

TURKEY AND SPINACH STUFFED SHELLS

INGREDIENTS

- 20 jumbo pasta shells
- 300g ground turkey
- 2 cups spinach, chopped
- 1 cup ricotta cheese
- 1 egg
- 1 cup marinara sauce
- 1 cup shredded mozzarella
- 1 teaspoon Italian seasoning
- Salt and pepper to taste

CALORIES

420

PROTEIN

32g



DIRECTIONS

1. Preheat oven to 190°C (375°F).
2. Cook pasta shells until al dente.
3. Brown turkey in a pan and mix with spinach.
4. Combine ricotta, egg, seasoning, salt, and pepper.
5. Mix turkey and ricotta mixture.
6. Fill shells and place in baking dish with marinara.
7. Top with mozzarella and bake 25–30 minutes.

QUICK TERIYAKI CHICKEN FRIED RICE

INGREDIENTS

- 2 cups cooked rice
- 1 cup chicken, diced
- 2 eggs
- 1 cup frozen peas and carrots
- 2 tablespoons soy sauce
- 1 tablespoon teriyaki sauce
- 1 tablespoon oil
- 2 garlic cloves, minced



CALORIES

480

PROTEIN

32g

DIRECTIONS

1. Heat oil in a pan and cook chicken until browned.
2. Add garlic and vegetables and cook briefly.
3. Push aside and scramble eggs.
4. Add rice and sauces.
5. Stir until evenly coated and hot.
6. Serve warm.

SAVORY TURKEY LOAF WITH MASHED POTATOES

INGREDIENTS

500g ground turkey
1 egg
½ cup breadcrumbs
1 onion, finely chopped
1 teaspoon garlic powder
Salt and pepper to taste
3–4 potatoes
2 tablespoons butter
¼ cup milk

CALORIES

420

PROTEIN

32g



DIRECTIONS

1. Preheat oven to 180°C (350°F).
2. Mix turkey, egg, breadcrumbs, onion, and seasonings.
3. Shape into loaf and bake 40–50 minutes.
4. Boil potatoes and mash with butter and milk.
5. Slice turkey loaf and serve with mashed potatoes.

TRADITIONAL GROUND BEEF TACOS

INGREDIENTS

300g ground beef

1 tablespoon taco seasoning
(or cumin, chili powder, paprika)

½ cup water

Taco shells or tortillas

Lettuce, tomato, cheese

Optional: sour cream, salsa

CALORIES

450 kcal per serving

PROTEIN

28g per serving

DIRECTIONS

1. Cook beef in a skillet until browned.
2. Drain excess fat if needed.
3. Add seasoning and water; simmer 5 minutes.
4. Fill taco shells with beef and toppings.
5. Serve warm.



GARLIC BUTTER SHRIMP PASTA

INGREDIENTS

- 200g shrimp, peeled
- 2 cups cooked pasta
- 3 tablespoons butter
- 3 garlic cloves, minced
- 1 tablespoon lemon juice
- Salt and pepper to taste
- Parsley (optional)

CALORIES

550 kcal

PROTEIN

34g

DIRECTIONS

1. Cook pasta and set aside.
2. Melt butter in a pan and sauté garlic.
3. Add shrimp and cook until pink.
4. Stir in lemon juice, salt, and pepper.
5. Toss with pasta.
6. Garnish with parsley and serve warm.



SHEET PAN CHICKEN FAJITAS

INGREDIENTS

- 2 chicken breasts, sliced
- 1 bell pepper, sliced
- 1 onion, sliced
- 1 tablespoon olive oil
- 1 teaspoon chili powder
- 1 teaspoon cumin
- 1 teaspoon paprika
- Salt and pepper to taste
- Tortillas for serving
- Optional: lime, salsa, avocado

CALORIES

420

PROTEIN

36g



DIRECTIONS

1. Preheat oven to 200°C (400°F).
2. Toss chicken, peppers, and onion with oil and spices.
3. Spread on a sheet pan in a single layer.
4. Bake 20–25 minutes until chicken is cooked.
5. Serve in tortillas with toppings.

CLASSIC BEEF BOLOGNESE WITH SPAGHETTI

INGREDIENTS

300g ground beef
1 onion, chopped
2 garlic cloves, minced
1 carrot, finely diced (optional)
1 can crushed tomatoes
2 tablespoons tomato paste
1 teaspoon Italian seasoning
Salt and pepper to taste
1 tablespoon olive oil
Spaghetti for serving

CALORIES

620

PROTEIN

32g

DIRECTIONS

1. Heat olive oil and cook beef until browned.
2. Add onion, garlic, and carrot; sauté until soft.
3. Stir in tomato paste and cook 1–2 minutes.
4. Add crushed tomatoes and seasoning.
5. Simmer 25–30 minutes until thick.
6. Serve over cooked spaghetti.



