

Pendulum®



2,000 CALORIE

Healthy Microbiome Meal Plan

A Complete Four-Week Eating Plan

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
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BREAKFAST

2 egg-white omelette: ¼ cup sweet red pepper, chopped ¼ cup onion, chopped 1 oz mozzarella cheese, part skim 1 container Greek yogurt, plain ½ cup raspberries 4 tsp chia seeds	1 slice sourdough bread, toasted 1 cup avocado, smashed ¼ cup arugula 3 egg whites, scrambled Salt + pepper to taste 1 cup blueberries	1 packet Quaker Oats High Fiber Oatmeal 2 large hard boiled eggs 1 container Triple Zero Vanilla Yogurt	2 eggs, scrambled ¼ second Pam cooking spray 2 medium slices bacon 2 slices whole wheat bread ½ T butter 1 pear	2 wheat pancakes 2 T ground flax seed mixed into pancakes 1 T light butter, unsalted 2 T stevia syrup 2 sausage links	1 container overnight oats: blueberry, banana & vanilla 2 T chia seeds 1 large hard boiled egg	½ cup high-fiber cereal ½ cup almond milk ½ cups blueberries 2 T chia seeds 4 slices turkey bacon
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LUNCH

3 oz tuna, packed in water & drained 2 T light mayo 2 slices tomato 2 leaves lettuce 2 slices whole wheat bread 2 cups arugula salad 2 T Bolthouse Farms Creamy Balsamic dressing 3 T walnuts 1 kiwifruit	1 bowl minestrone soup 8 wheat thin crackers 1 cup kale 1 large hard boiled egg 5 cherry tomatoes ½ cup cucumber 2 T vinaigrette dressing	2 slices whole wheat bread 2 oz turkey slices (~6 slices) 1 slice low-fat mozzarella cheese 2 leaves romaine lettuce 2 slices tomato 2 tsp mustard 1 small orange ¼ cup almonds	2 cups spinach 4 oz shredded turkey breast, roasted 2 T dried chickpeas ¼ cup edamame 1 sweet potato, air-fried 2 T Bolthouse Farms Creamy Balsamic dressing ¼ cup cherries	Meatball Sliders – mix together & bake: 6 oz ground turkey 2 T parmesan cheese, grated 1 tsp garlic 3 leaves lettuce 1 cup carrot sticks + 2 T ranch 2 Fiber crispbread crackers 1 cup fresh strawberries	1 whole wheat pita pocket 2 oz shredded chicken breast ¼ cup cucumbers ¼ cup tomatoes ¼ cup lentils, cooked ¼ cup feta cheese ¼ cup spinach 2 T Italian vinaigrette	Grain Bowl: ½ cup quinoa ¼ cup kale ¼ cup pepitas 5 oz shredded chicken 1 T raisins ¼ cup toasted almonds 2 T lemon vinaigrette
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SNACKS

1 small apple + 1 T Peanut butter 1 cup reduced-fat cottage cheese + ½ cup peaches	1 cup bell peppers ¼ cup hummus 1 container (5.3 oz.) nonfat Greek yogurt with fruit 2 oz jerky	20 Skinny Pop Mini Cakes 1 cup watermelon + ¼ cup feta cheese 2 oz jerky	1 medium banana ½ cup trail mix	½ cup roasted chickpeas 6 dried figs	2 cups popcorn, air-popped 2 clementines 2 oz jerky	1 large banana 1 container Skyr Icelandic yogurt
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DINNER

5 oz pork tenderloin, roasted 1 tsp Dijon mustard 1 cup roasted jicama "potatoes" 2 oz roll, whole grain 1 T light butter, unsalted 1 cup broccoli ½ cup keto ice cream	6 oz boneless/skinless chicken breast, grilled 1 cup asparagus 2 tsp olive oil ½ cup quinoa 1 cup cantaloupe	6 oz salmon 1 cup carrots, steamed 1 pouch cauliflower rice 1 whole wheat dinner roll 1 oz chocolate, 70–85% dark	6 oz boneless/skinless chicken breast, baked 1 T olive oil 2 oz chickpea pasta ¼ cup marinara sauce 1 cup broccoli, steamed 1 T parmesan cheese	6 oz mahi-mahi 1 cup brown rice Roasted Vegetable Medley: 1 cup bell peppers 1 cup spinach 1 T olive oil	3 slices Cauliflower pizza crust (½ pizza): 1 cup tomato sauce ½ cup pineapple ½ cup eggplant 4 oz Canadian bacon Side Caesar Salad: 1 cup romaine lettuce 1 T parmesan cheese 1 T caesar dressing 2 T croutons	6 oz sirloin steak, lean only 1 medium baked potato 1 T butter 1 cup Brussels sprouts, steamed ½ cup raspberries
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Macronutrient Profile – Daily Totals

