

### **Chicken enchiladas ( 1 wrap serving)**

- 8 oz Mexican-Style Shredded Cheese (8 oz bag)
- 12 oz, Chicken Breast Grilled
- 8 Tortilla, Whole Wheat Flour Tortillas (Medium)
- 3 cup, Enchilada Sauce
- 1 package, Taco Seasoning Mix - 25% Less Sodium
- 1 can reduced sodium Refried Black Beans (Low Fat)
- ½-1 iceberg lettuce head, shredded
- 5.3 ounce container, Plain Greek yogurt

bake chicken at 350F in oven until 165F (approx 40-45 min) or place chicken in crock pot to cook and shred or chop fine

Divide evenly into tortillas: chicken, cheese, black beans, seasoning and roll each placing them in pan snug together (reserve ½ cup cheese for top) \*may layer tortillas and filling into a casserole if crunched for time

Pour enchilada sauce over tortillas and sprinkle remaining cheese on top

<b>Nutrition Facts</b>	
Servings 8.0	
Amount Per Serving	
calories 379	
% Daily Value *	
Total Fat 13 g	20 %
Saturated Fat 6 g	30 %
Monounsaturated Fat 1 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 58 mg	19 %
Sodium 1372 mg	57 %
Potassium 0 mg	0 %
Total Carbohydrate 36 g	12 %
Dietary Fiber 7 g	27 %
Sugars 5 g	
Protein 27 g	54 %

## Chicken Pasta Bake

- 2 tsp, garlic
- 1 large, Egg
- 8 oz. Thin Spaghetti
- 1 jar Traditional Pasta Sauce (choose low sugar and fat)
- 3 tablespoon, Parmesan Reduced Fat Grated Style Cheese
- 4 oz (1/2 of 8 oz bag),, Mexican-Style Shredded Cheese
- ¾-1lb Chicken Breast Grilled or baked
- 0.33 container, Small Curd Fat Free Cottage Cheese

bake chicken at 350F in oven until 165F (approx 40-45 min) or place chicken in crock pot to cook and shred or chop fine

Prepare pasta according to package directions (may choose your choice of pasta)

Combine all ingredients and bake at 350F for 15-20 minutes until cheese melted and top starts to brown

Serve with salad or steamed or fresh vegetables

<b>Nutrition Facts</b>	
Servings 6.0	
Amount Per Serving	
calories 382	
% Daily Value *	
Total Fat 10 g	15 %
Saturated Fat 4 g	20 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 82 mg	27 %
Sodium 885 mg	36 %
Potassium 342 mg	10 %
Total Carbohydrate 41 g	14 %
Dietary Fiber 4 g	17 %
Sugars 8 g	
Protein 28 g	55 %

### Healthy Chili (2 cup serving)

- 1 can Chili Beans Pinto Beans In Chili Sauce Mild Sauce
- 1 can Black Beans (choose reduced sodium)
- 1 can Kidney Beans
- 1 can Cannelloni Beans
- 1 cup chopped green Pepper
- 1 Onion chopped
- 1 cup chopped Celery
- 1 can Diced Tomato
- 1 tbsp chili powder
- 1 tsp Granulated Garlic
- 2 tsp Cumin
- 2 pound Venison/Lean Beef Burger
- ½ of 44 oz container of Tomato Juice

<b>Nutrition Facts</b>	
Servings 14.0	
Amount Per Serving	
calories 264	
% Daily Value *	
Total Fat 5 g	8 %
Saturated Fat 2 g	10 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 61 mg	20 %
Sodium 593 mg	25 %
Potassium 582 mg	17 %
Total Carbohydrate 27 g	9 %
Dietary Fiber 9 g	36 %
Sugars 5 g	
Protein 27 g	54 %

Brown meat in a pan until done, combine all ingredients in crock pot on low for 4-6 hours or simmer on low on the stove until vegetables are tender.

## Glazed Salmon (or tuna steak) with Brown Rice and Steamed Broccoli

- 4 teaspoon, Olive Oil - 1/2 Teaspoon
- ¼ cup Orange juice or 1 squeezed orange
- 16 oz, Salmon Fillets (or tuna steak)
- 4 cup chopped, Broccoli, raw
- 2 tablespoon, Soy Sauce
- 1 tsp Mrs. Dash or other preferred seasoning
- 2 cup Rice - Brown, long-grain, cooked

Place salmon (wild caught best choice) on foil, coat with seasonings, soy sauce and oil. Bake at 350F for 25-30 min

