



**DINNER**

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Chicken Parmesan Zucchini Boats

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BBQ Pulled Pork Quesadillas

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Sloppy Joes Wrap

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Sweet Potato Bowl

---

Buffalo Ranch Turkey Bowl

---

Baked Ziti

---

Creamy Green Chili Chicken

---

Honey Sesame Chicken & Rice

---

Classic Beef Burritos

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Lasagna Soup

# Chicken Parmesan Zucchini Boats

(makes 4 servings)

**MACROS PER SERVING (2 boats)**

**13.3C / 38.2P / 17.8F**

**CALORIES: 332**

- + 4 medium zucchini

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- + 1 lb ground chicken

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- + 1/4 tsp salt

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- + 1/4 tsp ground black pepper

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- + 2 garlic cloves, minced

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- + 1 cup pasta sauce

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- + 1/4 cup grated Parmesan cheese

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- + 1/2 cup shredded mozzarella cheese

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- + Fresh basil for topping (optional)



# BBQ Pulled Pork Quesadillas

**MACROS: 28C / 31P / 10F**

**CALORIES: 347**

- + 1 low-carb wrap

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- + 1/2 cup pre prepared BBQ pulled pork

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- + 1 slice pepper jack cheese

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- + 0.5 oz lite shredded three cheese blend

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- + Sliced red onion

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- + 1 tbsp BBQ sauce

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- + Handful cilantro

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- + 1 tbsp ranch dressing for dipping (optional)



# Sloppy Joes Wrap

(makes 9 servings)

## MACROS PER SERVING FOR MEAT

**4C / 21P / 4F**

**CALORIES: 143**

- + 2 lb 96/4 ground beef

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- + 2 tbsp minced garlic

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- + 1/4 cup diced white onion (optional)

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- + Salt and pepper, to taste

## Sloppy Joe Sauce

- + 3/4 cup reduced-sugar ketchup

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- + 1/4 cup mustard

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- + 2 tbsp apple cider vinegar

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- + 1/4 cup sugar-free pancake syrup

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- + 1 tbsp chili powder

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- + 1/2-1 tsp cayenne pepper, to taste



# Sweet Potato Bowl

**MACROS: 40.2 C / 32 P / 8.9 F**

**CALORIES: 365**

- + 1 large sweet potato, steamed

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- + 5 oz lean ground turkey

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- + 1/4 cup black beans

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- + 1 cup shredded lettuce

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- + 2 tbsp BBQ sauce

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- + 1 tbsp ranch dressing



# Buffalo Ranch Turkey Bowl

**MACROS: 40.4C / 32.9P / 8.6F**

**CALORIES: 370**

- + 1 cup minute rice

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- + 5 oz lean ground turkey

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- + 1 light Laughing Cow cheese wedge

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- + 2 cups shredded lettuce

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- + 1 tsp buffalo hot sauce

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- + 1 1/2 tbsp ranch dressing



# Baked Ziti

**MACROS: 30C/40P/9.5F**

**CALORIES: 433**

- + Box ziti pasta noodles

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- + 1 ½ lbs lean ground beef  
(96% lean, 4% fat)

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- + 3 cups marinara sauce, divided  
(I love the roasted garlic from  
primal kitchen foods)

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- + ½ cup low fat cottage cheese

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- + 4 oz part-skim mozzarella  
cheese, divided

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- + 1 tbs olive oil

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- + 1 tbs italian seasoning

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- + 1 tsp minced garlic

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- + Salt and pepper to taste



# INSTRUCTIONS

- 1** Cook pasta according to package directions
- 2** While pasta is cooking, heat olive oil in a skillet. Once hot, add garlic and saute for about 1 minute
- 3** Add ground beef and seasonings to skillet and cook until done, breaking into crumbles
- 4** Preheat oven to 375°F and spray a 9x13 casserole dish with cooking spray
- 5** In a large mixing bowl add ground beef, pasta, 2 cups marinara, half of the mozzarella, and cottage cheese.
- 6** Add ½ cup of marinara to the bottom of the casserole dish and spread with a spoon. Then top with contents of the mixing bowl
- 7** Top with another ½ cup of marinara and remaining cheese
- 8** Bake for 25 minutes (I placed in the broiler for about 1-2 minutes after baking as well)
- 9** Divide into 6 servings and top with fresh basil

**Note:** Serves 4 people.

# CREAMY GREEN CHILI CHICKEN

**MACROS (per 240g): 13C/40P/4F**

**CALORIES: 263**

- + ½ cup Greek cream cheese, softened (88g)