CALORIES 2023 FAT 82 CARBOHYDRATES 187 NET CARBS 146 FIBER 41 PROTEIN 141	CALORIES 1940 FAT 65 CARBOHYDRATES 199 NET CARBS 159 FIBER 40 PROTEIN 142	CALORIES 2000 FAT 80 CARBOHYDRATES 177 NET CARBS 135 FIBER 42 PROTEIN 149	CALORIES 2065 FAT 78 CARBOHYDRATES 214 NET CARBS 176 FIBER 38 PROTEIN 141	CALORIES 1996 FAT 82 CARBOHYDRATES 195 NET CARBS 155 FIBER 40 PROTEIN 115	CALORIES 1843 FAT 71 CARBOHYDRATES 188 NET CARBS 147 FIBER 41 PROTEIN 135	CALORIES 1967 FAT 81 CARBOHYDRATES 193 NET CARBS 150 FIBER 43 PROTEIN 150
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Day 8

Day 9

Day 10

Day 11

Day 12

Day 13

Day 14

BREAKFAST

Pearberry Superfood Smoothie:
 ½ cup avocado, frozen + peeled
 1 pear
 1 cup fresh spinach
 ½ cup almond milk
 ¼ cup blueberries
 ½ cup plain Greek yogurt, nonfat

Egg White Bites: See page 5 for recipe
 1 large orange

Chia Pudding: See page 5 for recipe

1 slice spinach and feta quiche (¾ quiche)
 1 cup raspberries
 1 container Skyr Icelandic yogurt

2 scrambled eggs
 1 cup hash browns sautéed with nonstick spray and veggies:
 ¼ cup bell peppers
 ¼ cup onions
 2 T ground flax seed

Egg White Sweet Potato Hash: See page 5 for recipe
 1 slice Nature's Own Double Fiber toast
 4 tsp chia seeds
 1 T peanut butter

¾ cup Kashi Go! Crunch cereal
 1 cup reduced-fat milk, 2%
 3 slices turkey bacon
 5 egg whites, scrambled
 1 T olive oil

LUNCH

Power Salad: See page 5 for recipe
 ¼ cup red pepper slices
 ¼ cup hummus
 1 small pita bread

2 slices whole wheat bread
 3 slices ham
 1 slice swiss cheese
 1 T mustard
 4 celery sticks
 1 T peanut butter
 1 cup fresh raspberries

Grilled cheese:
 2 slices whole wheat bread
 1 slice cheddar cheese
 1 T light butter, unsalted
 ¾ cup tomato soup
 ½ cup blueberries

Fiesta Bowl: See page 6 for recipe
 1 cup strawberries

1 cup spicy pumpkin soup
 Arugula salad:
 2 cups arugula
 4 oz shredded turkey breast
 2 T balsamic vinaigrette
 ¼ cup pistachios
 ½ cup strawberries, halved

Orzo Arugula Salad:
 1 ½ cups arugula
 ¼ cup orzo
 2 T pine nuts
 1 oz gorgonzola cheese
 1 T lemon vinaigrette
 ½ cup pineapple

Grilled Turkey Burger:
 5 oz turkey
 1 whole wheat bun
 1 tsp mustard
 2 slices tomato
 2 leaves lettuce
 1 slice reduced-fat provolone
 1 oz bag mesquite BBQ Bada Bean, Bada Boom bean snacks

SNACKS

2 rice cakes + 2 T powdered peanut butter
 1 cup 1% fat cottage cheese + 2 T ground flax seed

1 mango apple chia KIND bar
 5 cherry tomatoes + 1 T ranch

10 crackers + 1 ½ oz sliced gruyere
 1 small banana

1 ½ cups honeydew melon + 1 cup reduced-fat cottage cheese
 ¼ cup almonds

1 blueberry banana almond Core Bar (prebiotic fiber)
 4 cups Boom Chicka Pop popcorn

2 dried papaya spears
 2 oz jerky

1 bag Bare snacks carrot chips
 1 pouch Biena roasted chickpeas

DINNER

6 oz roast turkey, skinless
 ½ cup gravy
 1 cup mashed parsnips
 1 T light butter, unsalted
 1 cup swiss chard, sautéed
 ½ T olive oil
 1 piece strawberry tart

Chicken Quesadilla: See page 7 for recipe

6 oz pork tenderloin medallions seasoned with rosemary, baked
 1 cup delicata squash, sliced and drizzled with olive oil, baked
 ½ T olive
 1 cup green beans
 1 slice angel food cake
 ½ cup strawberries

Chicken Piccata: See page 7 for recipe

"Fried" Chicken: See page 8 for recipe
 1 cup okra
 1 ear corn, boiled

Korean Beef Bowl: See page 8 for recipe

6 oz roasted tilapia
 1 T olive oil
 1 cup zucchini
 1 tsp lemon zest
 ½ cup farro
 1 cup grapes