Cook wild or brown rice according to package

Chop and steam broccoli

<b>Nutrition Facts</b>	
Servings 4.0	
Amount Per Serving	
calories 314	
	% Daily Value *
<b>Total Fat</b> 7 g	<b>11 %</b>
Saturated Fat 0 g	1 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
<b>Cholesterol</b> 45 mg	<b>15 %</b>
<b>Sodium</b> 645 mg	<b>27 %</b>
<b>Potassium</b> 483 mg	<b>14 %</b>
<b>Total Carbohydrate</b> 36 g	<b>12 %</b>
Dietary Fiber 6 g	22 %
Sugars 2 g	
<b>Protein</b> 31 g	<b>61 %</b>

## Croissant wrap with Chicken Broccoli and Cheese

- 3 cup chopped, Broccoli, raw
- 1.50 cup, shredded, Cheese, mozzarella, nonfat
- 1 container (8 croissants ea.), Low Fat Croissant
- 12 oz, Tyson Chicken Breast

bake chicken at 350F in oven until 165F (approx 40-45 min) or place chicken in crock pot to cook and shred or chop fine

Separate croissants on sheet pan. Divide chicken, chopped broccoli and cheese into each croissant and pinch closed. Bake at 350 until croissant browned approximately 20-25 min.

<b>Nutrition Facts</b>	
Servings 4.0	
Amount Per Serving	
calories 424	
% Daily Value *	
Total Fat 12 g	19 %
Saturated Fat 5 g	24 %
Monounsaturated Fat 4 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 80 mg	27 %
Sodium 861 mg	36 %
Potassium 302 mg	9 %
Total Carbohydrate 30 g	10 %
Dietary Fiber 3 g	10 %
Sugars 6 g	
Protein 44 g	88 %

## Sloppy Joes on Bun

- 1 tbsp, Spices, garlic powder
- 16 oz, Lean Venison Burger or 90/10 beef
- 1 cup, Tomato products - Canned, sauce
- 1 tbsp, Spices, chili powder
- 0.33 cup(s), Mustard
- 2 tbsp(s), Worcestershire Sauce
- 4 fluid ounce, Ketchup
- 4 bun, Whole Wheat Bun

Cook meat until browned, drain.

Add all other ingredients and simmer on low for 15 minutes.

Serve on a wheat bun

Pair with fresh cut carrots and celery

<b>Nutrition Facts</b>	
Servings 4.0	
Amount Per Serving	
calories 402	
	% Daily Value *
<b>Total Fat</b> 12 g	<b>19 %</b>
Saturated Fat 2 g	<b>12 %</b>
Monounsaturated Fat 0 g	
Polyunsaturated Fat 2 g	
Trans Fat 0 g	
<b>Cholesterol</b> 94 mg	<b>31 %</b>
<b>Sodium</b> 784 mg	<b>33 %</b>
<b>Potassium</b> 394 mg	<b>11 %</b>
<b>Total Carbohydrate</b> 35 g	<b>12 %</b>
Dietary Fiber 6 g	<b>23 %</b>
Sugars 6 g	
<b>Protein</b> 40 g	<b>81 %</b>

## Greek Salad

- 0.50 cup, Feta
- 0.50 head iceburg lettuce
- 0.5 cup Cucumber
- 0.50 cup slices, Beets - Cooked, boiled, drained
- 0.06 cup (80 g), Red Onion
- 1 fluid ounce, Greek Vinaigrette Dressing

Chop lettuce into bite size pieces

Sprinkle feta, place beets, cucumber and onion on top of lettuce

Lightly drizzle dressing on top

<b>Nutrition Facts</b>	
Servings 1.0	
Amount Per Serving	
calories 292	
% Daily Value *	
Total Fat 20 g	31 %
Saturated Fat 9 g	46 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 50 mg	17 %
Sodium 1161 mg	48 %
Potassium 335 mg	10 %
Total Carbohydrate 28 g	9 %
Dietary Fiber 9 g	35 %
Sugars 12 g	
Protein 19 g	39 %

### **Crack Slaw (low carb)**

- 1 lb(s), Lean Ground Turkey
- 2 tbsp, Toasted Sesame Oil
- 2 clove, Garlic
- 0.50 ounce, Onion
- 0.60 medium (15 g), Green Onion Raw (Whole)
- 14.00 fluid ounce, Cole Slaw Mix In Bag
- 2 Tbsp, Low Sodium Soy Sauce
- 0.50 tsp, Sriracha Sauce
- 0.50 tsp, Ginger
- 1 tsp(s), Vinegar, cider
- 0.25 cup, Chicken Broth

