

created by



Slender Kitchen

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# Healthy Eating - Meal Plan Sample

for: 

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# Weekly Meal Plan

	SUN	MON	TUE	WED	THU	FRI	SAT
breakfast	Bacon, Egg, Zucchini, and Cheese Muffins (2) +1 1 light English muffin (2) 1 cup fresh fruit (0)  330 (4)	Microwave Apple Peanut Butte Muffin (6) 1/2 cup nonfat Greek yogurt (0)  369 (6)	Bacon, Egg, Zucchini, and Cheese Muffin (2) 1 light English muffin (2) 1 cup fresh fruit (1)  330 (5)	Microwave Apple Peanut Butter Muffin (6) 1/2 cup nonfat Greek yogurt (0)  369 (6)	Bacon, Egg, Zucchini, and Cheese Muffins (2) <input checked="" type="checkbox"/> 1 light English muffin (2) 1 cup fresh fruit (0)  330 (4)	Microwave Apple Peanut Butter Muffin (6) 1/2 cup nonfat Greek yogurt (0)  369 (6)	Oatmeal Protein Pancakes (6) 1 cup fresh fruit (0)  371 (6)
lunch	Chicken Parmesan Zucchini Boats (2) Green salad with 1 tbsp. light dressing (1)  342 (3)	Slow Cooker Sweet and Spicy Chicken (5) <input checked="" type="checkbox"/> 1 low carb wrap (2) 2 cups greens (0)  350 (7)	Chicken Parmesan Zucchini Boats (2) Green salad with 1 tbsp. light dressing (1)  342 (3)	Slow Cooker Sweet and Spicy Chicken (5) <input checked="" type="checkbox"/> 3 lettuce wraps (0) 1 cup edamame in pods (0)  379 (5)	Thai Basil Ground Beef Bowl (6) <input checked="" type="checkbox"/>  300 (6)	Shortcut Chicken Cordon Bleu (3) <input checked="" type="checkbox"/> Green salad with 1 tbsp. light dressing (1) 1 apple, chopped (0)  416 (4)	Baked Blackened Tilapia (3) <input checked="" type="checkbox"/> 2 corn tortillas (3) 1/2 cup mango (0)  347 (6)
dinner	Slow Cooker Sweet and Spicy Chicken (5) +2 Sesame Green Beans (1) 1/2 cup cooked brown rice (3)  420 (9)	Skillet Vegetable Lasagna (9)  327 (9)	Parmesan Crusted Pork Chop (7) Crispy Balsamic Brussel Sprouts (2)  383 (9)	Thai Basil Ground Beef Bowl (6) +1  300 (6)	Shortcut Chicken Cordon Bleu (3) +1 Simple Roasted Asparagus (1) 1 sweet potato (3)  411 (7)	Baked Blackened Tilapia (3) +1 Honey Roasted Carrots (2) Roasted Garlic Broccoli (1)  314 (6)	Greek Tostadas with Turkey (4)  346 (4)
snacks							

Values in parentheses are SmartPoints™. All SmartPoints™ and nutritional information are calculated by Slender Kitchen®. Not endorsed by Weight Watchers International, Inc.



# Shopping List

## Dairy and Refrigerated

- 24 egg whites
- 7 eggs
- 1 cup low fat cottage cheese
- 5 low fat Swiss cheese slices (1 oz each)
- 1/4 cup nonfat milk
- 2/3 cup parmesan cheese
- 1 cup part skim ricotta
- 2 1/4 cups part skim shredded mozzarella cheese
- 1 1/2 cups plain nonfat Greek yogurt
- 1/2 cup reduced fat feta cheese
- 2 cups unsweetened almond milk

## Produce

- 1/2 cup mango
- 2 cups mixed greens
- 4 apples
- 2 lb asparagus
- 3 cups baby carrots
- 1/4 cup basil
- 1 1/2 lbs broccoli florets
- 1 lb brussels sprouts
- 1 cauliflower

- 2 cups cherry tomatoes
- 2 cups cucumbers
- 2 tbsp fresh dill
- 10 servings fresh fruit
- 2 tbsp fresh ginger
- 15 garlic cloves
- 1 lb green beans
- 5 green onions
- 6 servings green salad
- 2 lemon
- 3 lettuce leaves (for wraps)
- 1 cup mushrooms
- 1 onion
- 1 red onion
- 4 cups spinach
- 4 sweet potatoes
- 5 tbsp Thai basil (or regular)
- 7 zucchinis