Macronutrient Profile – Daily Totals

CALORIES 2027
FAT 84
CARBOHYDRATES 182
NET CARBS 137
FIBER 40
PROTEIN 144

CALORIES 1943
FAT 87
CARBOHYDRATES 181
NET CARBS 139
FIBER 42
PROTEIN 117

CALORIES 1892
FAT 80
CARBOHYDRATES 182
NET CARBS 140
FIBER 42
PROTEIN 120

CALORIES 1961
FAT 74
CARBOHYDRATES 184
NET CARBS 145
FIBER 39
PROTEIN 162

CALORIES 1984
FAT 77
CARBOHYDRATES 188
NET CARBS 151
FIBER 37
PROTEIN 134

CALORIES 1947
FAT 86
CARBOHYDRATES 182
NET CARBS 141
FIBER 41
PROTEIN 130

CALORIES 1964
FAT 74
CARBOHYDRATES 199
NET CARBS 162
FIBER 37
PROTEIN 138

Day 15

Day 16

Day 17

Day 18

Day 19

Day 20

Day 21

BREAKFAST

2 slices Healthy Life 100% Whole Wheat High Fiber Bread, toasted
2 T peanut butter
1 large banana, sliced
2 large hard boiled eggs

½ cup dry oatmeal made with
1 cup 2% milk
½ cup blueberries
3 eggs, scrambled topped with
2 T salsa

Egg and Cheese Sandwich: See page 5 for recipe
1 medium peach
1 container Skyr Icelandic Yogurt
4 tsp chia seeds

Avocado Toast:
2 slices whole grain bread
½ avocado, smashed
2 eggs over medium
Red pepper flakes, to taste
1 large orange

2 whole grain waffles
2 T peanut butter
2 T sugar-free maple syrup
¾ cup blueberries
1 cup cottage cheese, reduced fat

Egg and Veggie Scramble: See page 5 for recipe
1 whole wheat English muffin
1 T Smart Balance Extra Virgin Olive Oil
1 cup grapes

1 thin whole grain bagel
2 T cream cheese
3 links turkey sausage
2 clementines

LUNCH

Pesto Pasta: See page 6 for recipe

1 cup Taco Soup: See page 6 for recipe
1 cup baby carrots and celery
2 T ranch dressing

Pizza Stuffed Spaghetti Squash: See page 6 for recipe
Side Salad:
3 cups spinach
¼ cup bell pepper
¼ cup mushroom
¼ cup chickpeas
3 T light Italian dressing

Turkey and Veggie Wrap:
1 whole wheat tortilla
¼ cup cheddar cheese, shredded
2 lettuce leaves
5 cherry tomatoes, sliced
½ avocado, sliced
4 oz sliced turkey
1 cup Healthy Choice Vegetable Soup

Black Bean Burrito: See page 6 for recipe
¾ cup jicama sticks
½ cup guacamole

6 oz pulled pork
¼ cup Primal Kitchen Classic BBQ Sauce, Unsweetened
1 whole grain bun
Kale salad:
2 cups kale
¼ cup slivered almonds
½ cup Brussels sprouts, sliced
2 T parmesan cheese, grated
2 T light balsamic vinaigrette

5 oz pork loin, fat trimmed and sautéed
¾ cup mashed sweet potatoes
1 T Smart Balance Extra Virgin Olive Oil
1 ½ cups frozen Brussels sprouts, steamed

SNACKS

½ cup almonds
¾ 60% dark chocolate chips

1 oz pistachios
1 cup low fat kefir, plain

1 small apple, diced and heated in microwave until soft
1 tsp cinnamon
1 T walnuts crushed

1 container Skyr Icelandic Yogurt
1 T flax seed ground
2 apricots

1 GG Scandinavian Fiber Crispbar cracker
2 T cream cheese
1 oz cashews

1 Health Warrior Chia Bar

12 Hippiie Snacks Avocado Crisps
1 oz pistachios

DINNER

½ Meatloaf: See page 8 for recipe
6 oz large sweet potato, baked
1 tsp cinnamon
1 ½ cups green beans, steamed
2 cups spring mix
¼ cup sliced carrots
¼ cup bell pepper
3 hard boiled eggs, yolks removed, sliced
2 T light vinaigrette dressing

6 oz cod, baked
¾ cup quinoa
¼ avocado, sliced
½ cup black beans
¾ cup broccoli with
2 T parmesan cheese

Chicken Stir Fry:
6 oz chicken breast, sautéed and diced
1 T sesame oil
3 cups frozen vegetables, sautéed
¾ cup brown rice
2 T light tamari

Sheet Pan Meal: See page 8 for recipe

6 oz chicken breast, baked
¾ cup whole grain pasta
½ cup low-sodium pasta sauce
¾ cup mozzarella cheese, shredded
1 cup broccoli