<b>Nutrition Facts</b>	
Servings 4.0	
Amount Per Serving	
calories 220	
% Daily Value *	
Total Fat 10 g	15 %
Saturated Fat 2 g	8 %
Monounsaturated Fat 3 g	
Polyunsaturated Fat 3 g	
Trans Fat 0 g	
Cholesterol 22 mg	7 %
Sodium 271 mg	11 %
Potassium 12 mg	0 %
Total Carbohydrate 5 g	2 %
Dietary Fiber 1 g	3 %
Sugars 2 g	
Protein 28 g	55 %

Brown turkey in sesame oil, minced garlic and onion. Drain meat, add in rest of ingredients except for green onions. Sautee until coleslaw mix is tender. Serve with chopped green onion on top



## Parmesan Garlic Potato Wedges

- 12 serving, 2 tsp (5g), Original Parmesan
- 0.12 cup(s), Spices, garlic powder
- 4 tbsp, Spices, paprika
- 1 g, Pepper
- 1 cup, Parsley, fresh
- 24 oz, Red Skin Potato

Preheat oven to 400F

Spray sheet pan with cooking spray or coat with extra virgin olive oil

Cut red skin potatoes into wedges and rinse

Combine dry ingredients and mix well. Toss potatoes in mixture of seasonings and place evenly on baking sheet

Cook for 25-30 minutes or at least until fork tender, turning once through the process

<b>Nutrition Facts</b>	
Servings 6.0	
Amount Per Serving	
calories 176	
% Daily Value *	
Total Fat 4 g	6 %
Saturated Fat 2 g	11 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 160 mg	7 %
Potassium 812 mg	23 %
Total Carbohydrate 31 g	10 %
Dietary Fiber 4 g	17 %
Sugars 2 g	
Protein 8 g	17 %

### Chicken, black Beans and Rice

- 1.75 cup (130 g), Black Beans
- 1.25 C, 98% Fat Free Cream of Mushroom
- 3 tsp, Ground Cumin
- 2 container (2 cup), Brown Whole Grain Rice
- 1.50 lb(s), Tyson Chicken Breast

Cook rice according to package

Open black beans and drain and rinse beans

Grill or bake chicken covered at 350F for 40 minutes until cooked through and tender

Chop chicken and combine all ingredients in a stock pot on medium heat and warm to desired temperature without scorching bottom of pan, stirring periodically

Serve with a side veggie of choice!

<b>Nutrition Facts</b>	
Servings 6.0	
Amount Per Serving	
calories 390	
	% Daily Value *
<b>Total Fat</b> 7 g	<b>10 %</b>
Saturated Fat 2 g	8 %
Monounsaturated Fat 2 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 97 mg	32 %
Sodium 634 mg	26 %
Potassium 313 mg	9 %
<b>Total Carbohydrate</b> 37 g	<b>12 %</b>
Dietary Fiber 5 g	19 %
Sugars 1 g	
<b>Protein</b> 43 g	<b>85 %</b>

## Chicken Tortilla Soup

- 3.50 cup, Diced Tomatoes
- 4 tbsp(s), Low Sodium Chicken Base
- 437.50 g (1/2 cup), Sweet Golden Corn, Whole Kernel
- 1.75 cup (130 g), Black Beans
- 3 tbsp, Cilantro
- 1.50 lb(s), Tyson Chicken Breast

Chop chicken into small chunks

Sautee with a small amount of water or oil until chicken cooked through

Add chicken base, 4 cups of water, diced tomatoes, black beans (drained) and corn (drained)

Add cilantro and salt and pepper to taste

Serve with crumbled tortilla chips, plain non-fat Greek yogurt, avocado chunks and or shredded cheese for additional flare!

<b>Nutrition Facts</b>	
Servings 6.0	
Amount Per Serving	
calories	375
% Daily Value *	
Total Fat	5 g 8 %
Saturated Fat	1 g 6 %
Monounsaturated Fat	1 g
Polyunsaturated Fat	1 g
Trans Fat	0 g
Cholesterol	97 mg 32 %
Sodium	984 mg 41 %
Potassium	340 mg 10 %
Total Carbohydrate	34 g 11 %
Dietary Fiber	6 g 26 %
Sugars	5 g
Protein	45 g 89 %

## **Fish Tacos**

- 2 tbsp(s), Chopped cilantro
- 5 tbsp(s), Lime juice - Raw
- 0.06 tsp(s), Cayenne Pepper, Ground
- 2 lb(s), Fish, tuna or other white fish
- 2 oz(s), Tomatoes
- 1.25 cup, Yogurt- Greek 0%
- 6 cups, Cabbage Cole Slaw Mix, Plain
- 0.50 Cup, Chopped, Red Onion
- 1 tbs, extra virgin olive Oil
- 1 medium, Avocado
- 4 tortilla, Flour Tortillas

