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Your Meal Plan

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Day 1

1493 Calories • 172g Carbs (27g Fiber) • 51g Fat • 93g Protein

MEAL 1

330 Cal • 46g Carbs (7g Fiber) • 10g Fat • 15g Protein



Cream Cheese and Tomato Toast

1 1/2 serving • 330 Cal

[Directions](#) | [Full Recipe](#)

Ingredients for 1 1/2 serving:

3 slice Whole-wheat bread (84 g)

3 tbsp Cream cheese (45 g)

3/4 cup, chopped or sliced Tomatoes (135 g)

3/4 tsp Pepper (1.6 g)

1 1/2 dash Salt (0.6 g)

SNACK 1

194 Cal • 27g Carbs (11g Fiber) • 9g Fat • 6g Protein



Simple Cabbage Salad

1 serving • 194 Cal

[Directions](#) | [Full Recipe](#)

Ingredients for 1 serving:

5 cup, chopped Cabbage (445 g)

1 tsp Salt (6 g)

1 tbsp Lemon juice (15 g)

2 tsp Olive oil (9 g)

MEAL 2

435 Cal • 27g Carbs (4g Fiber) • 9g Fat • 59g Protein



Easy Grilled Chicken Teriyaki

1 serving • 373 Cal

[Directions](#) | [Full Recipe](#)

Ingredients for 1 serving:

1 breast, bone and skin removed
Chicken breast (236 g)

1/4 cup Teriyaki sauce (72 g)

1 tbsp Lemon juice (15 g)

1/2 tsp Garlic (1.4 g)

1/2 tsp Sesame oil (2.2 g)



Steamed Carrots

2 cup • 62 Cal

[Directions](#) | [Full Recipe](#)

Ingredients for 2 cup:

2 large (7-1/4" to 8-1/2" long)

Carrots (144 g)

0.4 cup Water (95 g)

0.6 tsp Salt (3.6 g)

0.61 tsp Pepper (1.3 g)

SNACK 2

191 Cal • 22g Carbs (1g Fiber) • 8g Fat • 7g Protein



Rice Cake with Cheese Snack

1 1/2 serving • 191 Cal

[Directions](#) | [Full Recipe](#)

Ingredients for 1 1/2 serving:

3 cakes Rice cakes (27 g)

3/4 oz Cheddar cheese (21 g)

1 1/2 dash Pepper (0.2 g)

MEAL 3

342 Cal • 50g Carbs (4g Fiber) • 14g Fat • 6g Protein



Crispy Hash Browns

1 serving • 342 Cal

[Directions](#) | [Full Recipe](#)

Ingredients for 1 serving:

3/4 potato large (3" to 4-1/4" dia)

Russet potatoes (277 g)

1 tbsp Canola oil (14 g)

1/4 tsp Salt (1.5 g)

Day 2

1504 Calories • 171g Carbs (26g Fiber) • 54g Fat • 98g Protein

MEAL 1

387 Cal • 48g Carbs (1g Fiber) • 18g Fat • 13g Protein



Garden style pasta

1 serving • 387 Cal

[Directions](#) | [Full Recipe](#)

Ingredients for 1 serving:

2 oz Whole wheat pasta (57 g)

0.062 cup Olive oil (14 g)

1/8 cup Parmesan cheese (12 g)

1/4 large (2-1/4 per pound, approx 3-3/4" lo Red bell pepper (41 g)

1/8 cup, chopped or sliced Tomatoes (22 g)

1/4 cup Arugula (5 g)

SNACK 1

171 Cal • 27g Carbs (3g Fiber) • 1g Fat • 15g Protein



Yogurt with Grape-nut Cereal and Honey

1 serving • 171 Cal

[Directions](#) | [Full Recipe](#)

Ingredients for 1 serving:

1/2 cup Nonfat greek yogurt (120 g)

3 tbsp Grape-nuts cereal (22 g)

1 tsp Honey (7.1 g)

MEAL 2

413 Cal • 33g Carbs (9g Fiber) • 20g Fat • 29g Protein



Zucchini "Pasta"

2 Serving • 413 Cal

[Directions](#) | [Full Recipe](#)

Ingredients for 2 Serving:

0 cup Pasta sauce (256 g)

2 medium Zucchini (392 g)

2/3 cup Parmesan cheese (53 g)

SNACK 2

173 Cal • 22g Carbs (4g Fiber) • 2g Fat • 15g Protein



Chicken Kabobs
1/2 serving • 143 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 1/2 serving:
1/4 breast, bone and skin removed
Chicken breast (59 g)
1/8 large (2-1/4 per lb, approx 3-3/4" long, Green bell pepper (20 g)
1/8 large Onions (19 g)
1/8 large (2-1/4 per pound, approx 3-3/4" lo Red bell pepper (20 g)
1/8 cup (8 fl oz) Barbecue sauce (31 g)



Greens Dietary Supplement
1 scoop • 30 Cal (10 g)
[Link to Full Nutrition](#)