Chicken Tacos:
4 oz chicken breast, shredded and mixed with taco seasoning
¼ cup diced tomatoes
¼ cup cheddar cheese, shredded
2 T Greek yogurt, plain
½ cup salsa
3 corn tortillas
½ cup guacamole

Sloppy Joe: See page 8 for recipe
1 ear corn, boiled
1 T Smart Balance Extra Virgin Olive Oil

Macronutrient Profile – Daily Totals

CALORIES 1941
FAT 86
CARBOHYDRATES 185
NET CARBS 148
FIBER 37
PROTEIN 131

CALORIES 1946
FAT 82
CARBOHYDRATES 192
NET CARBS 151
FIBER 41
PROTEIN 131

CALORIES 1991
FAT 87
CARBOHYDRATES 187
NET CARBS 143
FIBER 44
PROTEIN 134

CALORIES 1995
FAT 83
CARBOHYDRATES 192
NET CARBS 144
FIBER 48
PROTEIN 128

CALORIES 1967
FAT 83
CARBOHYDRATES 183
NET CARBS 137
FIBER 44
PROTEIN 136

CALORIES 1944
FAT 86
CARBOHYDRATES 176
NET CARBS 140
FIBER 36
PROTEIN 141

CALORIES 1931
FAT 86
CARBOHYDRATES 179
NET CARBS 145
FIBER 34
PROTEIN 134

Day 22

Day 23

Day 24

Day 25

Day 26

Day 27

Day 28

BREAKFAST

¼ cup Trader Joe's Bran Flakes cereal
1 cup 2% milk
¼ banana, sliced
Scrambled Eggs:
3 eggs
2 eggs whites
¼ cup cheddar cheese, shredded

Breakfast Berry Banana Smoothie: See page 5 for recipe

Cinnamon Roll Overnight Oats: See page 5 for recipe
2 eggs, scrambled
2 T cheddar cheese, shredded

1 cup low-fat kefir, flavored
2 slices Healthy Life 100% Whole Wheat High Fiber Bread, toasted
2 T peanut butter
1 small apple, sliced

Sausage, Egg and Cheese Sandwich:
1 whole grain English muffin
3 eggs
1 slice 2% American cheese
2 turkey sausage patties
1 large nectarine

Greek Yogurt Parfait: Layer ingredients in a tall cup or bowl
1 ½ cups light Greek yogurt, vanilla
½ cups ancient grains granola cereal
2 T ground flax seed
¼ cup blueberries
¼ cup strawberries

French Toast: See page 5 for recipe
3 eggs, scrambled
¼ cup pomegranate

LUNCH

Kielbasa, Potatoes and Sauerkraut: See page 6 for recipe

1 Morning Star Black Bean Burger
¼ avocado, sliced
1 whole grain bun
1 large hard boiled egg
1 cup green beans
1 kiwifruit
1 container Skyr Icelandic Yogurt

4 Salmon Cakes: See page 7 for recipe
¾ cup quinoa
2 cups fresh or frozen asparagus, steamed

6 oz chicken breast, boneless, skinless
¾ cup lentils, boiled
Salad:
2 cups spring mix
½ cup mandarin oranges
¼ cup shaved almonds
1 oz reduced-fat feta cheese
2 T light vinaigrette dressing

1 ½ Greek Yogurt Chicken Salad: See page 6 for recipe
3 cups spring mix
10 Flackers Flax Seed Crackers
1 cup mixed berries

1 ½ cups Progresso High Fiber Homestyle Minestrone Soup
Spinach Salad with Chicken: See page 7 for recipe

1 cup Red Beans and Rice with Kielbasa: See page 7 for recipe
½ cup broccoli, steamed
1 ear corn, boiled

SNACKS

¾ cup strawberries
2 T light whipped cream mixed with ¼ cup light Greek yogurt, vanilla

1 ½ oz cheddar cheese
6 whole wheat crackers

1 oz Pulp Chips

1 container Skyr Icelandic Yogurt
1 ½ T chia seeds

1 oz Biena Chickpea Snacks

1 cup Halo Top Chocolate Ice Cream
2 T pecans, chopped

1 small apple, sliced
1 T almond butter
1 tsp cinnamon

DINNER

Chicken Fajitas: See page 8 for recipe

Stuffed Bell Peppers: See page 9 for recipe

Sautéed Herbed Carrots: See page 9 for recipe

6 oz beef tenderloin, fat trimmed
6 oz medium sweet potato, baked
1 whole grain dinner roll
2 tsp Smart Balance Extra Virgin Olive Oil
1 ½ cups cauliflower, steamed

6 oz pork tenderloin, roasted
Sautéed Kale:
2 cups kale, sautéed
1 T olive oil
Salt and pepper to taste