CREAMY CHICKEN AND RICE SKILLET

INGREDIENTS

- 2 chicken breasts, diced
- 1 cup rice (uncooked)
- 2 ½ cups chicken broth
- 1 onion, chopped
- 2 garlic cloves, minced
- ½ cup cream or milk
- 1 tablespoon butter or oil
- 1 teaspoon paprika
- Salt and pepper to taste
- Optional: spinach or peas

CALORIES

520

PROTEIN

34g



DIRECTIONS

1. Heat butter in a large skillet and cook chicken until lightly browned.
2. Add onion and garlic and sauté until soft.
3. Stir in rice, broth, paprika, salt, and pepper.
4. Cover and simmer 15–18 minutes until rice is tender.
5. Stir in cream and optional vegetables.
6. Cook 2–3 more minutes until creamy. Serve warm.

BLACK BEAN AND SWEET CORN CHOWDER

INGREDIENTS

- 1 can black beans, drained
- 1 cup corn
- 1 onion, chopped
- 2 garlic cloves, minced
- 2 cups vegetable broth
- 1 cup milk or cream
- 1 teaspoon cumin
- 1 tablespoon olive oil
- Salt and pepper to taste

CALORIES

310

PROTEIN

13g



DIRECTIONS

1. Heat olive oil and sauté onion and garlic.
2. Add cumin and cook briefly.
3. Stir in beans, corn, and broth. Simmer 15–20 minutes.
4. Add milk/cream and heat gently.
5. Season and serve warm.

BAKED COD WITH MANGO SALSA

INGREDIENTS

2 cod fillets

1 tablespoon olive oil

Salt and pepper to taste

1 mango, diced

½ red onion, chopped

½ bell pepper, diced

1 tablespoon lime juice

Optional: cilantro, chili flakes



CALORIES

320

PROTEIN

32g

DIRECTIONS

1. Preheat oven to 200°C (400°F).
2. Season cod with olive oil, salt, and pepper.
3. Bake 12–15 minutes until flaky.
4. Mix mango, onion, pepper, lime juice, and optional cilantro.
5. Top cod with salsa and serve warm.

BAKED SALMON WITH ASPARAGUS

INGREDIENTS

- 2 salmon fillets
- 1 bunch asparagus, trimmed
- 2 tablespoons olive oil
- 2 garlic cloves, minced
- 1 tablespoon lemon juice
- 1 teaspoon dried dill or parsley
- Salt and pepper to taste

380
CALORIES

34g
PROTEIN

DIRECTIONS

Preheat oven to 200°C (400°F).

Place salmon and asparagus on a sheet pan.

Drizzle with olive oil and lemon juice.

Sprinkle garlic, herbs, salt, and pepper over everything.

Bake 12–15 minutes until salmon is flaky and asparagus is tender.

Serve warm.



CREAMY PESTO PASTA WITH CHERRY TOMATOES

INGREDIENTS

2 cups cooked pasta

2-3 tablespoons pesto

½ cup cherry tomatoes, halved

½ cup cream or Greek yogurt

¼ cup Parmesan cheese

Salt and pepper to taste

CALORIES

520

PROTEIN

18g

DIRECTIONS

1. Warm pasta in a pan over low heat.
2. Stir in pesto and cream until coated.
3. Add cherry tomatoes and heat briefly.
4. Mix in Parmesan.
5. Season and serve warm.



LEMON GARLIC GRILLED CHICKEN THIGHS

INGREDIENTS

- 4 chicken thighs
- 2 tablespoons olive oil
- 2 tablespoons lemon juice
- 3 garlic cloves, minced
- 1 teaspoon oregano
- Salt and pepper to taste



CALORIES

320

PROTEIN

26g

DIRECTIONS

1. Mix olive oil, lemon juice, garlic, oregano, salt, and pepper.
2. Marinate chicken for at least 20 minutes (or longer if possible).
3. Grill or pan-cook over medium heat until fully cooked.
4. Rest for 5 minutes before serving.

CLASSIC

Tuna Noodle Casserole

INGREDIENTS

- 2 cups cooked egg noodles
- 1 can tuna, drained
- 1 cup frozen peas
- 1 can cream of mushroom soup
- ½ cup milk
- 1 cup shredded cheddar cheese
- ½ cup breadcrumbs
- Salt and pepper to taste



CALORIES

420

PER SERVING

PROTEIN

28g

PER SERVING

DIRECTIONS

1. Preheat oven to 190°C (375°F).
2. Mix noodles, tuna, peas, soup, milk, and half the cheese.
3. Pour into a baking dish.
4. Top with remaining cheese and breadcrumbs.
5. Bake 20–25 minutes until golden and bubbly.
6. Serve warm.