MEAL 3

360 Cal • 41g Carbs (9g Fiber) • 14g Fat • 27g Protein



IsaLean Bar
1 1/2 bar • 360 Cal (90 g)
[Link to Full Nutrition](#)

Day 3

1497 Calories • 177g Carbs (29g Fiber) • 51g Fat • 93g Protein

MEAL 1

343 Cal • 29g Carbs (5g Fiber) • 17g Fat • 19g Protein



BLT sandwich
1 sandwich • 343 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 1 sandwich:
2 slice Whole-wheat bread (56 g)
2 leaf outer Lettuce (56 g)
2 slice, medium (1/4" thick) Tomatoes (40 g)
1 tbsp Light mayonnaise (15 g)
4 strip cooked Bacon (32 g)

SNACK 1

161 Cal • 23g Carbs (0g Fiber) • 4g Fat • 10g Protein



Corn Flakes
1/2 bowl • 111 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 1/2 bowl:
1/2 cup Corn flakes (14 g)
1/2 cup Reduced fat milk (122 g)



Whey Thins, Barbecue
1/2 pack • 50 Cal (12 g)
[Link to Full Nutrition](#)

MEAL 2

424 Cal • 64g Carbs (9g Fiber) • 11g Fat • 21g Protein



Pasta with Corn and Chicken
1/2 serving • 424 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 1/2 serving:
1/2 cup Pasta (52 g)
1/4 breast, bone and skin removed
Chicken breast (59 g)
1/2 tbsp Olive oil (6.8 g)
1/2 can (303 x 406) Corn (149 g)

SNACK 2

150 Cal • 14g Carbs (0g Fiber) • 5g Fat • 15g Protein



Whey Thins

1 1/2 pack • 150 Cal (38 g)

[Link to Full Nutrition](#)

MEAL 3

419 Cal • 47g Carbs (14g Fiber) • 14g Fat • 28g Protein



Slow Cooker Beef, Lime & Cilantro Chili

1 1/2 serving • 369 Cal

[Directions](#) | [Full Recipe](#)

Ingredients for 1 1/2 serving:

0.188 lb Ground beef (85 g)
3/8 cup Tomato sauce (92 g)
0 can (15 oz) Tomatoes (1.9 g)
3/8 can Canned black beans (159 g)
0.188 small Onions (13 g)
0.188 fruit (2" dia) Limes (13 g)
3/8 cloves, minced Garlic (1.1 g)
0.188 tbsp Chili powder (1.4 g)
3/8 tsp, ground Cumin (1.1 g)
0.188 tbsp Fresh cilantro (0.2 g)



Tomato soup

1/2 cup • 50 Cal

[Directions](#) | [Full Recipe](#)

Ingredients for 1/2 cup:

1/4 can (10.7 oz) Tomato soup (76 g)
1/4 cup Water (59 g)

Day 4

1485 Calories • 172g Carbs (29g Fiber) • 49g Fat • 96g Protein

MEAL 1

356 Cal • 45g Carbs (4g Fiber) • 5g Fat • 32g Protein



Chicken Kabobs

1 serving • 285 Cal

[Directions](#) | [Full Recipe](#)

Ingredients for 1 serving:

1/2 breast, bone and skin removed
Chicken breast (118 g)
1/4 large (2-1/4 per lb, approx 3-3/4" long, Green bell pepper (41 g)
1/4 large Onions (38 g)
1/4 large (2-1/4 per pound, approx 3-3/4" lo Red bell pepper (41 g)
1/4 cup (8 fl oz) Barbecue sauce (62 g)



Whole Wheat Toast

1 serving • 71 Cal

[Directions](#) | [Full Recipe](#)

Ingredients for 1 serving:

1 slice Whole-wheat bread (28 g)

SNACK 1

148 Cal • 17g Carbs (5g Fiber) • 4g Fat • 13g Protein



Cantaloupe

1 slices • 23 Cal

[Directions](#) | [Full Recipe](#)

Ingredients for 1 slices:

1 wedge, medium (1/8 of medium melon) Melons (69 g)



IsaLean Shake

1/2 packet • 125 Cal (32 g)

[Link to Full Nutrition](#)

MEAL 2

410 Cal • 44g Carbs (9g Fiber) • 13g Fat • 31g Protein



Slow Cooker Chicken Fajita & Quinoa Soup

1/2 Servings • 206 Cal

[Directions](#) | [Full Recipe](#)

Ingredients for 1/2 Servings:

1/8 lb Chicken breast (57 g)
0.083 cup Quinoa (14 g)
1/4 medium (approx 2-3/4" long, 2-1/2 dia.) Red bell pepper (30 g)
0.083 medium (2-1/2" dia) Onions (9.2 g)
1/4 cloves, minced Garlic (0.8 g)
1/3 cup Chicken broth (80 g)
0.083 fruit (2" dia) Limes (5.6 g)
0.083 can (15 oz) Tomatoes (35 g)
0.083 can Canned black beans (35 g)
0.083 cup kernels Corn (14 g)
1/8 tbsp Chili powder (0.9 g)
0.083 tbsp, ground Cumin (0.8 g)
0.167 tsp Paprika (0.3 g)
0.167 tsp Salt (1 g)
0.083 can Great Value Chopped Fire Roasted & Peeled Green Chiles (10 g)



Brie cheese on bread

1 serving • 204 Cal

[Directions](#) | [Full Recipe](#)

Ingredients for 1 serving:

1 slice large Multi-grain bread (38 g)
1 oz Brie cheese (28 g)

SNACK 2

189 Cal • 12g Carbs (4g Fiber) • 13g Fat • 9g Protein



Steamed Broccoli with Olive Oil and Parmesan

1 serving • 189 Cal

[Directions](#) | [Full Recipe](#)

Ingredients for 1 serving:

3/4 tbsp Olive oil (10 g)
1/8 cup Parmesan cheese (10 g)
3/8 lb Broccoli (170 g)

MEAL 3

382 Cal • 54g Carbs (6g Fiber) • 13g Fat • 13g Protein



Cream Cheese Toast

2 serving • 382 Cal

[Directions](#) | [Full Recipe](#)

Ingredients for 2 serving:

2 slice large Multi-grain bread (76 g)
2 tbsp Cream cheese (29 g)
1 tbsp Honey (21 g)

Day 5

1486 Calories • 173g Carbs (33g Fiber) • 50g Fat • 96g Protein

MEAL 1

359 Cal • 64g Carbs (10g Fiber) • 11g Fat • 4g Protein



Yam Fries

1 1/2 cup • 359 Cal

[Directions](#) | [Full Recipe](#)

Ingredients for 1 1/2 cup:

1 1/2 cup, cubes Yam (225 g)
3/4 tsp Salt (4.5 g)
3/4 tsp Pepper (1.6 g)
3/4 tbsp Olive oil (10 g)

SNACK 1

150 Cal • 15g Carbs (0g Fiber) • 5g Fat • 15g Protein



Whey Thins, Barbecue

1 1/2 pack • 150 Cal (38 g)

[Link to Full Nutrition](#)

MEAL 2

398 Cal • 45g Carbs (12g Fiber) • 9g Fat • 37g Protein



Honey Lemon Green Tea with Lemon Juice

1 1/2 serving • 38 Cal

[Directions](#) | [Full Recipe](#)

Ingredients for 1 1/2 serving:

1 1/2 cup Beverages, tea, green, brewed, regular (368 g)

1 1/2 tsp Honey (11 g)

1 1/2 tsp Lemon juice (7.6 g)



Mocha IsaLean Shake

3 scoops • 360 Cal (92 g)

[Link to Full Nutrition](#)

SNACK 2

147 Cal • 6g Carbs (3g Fiber) • 12g Fat • 7g Protein



Asparagus with Sliced Almonds and Parmesan Cheese

1 serving • 147 Cal

[Directions](#) | [Full Recipe](#)

Ingredients for 1 serving:

1/2 tbsp Butter (7.1 g)

1/4 lb Asparagus (113 g)

0.083 cup, ground Almonds (7.8 g)

0.083 cup Parmesan cheese (6.7 g)

MEAL 3

433 Cal • 43g Carbs (8g Fiber) • 14g Fat • 34g Protein



Easy Pan-Fried Lemon Chicken

1/2 serving • 173 Cal

[Directions](#) | [Full Recipe](#)

Ingredients for 1/2 serving:

1/2 breast, bone and skin removed Chicken breast (118 g)

1/2 tbsp Lemon juice (7.5 g)

3/4 tsp Olive oil (3.4 g)

1/8 tsp Sea Salt (0.5 g)

0.062 tsp Pepper (0.1 g)



Apple Toast

2 serving • 260 Cal

[Directions](#) | [Full Recipe](#)

Ingredients for 2 serving:

1/2 tbsp Butter (7.1 g)

2 slice Whole-wheat bread (56 g)

1/2 tbsp Cinnamon (3.9 g)

1/2 large (3-1/4" dia) Apples (112 g)

Day 6

1487 Calories • 170g Carbs (26g Fiber) • 51g Fat • 94g Protein

MEAL 1

408 Cal • 36g Carbs (6g Fiber) • 19g Fat • 23g Protein



Brie cheese on bread

2 serving • 408 Cal

[Directions](#) | [Full Recipe](#)

Ingredients for 2 serving:

2 slice large Multi-grain bread (76 g)

2 oz Brie cheese (57 g)

SNACK 1

150 Cal • 14g Carbs (0g Fiber) • 5g Fat • 15g Protein



Whey Thins

1 1/2 pack • 150 Cal (38 g)

[Link to Full Nutrition](#)