Whole Grain Pasta Salad: See page 9 for recipe

6 oz 90% lean beef patty, grilled
1 slice 2% American cheese
1 slice tomato
1 lettuce leaf
1 whole grain bun
1 cup Traders Joe's Sweet Potato Fries
3 T ketchup

2 caps Stuffed Portobello Mushrooms: See page 9 for recipe
5 Trader Joe's Turkey Meatballs
1 cup peas and carrots, steamed

6 oz trimmed pork loin, sautéed with rosemary and 1 tsp olive oil
½ seeded acorn squash, roasted with ½ T Smart Balance Extra Virgin Olive Oil
1 ½ cups steamed asparagus, corn, and carrots

Macronutrient Profile – Daily Totals

CALORIES 2010
FAT 87
CARBOHYDRATES 178
NET CARBS 134
FIBER 44
PROTEIN 133

CALORIES 1935
FAT 81
CARBOHYDRATES 187
NET CARBS 143
FIBER 44
PROTEIN 136

CALORIES 1950
FAT 83
CARBOHYDRATES 184
NET CARBS 147
FIBER 37
PROTEIN 155

CALORIES 2000
FAT 82
CARBOHYDRATES 188
NET CARBS 145
FIBER 43
PROTEIN 159

CALORIES 1927
FAT 82
CARBOHYDRATES 173
NET CARBS 137
FIBER 36
PROTEIN 141

CALORIES 1937
FAT 82
CARBOHYDRATES 184
NET CARBS 140
FIBER 44
PROTEIN 157

CALORIES 1959
FAT 88
CARBOHYDRATES 190
NET CARBS 153
FIBER 37
PROTEIN 128

Egg White Bites

Day 9 Breakfast

- 3 egg whites
 - 2 slices turkey bacon
 - ¼ cup broccoli, chopped into small florets
 - ¼ cup onions, chopped
 - ¼ green peppers, chopped
 - ¼ cup cheddar cheese
 - 2 T chia seeds
1. Fill all ingredients into cupcake-lined muffin pan evenly, adding the egg whites last.
 2. Bake on 350°F for 15-20 minutes or until cooked through.

Chia Pudding

Day 10 Breakfast

- ¼ cup chia seeds
 - ½ cup skim milk
 - Cinnamon to taste
 - ½ cup plain Greek yogurt, nonfat
 - 1 T cacao nibs
1. Mix first 2 ingredients for 1 minute.
 2. Let chia seeds and skim milk sit. The chia seeds will soak up the liquid, forming a gel.
 3. Mix together with remaining ingredients.

Egg White Sweet Potato Hash

Day 13 Breakfast

- 3 egg whites, scrambled
 - 1 medium sweet potato, cubed with skin
 - ¾ cup mushrooms
 - 1 cup spinach
 - 1 cup red bell pepper
1. Sauté veggies in nonstick cooking spray, starting with sweet potato, which will need extra time to cook.
 2. Add eggs and mix together with salt and pepper to taste.

Egg and Cheese Sandwich

Day 17 Breakfast

- 2 slices whole grain bread
- 1 T Smart Balance Extra Virgin Olive Oil
- 3 eggs
- 1 slice 2% American cheese

Egg and Veggie Scramble

Day 20 Breakfast

- 3 eggs
- ¼ cup bell peppers
- ¼ cup mushrooms
- ¼ cup onions, diced
- 1 cup spinach
- 3 T salsa

Breakfast Berry Banana Smoothie

Day 23 Breakfast

- ½ banana, frozen or fresh
 - ½ cup strawberries, frozen or fresh
 - ½ cup blueberries, frozen or fresh
 - 2 cups spinach
 - 1 cup 2% Greek yogurt, plain
 - 1 T chia seeds
 - 2 T flax seeds, ground
 - ½ cup almond milk, unsweetened
1. Blend all ingredients together.

Cinnamon Roll Overnight Oats

Day 24 Breakfast

- ½ cup oats
 - 3 T Greek yogurt, vanilla
 - ½ cup 2% milk
 - 1 tsp cinnamon
 - 1 tsp chia seeds
 - 2 tsp brown sugar
1. Combine all ingredients in container with lid and place in refrigerator overnight.
 2. Sprinkle with cinnamon and serve hot or cold.

French Toast

Day 28 Breakfast

- 2 slices Healthy Life 100% Whole Wheat High Fiber Bread
 - 1 egg, beaten
 - ½ cup 2% milk
 - ½ tsp vanilla
 - ½ tsp cinnamon
 - ¼ cup sugar-free maple syrup
1. Combine egg, milk, vanilla, and cinnamon in a bowl.
 2. Dip both sides of bread in mixture.
 3. Cook on stove until golden brown.