MEDITERRANEAN CHICKPEA AND TOMATO STEW

INGREDIENTS

- 1 can chickpeas, drained
- 1 can diced tomatoes
- 1 onion, chopped
- 2 garlic cloves, minced
- 1 teaspoon oregano
- 1 teaspoon paprika
- 2 cups vegetable broth
- 1 tablespoon olive oil
- Salt and pepper to taste
- Optional: spinach or parsley

CALORIES

320

PROTEIN

12g

DIRECTIONS

1. Heat olive oil and sauté onion and garlic.
2. Add spices and cook 1 minute.
3. Stir in chickpeas, tomatoes, and broth.
4. Simmer 20–25 minutes.
5. Add spinach if using and wilt.
6. Season and serve warm.



SHEET PAN PORK CHOPS AND GREEN BEANS

INGREDIENTS

- 2 pork chops
- 2 cups green beans, trimmed
- 2 tablespoons olive oil
- 2 garlic cloves, minced
- 1 teaspoon paprika
- Salt and pepper to taste
- Optional: lemon wedges



CALORIES

430

PROTEIN

36g

DIRECTIONS

1. Preheat oven to 200°C (400°F).
2. Toss green beans with olive oil, garlic, salt, and pepper.
3. Season pork chops with paprika, salt, and pepper.
4. Arrange on a sheet pan.
5. Bake 25–30 minutes until pork is cooked through.
6. Finish with lemon juice if desired.

ITALIAN SAUSAGE AND TORTELLINI SOUP

INGREDIENTS

- 2 Italian sausages, sliced
- 1 onion, chopped
- 2 garlic cloves, minced
- 1 can diced tomatoes
- 4 cups chicken broth
- 1 package cheese tortellini
- 1 teaspoon Italian seasoning
- 1 cup spinach
- Salt and pepper to taste

CALORIES

420

PROTEIN

22g

DIRECTIONS

- Cook sausage in a pot until browned. Add onion and garlic and sauté until soft. Stir in tomatoes, broth, and seasoning. Bring to a simmer and add tortellini. Cook until tortellini is tender. Stir in spinach until wilted. Season and serve warm.



SWEET POTATO AND BLACK BEAN ENCHILADAS

INGREDIENTS

1 sweet potato, diced and roasted

1 cup black beans

1 teaspoon cumin

1 cup enchilada sauce

1 cup shredded cheese

6 tortillas

Salt and pepper to taste

CALORIES

420

PROTEIN

16g



DIRECTIONS

1. Roast sweet potatoes at 200°C (400°F) until tender.
2. Mix sweet potato, beans, and cumin.
3. Fill tortillas and roll tightly.
4. Place in baking dish and cover with enchilada sauce.
5. Top with cheese.
6. Bake 20–25 minutes until bubbly.

CRISPY BAKED CHICKEN TENDERS

INGREDIENTS

2 chicken breasts, cut into strips

1 cup breadcrumbs

½ cup flour

2 eggs, beaten

1 teaspoon paprika

1 teaspoon garlic powder

Salt and pepper to taste

Cooking spray or oil

CALORIES

320

PER SERVING

PROTEIN

32g

PER SERVING



DIRECTIONS

1. Preheat oven to 200°C (400°F).
2. Set up breading station: flour, egg, breadcrumbs mixed with spices.
3. Coat chicken strips in flour, egg, then breadcrumbs.
4. Place on baking sheet and spray lightly with oil.
5. Bake 18–22 minutes until crispy and cooked through.
6. Serve warm.

CHEESY BROCCOLI AND CHICKEN CASSEROLE

INGREDIENTS

- 2 cups cooked chicken, shredded
- 3 cups broccoli florets (steamed or fresh)
- 1 cup cooked rice
- 1 cup shredded cheddar cheese
- ½ cup cream or milk
- 1 can cream of chicken soup (or homemade sauce)
- 1 teaspoon garlic powder
- Salt and pepper to taste

CALORIES

420

PROTEIN

32g

DIRECTIONS

1. Preheat oven to 190°C (375°F).
2. Mix chicken, broccoli, rice, soup, cream, and seasonings.
3. Stir in half the cheese.
4. Pour into a baking dish.
5. Top with remaining cheese.
6. Bake 20–25 minutes until bubbly and golden.



LEMON HERB BAKED COD

INGREDIENTS

- 2 cod fillets
- 1 tablespoon olive oil
- 1 tablespoon lemon juice
- 1 teaspoon lemon zest (optional)
- 2 garlic cloves, minced
- 1 teaspoon dried herbs (parsley, thyme, or dill)
- Salt and pepper to taste

CALORIES

220 kcal

PROTEIN

28 g

DIRECTIONS

1. Preheat oven to 200°C (400°F). Place cod on a baking tray.
2. Mix oil, lemon juice, garlic, herbs, salt, and pepper.
3. Brush over fish.
4. Bake 12–15 minutes until flaky.
5. Serve warm.



