



# Protein Packed Meal Guide



# FISH TACOS

## Ingredients:

- 1 lime
- 2 cups thinly sliced red cabbage
- ¼ cup chopped fresh cilantro, plus more for garnish
- ¼ cup sour cream
- 1 teaspoon ground cumin, divided
- ½ teaspoon salt, divided
- 2 (8 ounce) cod fillets (about 1-inch thick)
- 1 tablespoon hot sauce, plus more for serving
- 1 teaspoon chili powder
- 8 (6 inch) corn tortillas, warmed



**PROTEIN: 21g**

**CARBS: 26g**

**FAT: 5g**

## Instructions:

1. Preheat broiler to high, with oven rack 6 inches from heat. Line a large, rimmed baking sheet with foil.
2. Cut lime in half. Juice 1 half into a medium bowl, cut remaining half into wedges. Add cabbage, cilantro, sour cream, 1/2 teaspoon cumin and 1/4 teaspoon salt to bowl and mix. Add cabbage until evenly combined. Set aside.
3. Pat fish dry and place on the prepared baking sheet. Coat evenly with hot sauce and season with chili powder and 1/2 teaspoon cumin and 1/4 teaspoon salt. Broil until fish is lightly charred and cooked through, about 4 to 6 minutes. Remove from oven and flake with a fork.
4. Divide fish and cabbage slaw evenly among tortillas. Add lime wedges. Sprinkle with additional cilantro and drizzle with additional hot sauce, if desired.

# STEAK & CORN SALAD

4 SERVINGS

## Ingredients:

- 2 ears of corn husks removed
- 1 avocado diced
- 1 jalapeno seeded and finely chopped
- 1 pound flank steak
- 1 teaspoon salt divided
- 1/4 teaspoon fresh cracked pepper
- 1 teaspoon extra virgin olive oil



PROTEIN: 34g

CARBS: 13g

FAT: 18g

## Instructions:

1. Turn burner to medium-high and put corn on burner. Rotate every few minutes, for about 5-10 minutes, until corn is slightly charred. Set aside. When cooled, cut corn off of the stalk and put into a bowl. Add avocado and jalapeno and sprinkle with 1/2 teaspoon salt.
2. Sprinkle steak with 1/4 teaspoon salt and a little pepper on each side, let rest.
3. Add olive oil to a skillet over medium-high heat. Warm for 30 seconds then add the steak and cook each side for about 4-5 minutes, or until a nice crust forms.
4. When steak is cooked to liking, remove from heat and let rest for 5 minutes before cutting it into pieces.
5. Serve steak over corn salad and enjoy.

# GRILLED CHIPOTLE CHICKEN SALAD

2 SERVINGS

## Ingredients:

- 2 pieces of pre-seasoned Chipotle Chicken
- 1 ear corn, shucked
- 1 bell pepper, halved and seeded
- 4-6 scallions
- Olive oil
- 1-1.5 cups cooked quinoa
- 2-3 cups arugula
- 1 avocado, sliced
- Handful cherry tomatoes, halved
- 1/4 cup cilantro

## *For the dressing:*

- 4 tablespoons olive oil
- 3 tablespoons lime juice
- 1 tablespoon honey
- 1/2 teaspoon salt
- 1/2 teaspoon coriander
- **1/4-1/2** teaspoon ground chipotle powder

## Instructions:

1. Pre-heat grill to medium-high heat. Grill chicken until done.
2. Brush the pepper halves, corn and scallions with olive oil and grill until tender and grill marks appear, about 5-8 minutes.
3. Cut the kernels off the corn. Slice pepper, slice avocado, and slice chicken.
4. Make dressing by whisking all ingredients in a bowl.
5. Assemble dinner bowl by dividing and layering the quinoa and arugula, then add chicken, grilled corn, grilled peppers, sliced avocado and tomatoes.
6. Top with dressing and cilantro.