Power Salad

Day 8 Lunch

- 2 cups arugula
- ¼ cup feta cheese
- ¾ cup tofu
- ½ cup cucumber slices
- ½ cup red/purple onion, sliced
- 1 T sunflower seeds
- 2 T Bolthouse Farms Creamy Balsamic dressing

Fiesta Bowl

Day 11 Lunch

- ½ cup pinto beans
- ¼ cup brown rice
- 4 oz shredded chicken, broiled
- 1 cup spinach
- ¼ cup tomatoes, chopped
- ¼ cup peppers, chopped
- 2 T cheddar cheese
- 2 T salsa
- 2 T sour cream

Pesto Pasta

Day 15 Lunch

- 2 oz Trader Joe's Whole Grain Fusilli Pasta
 - 1 cup kale
 - 2 T Trader Joe's Basil Pesto
 - 6 oz baked chicken breast (skinless), diced
 - ¼ cup mozzarella cheese, shredded
1. Cook pasta and add kale for the last couple of minutes.
 2. Drain most of the water leaving a small amount.
 3. Add pesto and chicken and stir.
 4. Top with cheese.

Taco Soup

Day 16 Lunch

- 1 lb 93% ground beef, cooked
 - 10 oz frozen corn
 - 1 can black beans
 - 1 can kidney beans
 - 2 cans diced tomatoes
 - 1 small can diced green chilis
 - 1 package taco seasoning
 - ¼ cup cheddar cheese, shredded
 - ¼ cup 2% Greek yogurt, plain
 - 4 tortilla chips, crushed
1. Combine beef, corn, black beans, kidney beans, tomatoes, chilis, and taco seasoning.
 2. Add liquid from cans.
 3. Heat on stove and simmer for 1 hour.
 4. Top with cheese, yogurt, and crushed tortilla chips.

Pizza Stuffed Spaghetti Squash

Day 17 Lunch

- 3 lb spaghetti squash, halved and seeded
 - 2 T olive oil
 - 1 cup onion, chopped
 - 2 cloves garlic, minced
 - 8 oz package mushrooms, sliced
 - 1 cup bell pepper, chopped
 - 2 cups crushed tomatoes, no salt added
 - 1 tsp Italian seasoning
 - ½ tsp black pepper
 - ¼ tsp crushed red pepper
 - ¼ tsp salt
 - 1 cup part-skim mozzarella cheese, shredded
 - 2 T parmesan cheese, grated
 - 2 oz turkey pepperoni, halved
1. Cook spaghetti squash.
 2. Sauté onion, garlic, mushrooms, bell pepper in olive oil until tender in a sauce pan.
 3. Add crushed tomatoes to the pan with the Italian seasoning, red pepper, salt, and pepper. Simmer.
 4. Once spaghetti squash is cooked, use two forks to "shred" into spaghetti-like "noodles". Place in serving bowl.
 5. Top spaghetti squash with tomato sauce, mozzarella, parmesan, and turkey pepperoni.

Black Bean Burrito

Day 19 Lunch

- 1 ½ cup nonfat ricotta cheese
 - 2 T skim milk
 - ¾ cup red onion, chopped
 - 2 tsp cumin
 - 2 T coriander
 - 2 cups black beans, no salt added, rinsed and drained
 - 1 cup reduced fat Monterey jack cheese, shredded
 - 4 8-inch whole wheat tortillas
 - 2 tomatoes, sliced
1. Mix ricotta, milk, onion, cumin and coriander together.
 2. Add black beans and ½ cup shredded cheese.
 3. Wrap tortillas in paper towels and microwave for 10 seconds.
 4. Place tortillas on a plate and spread with ricotta cheese.
 5. Roll up and top with remaining ½ cup cheese.
 6. Microwave for 1 minute or until cheese melts.
 7. Cut in half crosswise and serve with sliced tomatoes.

Kielbasa, Potatoes & Sauerkraut

Day 22 Lunch

- 6 small red potatoes, cubed
 - 2 T canola oil
 - 1 small onion, halved and sliced
 - 1 ½ lb smoked sausage, cut into ¼ inch pieces
 - 1 16 oz package sauerkraut, rinsed and well drained
 - ¼ tsp pepper
- Makes 4 servings**
1. In a large skillet, sauté the potatoes in oil until lightly browned, 5-6 minutes.
 2. Stir in onion and sauté until tender, 3-4 minutes.
 3. Add the sausage, sauerkraut and pepper.
 4. Cook, uncovered, over medium heat until heated through, 4-5 minutes, stirring occasionally.

Salmon Cakes

Day 24 Lunch

1 14.75 oz can salmon, drained and flaked
 ½ cup Italian breadcrumbs
 ¼ cup fresh parsley, minced
 1 egg, beaten
 ½ onion, diced
 1 ½ tsp black pepper
 1 ½ tsp garlic powder
 3 T grated parmesan cheese
 1 T dijon mustard
 1 T lemon or lime juice
 3 T extra virgin olive oil

Serving Size: 4 Salmon Cakes

1. In a large bowl, mix all ingredients except oil.
2. Divide and shape into about 10 patties.
3. In a large skillet over medium heat, add olive oil and swirl to coat pan.
4. Fry salmon patties until browned, 4-5 minutes per side.
5. Cool slightly before serving.