MEAL 2

471 Cal • 49g Carbs (10g Fiber) • 17g Fat • 33g Protein



Slow Cooker Cheesy Enchilada Quinoa

1 servings • 436 Cal

[Directions](#) | [Full Recipe](#)

Ingredients for 1 servings:

0.143 lb Ground turkey (65 g)
0.214 cup Quinoa (36 g)
0.143 can Canned black beans (61 g)
0.143 cup kernels Corn (23 g)
0.071 cup Salsa (19 g)
0.143 tsp Garlic (0.4 g)
0.071 cup, chopped Onions (11 g)
0.071 cup, chopped Red bell pepper (11 g)
0.143 cup Water (34 g)
0.143 tbsp Chili powder (1.1 g)
0.143 tsp, ground Cumin (0.4 g)
0.286 cup, shredded Mexican cheese (32 g)
0.048 cup Fresh cilantro (0.8 g)
1.429 oz Diced Original Tomatoes and Green Chilies (40 g)
0.143 can Sauce, enchilada, red, mild, ready to serve (40 g)



Roasted asparagus

3 spears • 34 Cal

[Directions](#) | [Full Recipe](#)

Ingredients for 3 spears:

3 spear, large (7-1/4" to 8-1/2") Asparagus (60 g)
0.062 tsp Salt (0.4 g)
0.188 tbsp Olive oil (2.5 g)

SNACK 2

159 Cal • 27g Carbs (5g Fiber) • 6g Fat • 3g Protein



Apples and Almond Butter

1 apple • 159 Cal

[Directions](#) | [Full Recipe](#)

Ingredients for 1 apple:

2 tsp Almond butter (10 g)
1 medium (3" dia) Apples (182 g)

MEAL 3

299 Cal • 44g Carbs (4g Fiber) • 4g Fat • 20g Protein



Chicken Kabobs

1/2 serving • 143 Cal

[Directions](#) | [Full Recipe](#)

Ingredients for 1/2 serving:

1/4 breast, bone and skin removed Chicken breast (59 g)
1/8 large (2-1/4 per lb, approx 3-3/4" long, Green bell pepper (20 g)
1/8 large Onions (19 g)
1/8 large (2-1/4 per pound, approx 3-3/4" lo Red bell pepper (20 g)
1/8 cup (8 fl oz) Barbecue sauce (31 g)



Quinoa

1 serving • 156 Cal

[Directions](#) | [Full Recipe](#)

Ingredients for 1 serving:

1/4 cup Quinoa (42 g)
0.188 tsp Salt (1.1 g)

Day 7

1789 Calories • 197g Carbs (29g Fiber) • 58g Fat • 126g Protein

MEAL 1

358 Cal • 47g Carbs (14g Fiber) • 5g Fat • 32g Protein



Easy Grilled Chicken Teriyaki

1/2 serving • 186 Cal

[Directions](#) | [Full Recipe](#)

Ingredients for 1/2 serving:

1/2 breast, bone and skin removed
Chicken breast (118 g)

1/8 cup Teriyaki sauce (36 g)

1/2 tbsp Lemon juice (7.5 g)

1/4 tsp Garlic (0.7 g)

1/4 tsp Sesame oil (1.1 g)



Carrots

2 cup • 172 Cal

[Directions](#) | [Full Recipe](#)

Ingredients for 2 cup:

2 cup Baby carrots (492 g)

SNACK 1

208 Cal • 37g Carbs (3g Fiber) • 1g Fat • 15g Protein



Berry Yogurt Smoothie

1 serving • 208 Cal

[Directions](#) | [Full Recipe](#)

Ingredients for 1 serving:

1 cup (8 fl oz) Nonfat yogurt (245 g)

1/3 cup, sliced Banana (50 g)

7 berry Strawberries (74 g)

MEAL 2

457 Cal • 25g Carbs (3g Fiber) • 27g Fat • 27g Protein



Sausage and Egg Breakfast Sandwich

1 sandwich • 457 Cal

[Directions](#) | [Full Recipe](#)

Ingredients for 1 sandwich:

2 large Egg (100 g)

1/2 link, raw Italian sausage (50 g)

2 slice Whole-wheat bread (56 g)

SNACK 2

200 Cal • 20g Carbs (0g Fiber) • 6g Fat • 20g Protein



Whey Thins, Barbecue

2 pack • 200 Cal (50 g)

[Link to Full Nutrition](#)

MEAL 3

565 Cal • 68g Carbs (9g Fiber) • 20g Fat • 32g Protein



BLT sandwich

1 sandwich • 343 Cal

[Directions](#) | [Full Recipe](#)

Ingredients for 1 sandwich:

2 slice Whole-wheat bread (56 g)

2 leaf outer Lettuce (56 g)

2 slice, medium (1/4" thick)

Tomatoes (40 g)

1 tbsp Light mayonnaise (15 g)

4 strip cooked Bacon (32 g)



Tomato soup

1/2 cup • 50 Cal

[Directions](#) | [Full Recipe](#)

Ingredients for 1/2 cup:

1/4 can (10.7 oz) Tomato soup (76 g)

1/4 cup Water (59 g)



Grapes

1/2 cup • 52 Cal

[Directions](#) | [Full Recipe](#)

Ingredients for 1/2 cup:

1/2 cup Grapes (76 g)



Recipe directions

Cream Cheese and Tomato Toast

Directions are for original recipe of 1 serving

1. Toast bread and spread cream cheese onto the hot toast.
2. Completely cover the toast with tomato slices.
3. Sprinkle liberally with black pepper, and add just a bit of salt, if desired.
4. Eat while toast is still hot.