PROTEIN: 37g

CARBS: 48g

FAT: 37g

# BARBECUE PORK COBB SALAD

6 SERVINGS

## Ingredients:

- 1-1/4 cups barbecue sauce
- 1/2 teaspoon garlic powder
- 1/4 teaspoon paprika
- 1-1/2 pounds pork tenderloin
- 12 cups chopped romaine
- 3 plum tomatoes, chopped
- 2 avocados, peeled and chopped
- 2 small carrots, thinly sliced
- 1 medium sweet red or green pepper, chopped
- 3 hard-boiled large eggs, chopped
- 1-1/2 cups shredded cheddar cheese
- Salad dressing of your choice



**PROTEIN: 35g**  
**CARBS: 35g**  
**FAT: 24g**

## Instructions:

1. In a greased 3-qt. slow cooker, mix barbecue sauce, garlic powder and paprika. Add pork; turn to coat. Cook, covered, on low 4-5 hours or until pork is tender.
2. Remove pork from slow cooker; shred into bite-sized pieces. In a bowl, toss pork with 1 cup barbecue sauce mixture. Place romaine on a large serving platter; arrange pork, tomatoes, avocado, carrots, chopped pepper, eggs and cheese over romaine. Drizzle with dressing.

# SOUTHWEST CHICKEN SALAD

2 SERVINGS

## Ingredients:

- 1/3 cup red onion, chopped
- 1/4 cup pickled jalapeno slices, chopped
- 1/4 cup coleslaw salad dressing
- 1 tablespoon juice from pickled jalapeno
- 1 tablespoon lime juice
- 2, 6 oz boneless skinless chicken breast
- 1/4 cup frozen corn
- 3 cups romaine, chopped
- 1/4 cup sweet red pepper, chopped
- 1/4 cup seeded tomatoes, chopped
- 1/4 cup canned black beans, rinsed and drained
- 1/2 cup shredded cheddar cheese
- 1/2 cup tri-color tortilla strips



**PROTEIN: 45g**

**CARBS: 33g**

**FAT: 26g**

## Instructions:

1. Place the first 5 ingredients in a jar with a tight-fitting lid; shake well. Refrigerate until serving.
2. Place chicken on oiled grill rack. Grill, covered, over medium heat or broil 3 in. from heat until a thermometer reads 165°, 5-7 minutes on each side. Let stand 5 minutes before slicing. Meanwhile, prepare corn according to package directions.
3. Divide romaine between 2 salad bowls. Arrange chicken over romaine; top with corn, red pepper, tomatoes and beans. Sprinkle with cheese and tortilla strips. Shake dressing again; drizzle over salads. Serve immediately.

# GRILLED ASIAN CHICKEN PASTA SALAD

6 SERVINGS

## Ingredients:

- 3/4 cup lime juice
- 3 tablespoons olive oil
- 3 tablespoons sesame oil
- 3 tablespoons soy sauce
- 2 tablespoons minced fresh ginger
- 3 garlic cloves, minced
- 1 tablespoon sugar
- 1-1/2 pounds boneless skinless chicken breasts
- 12 ounces uncooked pasta, broken
- 1 large sweet yellow pepper, chopped
- 1 large sweet red pepper, chopped
- 1 medium cucumber, peeled and chopped
- 1/4 cup minced fresh parsley
- 2 green onions, sliced
- 1/4 teaspoon crushed red pepper flakes



PROTEIN: 32g

CARBS: 51g

FAT: 16g

## Instructions:

1. Combine the first seven ingredients. Pour 1/4 cup of marinade into a shallow dish, save remainder. Add chicken and turn to coat. Refrigerate 30 minutes.
2. Drain chicken; discard marinade. Grill chicken, covered, on an oiled grill rack over medium heat (or broil 4 in. from heat) 5-7 minutes on each side, until a thermometer reads 165°.
3. Meanwhile, cook pasta according to package directions; drain and rinse in cold water. Combine remaining ingredients with reserved marinade. Cut chicken into 1-in. slices. Add pasta and chicken to vegetable mixture; toss to coat. Refrigerate until serving.

# ALMOND CHICKEN SALAD

8 SERVINGS

## Ingredients:

- 4 cups cubed cooked chicken
- 1-1/2 cups seedless green grapes, halved
- 1 cup chopped celery
- 3/4 cup sliced green onions
- 3 hard-boiled large eggs, chopped
- 1/2 cup Miracle Whip
- 1/4 cup sour cream
- 1 tablespoon prepared mustard
- 1 teaspoon salt
- 1/2 teaspoon pepper
- 1/4 teaspoon onion powder
- 1/4 teaspoon celery salt
- 1/8 teaspoon ground mustard
- 1/8 teaspoon paprika
- 1/2 cup slivered almonds, toasted
- 1 kiwifruit, peeled and sliced, optional



PROTEIN: 25g

CARBS: 10g

FAT: 23g

## Instructions:

1. In a large bowl, combine chicken, grapes, celery, onions and eggs. In another bowl, combine the next 9 ingredients; stir until smooth.
2. Pour over the chicken mixture and toss gently. Stir in almonds and serve immediately, or refrigerate and add the almonds just before serving. Garnish with kiwi if desired.