## Meat & Poultry

- 1 2/3 lbs 95% lean ground beef
- 1 lb 95% lean ground chicken

- 1 lb 99% ground turkey
- 1 1/3 lbs boneless lean pork chops
- 1 1/4 lbs boneless skinless chicken breasts
- 2 lbs boneless skinless chicken thighs
- 5 slices deli ham, 96% fat free
- 6 slices turkey bacon
- 1 2/3 lbs tilapia

## Grains, Pasta, Bulk

- 1/4 cup almonds
- 1 cup brown rice
- 2 corn tortillas
- 6 light English muffins
- 1 low carb wrap
- 6 no boil lasagna noodle
- 3 1/4 cups oats
- 4 whole wheat pitas

## Canned & Jarred

- 14 oz canned diced tomatoes with Italian seasoning
- 1.5 tbsp reduced fat peanut butter
- 18 oz tomato sauce

## Frozen

- 1 cup edamame in pods



## Pantry

### Spices

- black pepper
- chili powder
- cinnamon
- dried basil
- dried thyme
- garlic powder
- Italian seasoning
- kosher salt
- onion powder
- oregano
- paprika
- pumpkin pie spice
- salt
- salt and pepper
- sesame seeds
- vanilla extract

### Refrigerated

- Asian garlic chili paste (like sambal oelek)
- butter
- low-sodium soy sauce

### Other

- balsamic vinegar
- brown sugar
- coconut oil
- cooking spray
- honey
- maple syrup
- olive oil
- panko bread crumbs
- red wine vinegar
- sesame oil

### My Items



# Bacon, Egg, Zucchini, and Cheese Muffins

Prep Time: 15 Min Cook Time: 20 Min Total Time: 35 Min



SERVINGS: 6

## Nutritional Facts

Serving Size: 2 muffins

### Amount Per Serving

<b>Calories</b> 145	Calories from Fat 73
	<b>% Daily Value *</b>
<b>Total Fat</b> 8g	13%
Saturated Fat 3g	14%
<b>Monounsaturated Fat</b> 1g	0%
<b>Polyunsaturated Fat</b> 1g	0%
<b>Cholesterol</b> 199mg	66%
Sodium 289mg	13%
<b>Total Carbohydrate</b> 3g	1%
Dietary Fiber 1g	2%
Sugars 2g	

### Protein 14g

\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

The Nutritional Values provided are estimates only and may vary based on the preparation method.

2 Freestyle™ SmartPoints™ **New!**

(4 Old SmartPoints™) (4 PointsPlus®)

Note: This recipe has extra servings for planned leftovers.

## Ingredients

- 6 pieces turkey bacon
- 1 zucchini, diced
- 6 eggs
- 6 egg whites
- 1/4 cup skim milk
- Salt and pepper to taste
- 1/2 cup shredded part skim mozzarella



## Directions

- 1 Preheat the oven to 375 degrees and spray a standard muffin tin with non-fat cooking spray.
- 2 Spray a skillet with cooking spray and heat over medium heat. Add the chopped bacon. Cook until crispy and remove. Drain any excess fat and add the zucchini. Cook for 4-5 minutes until tender.
- 3 In a large mixing bowl, whisk together the whole eggs, egg whites, milk, salt, and pepper until frothy. Stir in the zucchini, bacon, and cheese.
- 4 Pour the egg mixture into the muffin tin and cook for 20 minutes or until the egg is cooked through and becomes fluffy.

## Notes



# Microwave Apple Peanut Butter Oatmeal

Prep Time: 2 Min Cook Time: 3 Min Total Time: 5 Min



SERVINGS: 1

## Nutritional Facts

Serving Size: 1.25 cups

### Amount Per Serving

<b>Calories</b> 302	Calories from Fat 60
	<b>% Daily Value *</b>
<b>Total Fat</b> 7g	10%
Saturated Fat 1g	4%
<b>Monounsaturated Fat</b> 0g	0%
<b>Polyunsaturated Fat</b> 0g	0%
<b>Cholesterol</b> 0mg	0%
Sodium 154mg	7%
<b>Total Carbohydrate</b> 56g	18%
Dietary Fiber 8g	34%
Sugars 29g	