Simple Cabbage Salad

Directions are for original recipe of 1 serving

1. Chop cabbage.
2. Toss all ingredients together well and enjoy!

Easy Grilled Chicken Teriyaki

Directions are for original recipe of 4 serving

1. Place chicken, teriyaki sauce, lemon juice, garlic, and sesame oil in a large resealable plastic bag. Seal bag, and shake to coat. Place in refrigerator for 24 hours, turning every so often.
2. Preheat grill for high heat.
3. Lightly oil the grill grate. Remove chicken from bag, discarding any remaining marinade. Grill for 6 to 8 minutes each side, or until juices run clear when chicken is pierced with a fork.

Steamed Carrots

Directions are for original recipe of 5 cup

1. Bring water to a boil. You only need about an inch or two of water, enough to create steam.
2. Place the carrots in a steaming basket, and place the basket over the water. The carrots shouldn't be immersed in the water. You want the steam to cook them, not the water.
3. Steam the carrots until done from 5 to 30 minutes depending on the carrot size. You can cover them, but leave a little vent for some steam to escape to avoid it building up too much. Check the water level every so often. Add more if it gets too low. You can test the carrots for doneness by sticking a fork in them. It should slide in easily enough or just taste a piece.

Rice Cake with Cheese Snack

Directions are for original recipe of 1 serving

1. Cut thin slices of cheese and place on top of rice cake. Microwave for 20 seconds, if desired. Sprinkle with black pepper and enjoy!

Crispy Hash Browns

Directions are for original recipe of 4 serving

1. Peel the potatoes and grate or chop up in a food processor. Place the potatoes in a colander and rinse well until the water runs clear. Drain and squeeze out the excess water.
2. Heat oil in a skillet over medium-high heat. Add enough potatoes to cover the surface of the skillet in a thin layer. Let the potatoes fry, without disturbing, until deeply golden brown on the bottom (3-5 minutes). Season lightly with seasoning salt.
3. Flip the potatoes, and drizzle with additional oil if needed. Let the potatoes cook on the second side without disturbing until golden brown and crispy again. Season lightly on the second side.
4. Repeat the process until all of your potatoes are cooked.

Garden style pasta

Directions are for original recipe of 4 serving

1. Cook pasta according to package directions. Drain pasta and return to hot pan. Pour oil over pasta.
2. Stir in cheese, tomatoes, sweet pepper, and greens or herbs. Season to taste with sea salt and pepper. Serve immediately.

Yogurt with Grape-nut Cereal and Honey

Directions are for original recipe of 1 serving

1. Mix all ingredients together well and enjoy!

Zucchini "Pasta"

Directions are for original recipe of 1 Serving

1. Peel Zucchini with Peeler to form Ribbons. Add Sauce and Cheese. Either heat up in microwave or on stovetop in medium skillet.

Chicken Kabobs

Directions are for original recipe of 4 serving

1. Preheat the grill for high heat and slice the chicken breast into cubes to skew. Cut the onion and pepper into wedges to skew.
2. Thread the chicken, green bell pepper, onion, and red bell pepper pieces onto skewers alternately.
3. Lightly oil the grill grate. Place kabobs on the prepared grill, and brush with barbeque sauce. Cook, turning and brushing with barbeque sauce frequently, for 15 minutes, or until chicken juices run clear.

BLT sandwich

Directions are for original recipe of 1 sandwich

1. Cook the bacon in a large, deep skillet over medium-high heat until evenly browned, about 10 minutes. Drain the bacon slices on a paper towel-lined plate.
2. Toast the slices of bread.
3. Arrange the cooked bacon, lettuce, and tomato slices on one slice of bread. Spread one side of remaining bread slice with the mayonnaise. Bring the two pieces together to make a sandwich.

Corn Flakes

Directions are for original recipe of 1 bowl

1. Pour cereal into bowl followed by milk. Eat.

Pasta with Corn and Chicken

Directions are for original recipe of 1 serving

1. Prepare pasta as per package directions. Drain and set aside. Chop chicken into bite sized pieces.
2. Heat a skillet or wok over medium-high heat. Add the oil. Once hot add the chicken and cook until chicken is cooked through, no longer pink, and the juices run clear.
3. Add the corn to the wok and toss to distribute. Add the pasta and toss to coat. Serve and enjoy!