Preheat oven to 350F

Place fish in baking dish with pan spray or coated with olive oil, cayenne pepper and lemon juice and bake until flaked (approximate time 20-25 minutes, but depends on cut of the fish)

Chop cilantro, tomatoes, red onion and avocado for toppings

Serve fish in a flour tortilla with cole slaw mix, cilantro, tomatoes, red onion, avocado and Greek yogurt

<b>Nutrition Facts</b>	
Servings 4.0	
Amount Per Serving	
calories 453	
	% Daily Value *
<b>Total Fat</b> 14 g	<b>21 %</b>
Saturated Fat 2 g	<b>12 %</b>
Monounsaturated Fat 5 g	
Polyunsaturated Fat 4 g	
Trans Fat 0 g	
<b>Cholesterol</b> 198 mg	<b>66 %</b>
<b>Sodium</b> 346 mg	<b>14 %</b>
<b>Potassium</b> 1315 mg	<b>38 %</b>
<b>Total Carbohydrate</b> 28 g	<b>9 %</b>
Dietary Fiber 6 g	<b>24 %</b>
Sugars 8 g	
<b>Protein</b> 56 g	<b>111 %</b>

### Thai Coconut Curry (serve over rice or cauliflower rice)

- ¼ cup Peanut Butter
- 2 Tbsp Red Curry Paste
- 2 Tbsp Fish Sauce
- 3 Tbsp Lime Juice
- ½ cup chicken stock
- 2 tsp Ginger, granulated
- ½ tsp red pepper flakes
- 1 ½ lbs Boneless Skinless Chicken Breast
- 14 fluid ounce (1 can) Coconut Milk Lite
- 2 Tbsp Garlic granulated

Chop chicken into small chunks

Sautee with a small amount of water or oil until chicken cooked through

Add chicken stock. Coconut milk, fish sauce, lime juice, red curry paste, peanut butter (mix well), red pepper flake and granulated garlic. Simmer for approximately 15 minutes stirring intermittently

Serve over cauliflower rice or brown rice

<b>Nutrition Facts</b>	
Servings 4.0	
Amount Per Serving	
calories 417	
% Daily Value *	
Total Fat 19 g	29 %
Saturated Fat 7 g	36 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 98 mg	33 %
Sodium 969 mg	40 %
Potassium 32 mg	1 %
Total Carbohydrate 7 g	2 %
Dietary Fiber 1 g	5 %
Sugars 2 g	
Protein 41 g	82 %

## **Tuna salad sandwich (4 servings)**

2 (2.6 ounces) Wild-Caught Tuna pouches

1 Ripe Avocado (pitted and peeled) (may sub mayo or miracle whip (1/4- 1/3 cup

3 Hard-Boiled Eggs

1 tablespoon Dijon Mustard

1 teaspoon Lemon (quick squeeze)

2 Green Onions (chopped)

add Salt And Pepper

- Add celery or onion for some crunch

Serve on Dave's Killer Bread

[21 Whole Grains and Seeds — Dave's Killer Bread \(daveskillerbread.com\)](http://daveskillerbread.com)



[Good Seed Thin-Sliced — Dave's Killer Bread \(daveskillerbread.com\)](http://daveskillerbread.com)



[Powerseed Thin-Sliced — Dave's Killer Bread \(daveskillerbread.com\)](http://daveskillerbread.com)



[Ezekiel 4:9 Sprouted Grain Flax Tortillas | Food For Life](http://FoodForLife.com)



Nutrition Facts	Amount/serving	% Daily Value*	Amount/serving	% Daily Value*	
	6 servings per container <b>Serving size</b> 1 tortilla (57g)  <b>Calories</b> 150 per serving	<b>Total Fat</b> 3.5g	4%	<b>Total Carbohydrate</b> 25g	9%
Saturated Fat 0g		0%	Dietary Fiber 5g	18%	
Trans Fat 0g			Total Sugars 1g		
<b>Cholesterol</b> 0mg		0%	Includes 0g of Added Sugars	0%	
<b>Sodium</b> 115mg		5%	<b>Protein</b> 7g		
Vitamin D 0mcg 0% • Calcium 24mg 2% • Iron 3mg 15% • Potassium 164mg 4% • Thiamin 0.3mg 25% • Niacin 3mg 20% • Vitamin B6 0.1mg 6% • Folate 27mcg DFE 6% • Phosphorus 153mg 10% • Magnesium 58mg 15% • Zinc 4mg 35% • Selenium 23mcg 40% • Manganese 1.4mg 60%					
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.					