# CHICKEN FAJITA BOWLS

4 SERVINGS

## Ingredients:

- 2 teaspoons chili powder
- 2 teaspoons ground cumin
- $\frac{3}{4}$  teaspoon salt, divided
- $\frac{1}{2}$  teaspoon garlic powder
- $\frac{1}{2}$  teaspoon smoked paprika
- $\frac{1}{4}$  teaspoon ground pepper
- 2 tablespoons olive oil
- 1  $\frac{1}{4}$  pounds chicken tenders
- 1 medium yellow onion, sliced
- 2 medium bell peppers, sliced
- 4 cups chopped stemmed kale
- 1, 15 oz can black beans, rinsed
- $\frac{1}{4}$  cup low-fat plain Greek yogurt
- 1 tablespoon lime juice



**PROTEIN: 43g**

**CARBS: 24g**

**FAT: 10g**

## Instructions:

1. Place a large rimmed baking sheet in the oven; preheat to 425 degrees F.
2. Combine chili powder, cumin,  $\frac{1}{2}$  tsp. salt, garlic powder, paprika, and pepper in bowl. Transfer 1 tsp. of mixture to another bowl, set aside. Whisk 1 Tbsp. oil into remaining spice mixture in first bowl. Add chicken, onion, & peppers.
3. Remove pan from the oven; coat with cooking spray. Spread chicken mixture in an even layer on the pan. Roast for 15 minutes.
4. Combine kale, black beans with the remaining  $\frac{1}{4}$  tsp. salt and 1 Tbsp. olive oil.
5. Remove pan from the oven. Stir chicken and vegetables. Spread kale, beans evenly over top. Roast until the chicken is cooked through and the vegetables are tender, 5 to 7 minutes.
6. Add yogurt, lime juice, and 2 tsp. water to the reserved spice mixture.
7. Add chicken and vegetable mixture to serving. Drizzle with dressing and serve.

# SHRIMP, PESTO & QUINOA BOWLS

4 SERVINGS

## Ingredients:

- $\frac{1}{3}$  cup prepared pesto
- 2 tablespoons balsamic vinegar
- 1 tablespoon extra-virgin olive oil
- $\frac{1}{2}$  teaspoon salt
- $\frac{1}{4}$  teaspoon ground pepper
- 1 pound peeled and deveined large shrimp (16-20 count), patted dry
- 4 cups arugula
- 2 cups cooked quinoa
- 1 cup halved cherry tomatoes
- 1 avocado, diced



PROTEIN: 31g

CARBS: 29g

FAT: 22g

## Instructions:

1. Whisk pesto, vinegar, oil, salt and pepper in a large bowl. Remove 4 tablespoons of the mixture to a small bowl; set both bowls aside.
2. Heat a large cast-iron skillet over medium-high heat. Add shrimp and cook, stirring, until just cooked through with a slight char, 4 to 5 minutes. Remove to a plate.
3. Add arugula and quinoa to the large bowl with the vinaigrette and toss to coat. Divide the arugula mixture between 4 bowls. Top with tomatoes, avocado and shrimp. Drizzle each bowl with 1 tablespoon of the reserved pesto mixture.

# SALMON WITH SWEET POTATOES & BROCCOLI

4 SERVINGS

## Ingredients:

- 3 tablespoons mayonnaise
- 1 teaspoon chili powder
- 2 medium sweet potatoes, peeled and cut into 1-inch cubes
- 4 teaspoons olive oil, divided
- ½ teaspoon salt, divided
- ¼ teaspoon ground pepper, divided
- 4 cups broccoli florets
- 1 ¼ pounds salmon fillet, cut into 4 portions
- 2 limes, 1 zested and juiced, 1 cut into wedges for serving
- ¼ cup crumbled feta or cotija cheese
- ½ cup chopped fresh cilantro