Slow Cooker Beef, Lime & Cilantro Chili

Directions are for original recipe of 8 serving

1. Add all of the ingredients to your slow cooker (except cilantro) and cook on low for 8 hours.
2. Break apart beef and stir in about one tablespoon of fresh cilantro.
3. Spoon into bowls and top with shredded cheddar cheese and tortilla chips. So good!

Tomato soup

Directions are for original recipe of 2 cup

1. Mix together condensed soup and an equal volume of water (use the empty can to measure). Microwave for about 3 minutes, and then eat. If your diet permits, use milk instead of water for a creamier soup, just remember to track those calories :)

Whole Wheat Toast

Directions are for original recipe of 1 serving

1. Put a slice of whole wheat bread into the toaster. Eat by itself or as a side.

Cantaloupe

Directions are for original recipe of 8 slices

1. Cut cantaloupe into cubes or wedge slices. 1 cup of cubes is about 2 wedges of a medium melon (each wedge = 1/8 of a melon).

Slow Cooker Chicken Fajita & Quinoa Soup

Directions are for original recipe of 6 Servings

1. In a 6-quart slow cooker, add chicken and the rest of ingredients, cover and place on high for 3 to 4 hours or low 6 to 8 hours.
2. Remove chicken and shred with two forks then add back into the slow cooker. Season with additional salt and seasonings if needed.
3. Spoon soup into bowls and top with favorite toppings, enjoy!
4. (source: http://www.eatyourselfskinny.com/slow-cooker-chicken-fajita-quinoa-soup/#_a5y_p=5786711)

Brie cheese on bread

Directions are for original recipe of 1 serving

1. Spread cheese on bread, eat.

Steamed Broccoli with Olive Oil and Parmesan

Directions are for original recipe of 4 serving

1. PREPARATION: Remove tough broccoli stems.
2. Cut broccoli into 1 1/2- to 2-inch-wide florets. Peel stem and cut lengthwise into 1/3-inch-wide sticks.
3. Steam broccoli in a steamer rack set over boiling water, covered, until tender, 5 to 6 minutes. Transfer to a bowl and toss with oil, cheese, and salt and pepper to taste.

Cream Cheese Toast

Directions are for original recipe of 1 serving

1. Spread cheese onto toasted bread, top with honey if desired. Enjoy!

Yam Fries

Directions are for original recipe of 2 cup

1. Preheat Oven to 450 Degrees
2. Cut Yams into wedges or fry-shapes. No need to wash or peel as this makes them more crispy
3. Put yams along with oil, salt, and pepper into bag and seal
4. Shake bag until yams are covered
5. Line baking sheet with yams (make sure they are evenly spaced and none are touching)
6. Bake for 15 minutes and then pull and flip yams and bake for another 10 minutes
7. Let cool for 5 minutes and then enjoy.

Honey Lemon Green Tea with Lemon Juice

Directions are for original recipe of 1 serving

1. Make tea according to package directions. Stir in honey and lemon juice. Serve immediately and enjoy!

Asparagus with Sliced Almonds and Parmesan Cheese

Directions are for original recipe of 4 serving

1. Melt butter in a large skillet over medium-high heat. Add the asparagus, and cook, stirring, about 3 minutes. Stir in almonds and parmesan, and cook until the cheese is slightly browned, about 3 to 5 minutes.

Easy Pan-Fried Lemon Chicken

Directions are for original recipe of 1 serving

1. Combine all ingredients into a ziplock bag, setting aside a small amount of olive oil for step 4.
2. Flatten chicken breasts with rolling pin or meat pounder.
3. Optional - Let the chicken marinate for 30 minutes.
4. Heat a skillet over medium-high heat and add oil.
5. Cook chicken 4-5 minutes each side, or until chicken reaches an internal temperature of 165 F.
6. Let meat rest 5 minutes before slicing.

Apple Toast

Directions are for original recipe of 4 serving

1. Set oven to broil.
2. Spread butter on one side of each slice of bread. Place apple slices on buttered side of bread. Sprinkle cinnamon on top. Place bread on a baking sheet.
3. Place in a preheated oven until toasted, about 2 minutes.

