

DINNER

You Choose

PICK THREE TO FOUR OF THE FOLLOWING DINNER OPTIONS FOR EACH WEEK.



PESTO PASTA WITH SHRIMP
INGREDIENTS: COOKED LENTIL PASTA (1 CUP), SAUTÉED SHRIMP (4 OZ) IN PESTO SAUCE (1 TBSP), STEAMED BROCCOLI (1 CUP).

CALORIES = 470
CARBOHYDRATE = 39 G
FAT = 15 G
PROTEIN = 45 G



BAKED SALMON AND ASPARAGUS (SERVE WITH BAKED SQUASH)
INGREDIENTS: SALMON FILETS, ASPARAGUS, SALT, PEPPER, OLIVE OIL, LEMON, BUTTER, GARLIC, PARSLEY. SERVE WITH BAKED BUTTERNUT OR ACORN SQUASH (1/4 CUP).

CALORIES = 400
CARBOHYDRATE = 17 G
FAT = 29 G
PROTEIN = 19 G



TACO BOWL
INGREDIENTS: COOKED BROWN RICE (1/2 CUP COOKED) TOPPED WITH COOKED GROUND BEEF OR CHICKEN (4 OZ), CANNED CORN, BLACK BEANS, CHOPPED TOMATO, CHOPPED RED ONION, CHOPPED GREEN PEPPER, GREEK YOGURT (1/2 CUP EACH), SHREDDED CHEESE (OPTIONAL).
CALORIES = 455
CARBOHYDRATE = 46 G
FAT = 12.5 G
PROTEIN = 35 G



LEMON GARLIC BUTTER CHICKEN AND GREEN BEANS
INGREDIENTS: SKINLESS BONELESS CHICKEN THIGHS, GREEN BEANS, BUTTER, GARLIC, PAPRIKA, ONION POWDER, SALT, PEPPER, LEMON, CHICKEN STOCK, HOT SAUCE, CRUSHED RED CHILI PEPPER, PARSLEY.
CALORIES = 615
CARBOHYDRATE = 17.5 G
FAT = 45 G
PROTEIN = 36 G



SHEET PAN STEAK TIPS AND VEGGIES
INGREDIENTS: BALSAMIC VINEGAR, GARLIC, ROSEMARY, SEA SALT, PEPPER, DIJON MUSTARD, OLIVE OIL, SIRLOIN STEAK TIPS, RED ONION, BABY POTATOES, RED BELL PEPPER, ASPARAGUS, ZUCCHINI, AVOCADO OIL.
CALORIES = 368
CARBOHYDRATE = 21 G
FAT = 21.4 G
PROTEIN = 27 G



BEEF STIR FRY
INGREDIENTS: SKIRT STEAK, BLACK PEPPER, SOY SAUCE, CHILE PEPPER, LIME JUICE, OLIVE OIL, GARLIC, SCALLIONS, MUSHROOMS, SNOW PEAS, CANNED BABY CORN, BELL PEPPER. OMIT SUGAR.

CALORIES = 440
CARBOHYDRATE = 19 G
FAT = 22 G
PROTEIN = 41 G



GROUND TURKEY SKILLET
INGREDIENTS: ZUCCHINI, GROUND TURKEY, CHOPPED ONION, TOMATO PASTE, BLACK BEANS, FRESH OR FROZEN CORN KERNELS, DICED JALAPENO (OPTIONAL), GARLIC, CILANTRO, CUMIN, SALT, LIME (OPTIONAL).

CALORIES = 266
CARBOHYDRATE = 22.5 G
FAT = 8.5 G
PROTEIN = 28 G



EASY FISH TACOS
INGREDIENTS: GREEN CABBAGE, RED ONION, SOUR CREAM, LIME, SALT, TILAPIA FILLETS, CAYENNE PEPPER, GARLIC POWDER, CUMIN, SALT, PEPPER, CORN TORTILLAS, CILANTRO.

CALORIES = 280
CARBOHYDRATE = 30 G
FAT = 8 G
PROTEIN = 24 G