PROTEIN: 34g

CARBS: 34g

FAT: 26g

## Instructions:

1. Preheat oven to 425 degrees F. Line baking sheet with foil.
2. Combine mayonnaise and chili powder in a small bowl. Set aside.
3. Toss sweet potatoes with 2 tsp. oil, 1/4 tsp. salt, and 1/8 tsp. pepper in a bowl.
4. Spread on the prepared baking sheet. Roast for 15 minutes.
5. Toss broccoli with the remaining 2 tsp. oil, 1/4 tsp. salt, and 1/8 tsp. pepper in bowl.
6. Remove the baking sheet from oven. Stir sweet potatoes and move them to the sides of the pan. Arrange salmon in the center of the pan and spread the broccoli on either side, among the sweet potatoes.
7. Spread 2 Tbsp. of the mayonnaise mixture over the salmon.
8. Bake until potatoes are tender and salmon flakes easily, about 15 minutes.
9. Add lime zest and lime juice to the remaining 1 Tbsp. mayonnaise; mix well.
10. Top salmon with cheese and cilantro. Drizzle with the lime-mayonnaise sauce on potatoes and broccoli.

# SUMMER CHICKEN PARM

4 SERVINGS

## Ingredients:

- 1 oz flour
- 1 large egg, lightly beaten
- $\frac{2}{3}$  cup plain breadcrumbs
- 4, 4 oz chicken breast cutlets
- $\frac{5}{8}$  teaspoon kosher salt
- $\frac{1}{2}$  teaspoon freshly ground black pepper
- 2 tablespoons olive oil, divided
- Cooking spray
- $\frac{3}{4}$  cup mozzarella cheese, shredded
- $1\frac{1}{2}$  cups chopped zucchini
- $1\frac{1}{2}$  cups cherry tomatoes, halved
- 2 garlic cloves, thinly sliced
- $\frac{1}{4}$  cup chopped fresh basil



**PROTEIN: 37g**

**CARBS: 25g**

**FAT: 16g**

## Instructions:

1. Preheat broiler with oven rack in middle position. Place flour, egg and breadcrumbs in separate shallow dishes. Sprinkle chicken with  $\frac{1}{2}$  teaspoon salt and pepper. Dredge chicken in flour; dip in egg and dredge in breadcrumbs.
2. Heat  $1\frac{1}{2}$  teaspoons oil in a large skillet over medium-high. Add 2 cutlets; cook 1 minute on each side. Place on a baking sheet coated with cooking spray. Repeat procedure with  $1\frac{1}{2}$  teaspoons oil and remaining cutlets.
3. Top cutlets with cheese; broil  $1\frac{1}{2}$  minutes. Heat remaining oil in skillet. Add zucchini; saute 1 minute. Add remaining  $\frac{1}{8}$  teaspoon salt, tomatoes and garlic; saute 4 minutes. Serve with chicken, and top with basil.

# CHICKEN & ZOODLES IN TOMATO SAUCE

4 SERVINGS

## Ingredients:

- 1 pound chicken cutlets
- ¼ teaspoon salt, divided
- ¼ teaspoon ground pepper, divided
- 1 tablespoon extra-virgin olive oil
- ½ cup finely chopped red onion
- ½ cup dry white wine
- ½ cup heavy cream
- 1 medium plum tomato, chopped
- 2, 10 oz packages zucchini noodles



PROTEIN: 29g

CARBS: 8g

FAT: 17g

## Instructions:

1. Sprinkle chicken with 1/8 teaspoon each salt and pepper. Heat oil in a large skillet over medium-high heat. Add the chicken and cook, turning once, until browned and cooked through, about 6 minutes. Transfer to a plate.
2. Add onion to the pan. Cook, stirring, for 1 minute. Increase heat to high and add wine. Cook, scraping up any browned bits, until the liquid is mostly evaporated, about 2 minutes. Reduce heat to medium and stir in cream, any accumulated juices from the chicken and the remaining 1/8 teaspoon each salt and pepper; simmer for 2 minutes. Stir in tomatoes, then return the chicken to the pan. Turn to coat. Divide the chicken and sauce between 4 plates.
3. Add zucchini noodles to the skillet over medium-high heat. Cook, stirring, until softened and heated through, 2 to 3 minutes. Serve with the chicken.