Slow Cooker Cheesy Enchilada Quinoa

Directions are for original recipe of 7 servings

1. In a large skillet, cook the ground turkey until browned through. Drain out any grease and place in the slow cooker.
2. Add in the uncooked quinoa (make sure to rinse first), the black beans (drained and rinsed), the frozen corn, the diced tomatoes and green chilies (do not drain), the salsa (I used medium), and minced garlic.
3. Chop up the onion and sweet bell pepper into small pieces. Add to the slow cooker. If desired chop up a jalopeno and add it too.
4. Add in the water, enchilada sauce (I used mild, but use whatever you like best), chili powder, and cumin.
5. Stir everything together really well. Cover the slow cooker and cook on high for 3 to 3 and 1/2 hours or until the liquid is all absorbed into the mixture.
6. Once it is done cooking, remove the lid and stir everything again. Stir in the cheese and fresh cilantro (stems removed and chopped).
7. If desired add in the fresh lime juice.
8. Add a dollop of sour cream and some chopped green onions if desired.
9. **If you want to make these into more of traditional enchiladas: warm up the tortillas, spread some cheese on one side, a large spoonful of the mixture on top of the cheese, and more cheese on top of the mixture. Roll it up and top with more salsa or enchilada sauce. Add sour cream, green onions, and cilantro if desired.
10. Recipe by: Chelsea (source: <https://www.chelseasmessyapron.com/slow-cooker-cheesy-enchilada-quinoa/>)

Roasted asparagus

Directions are for original recipe of 24 spears

1. Preheat oven to 425F.
2. Cut off the woody bottom part of the asparagus spears and discard.
3. With a vegetable peeler, peel off the skin on the bottom 2-3 inches of the spears. This keeps the asparagus from being all "stringy"
4. Place asparagus on foil-lined baking sheet and drizzle with olive oil.
5. Sprinkle with salt
6. With your hands, roll the asparagus around until they are evenly coated with oil and salt.
7. Roast for 10-15 minutes, depending on the thickness of your stalks and how tender you like them.
8. They should be tender when pierced with the tip of a knife.
9. The tips of the spears will get very brown but watch them to prevent burning.
10. They are great plain, but sometimes I serve them with a light vinaigrette if we need something acidic to balance out our meal.

Apples and Almond Butter

Directions are for original recipe of 1 apple

1. Core and quarter a medium apple. Spread with 2 tsp creamy natural almond butter.

Quinoa

Directions are for original recipe of 4 serving

1. Rinse quinoa well in a strainer and drain.
2. Add 1 cup quinoa and salt to 2 1/2 cups water in a pot. Bring to a boil, uncovered.
3. When it starts to boil, cover and simmer 20 minutes or until the water is absorbed and quinoa is light and fluffy.

Carrots

Directions are for original recipe of 1 cup

1. Enjoy by themselves. Optionally, enjoy with a side of hummus (there are other carrot + dip recipes on ETM you can swap in).

Berry Yogurt Smoothie

Directions are for original recipe of 1 serving

1. Combine all ingredients in a food processor or blender and pulse until smooth. Add water if necessary, as desired.

Sausage and Egg Breakfast Sandwich

Directions are for original recipe of 1 sandwich

1. Remove casing from sausage and form into a thin patty. Heat a non-stick skillet over medium and cook sausage patty until no longer pink and cooked through. Remove from pan cook eggs in the sausage grease until they've reached desired doneness.
2. Toast bread. Top one slice with the patty and the eggs. Finish with remaining slice of bread and enjoy!

Grapes

















Directions are for original recipe of 1 cup


















1. Wash and enjoy.

Grocery List

VEGETABLES

	Zucchini Summer squash, includes skin, raw	2 medium (392 g)
	Red bell pepper Sweet, raw	1 1/2 medium (approx 2-3/4" long, 2-1/2 dia.) (178 g)
	Carrots Raw	2 large (7-1/4" to 8-1/2" long) (144 g)
	Fresh cilantro Coriander leaves, raw	1 tbsp (1 g)
	Corn Sweet, yellow, canned, whole kernel, drained solids	1 cup (164 g)

	Green bell pepper Sweet, green, raw	3/4 medium (approx 2-3/4" long, 2-1/2" dia) (89 g)
	Corn Sweet, yellow, frozen, kernels on cob, unprepared	1/4 cup kernels (41 g)
	Broccoli Raw	2 cup chopped (182 g)
	Lettuce Romaine or cos, raw	2 1/2 cup shredded (118 g)
	Russet potatoes Flesh and skin, raw	3/4 potato large (3" to 4-1/4" dia) (277 g)
	Asparagus Raw	11 spear, medium (5-1/4" to 7" long) (176 g)
	Arugula Raw	1/4 cup (5 g)
	Tomatoes Red, ripe, raw, year round average	2 medium whole (2-3/5" dia) (246 g)
	Baby carrots Baby, raw	2 cup (492 g)
	Tomato sauce Canned	1/2 cup (122 g)
	Garlic Raw	1 1/2 clove (4.5 g)
	Tomatoes Crushed, canned	1/4 cup (60 g)
	Yam Raw	1 1/2 cup, cubes (225 g)
	Onions Raw	1 medium (2-1/2" dia) (110 g)
	Cabbage Raw	1/2 head, medium (about 5-3/4" dia) (454 g)
FRUITS AND FRUIT JUICES		
	Apples With skin	1 2/3 medium (3" dia) (303 g)
	Strawberries Frozen, unsweetened	1/2 cup, unthawed (74 g)
	Lemon juice Raw	3 2/3 tbsp (55 g)