### Protein 7g

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6 Freestyle™ SmartPoints™ **New!**

(6 Old SmartPoints™) (8 PointsPlus®)

## Ingredients

- 1 apple
- 1/3 cup oats
- 2/3 cup unsweetened almond milk
- 1 tsp maple syrup
- 1/4 tsp cinnamon (or more)
- 1/2 tbsp reduced fat peanut butter

## Directions

- 1 Spray a bowl with cooking spray to prevent sticking. Chop the apple and add to the bowl. Microwave for 1-2 minutes until just tender.
- 2 Add the oatmeal, almond milk, maple syrup, and cinnamon. Return to the microwave for 2-2:30 minutes until oatmeal is tender and milk is absorbed. Top with peanut butter. Usually I melt it for 10 seconds first so that I can drizzle it over the top.

## Notes



# Oatmeal Protein Pancakes

Prep Time: 5 Min Cook Time: 10 Min Total Time: 15 Min



SERVINGS: 4

## Nutritional Facts

Serving Size: 4 pancakes

### Amount Per Serving

Calories 286 Calories from Fat 39

% Daily Value \*

<b>Total Fat</b> 4g	7%
Saturated Fat 1g	5%
<b>Monounsaturated Fat</b> 0g	0%
<b>Polyunsaturated Fat</b> 0g	0%
<b>Cholesterol</b> 6mg	2%
Sodium 409mg	18%
<b>Total Carbohydrate</b> 32g	10%
Dietary Fiber 5g	19%
Sugars 4g	

### Protein 27g

\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

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## Ingredients

- 2 cups old fashioned oats
- 1 cup low fat cottage cheese
- 16 egg whites
- 1 tbsp + 1 tsp vanilla extract
- 1 tsp cinnamon
- 1 tsp pumpkin pie spice

## Directions

- 1 Using an immersion blender or regular blender combine all the ingredients until they form a smooth batter.
- 2 Using a quarter cup measure, pour the batter into a medium high heat pan sprayed with cooking spray and flip once the batter begins to bubble and pop.
- 3 Cook for another 1-2 minutes and serve with your favorite pancake toppings.
- 4 *\*If you usually like a sweeter pancake batter, consider adding a touch of brown sugar, Stevia, agave, or honey to your batter.*



## Notes

6 Freestyle™ SmartPoints™ New!

(7 Old SmartPoints™) (7 PointsPlus®)



# Chicken Parmesan Zucchini Boats

Prep Time: 15 Min Cook Time: 35 Min Total Time: 50 Min



SERVINGS: 5

## Nutritional Facts

**Serving Size:** 2 zucchini halves

### Amount Per Serving

**Calories** 267      **Calories from Fat** 100

**% Daily Value \***

**Total Fat** 11g      17%

Saturated Fat 4g      20%

**Monounsaturated Fat** 1g      0%

**Polyunsaturated Fat** 0g      0%

**Cholesterol** 76mg      25%

Sodium 359mg      16%

**Total Carbohydrate** 16g      6%

Dietary Fiber 4g      17%

Sugars 11g

**Protein** 27g

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2 Freestyle™ SmartPoints™ **New!**

(6 Old SmartPoints™) (7 PointsPlus®)

## Ingredients

- 5 zucchini
- 2 tsp olive oil
- 1 lb 95% lean ground chicken (or chopped chicken breast)
- 1/3 cup onion, diced
- 2 garlic clove, minced
- 14 oz canned diced Italian tomatoes, drained
- 3 tbsp basil, chopped
- 3/4 tsp oregano
- 1 cup part skim shredded mozzarella cheese

## Directions

- 1 Preheat the oven to 400.
- 2 Slice the zucchini and scoop out the centers with a spoon to create a boat. Finely chop the zucchini you scooped out.
- 3 Heat the olive oil over medium heat. Add the ground chicken and onion. Cook for 6-8 minutes until no longer pink.
- 4 Add the garlic, chopped zucchini, diced tomatoes, basil, and oregano. Cook for 2-3 minutes until fragrant.
- 5 Place the zucchini in a baking dish. Fill with chicken mixture. Top with shredded cheese.
- 6 Cover with foil and bake for 25 minutes. Remove foil and bake for 10 more minutes.