BLACK BEAN AND CORN SALAD WITH SALMON

INGREDIENTS

- 2 salmon fillets (grilled or baked)
- 1 can black beans, drained
- 1 cup corn
- ½ red onion, chopped
- 1 cup cherry tomatoes, halved
- 1 tablespoon olive oil
- 1 tablespoon lime juice
- Salt and pepper to taste
- Optional: cilantro, avocado

CALORIES

420

PROTEIN

33g

DIRECTIONS

1. Cook salmon and flake into chunks.
2. Mix beans, corn, onion, and tomatoes in a bowl.
3. Add olive oil, lime juice, salt, and pepper.
4. Toss salad gently.
5. Top with salmon and optional avocado or cilantro.
6. Serve warm or cold.



HOMEMADE TURKEY AND BEAN CHILI

INGREDIENTS

- 300g ground turkey
- 1 onion, chopped
- 2 garlic cloves, minced
- 1 can kidney beans
- 1 can black beans
- 1 can diced tomatoes
- 1 tablespoon chili powder
- 1 teaspoon cumin
- 1 cup broth or water
- Salt and pepper to taste

CALORIES

360

PROTEIN

30g

DIRECTIONS

- Cook turkey in a pot until browned.
- Add onion and garlic and sauté.
- Stir in spices, beans, tomatoes, and broth.
- Simmer 25–30 minutes until thickened.
- Season and serve warm.



TUSCAN WHITE BEAN AND SAUSAGE SKILLET

INGREDIENTS

- 2 Italian sausages, sliced
- 1 can white beans, drained
- 2 cups spinach
- 1 onion, chopped
- 2 garlic cloves, minced
- 1 cup cherry tomatoes
- 1 tablespoon olive oil
- 1 teaspoon Italian seasoning
- Salt and pepper to taste

CALORIES PROTEIN

410 24g

DIRECTIONS

1. Cook sausage in a skillet until browned.
2. Add onion and garlic and sauté until soft.
3. Stir in tomatoes and cook until they soften.
4. Add white beans and seasoning.
5. Stir in spinach until wilted.
6. Serve warm.



BAKED EGGPLANT AND ZUCCHINI CASSEROLE

INGREDIENTS

- 1 eggplant, sliced
- 1 zucchini, sliced
- 2 cups marinara sauce
- 1 cup mozzarella cheese
- ¼ cup Parmesan cheese
- 1 teaspoon Italian seasoning
- Salt and pepper to taste
- Olive oil for brushing

CALORIES **PROTEIN**

290 18g

DIRECTIONS

1. Preheat oven to 190°C (375°F).
2. Lightly salt eggplant and let sit 10 minutes (optional).
3. Layer eggplant, zucchini, and marinara in a baking dish.
4. Top with cheese and seasoning.
5. Bake 30–35 minutes until bubbly and golden.
6. Let rest before serving.



BAKED CHICKEN PARMESAN STRIPS

INGREDIENTS

- 2 chicken breasts, sliced into strips
- 1 cup breadcrumbs
- ½ cup grated Parmesan
- 2 eggs, beaten
- 1 teaspoon garlic powder
- 1 teaspoon Italian seasoning
- Salt and pepper to taste
- 1 cup marinara sauce (for serving)



CALORIES

380

PROTEIN

36g

DIRECTIONS

1. Preheat oven to 200°C (400°F).
2. Mix breadcrumbs, Parmesan, and seasoning.
3. Dip chicken in egg, then breadcrumb mixture.
4. Place on baking tray and lightly oil.
5. Bake 18–22 minutes until crisp.

ROSEMARY ROASTED CHICKEN AND BABY CARROTS

INGREDIENTS

- 2–4 chicken pieces (thighs or breasts)
- 2 cups baby carrots
- 2 tablespoons olive oil
- 1 teaspoon rosemary (fresh or dried)
- 2 garlic cloves, minced
- Salt and pepper to taste
- Optional: lemon wedges

CALORIES

420

PER SERVING

PROTEIN

32g

PER SERVING

DIRECTIONS

1. Preheat oven to 200°C (400°F).
2. Toss chicken and carrots with oil, rosemary, garlic, salt, and pepper.
3. Spread evenly on a sheet pan.
4. Roast 30–40 minutes until chicken is cooked and carrots are tender.
5. Finish with lemon juice if desired.



MUSHROOM AND SPINACH CRUSTLESS QUICHE

INGREDIENTS

- 6 eggs
- 1 cup mushrooms, sliced
- 2 cups spinach
- ¼ cup milk
- ½ cup shredded cheese
- 1 tablespoon olive oil
- Salt and pepper to taste

CALORIES

220

PROTEIN

16g

DIRECTIONS

1. Preheat oven to 180°C (350°F).
2. Sauté mushrooms until browned, then add spinach until wilted.
3. Whisk eggs, milk, salt, and pepper.
4. Mix in vegetables and cheese.
5. Pour into greased baking dish.
6. Bake 25–30 minutes until set.



