excess shell
- 4.cut eggs in half lengthwise/ scoop out cooked egg yolks (the yellow portion) and place them in mixing bowl. mix egg yolks, yogurt, mustard, relish and salt. mash until creamy and smooth.
- 5.load filling into a piping bag or ziplock bag and pile filling into egg whites and serve.



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### DESSERT

#### PROTEIN ANGEL FOOD CAKE

**Macros per serving**

**80 calories**

**P 10 C 9 F 0**

**Cook time 1 hour**

**Serves 8**



#### INGREDIENTS

- 7 egg whites - from eggs, not carton
- 1 tsp cream of tartar
- 1tsp vanilla extract
- 2TBSP stevia (divided)
- 1/2 scoop Level-1 Protein ( I used ice cream sandwich flavor)
- 1/2 cup fat-free cream cheese
- 1/2 cup plain non-fat greek yogurt
- 1/2 package sugar-free cheesecake jello pudding mix (14g)
- 1TBSP zero calorie sweetener
- 1/4 cup unsweetened almond milk
- 180 g strawberries, sliced
- 1TBSP confectioners sugar (optional)

#### DIRECTIONS

1. Preheat oven to 315\* F. Spray any cake pan with cooking spray. I used a bundt cake pan.
2. Add egg whites in a medium sized bowl and add vanilla, 1TBSP stevia and cream of tartar. Beat with hand mixer until firm peaks form (about 5 minutes)
3. Carefully fold in protein.
4. Place batter in cake pan and cook for 20 minutes or until top of cake starts to turn golden brown. Time will vary based on the pan. When done, let cool and place in fridge until cooled throughout
5. In a medium sized mixing bowl, add cream cheese, 1TBSP stevia, jello mix, yogurt and almond milk. Mix with hand mixer until all is combined well. Frost cake, top with strawberries and sprinkle with confectioners sugar.