## Notes





# Slow Cooker Sweet and Spicy Chicken

Prep Time: 10 Min Cook Time: 4 Hours Total Time: 4 Hours, 10 Min



SERVINGS: 6

## Nutritional Facts

Serving Size: 6 oz.

### Amount Per Serving

<b>Calories</b> 249	Calories from Fat 6
	<b>% Daily Value *</b>
<b>Total Fat</b> 6g	1%
Saturated Fat 2g	1%
<b>Monounsaturated Fat</b> 2g	0%
<b>Polyunsaturated Fat</b> 2g	0%
<b>Cholesterol</b> 132mg	0%
<b>Sodium</b> 1138mg	49%
<b>Total Carbohydrate</b> 14g	5%
Dietary Fiber 1g	3%
Sugars 10g	


### Protein 31g

\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

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5 Freestyle™ SmartPoints™ **New!**

(5 Old SmartPoints™) (6 PointsPlus®)

 Note: This recipe has extra servings for planned leftovers.

## Ingredients

- 2 lbs boneless skinless chicken thighs
- 1/3 cup low sodium soy sauce (GF if needed)
- 1/4 cup brown sugar (or honey or agave)
- 1/4 cup Asian garlic chili paste
- 2 garlic cloves, minced
- 1 tbsp ginger, minced

## Directions

- 1 Stir together the soy sauce, brown sugar, chili garlic paste, garlic, and ginger in the bottom of the slow cooker. Add the chicken and stir to coat the chicken completely.
- 2 Cook on low for 4 hours or until chicken is fully cooked. Shred using two forks.
- 3 Optional but highly recommended: Add the liquid from the slow cooker into a small sauce pan. Bring to a boil and boil for 8-10 minutes until it reduces by half and thickens. Toss chicken in this sauce or drizzle on top.



## Notes



# Sesame Green Beans

Prep Time: 5 Min Cook Time: 10 Min Total Time: 15 Min



## Ingredients

- 1 lb green beans
- 1 tbsp sesame oil
- 1 garlic clove, minced
- 1 tbsp sesame seeds

## Directions

- 1 Heat the sesame oil with the garlic until fragrant. Add the beans and cook until tender crisp. Toss with 1 tbsp. sesame seeds.

## Notes

SERVINGS: 4

## Nutritional Facts

Serving Size: 3/4 cup

### Amount Per Serving

Calories 62	Calories from Fat 22
% Daily Value *	
<b>Total Fat</b> 2g	4%
Saturated Fat 1g	2%
<b>Monounsaturated Fat</b> 0g	0%
<b>Polyunsaturated Fat</b> 0g	0%
<b>Cholesterol</b> 0mg	0%
Sodium 8mg	0%
<b>Total Carbohydrate</b> 9g	3%
Dietary Fiber 4g	14%
Sugars 4g	

### Protein 3g

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1 Freestyle™ SmartPoints™ **New!**

(1 Old SmartPoints™) (1 PointsPlus®)



# Skillet Vegetable Lasagna

Prep Time: 15 Min Cook Time: 25 Min Total Time: 40 Min



SERVINGS: 4

## Nutritional Facts

Serving Size: 1 slice

### Amount Per Serving

Calories 327	Calories from Fat 114
	<b>% Daily Value *</b>
<b>Total Fat</b> 13g	20%
Saturated Fat 6g	31%
<b>Monounsaturated Fat</b> 1g	0%
<b>Polyunsaturated Fat</b> 0g	0%
<b>Cholesterol</b> 86mg	29%
Sodium 1261mg	55%
<b>Total Carbohydrate</b> 35g	11%
Dietary Fiber 5g	19%
Sugars 9g	

### Protein 21g

\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

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9 Freestyle™ SmartPoints™ **New!**

(9 Old SmartPoints™) (9 PointsPlus®)

## Ingredients

- 1 tsp olive oil
- 4 cup spinach
- 1 zucchini, sliced very thin
- 1 cup mushrooms, sliced
- 1 cup part skim ricotta cheese
- 1 egg
- 2 tbsp Parmesan cheese
- 1/2 tsp salt
- 1/2 tsp pepper
- 1/2 tsp oregano
- 1/2 tsp dried basil
- 18 oz canned tomato sauce
- 6 no boil lasagna noodles
- 3/4 cup shredded part skim mozzarella