CLASSIC ITALIAN TURKEY MEATBALLS

INGREDIENTS

- 500g ground turkey
- 1 egg
- ½ cup breadcrumbs
- 2 garlic cloves, minced
- 1 teaspoon Italian seasoning
- Salt and pepper to taste
- 1 cup marinara sauce (for serving)

CALORIES

320

PROTEIN

28g

DIRECTIONS

1. Preheat oven to 200°C (400°F).
2. Mix turkey, egg, breadcrumbs, garlic, seasoning, salt, and pepper.
3. Roll into meatballs.
4. Bake 15–20 minutes until cooked through.
5. Warm marinara sauce and toss meatballs in it.
6. Serve hot.



SWEET AND SOUR TOFU STIR-FRY

INGREDIENTS

- 200g tofu, cubed
- 1 bell pepper, chopped
- 1 onion, chopped
- 2 tablespoons soy sauce
- 2 tablespoons ketchup or tomato sauce
- 1 tablespoon vinegar
- 1 tablespoon honey or sugar
- 1 tablespoon oil
- Optional: pineapple chunks



CALORIES

PROTEIN

330

18

KCAL

G

DIRECTIONS

1. Pan-fry tofu until golden and crisp. Remove and sauté vegetables in the same pan.
2. Mix soy sauce, ketchup, vinegar, and honey.
3. Add tofu back to pan and pour sauce over.
4. Stir until coated and slightly thickened.
5. Serve hot over rice.

CREAMY GARLIC PARMESAN CHICKEN CUTLETS

INGREDIENTS

2 chicken breasts, sliced thin
2 tablespoons olive oil
3 garlic cloves, minced
1 cup cream
½ cup Parmesan cheese
Salt and pepper to taste
Optional: parsley

CALORIES

520

PROTEIN

42g



DIRECTIONS

Heat oil in a skillet and cook chicken until golden.
Remove chicken and sauté garlic.
Add cream and Parmesan; simmer until thickened.
Return chicken to pan and coat in sauce.
Cook until fully done. Garnish and serve warm.

GROUND TURKEY TACO SALAD BOWLS

INGREDIENTS

300g ground turkey

1 teaspoon cumin

1 teaspoon chili powder

Salt and pepper to taste

2 cups lettuce or greens

½ cup black beans

½ cup corn

½ cup cherry tomatoes

Optional: avocado, salsa, cheese



CALORIES

430

PROTEIN

32g

DIRECTIONS

1. Cook turkey in a skillet until browned.
2. Add cumin, chili powder, salt, and pepper.
3. In bowls, layer greens, beans, corn, and tomatoes.
4. Top with seasoned turkey.
5. Add optional toppings.
6. Serve immediately.

SHEET PAN GREEK CHICKEN AND POTATOES

INGREDIENTS

2 chicken breasts or thighs

3 potatoes, chopped

2 tablespoons olive oil

2 garlic cloves, minced

1 tablespoon lemon juice

1 teaspoon oregano

Salt and pepper to taste

CALORIES

460

PROTEIN

36g



DIRECTIONS

1. Preheat oven to 200°C (400°F).
2. Toss potatoes with olive oil, garlic, salt, and pepper.
3. Add chicken seasoned with oregano and lemon juice.
4. Spread on a sheet pan.
5. Bake 30–40 minutes until cooked through.
6. Serve warm.

VEGETARIAN BLACK BEAN QUESADILLAS

INGREDIENTS

- 1 cup black beans
- 1 teaspoon cumin
- 1 teaspoon chili powder
- 1 cup shredded cheese
- 2 tortillas
- 1 tablespoon oil
- Optional: corn, salsa

410

CALORIES

22g

PROTEIN



DIRECTIONS

- Heat beans with cumin, chili powder, salt, and pepper. Place tortilla in pan and add beans and cheese. Top with second tortilla. Cook until golden, then flip and repeat. Slice and serve warm.

BEEF AND BROCCOLI SKILLET STIR-FRY

INGREDIENTS

- 200g beef, sliced thin
- 2 cups broccoli florets
- 2 garlic cloves, minced
- 1 teaspoon ginger, grated
- 2 tablespoons soy sauce
- 1 tablespoon oil
- 1 teaspoon sesame oil (optional)
- Salt and pepper to taste

CALORIES

380

PROTEIN

32g



DIRECTIONS

1. Heat oil in a skillet over medium-high heat.
2. Cook beef until browned.
3. Add garlic and ginger and stir briefly.
4. Add broccoli and cook until tender-crisp.
5. Stir in soy sauce and sesame oil.
6. Cook until coated and serve hot.