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- + ¼ cup salsa verde (60g)

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- + 1 4 oz can diced green chilis

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- + 2 tsp cumin

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- + 1 tsp garlic

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- + ½ tsp chili powder

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- + 1.5 tsp salt

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- + 1 can diced tomatoes, drained

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- + 860 g chicken tenderloins chopped

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- + 1 medium ear of corn, sliced off the cob (180 g)

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- + 1 Joseph's lavash bread or CutDaCarb or a single layer of corn tortillas

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- + ½ oz shredded Mexican cheese (14g)



## ADDITIONAL TOPPINGS:

- + Avocado, additional corn, pico, red onion or pickled onion, shredded lettuce, fresh cilantro, etc.

## INSTRUCTIONS

- 1** Combine softened greek cream cheese, salsa, green chilis, and spices in the bottom of a 9×13 pan.
- 2** Add uncooked, thawed chopped chicken tenderloins (pat dry first), diced tomatoes, and corn. Combine.
- 3** Cover with one Joseph's Lavash or CutDaCarb. Dunking the lavash or cutdacarb under the mixture so it's covered. Sprinkle with shredded cheese.
- 4** Bake at 350° for 45 minutes. Broil for the last five minutes if you want the top more brown and bubbly.
- 5** Serve over rice, cauliflower rice, spaghetti squash, or a pile of tortilla chips! It would also be good in tortillas. Add a simple side salad with the lightened up cilantro lime ranch and you're set!

# HONEY SESAME CHICKEN AND RICE

**MACROS (per 240g): 39C/56P/3F**

**CALORIES: 374**

- + 2 cups water

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- + 180g jasmine brown rice (about 1 cup)

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- + 24 oz boneless, skinless chicken breast, cut into bite sized pieces (about 3, 8oz breasts)

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- + 10g fresh garlic, diced (about 2-3 cloves)

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- + 21g honey (about 1 tbsp)

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- + 15g lite soy sauce (about 1 tbsp)

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- + ½ tsp black pepper

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- + ¼ tsp salt

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- + 15g scallions, diced (about 2-3 stalks)

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- + 1 tsp sesame seeds



# INSTRUCTIONS

- 1** Cook the rice as directed on the box.
- 2** While the rice is cooking, place the chicken in a large bowl. Season with garlic, honey, soy sauce, black pepper, and salt. Mix ingredients until the chicken is evenly coated with the sauce.
- 3** Heat a medium saute pan to medium high heat. Once the pan is warm add the chopped chicken to the pan. Spread the chicken around into one even layer covering the bottom of the pan. Allow to cook for 3-4 minutes, then toss the chicken. Spread evenly again and allow to cook for another 3-4 minutes. This allows the chicken to brown a little on each side.
- 4** Then continue cooking the chicken for another 7 minutes, stirring often. Cook until the chicken is done.
- 5** Serve by topping the rice with your honey soy chicken. Then sprinkle a little diced scallions and sesame seed on top.

# CHICKEN BURRITO PLATE

**CALORIES: 385**

**MACROS: 34C/7F/54P**

- + 26 oz boneless, skinless, chicken breast (about 3 breasts)

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- + ¼ tsp garlic powder

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- + 1 tsp extra virgin olive oil

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- + 250g yellow onion sliced (about 1 onion)

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- + 210g red bell pepper sliced, (about 1 large pepper)

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- + 200g frozen sweet corn (about 1 cup)

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- + 280g black beans rinsed and drained, (about 1 can)

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- + ½ tsp black pepper

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- + ½ tsp chili powder

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- + 220g green chili enchilada sauce brand: Frontera, (1 packet)

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- + 100g cherry tomatoes sliced, optional (about 1 cup)

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- + 45g jalapeno pepper, sliced (optional) (about 3 peppers)
  - + 50g feta cheese, sliced (optional) (about 3 tbsp)
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## INSTRUCTIONS

- 1** Heat a large pan and spray with olive oil
- 2** Once the pan is hot, place the chicken into the pan, leave it there for 2 minutes, then flip to the other side and cook for an additional 2 minutes.
- 3** Once both sides become golden brown with the center still uncooked, turn the heat to low and cover the chicken with a lid. Let it cook for about 8 minutes, then flip and cover again for another 8 minutes.
- 4** After 8 minutes on each side, the chicken should be done. But this does depend on the size of the chicken breast.
- 5** Once the chicken is done, remove from the pan, leaving the juices in the pan.