	Limes Raw	1/3 fruit (2" dia) (22 g)
	Grapes Red or green, raw (european type, such as thompson seedless)	1/2 cup (76 g)
	Banana Raw	1/2 medium (7" to 7-7/8" long) (59 g)
	Melons Cantaloupe, raw	1/4 melon, medium (about 5" dia) (138 g)
DAIRY PRODUCTS		
	Brie cheese	3 oz (85 g)
	Cheddar cheese	3/4 oz (21 g)
	Reduced fat milk Fluid, 2% milkfat, with added vitamin a and vitamin d	1/2 cup (122 g)
	Nonfat greek yogurt Nonfat, plain	1/2 cup (120 g)
	Mexican cheese Blend, reduced fat	1 1/4 oz (35 g)
	Nonfat yogurt Skim milk, 13 grams protein per 8 ounce	1 cup (8 fl oz) (245 g)
	Egg Whole, fresh eggs	2 large (100 g)
	Cream cheese Low fat	5 tbsp (75 g)
	Butter Unsalted	1 tbsp (14 g)
	Parmesan cheese Shredded	16 tbsp (80 g)
BEVERAGES		
	Water Plain, clean water	1 1/4 cup (296 g)
POULTRY PRODUCTS		
	Chicken breast Broilers or fryers, meat only, raw	3 1/2 breast, bone and skin removed (826 g)
	Ground turkey Poultry food products, raw	2 1/3 oz (66 g)

BEEF PRODUCTS



Ground beef
85% lean meat / 15% fat, raw

3 oz (85 g)

PORK PRODUCTS



Bacon
Pork, cured, cooked, pan-fried

8 strip cooked (64 g)

SAUSAGE AND LUNCH MEAT



Italian sausage
Pork, raw

1/2 link, raw (50 g)

SPICES AND HERBS



Salt
Table

1 1/4 tbsp (22 g)



Sea Salt
365 Everyday Value

1/8 tsp (0.5 g)



Chili powder
Spices

1/2 tbsp (3.75 g)



Cumin
Spices, cumin seed

1/3 tbsp, ground (3 g)



Paprika
Spices

1/4 tbsp (1.73 g)



Pepper
Spices, black

3/4 tbsp (4.8 g)



Cinnamon
Spices, ground

1/2 tbsp (3.9 g)

SOUPS AND SAUCES



Chicken broth
Soup, canned, ready-to-serve

1/3 cup (80 g)



Teriyaki sauce
Ready-to-serve

6 tbsp (108 g)



Pasta sauce
Spaghetti/marinara, ready-to-serve

1 cup (257 g)



Barbecue sauce

7 1/4 tbsp (127 g)



Tomato soup
Canned, condensed

2/3 cup (161 g)



Salsa
Sauce, ready-to-serve

1/4 cup (65 g)

SOY & LEGUMES



Canned black beans
Low sodium, drained

1 cup (260 g)



Great Value Chopped Fire Roasted & Peeled Green Chiles

1/4 can (30 g)

NUT AND SEED PRODUCTS



Almond butter
Nuts, plain, without salt added

2/3 tbsp (11 g)



Almonds
Nuts, raw

1/4 cup, whole (36 g)

BREAKFAST CEREALS



Grape-nuts cereal
Cereals ready-to-eat, post

1/4 cup (29 g)



Corn flakes
Cereals ready-to-eat, kellogg, cornflakes

1/2 cup (14 g)

BAKED PRODUCTS



Whole-wheat bread
Commercially prepared

17 slice (476 g)

GRAINS AND PASTA



Whole wheat pasta
Dry

2 oz (57 g)



Quinoa
Uncooked

2/3 cup (113 g)



Pasta
Corn, dry

2 oz (57 g)

FATS AND OILS



Olive oil
Salad or cooking

4 1/4 tbsp (57 g)



Sesame oil
Salad or cooking

1/4 tbsp (3.4 g)



Canola oil

1 tbsp (14 g)



Light mayonnaise
Salad dressing, light

2 tbsp (30 g)

SWEETS



Honey

2 tbsp (42 g)

SNACKS



Rice cakes
Snacks, brown rice, plain

3 cake (27 g)

UNCATEGORIZED



IsaLean Bar
Isagenix

1 1/2 bar (90 g)



Mocha IsaLean Shake
Isagenix

3 scoops (92 g)



Greens Dietary Supplement
Isagenix

1 scoop (10 g)



Whey Thins
Isagenix

3 pack (75 g)



Beverages, tea, green, brewed, regular

1 1/2 cup (368 g)



IsaLean Shake
Isagenix

1/2 packet (32 g)



IsaLean Shake
Isagenix

1 scoops (30 g)



Sauce, enchilada, red, mild, ready to serve

1/4 cup (42 g)



Diced Original Tomatoes and Green Chilies
Rotel - Walmart

1/3 serving (42 g)



Whey Thins, Barbecue
Isagenix

4 pack (100 g)