



BREAKFAST

Berry Cheesecake Chia Bowl

1 serving
10 min prep + 2 hr chill



Ingredients

- $\frac{3}{4}$ cup plain whole-milk Greek yogurt (170 g)
- $\frac{1}{2}$ cup cottage cheese (113 g)
- 1 tbsp chia seeds (12 g)
- $\frac{1}{4}$ cup raspberries (31 g)
- $\frac{1}{4}$ tsp vanilla extract
- Cinnamon, to taste

Directions

- 1** Blend yogurt, cottage cheese, and vanilla until smooth.
- 2** Stir in chia seeds. Cover and refrigerate for at least 2 hours or overnight.
- 3** Top with raspberries and cinnamon before serving.

Kitchen note

Choose plain, unsweetened dairy products. Make the night before for an easy breakfast.

Estimated nutrition per serving

353

Calories

30.2 g

Protein

17.2 g

Fat

19.5 g

Total carbs

6.1 g

Fiber

13.3 g

Net carbs

Estimates vary by brand and portion. Net carbs = total carbohydrate minus fiber. Meat weights are raw unless noted; all listed oil and toppings are included.



LUNCH

Chicken & Avocado Crunch Salad

1 serving
15 minutes



Ingredients

- 4 oz cooked chicken breast (113 g)
- 2 cups chopped romaine (94 g)
- ½ cup chopped cucumber (52 g)
- ¼ cup cherry tomatoes (37 g)
- ¼ avocado (50 g flesh)
- 1 tbsp pumpkin seeds (10 g)
- 2 tsp olive oil
- 1 tbsp lemon juice
- Garlic powder, dill, salt, and pepper

Directions

- 1** Chop chicken and vegetables. Place in a bowl with avocado.
- 2** Whisk olive oil, lemon juice, and seasonings together.
- 3** Toss salad with dressing and sprinkle with pumpkin seeds.

Kitchen note

For meal prep, pack dressing and avocado separately. Chicken weight is cooked.

Estimated nutrition per serving

436

Calories

40.9 g

Protein

25.8 g

Fat

12.8 g

Total carbs

6.7 g

Fiber

6.1 g

Net carbs

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DINNER

Lemon Garlic Chicken with Green Beans & Cauliflower

1 serving
35 minutes



Ingredients

- 5 oz raw chicken breast (142 g)
- $\frac{3}{4}$ cup green beans (75 g)
- 1 cup cauliflower florets (107 g)
- 1 tbsp olive oil, divided
- 1 tbsp lemon juice
- 1 garlic clove, minced
- $\frac{1}{2}$ tsp Italian seasoning
- Salt and pepper, to taste

Directions

- 1** Heat oven to 425°F. Toss vegetables with half the oil and spread on a rimmed sheet pan.
- 2** Coat chicken with remaining oil, lemon juice, garlic, and seasonings. Add to the pan.
- 3** Roast for 20–25 minutes, until chicken reaches 165°F in the thickest part and vegetables are tender.

Kitchen note

Cut cauliflower into small, even florets. Use a thin chicken breast for more even cooking.

Estimated nutrition per serving

348

Calories

35.6 g

Protein

17.7 g

Fat

12.6 g

Total carbs

4.3 g

Fiber

8.3 g

Net carbs

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DINNER

Turkey Taco Lettuce Bowls

1 serving
25 minutes



Ingredients

- 5 oz raw 93% lean ground turkey (142 g)
- ¼ cup diced bell pepper (37 g)
- 2 tbsp diced onion (20 g)
- ¼ cup canned diced tomatoes (60 g)
- 1 tsp olive oil
- 1 tsp chili powder
- ½ tsp cumin; ¼ tsp garlic powder
- 2 cups shredded romaine (94 g)
- ¼ avocado (50 g flesh)
- 2 tbsp plain Greek yogurt (30 g)

Directions

- 1** Heat oil in a skillet over medium heat. Add turkey, pepper, and onion; cook, breaking up the meat.
- 2** Add tomatoes and spices. Simmer until turkey reaches 165°F.
- 3** Serve over romaine with avocado and Greek yogurt.

Kitchen note

Use canned tomatoes with no added sugar. Nutrition includes all toppings.

Estimated nutrition per serving

453

Calories

37.1 g

Protein

24.4 g

Fat

17.4 g

Total carbs

8.3 g

Fiber

9.1 g

Net carbs

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DINNER

Ginger Chicken & Cabbage Skillet

1 serving
25 minutes



Ingredients

- 6 oz raw chicken breast, sliced (170 g)
- 1½ cups shredded cabbage (105 g)
- ½ cup sliced mushrooms (35 g)
- ¼ cup sliced bell pepper (37 g)
- 1 tbsp olive or avocado oil
- 1 tbsp reduced-sodium soy sauce
- 1 tbsp water; 1 tsp rice vinegar
- ½ tsp grated ginger
- 1 garlic clove, minced

Directions

- 1** Heat oil in a skillet over medium-high heat. Add chicken and cook, stirring.
- 2** Add cabbage, mushrooms, and pepper. Cook until tender and chicken reaches 165°F.
- 3** Stir in soy sauce, water, vinegar, ginger, and garlic. Heat through and serve.

Kitchen note

Slice chicken thinly so it cooks quickly. Choose unseasoned rice vinegar with no added sugar.

Estimated nutrition per serving

383

Calories

42.6 g

Protein

18.4 g

Fat

11.6 g

Total carbs

4 g

Fiber

7.6 g

Net carbs

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DESSERT

Chocolate Almond Butter Cups

8 mini cups • 1 cup per serving
10 min prep + 30–45 min freeze



Ingredients

- ½ cup almond butter, no added sugar (128 g)
- 2 tbsp coconut oil, melted (27 g)
- 2 tbsp unsweetened cocoa powder (10 g)
- ½ tsp vanilla extract
- Pinch of salt
- Optional: powdered monk fruit or erythritol, to taste
- 1 tbsp chopped almonds (9 g)

Directions

- 1** Stir almond butter, melted coconut oil, cocoa, vanilla, salt, and optional sweetener until combined.
- 2** Divide evenly among 8 lined mini muffin cups. Sprinkle with chopped almonds.
- 3** Freeze for 30–45 minutes, until firm. Store refrigerated; cups soften at room temperature.

Kitchen note

Nutrition is for 1 of 8 cups and excludes optional sweetener. Sweetener blends can change carbohydrate values.

Estimated nutrition per serving

138

Calories

3.8 g

Protein

13 g

Fat

4 g

Total carbs

2.3 g

Fiber

1.8 g

Net carbs

Estimates vary by brand and portion. Net carbs = total carbohydrate minus fiber. Meat weights are raw unless noted; all listed oil and toppings are included.