Greek Yogurt Chicken Salad

Day 26 Lunch

1 ½ cup boneless, skinless chicken breast, cut into ½ inch cubes
 1 cup red grapes, halved
 ¾ cup celery, diced
 2 T green onions, thinly sliced
 ¼ cup sliced almonds, toasted
 ½ cup nonfat Greek yogurt, plain
 1 T skim milk
 1 tsp honey
 1 tsp salt
 ¼ tsp black pepper
 1 T chopped fresh dill

1. Combine chicken, grapes, celery, green onions, and almonds in a large bowl.
2. In a separate bowl, whisk together Greek yogurt, milk, honey, salt, and pepper. Optional: refrigerate for 2 hours or overnight.
3. Combine chicken mixture with yogurt mixture and sprinkle with fresh dill.

Spinach Salad with Chicken

Day 27 Lunch

6 oz chicken breast, diced
 2 cups spinach
 ¼ cup bell peppers
 2 T banana peppers
 ½ cup croutons
 ¼ cup mozzarella cheese, shredded
 3 T light Italian dressing

Red Beans and Rice with Kielbasa

Day 28 Lunch

¼ cup onion
 ¼ cup green bell pepper
 2 tsp garlic, minced
 1 tsp olive oil
 8 oz turkey kielbasa sausage, cut into ¼ inch slices
 ½ cup uncooked instant brown rice
 1 can red beans

Serving Size: 1 cup

1. Sauté onion, bell pepper, and garlic in olive oil over medium heat.
2. Add turkey sausage and cook until golden brown.
3. Cook rice and beans per instructions and mix everything together.

Chicken Quesadilla

Day 9 Dinner

2 wheat tortillas
 ¼ cup jalapeno peppers
 ¼ cup cheddar cheese
 6 oz shredded chicken, sautéed
 1 T olive oil
 ¼ cup onion
 ½ cup salsa

Chicken Piccata

Day 11 Dinner

6 oz chicken breast
 1 T olive oil
 2 T capers
 ½ cup lemon juice
 Salt + pepper to taste
 ½ cup dry whole wheat angel hair pasta
 2 cups chicken broth

1. Sauté chicken breast in oil and lemon juice, adding in capers.
2. Top with any extra lemon juice once finished.
3. Cook pasta in chicken broth for added flavor.
4. Place chicken on bed of pasta.

"Fried" Chicken

Day 12 Dinner

- 6 oz chicken breast
- 2 T ground flax seed
- 1 egg
- ½ cup panko bread crumbs
- ¼ cup parmesan cheese, shredded or grated
- ½ tsp dried oregano
- ¼ tsp ground cayenne pepper

1. Preheat oven to 375°F
2. Combine bread crumbs, parmesan cheese, and spices in a small bowl
3. Dip chicken in ground flax seed then egg then bread crumb mixture
4. Bake for 20-25mins or until internal temperature reaches 165°F

Korean Beef Bowl

Day 13 Dinner

- 6 oz 93% lean ground beef
- 2 T reduced-sodium soy sauce
- ½ tsp sesame oil
- ¼ tsp crushed red pepper flakes
- ¼ tsp ground ginger
- ½ T olive oil
- 1 clove garlic

- 1 stalk scallion, thinly slice
 - ½ cup sugar-snap peas
 - 1 tsp sesame seeds
 - ¼ cup almonds
 - 1 cup barley
1. In a small bowl, whisk together soy sauce, sesame oil, red pepper flakes and ginger.
 2. Heat olive oil in a large skillet over medium high heat.
 3. Add garlic and cook, stirring constantly until fragrant, about 1 minute.
 4. Add ground beef and cook until browned, about 3-5 minutes, making sure to crumble the beef as it cooks. Drain excess fat.
 5. Stir in soy sauce mixture and green onions until well combined, allowing to simmer until heated through, about 2 minutes.
 6. Top with scallions and almonds and serve atop barley.

Meatloaf

Day 15 Dinner

- 1 lb 93% lean ground beef
- 1 cup oats
- ½ cup ketchup
- ¾ cup shredded zucchini
- ¾ cup shredded carrot
- ¾ medium diced yellow onion, diced
- 1 egg

- 1 small diced jalapeño
 - 2 T ground flax seed
 - Salt
 - Pepper
 - Thyme
 - Basil
1. Combine beef, oats, ketchup, zucchini, carrot, onion, egg, jalapeño, flax seed.
 2. Season with salt, pepper, thyme, and basil.
 3. Transfer to greased baking loaf pan and flatten top.
 4. Drizzle with ketchup if desired.
 5. Bake at 350° for 50-55 minutes.
 6. Cut into 5 servings.