- 6** Keeping the heat at medium add the onions and peppers to the pan with the chicken juices. Cook for 3-4 minutes tossing every few minutes or so. After 3-4 minutes add the corn and black beans to the peppers and onions. Season with pepper and chili powder.
- 7** While the onions, peppers, corn, and beans are cooking, shred the chicken.
- 8** Now add the green chili sauce and chicken to the pan. Stir everything together until well combined. Then cover with a lid and cook for 5 minutes.
- 9** After 5 minutes remove the lid and garnish with the cherry tomatoes, jalapenos, and feta cheese.
- 10** Enjoy!



# Classic Beef Burritos

**MACROS: 58C / 28P / 9F**

**CALORIES: 427**

If you are looking for an easy weeknight dinner, look no further! These beef burritos are simple, but so delicious! I like to enjoy mine with all of the optional toppings listed on the next page!



## INGREDIENTS

- + 1 lb. lean ground beef

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- + ½ of an onion, chopped

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- + 4 oz. diced green chilis

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- + ⅔ cup of salsa (I use green salsa!)

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- + 1 tbsp. Minced garlic

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- + 2 tsp. chili powder

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- + 1 tsp cumin

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- + 1 tsp paprika

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- + 1 tsp onion powder

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- + ½ tsp oregano

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- + ½ tsp cayenne pepper (optional)

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- + 1 ½ cups cooked white rice

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- + 1 15 oz can of black beans

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- + 6 ten-inch tortilla shells

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## OPTIONAL TOPPINGS

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|--------------------|------------------------|
| + Cheese <hr/>     | + Avocado <hr/>        |
| + More salsa <hr/> | + Lime juice <hr/>     |
| + Sour cream <hr/> | + Tortilla chips <hr/> |

# INSTRUCTIONS

- 1** Begin by browning the ground beef with the onion in a large skillet. Once the meat is fully cooked, drain as much grease as possible and add the meat back to the skillet.
- 2** Add the green chilies, salsa, and all of the spices to the meat. Stir on low until well combined.
- 3** Meanwhile, prepare your rice according to the directions on the package.
- 4** Add the black beans to a small saucepan and heat over medium until warm.
- 5** Warm your tortillas in the microwave for 20 seconds. They are easier to fold when warm.
- 6** Begin assembling your burritos. Add the meat, rice, beans, and desired toppings. Fold the ends in and close the burrito.

7

Spray a nonstick skillet with cooking spray and add the burrito, seam side down, to the skillet. Cook over medium heat until the seam "seals."

8

I like to pour a little more salsa over my burritos before I eat!

**Note:** Macro calculations are highly dependent on the brands of ingredients that you use. For the most accurate calculations, you will want to input your own ingredients into a macro calculator.

Makes 6 burritos.

# Lasagna Soup

**MACROS: 36C/28P/ 11F**

**CALORIES: 361**

There is nothing better than soup on a chilly night. This lasagna soup is full of fresh vegetables and tastes so much like actual lasagna!



# INGREDIENTS

- + 1 red bell pepper, diced

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- + 1 tbsp olive oil

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- + 1 white onion, diced

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- + 2 celery stalks, diced

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- + 3 tsp garlic, minced

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- + 1 lb ground beef, cooked

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- + 1 tbsp. Italian seasoning

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- + Sprinkle of red pepper flakes

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- + 6 oz. tomato paste

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- + 28 oz. crushed red tomatoes

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- + 4 cups chicken bone broth

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- + ½ cup coconut milk

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- + ½ cup mozzarella cheese, shredded

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- + ½ cup Parmesan cheese, shredded

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- + 10 lasagna noodles

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# INSTRUCTIONS

- 1** Start by adding the olive oil, diced bell pepper, onion, and celery to a large soup pot over medium-high heat. Cook until the veggies are softened, about 8-10 minutes. Add the garlic in and cook for 2 minutes.
- 2** Meanwhile, cook your ground beef in a separate pan. Be sure to drain as much grease as possible.
- 3** Add the cooked beef to the soup pot, along with the crushed tomatoes, tomato paste, salt, pepper, red pepper flakes, and Italian seasoning. Stir together and then add the bone broth. Bring to a boil and simmer for 15 minutes.
- 4** Stir in the coconut milk, mozzarella, and Parmesan cheese. Simmer for 10 more minutes.
- 5** Meanwhile, cook the noodles in a separate pot until they are al dente, or slightly firm.
- 6** Add the noodles to the soup pot and allow the soup to sit on low for 10 minutes.

**Note:** Makes 8 servings