SESAME GINGER SALMON RIBBONS

INGREDIENTS

- 2 salmon fillets
- 2 tablespoons soy sauce
- 1 tablespoon sesame oil
- 1 tablespoon honey
- 1 teaspoon grated ginger
- 2 garlic cloves, minced
- 1 teaspoon rice vinegar or lime juice
- Optional: sesame seeds, green onions

CALORIES

370

PROTEIN

34g



DIRECTIONS

1. Slice salmon into thin “ribbon” strips.
2. Mix soy sauce, sesame oil, honey, ginger, garlic, and vinegar.
3. Marinate salmon for 10–15 minutes.
4. Heat a skillet over medium-high heat.
5. Cook salmon ribbons 2–3 minutes until just cooked and glossy.
6. Top with sesame seeds and green onions. Serve warm.

LEMON HERB GRILLED PORK TENDERLOIN

INGREDIENTS

- 1 pork tenderloin
- 2 tablespoons olive oil
- 2 tablespoons lemon juice
- 2 garlic cloves, minced
- 1 teaspoon dried thyme or rosemary
- Salt and pepper to taste

CALORIES

290

PROTEIN

32g



DIRECTIONS

Mix olive oil, lemon juice, garlic, herbs, salt, and pepper.

Marinate pork for at least 20 minutes.

Grill or pan-sear over medium heat, turning until cooked through.

Rest 5–10 minutes before slicing.

Serve warm.

TURKEY BURGER SLIDERS ON WHOLE WHEAT BUNS

INGREDIENTS

400g ground turkey
1 egg
½ cup breadcrumbs
1 teaspoon garlic powder
1 teaspoon onion powder
Salt and pepper to taste
6–8 whole wheat slider buns
Optional: lettuce, tomato,
mustard, cheese

CALORIES

310

PER SLIDER

PROTEIN

26g

PER SLIDER



DIRECTIONS

1. Mix turkey, egg, breadcrumbs, and seasonings.
2. Form small slider patties.
3. Cook in a skillet or grill until fully cooked.
4. Toast slider buns lightly.
5. Assemble with toppings.
6. Serve warm.

SLOW COOKER CHICKEN NOODLE SOUP

INGREDIENTS

- 2 chicken breasts
- 2 carrots, sliced
- 2 celery stalks, sliced
- 1 onion, chopped
- 2 garlic cloves, minced
- 6 cups chicken broth
- 1 teaspoon thyme
- 1 teaspoon parsley
- Salt and pepper to taste
- 2 cups egg noodles

CALORIES

340

PROTEIN

28g



DIRECTIONS

1. Add chicken, vegetables, broth, and seasonings to slow cooker.
2. Cook on low 6–7 hours or high 3–4 hours.
3. Remove chicken and shred.
4. Return chicken to soup.
5. Add noodles and cook until tender.
6. Serve warm.

CREAMY TOMATO BASIL CHICKEN SKILLET

INGREDIENTS

- 2 chicken breasts
- 2 tablespoons olive oil
- 2 garlic cloves, minced
- 1 cup crushed tomatoes
- ½ cup cream
- 1 teaspoon Italian seasoning
- Handful fresh basil (or 1 tsp dried)
- Salt and pepper to taste

CALORIES

420

PROTEIN

36g



DIRECTIONS

1. Heat olive oil and sear chicken until golden.
2. Remove chicken and sauté garlic.
3. Add crushed tomatoes and seasoning; simmer 5 minutes.
4. Stir in cream and basil.
5. Return chicken to pan and cook until done.
6. Serve warm.

SWEET POTATO AND CHICKPEA COCONUT CURRY

INGREDIENTS

- 1 sweet potato, cubed
- 1 can chickpeas, drained
- 1 can coconut milk
- 1 onion, chopped
- 2 garlic cloves, minced
- 1 tablespoon curry powder
- 1 teaspoon turmeric
- 1 tablespoon oil
- Salt to taste
- Optional: spinach or cilantro



CALORIES PROTEIN

420 14g

DIRECTIONS

1. Heat oil and sauté onion and garlic.
2. Add curry powder and turmeric; cook 1 minute.
3. Add sweet potato, chickpeas, and coconut milk.
4. Simmer 20–25 minutes until tender.
5. Stir in spinach if using. Serve warm.

LEMON PEPPER GRILLED SHRIMP SKEWERS

INGREDIENTS

- 300g shrimp, peeled
- 2 tablespoons olive oil
- 1 tablespoon lemon juice
- 1 teaspoon lemon zest (optional)
- 1 teaspoon black pepper
- 1 teaspoon garlic powder
- Salt to taste

CALORIES

220

kcal

PROTEIN

26

g



DIRECTIONS

1. Mix olive oil, lemon juice, zest, and seasonings.
2. Toss shrimp in marinade for 10–20 minutes.
3. Thread shrimp onto skewers.
4. Grill or pan-cook 2–3 minutes per side until pink.
5. Serve warm with lemon wedges.