Sheet Pan Meal

Day 18 Dinner

- 6 oz salmon filet, baked
- 1 cup sweet potato, peeled, diced, and roasted
- 1 cup broccoli, roasted
- 1 cup mushrooms, sliced and roasted
- 1 cup Brussels sprouts, halved and roasted
- 1 T olive oil, brushed on vegetables
- Salt, pepper, and herbs to taste

1. Bake potatoes and Brussels on sheet pan for 10-15 minutes at 400° until starting to brown.
2. Remove from oven and add salmon and other vegetables.
3. Cook until salmon reaches internal temperature of 145° and vegetables are golden brown, about 10 minutes.

Sloppy Joe

Day 21 Dinner

- 1 lb 93% ground beef
- 1 onion, diced
- 4 cloves garlic, minced
- 1 red pepper, diced
- 1 can low-sodium red beans, drained and rinsed
- 1 ½ cups no salt added tomato sauce
- 2 T tomato paste
- 1 T red wine vinegar
- 1 T Worcestershire sauce
- 1 tsp mustard powder
- 1 jalapeño, diced
- Salt and pepper to taste
- 1 whole Grain Bun

Serving Size: 1 cup

1. Brown beef and onion in skillet, and drain grease.
2. Add the garlic, jalapeño, and red pepper and cook 5 minutes more, stirring occasionally.
3. Stir in the rest of the ingredients, and reduce heat to low.
4. Simmer for 5 minutes.
5. Place ¾ cup of the mixture onto a bun and serve.

Chicken Fajitas

Day 22 Dinner

- 6 oz chicken breast, cut into thin strips and mixed with fajita seasoning
- ½ cup red onion, halved and cut into strips
- ½ cup bell peppers, cut into strips
- 2 Mission Carb Balance Fajita Whole Wheat Tortillas
- ¼ cup guacamole
- ¼ cup cheddar cheese, shredded
- ¼ cup 2% Greek yogurt, plain

Stuffed Bell Peppers*Day 23 Dinner*

1 ½ lb 93% lean ground beef
 4 bell peppers
 2 T olive oil
 Salt and pepper to taste
 1 onion, diced
 2 cloves garlic, chopped
 1 medium zucchini, diced
 4 Roma tomatoes, seeded and diced,
 Red pepper flakes, to taste
 2 cups cooked brown rice
 1 ½ cups pepper Jack cheese, shredded
 Freshly chopped parsley

1. Preheat oven to 350°. Cut tops off peppers and discard stems and seeds; finely chop the tops and set aside. Place peppers in baking dish.
2. Cook ground beef and set aside.
3. Heat oil in large skillet over medium heat; add onions and peppers and cook until start to soften, 3-4 minutes.
4. Add garlic and zucchini and cook for another minute.
5. Add tomatoes and season with salt and pinch of red pepper flakes (if desired). Cook until heated through, then add beef and rice.
6. Stir in 1 cup cheese.
7. Fill peppers with beef/rice mixture and sprinkle with remaining ½ cup cheese. Pour small amount of water in baking dish and drizzle tops of peppers with small amount of olive oil. Cover with foil and bake 30 minutes.
8. Uncover and bake for additional 15-20 minutes.
9. Garnish with parsley before serving.

Sautéed Herbed Carrots*Day 23 Dinner*

1 cup carrots, sliced
 Herbs of choice (parsley, dill, or thyme)
 1 T balsamic vinegar

1. Sauté carrots in skillet until soft.
2. Season with herbs.
3. Drizzle with balsamic vinegar.

Whole Grain Pasta Salad*Day 25 Dinner*

½ cup whole wheat noodles
 ¼ cup light Italian dressing
 3 T parmesan cheese, grated
 ¼ cup tomatoes, chopped
 ¼ cup cucumber, chopped

1. Cook pasta and let cool completely.
2. Mix pasta with all other ingredients.

Stuffed Portobello Mushrooms*Day 27 Dinner*

2 portobello mushroom caps
 Olive oil cooking spray
 ½ tsp salt, divided
 ¼ tsp pepper, divided
 ½ cup spinach, chopped
 1 T olive oil, divided
 ½ small onion, chopped
 ½ T garlic, minced
 2 T parmesan cheese, grated

1. Remove mushroom stems and wipe clean.
2. Spray with cooking spray and sprinkle with salt and pepper.
3. Broil for 5 minutes on each side.
4. In a small skillet, sauté onion for about 5 minutes.
5. Add garlic and spinach, and cook 1-2 minutes.
6. Season with salt and pepper, and allow to cool.
7. Mix in parmesan cheese.
8. Fill mushroom caps with mixture and broil for an additional 2-3 minutes, until golden brown.