## Directions

- 1 Heat the olive oil in a skillet over medium heat. Add the spinach, zucchini, and mushrooms. Cook for 5 minutes. Squeeze out any excess moisture and set aside.
- 2 In a bowl, mix together the ricotta cheese, egg, Parmesan cheese, salt, pepper, oregano, and dried basil. Set aside.
- 3 Spray the skillet with cooking spray. Add about 1 cup of sauce to the bottom.
- 4 Cover with two lasagna noodles, breaking them if needed.
- 5 Then layer on half the zucchini, mushrooms, and spinach. Season with salt and pepper.
- 6 Layer on half the ricotta mixture and then sprinkle with 1/4 cup mozzarella.
- 7 Add another cup of spaghetti sauce. Then make another layer starting with 2 noodles, then the remaining vegetables, the remaining ricotta, then 1/4 cup mozzarella cheese.
- 8 Top with the final 2 noodles and remaining sauce. Sprinkle with last 1/4 cup of mozzarella cheese.
- 9 Cover and cook (directly on the stove top) for 25 minutes.

## Notes



# Parmesan Crusted Pork Chop

Prep Time: 15 Min Cook Time: 25 Min Total Time: 40 Min



SERVINGS: 4

## Nutritional Facts

Serving Size: 1 chop

### Amount Per Serving

<b>Calories</b> 278	Calories from Fat 82
	<b>% Daily Value *</b>
<b>Total Fat</b> 9g	14%
Saturated Fat 4g	21%
<b>Monounsaturated Fat</b> 2g	0%
<b>Polyunsaturated Fat</b> 1g	0%
<b>Cholesterol</b> 109mg	37%
Sodium 335mg	15%
<b>Total Carbohydrate</b> 6g	2%
Dietary Fiber 1g	3%
Sugars 1g	

### Protein 41g

\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

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7 Freestyle™ SmartPoints™ **New!**

(7 Old SmartPoints™) (7 PointsPlus®)

## Ingredients

- 1.33 lbs lean boneless center cut pork chops, trimmed
- 2 egg whites, whisked
- 1/2 cup Parmesan cheese
- 1/3 cup Panko breadcrumbs
- 1 tsp Italian seasoning
- Salt and pepper
- 1 lemon

## Directions

- 1 Preheat the oven to 400 degrees.
- 2 Season the pork with salt and pepper.
- 3 Combine the Parmesan, Panko, and Italian seasoning.
- 4 Dip the pork in the egg whites and then into the Parmesan mixture. Place on a prepared baking sheet.
- 5 Bake for 20-25 minutes until fully cooked and browned.

## Notes



# Crispy Balsamic Brussel Sprouts

Prep Time: 10 Min Cook Time: 20 Min Total Time: 30 Min



SERVINGS: 4

## Nutritional Facts

Serving Size: 3/4 cup

### Amount Per Serving

<b>Calories</b> 105	Calories from Fat 49
	<b>% Daily Value *</b>
<b>Total Fat</b> 5g	8%
Saturated Fat 1g	4%
<b>Monounsaturated Fat</b> 0g	0%
<b>Polyunsaturated Fat</b> 0g	0%
<b>Cholesterol</b> 0mg	0%
Sodium 326mg	14%
<b>Total Carbohydrate</b> 13g	4%
Dietary Fiber 4g	18%
Sugars 4g	

### Protein 4g

\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

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## Ingredients

- 1 lb fresh Brussels sprouts
- 1.5 tbsp olive oil
- 2.5 tbsp balsamic vinegar, divided
- 2 cloves fresh garlic, minced
- 1/2 tsp salt
- 1/4 tsp freshly ground black pepper

## Directions

- 1 Preheat oven to 450. Cover a baking sheet with aluminum foil and set aside.
- 2 Rinse sprouts in cool water and then chop off the tough ends. Chop sprouts in half.
- 3 Whisk together oil, half the balsamic vinegar, minced garlic, salt, and pepper. Drizzle it over the chopped sprouts and then toss to combine. Spread the sprouts out evenly over the baking sheet.
- 4 Roast for 20-25 minutes or until the sprouts are tender-crisp.
- 5 Drizzle with the remaining vinegar, and sprinkle with salt to taste.