SAVORY GROUND BEEF AND RICE STUFFED PEPPERS

INGREDIENTS

- 3–4 bell peppers, halved and seeded
- 300g ground beef
- 1 cup cooked rice
- 1 onion, chopped
- 2 garlic cloves, minced
- 1 can diced tomatoes
- 1 teaspoon paprika
- 1 teaspoon Italian seasoning
- Salt and pepper to taste
- 1 cup shredded cheese (optional)

CALORIES

520

PER SERVING

PROTEIN

27g

PER SERVING



DIRECTIONS

1. Preheat oven to 190°C (375°F).
2. Cook beef with onion and garlic until browned.
3. Stir in tomatoes, rice, and seasonings.
4. Fill pepper halves with mixture.
5. Top with cheese if using.
6. Bake 25–30 minutes until peppers are tender.

ROASTED CAULIFLOWER AND CHICKPEA GRAIN BOWL

INGREDIENTS

- 1 cup chickpeas
- 2 cups cauliflower florets
- 1 cup cooked quinoa or rice
- 1 tablespoon olive oil
- 1 teaspoon cumin
- 1 teaspoon paprika
- Salt and pepper to taste
- Optional: tahini or yogurt sauce

CALORIES 420

PROTEIN 16g

DIRECTIONS

1. Roast cauliflower and chickpeas at 200°C (400°F) for 25–30 minutes.
 2. Season with oil, cumin, paprika, salt, and pepper.
 3. Assemble quinoa or rice in a bowl.
 4. Add roasted vegetables and chickpeas.
 5. Drizzle with tahini or yogurt sauce if desired.
- Serve warm.



SIMPLE BAKED ZITI WITH RICOTTA

INGREDIENTS

- 2 cups cooked ziti pasta
- 2 cups marinara sauce
- 1 cup ricotta cheese
- 1 cup shredded mozzarella
- ¼ cup Parmesan cheese
- 1 teaspoon Italian seasoning
- Salt and pepper to taste

CALORIES

520

PROTEIN

23g



DIRECTIONS

1. Preheat oven to 190°C (375°F).
2. Mix pasta, marinara, and seasoning.
3. Layer half pasta in baking dish, dollop ricotta, then repeat.
4. Top with mozzarella and Parmesan.
5. Bake 20–25 minutes until bubbly and golden. Serve warm.

QUICK CHICKEN AND CHEESE QUESADILLAS

INGREDIENTS

2 tortillas

1 cup cooked chicken, shredded

1 cup shredded cheese

1 tablespoon oil or butter

Optional: salsa, peppers, onions

450
CALORIES

32g
PROTEIN



DIRECTIONS

Heat a pan over medium heat. Place tortilla in pan and add chicken and cheese. Top with second tortilla.

Cook until golden, then flip and cook other side.

Slice and serve with salsa.

SLOW COOKER BEEF POT ROAST

INGREDIENTS

- 1.5–2 kg beef chuck roast
- 3 carrots, chopped
- 3 potatoes, chopped
- 1 onion, sliced
- 3 garlic cloves, minced
- 2 cups beef broth
- 1 tablespoon Worcestershire sauce
- 1 teaspoon thyme
- 1 teaspoon rosemary
- Salt and pepper to taste
- 1 tablespoon olive oil



CALORIES

520

PROTEIN

38g

DIRECTIONS

1. Optional: sear beef in a hot pan for extra flavor.
2. Add vegetables to slow cooker.
3. Place beef on top and season well.
4. Pour in broth and Worcestershire sauce.
5. Cook on low 8 hours or high 4–5 hours.
6. Shred or slice and serve with vegetables and juices.

HEARTY VEGETABLE AND LENTIL SOUP

INGREDIENTS

- 1 cup lentils
- 1 onion, chopped
- 2 carrots, diced
- 2 celery stalks, chopped
- 2 garlic cloves, minced
- 1 can diced tomatoes
- 6 cups vegetable broth
- 1 teaspoon thyme
- 1 teaspoon cumin
- Salt and pepper to taste
- 1 tablespoon olive oil



CALORIES

320

CALORIES

PROTEIN

17g

PROTEIN

DIRECTIONS

1. Heat olive oil and sauté onion, garlic, carrots, and celery.
2. Add spices and cook 1 minute.
3. Stir in lentils, tomatoes, and broth.
4. Simmer 30–35 minutes until lentils are tender.
5. Season and serve warm.