## Notes



2 Freestyle™ SmartPoints™ **New!**

(2 Old SmartPoints™) (3 PointsPlus®)



# Thai Basil Ground Beef Bowl

Prep Time: 10 Min Cook Time: 15 Min Total Time: 25 Min



SERVINGS: 5

## Nutritional Facts

Serving Size: 2 cups

### Amount Per Serving

Calories 300	Calories from Fat 37
	<b>% Daily Value *</b>
<b>Total Fat</b> 12g	18%
Saturated Fat 6g	32%
<b>Monounsaturated Fat</b> 3g	0%
<b>Polyunsaturated Fat</b> 1g	0%
<b>Cholesterol</b> 94mg	31%
Sodium 521mg	23%
<b>Total Carbohydrate</b> 14g	5%
Dietary Fiber 5g	21%
Sugars 5g	


### Protein 38g

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6 Freestyle™ SmartPoints™ **New!**

(6 Old SmartPoints™) (8 PointsPlus®)

 Note: This recipe has extra servings for planned leftovers.

## Ingredients

- 1 2/3 lbs 95% lean ground beef
- 5 scallions
- 2 garlic cloves, minced
- 4 tsp fresh ginger, minced
- 2 cups asparagus, chopped
- 2.5 tbsp low sodium soy sauce (or coconut aminos)
- 2 1/2 tsp Asian garlic chili paste (like sambal oelek)
- 5 tbsp Thai basil
- 1 cauliflower
- 5 tbsp onion
- 1-2 garlic clove
- 4 tsp coconut oil (or olive oil)

## Directions

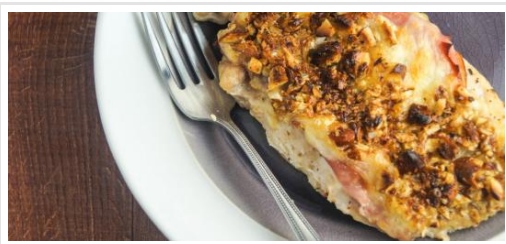
- 1 Prepare the cauliflower rice. Chop the cauliflower into florets and add to a food processor with the onion and garlic. Pulse into fine rice like pieces. You may have to do this in batches depending on your food processor. To cook, saute the cauliflower rice in 1 tbsp. coconut oil over medium heat until soft. You can also microwave it for 4-5 minutes.
- 2 Add the beef to a hot nonstick skillet over medium high heat. Brown and break up the larger chunks as you go until no longer pink.
- 3 Add in the garlic, ginger, green onions, and asparagus. Cook until the asparagus is just tender, about 3-4 minutes.
- 4 Add the soy sauce, chili paste, and basil. Cook for 30 seconds and remove from heat. Taste and season as needed with additional soy or chili sauce.
- 5 Serve the Thai Basil Beef over the cauliflower rice.

## Notes



# Shortcut Chicken Cordon Bleu

Prep Time: 10 Min Cook Time: 25 Min Total Time: 35 Min



SERVINGS: 5

## Nutritional Facts

**Serving Size:** 1 chicken breast (178g)

### Amount Per Serving

**Calories** 246 Calories from Fat 70

**% Daily Value \***

**Total Fat** 8g 12%

Saturated Fat 3g 13%

**Monounsaturated Fat** 1g 0%

**Polyunsaturated Fat** 0g 0%

**Cholesterol** 81mg 27%

Sodium 391mg 17%

**Total Carbohydrate** 5g 2%

Dietary Fiber 1g 3%

Sugars 1g

**Protein** 37g

\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

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**3** Freestyle™ SmartPoints™ New!

(5 Old SmartPoints™) (6 PointsPlus®)

 Note: This recipe has extra servings for planned leftovers.

## Ingredients

1.25 lbs boneless skinless chicken breast

5 slices deli ham, 96% fat free

5 slices low fat Swiss cheese (1 oz.)

1 tbsp butter

1/4 cup almonds, crushed

1/2 tsp garlic powder

1/2 tsp oregano

Salt and pepper



## Directions

- 1 Preheat the oven to 350 degree
- 2 Spray a baking dish with cooking spray.
- 3 Cut the chicken breasts into 5 pieces and pound them out to uniform thickness. Season the chicken breasts with salt and pepper and place in baking dish.
- 4 Top with ham (folded if needed) and cheese.
- 5 Melt butter in the microwave and toss together the almonds, garlic powder, and oregano. Sprinkle on top of the chicken.
- 6 Bake for 20-25 minutes or until chicken is cooked through. If desired, broil for last 2 minutes for an extra crispy top.