HONEY MUSTARD GLAZED SALMON FILLETS

INGREDIENTS

- 2 salmon fillets
- 2 tablespoons honey
- 1 tablespoon Dijon mustard
- 1 tablespoon olive oil
- 1 garlic clove, minced
- Salt and pepper to taste



CALORIES

420

PROTEIN

34g

DIRECTIONS

1. Preheat oven to 200°C (400°F).
2. Mix honey, mustard, olive oil, garlic, salt, and pepper.
3. Brush glaze over salmon.
4. Bake 12–15 minutes until flaky.
5. Serve warm.

SIMPLE GROUND BEEF AND CABBAGE SKILLET

INGREDIENTS

- 300g ground beef
- 4 cups cabbage, shredded
- 1 onion, chopped
- 2 garlic cloves, minced
- 2 tablespoons soy sauce
- 1 tablespoon oil
- Salt and pepper to taste
- Optional: chili flakes

CALORIES

380

PROTEIN

26g

DIRECTIONS

1. Heat oil in a skillet and cook beef until browned.
2. Add onion and garlic; sauté until soft.
3. Add cabbage and cook until slightly wilted.
4. Stir in soy sauce, salt, and pepper.
5. Cook until cabbage is tender but not mushy.
6. Serve hot.



CREAMY AVOCADO PASTA WITH SPINACH

INGREDIENTS

- 2 cups cooked pasta
- 1 ripe avocado
- 1 cup spinach
- 1 garlic clove
- 2 tablespoons olive oil
- 1 tablespoon lemon juice
- Salt and pepper to taste
- Optional: Parmesan cheese

CALORIES

490 kcal

PROTEIN

14 g

DIRECTIONS

1. Blend avocado, spinach, garlic, olive oil, lemon juice, salt, and pepper until smooth.
2. Toss sauce with warm pasta.
3. Add a splash of pasta water if needed for creaminess.
4. Top with Parmesan if desired. Serve immediately.



RUSTIC TOMATO AND WHITE BEAN SOUP

INGREDIENTS

- 1 can white beans, drained
- 1 can diced tomatoes
- 1 onion, chopped
- 2 garlic cloves, minced
- 2 cups vegetable or chicken broth
- 1 teaspoon Italian seasoning
- 1 tablespoon olive oil
- Salt and pepper to taste
- Optional: spinach or basil



CALORIES

260

PROTEIN

13g

DIRECTIONS

1. Heat olive oil in a pot and sauté onion and garlic until soft.
2. Add tomatoes, beans, broth, and seasoning.
3. Simmer 20–25 minutes.
4. Blend slightly if a thicker texture is desired.
5. Add spinach or basil and cook until wilted.
6. Season and serve warm.

SHEET PAN SAUSAGE AND AUTUMN VEGETABLES

INGREDIENTS

- 2–3 sausages (Italian or chicken), sliced
- 2 cups sweet potato, cubed
- 1 cup carrots, chopped
- 1 cup Brussels sprouts, halved
- 1 onion, sliced
- 2 tablespoons olive oil
- 1 teaspoon paprika
- 1 teaspoon dried thyme
- Salt and pepper to taste

CALORIES

430

PROTEIN

24g

DIRECTIONS

1. Preheat oven to 200°C (400°F).
2. Toss vegetables with olive oil, paprika, thyme, salt, and pepper.
3. Spread on a sheet pan with sausage slices.
4. Roast 30–40 minutes, stirring halfway.
5. Cook until vegetables are tender and caramelized.
6. Serve warm.



SLOW COOKER PULLED PORK SANDWICHES

INGREDIENTS

- 1.5 kg pork shoulder
- 1 cup BBQ sauce
- ½ onion, sliced
- 2 garlic cloves, minced
- 1 teaspoon paprika
- Salt and pepper to taste
- Burger buns



CALORIES
520

PROTEIN
36g

DIRECTIONS

1. Place pork, onion, garlic, and seasonings in slow cooker.
2. Cook on low 8 hours or high 4–5 hours.
3. Shred pork with forks.
4. Stir in BBQ sauce.
5. Serve on buns with extra sauce if desired.

HEARTY LENTIL SHEPHERD'S PIE

INGREDIENTS

- 1 cup lentils (cooked)
- 1 onion, chopped
- 2 carrots, diced
- 1 cup peas
- 2 tablespoons tomato paste
- 1 cup vegetable broth
- 1 teaspoon thyme
- Salt and pepper to taste
- 3–4 potatoes, boiled and mashed
- 2 tablespoons butter
- ¼ cup milk



CALORIES

420

PROTEIN

18g

DIRECTIONS

1. Preheat oven to 200°C (400°F).
2. Mash potatoes with butter and milk.
3. Cook onion and carrots until soft.
4. Add lentils, peas, tomato paste, broth, and thyme. Simmer until thick.
5. Transfer to baking dish and top with mashed potatoes.
6. Bake 20–25 minutes until golden.