## Notes



# Simple Roasted Asparagus

Prep Time: 5 Min Cook Time: 10 Min Total Time: 15 Min



SERVINGS: 4

## Nutritional Facts

Serving Size: 4 oz.

### Amount Per Serving

<b>Calories</b> 53	Calories from Fat 32
	<b>% Daily Value *</b>
<b>Total Fat</b> 4g	6%
Saturated Fat 1g	3%
<b>Monounsaturated Fat</b> 0g	0%
<b>Polyunsaturated Fat</b> 0g	0%
<b>Cholesterol</b> 0mg	0%
Sodium 2mg	0%
<b>Total Carbohydrate</b> 5g	2%
Dietary Fiber 3g	10%
Sugars 2g	

### Protein 3g

\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

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1 Freestyle™ SmartPoints™ **New!**

(1 Old SmartPoints™) (1 PointsPlus®)

## Ingredients

- 1 lb asparagus, cleaned and trimmed
- 1 tbsp olive oil
- salt and pepper

## Directions

- 1 Preheat the oven to 400 degrees. Toss the asparagus with olive oil, salt, and pepper. Place on a baking sheet sprayed with cooking spray or covered in foil.
- 2 Roast for 8-12 minutes until tender crisp.

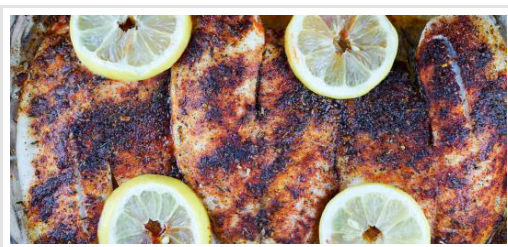
## Notes





# Baked Blackened Tilapia

Prep Time: 5 Min Cook Time: 15 Min Total Time: 20 Min



SERVINGS: 5

## Nutritional Facts

Serving Size: 6 oz.

### Amount Per Serving

<b>Calories</b> 193	Calories from Fat 80
	<b>% Daily Value *</b>
<b>Total Fat</b> 8g	14%
Saturated Fat 5g	23%
<b>Monounsaturated Fat</b> 0g	0%
<b>Polyunsaturated Fat</b> 0g	0%
<b>Cholesterol</b> 91mg	30%
Sodium 388mg	17%
<b>Total Carbohydrate</b> 4g	1%
Dietary Fiber 2g	8%
Sugars 0g	

### Protein 29g

\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

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3 Freestyle™ SmartPoints™ **New!**

(4 Old SmartPoints™) (5 PointsPlus®)

 Note: This recipe has extra servings for planned leftovers.

## Ingredients

- 1 2/3 lbs tilapia
- 2.5 tbsp butter (or olive oil or ghee)
- 2.5 tbsp paprika
- 2 1/2 tsp onion powder
- 1 1/2 tsp black pepper
- 1 1/2 tsp chili powder
- 3/4 tsp oregano
- 3/4 tsp dried thyme
- 3/4 tsp garlic powder
- 3/4 tsp salt



## Directions

- 1 Preheat the oven to 425 degrees.
- 2 Place the fish in a baking dish sprayed with cooking spray. Melt the butter and brush or drizzle onto of the fish.
- 3 Mix together the spices to create the blackening rub. Coat on one side for a milder flavor or on both sides for a spicier flavor. You may have some extra seasoning.
- 4 Bake for 10-12 minutes until fish flakes easily with a fork.

## Notes



# Honey Roasted Carrots

Prep Time: 5 Min Cook Time: 30 Min Total Time: 35 Min



SERVINGS: 4

## Nutritional Facts

Serving Size: 2/3 cup (89g)

### Amount Per Serving

<b>Calories</b> 46	Calories from Fat 31
	<b>% Daily Value *</b>
<b>Total Fat</b> 4g	5%
Saturated Fat 1g	2%
<b>Monounsaturated Fat</b> 0g	0%
<b>Polyunsaturated Fat</b> 0g	0%
<b>Cholesterol</b> 0mg	0%
Sodium 0mg	0%
<b>Total Carbohydrate</b> 4g	2%
Dietary Fiber 0g	0%
Sugars 4g	

### Protein 0g

\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

The Nutritional Values provided are estimates only and may vary based on the preparation method.

2 Freestyle™ SmartPoints™ New!

(2 Old SmartPoints™) (1 PointsPlus®)

## Ingredients

3 cup baby carrots  
1 tbsp honey  
1 tbsp olive oil  
salt and pepper  
cooking spray

## Directions

- 1 Preheat the oven to 425 degrees.
- 2 Place carrots into a shallow bowl and generously coat with cooking spray, sea salt, and fresh ground pepper.
- 3 Arrange carrots on a baking sheet and roast for 20-25 minutes. Shake carrots around about half way through so they roast and get crispy on all sides.
- 4 Return carrots to bowl and add the honey. Stir to coat well. Taste to see if they need any additional salt and pepper.

## Notes



# Roasted Garlic Broccoli

Prep Time: 5 Min Cook Time: 20 Min Total Time: 25 Min



SERVINGS: 4

## Nutritional Facts

Serving Size: 1 cup

### Amount Per Serving

Calories 75	Calories from Fat 21
	<b>% Daily Value *</b>
<b>Total Fat</b> 3g	4%
Saturated Fat 0g	2%
<b>Monounsaturated Fat</b> 0g	0%
<b>Polyunsaturated Fat</b> 0g	0%
<b>Cholesterol</b> 0mg	0%
Sodium 351mg	15%
<b>Total Carbohydrate</b> 12g	4%
Dietary Fiber 5g	18%
Sugars 3g	

### Protein 5g

\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

The Nutritional Values provided are estimates only and may vary based on the preparation method.

## Ingredients

- 1.5 lbs broccoli
- 2 garlic cloves, minced
- 1.5 tsp olive oil
- 1/2 tsp kosher salt
- 1/4 tsp black pepper
- Cooking spray

## Directions

- 1 Preheat the oven to 400 degrees.
- 2 Toss the broccoli with the olive oil, garlic, salt, and pepper.
- 3 Spread out the broccoli on a baking sheet sprayed with cooking spray. Make sure they are in one layer. Spray with a bit more cooking spray on top.
- 4 Roast for 20-25 minutes until just browned.

## Notes



1 Freestyle™ SmartPoints™ **New!**

(1 Old SmartPoints™) (1 PointsPlus®)



# Greek Tostadas with Turkey

Prep Time: 5 Min Cook Time: 20 Min Total Time: 25 Min



SERVINGS: 4

## Nutritional Facts

Serving Size: 2 tostadas

### Amount Per Serving

Calories 346	Calories from Fat 59
	<b>% Daily Value *</b>
<b>Total Fat</b> 8g	10%
Saturated Fat 2g	11%
<b>Monounsaturated Fat</b> 0g	0%
<b>Polyunsaturated Fat</b> 0g	0%
<b>Cholesterol</b> 69mg	23%
Sodium 1122mg	49%
<b>Total Carbohydrate</b> 38g	3%
Dietary Fiber 6g	7%
Sugars 7g	

### Protein 39g

\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

The Nutritional Values provided are estimates only and may vary based on the preparation method.

4 Freestyle™ SmartPoints™ **New!**

(8 Old SmartPoints™) (9 PointsPlus®)

## Ingredients

- 4 whole wheat pitas
- 2 tsp olive oil
- 1 lb 99% lean ground turkey
- 2 garlic cloves, minced
- 1.5 tsp dried oregano
- 1 tsp salt
- 1 tsp pepper
- 1/2 tsp dried thyme
- 2 cup cherry tomatoes, quartered
- 2 cup cucumbers, chopped
- 1/2 cup red onion, diced
- 2 tbsp lemon juice
- 2 tbsp red wine vinegar
- 2 tbsp fresh dill
- 1/2 cup reduced fat feta cheese

## Directions

- 1 Heat the olive oil over medium high heat. Add the turkey. Break up the turkey and cook for 6-8 minutes until browned and cooked through. Add the garlic, salt, pepper, oregano, and thyme. Cook for 1-2 minutes until fragrant.
- 2 Toss together the cucumbers, tomatoes, red onion, lemon juice, red wine vinegar, and dill. Season with salt and pepper. Be careful with the salt since you will be adding feta to the tostadas.
- 3 Cut the whole wheat pitas in half horizontally to create 2 round pitas. Toast the pitas in the oven or toaster oven.
- 4 Top toasted pita halves with turkey, cucumber and tomato salad, and feta cheese.

## Notes

