

# Sample Weekly Meal Plan

CONSULT YOUR DOCTOR BEFORE MAKING MAJOR CHANGES TO YOUR DIET.

THIS IS A GUIDELINE FOR INSPIRATION. ADJUST AS NEEDED.

EACH GROCERY LIST WILL VARY DEPENDING ON FAMILY SIZE AND PORTIONS PURCHASED.

	BREAKFAST	LUNCH	DINNER	SNACKS
DAY 1	TURKEY KEILBASA & EGGS	COBB SALAD	MARINARA & ZUCCHINI	MIXED BERTHOLES SNACK PEMS
DAY 2	OPTIONZ! WAFFLES	TURKEY TACO SALAD	TURKEY CHILI	SUGAR FREE JELLO PUDDING OR OPTIONZ COOKIES
DAY 3	SAUSAGE & EGGS	CHICKEN SALAD	BBQ CHICKEN & BRUSSELS	SUGAR FREE BEEF JERKY OR TRAIL MIX
DAY 4	DENVER OMELETTE	ANTIPASTO SALAD	PUFFALO CHK NUGGETS CELERY CARROTS	PORK RINDS OR QUEST CHIPS
DAY 5	BACON & EGGS	SESAME CHOP SALAD	CHICKEN OR STEAK FAJITAS	ANTIPASTO OR ROLLUPS
WILD CARD	BREAKFAST WILDCARD	LUNCH WILD CARD	DINNER WILD CARD	SNACK WILD CARD
WILD CARD	BREAKFAST WILD CARD	LUNCH WILD CARD	DINNER WILD CARD	SNACK WILD CARD

# TURKEY KEILBASA & FRIED EGGS

## **\*\*Ingredients:\*\***

- 1 turkey kielbasa sausage (about 12 oz)
- 1 small onion, finely chopped
- 1 cup fresh spinach, roughly chopped
- 2 large eggs
- 1 tablespoon olive oil or butter, plus more as needed
- Salt and pepper to taste
- Optional: chopped fresh parsley or chives for garnish
- Optional: hot sauce or ketchup for serving

## **\*\*Instructions:\*\***

### 1. **\*\*Prepare the Kielbasa:\*\***

- 1.1. Slice the turkey kielbasa into 1/4-inch thick rounds.
- 1.2. Heat a skillet over medium heat and add a splash of olive oil or a small pat of butter.
- 1.3. Once the oil is hot (or the butter is melted), add the kielbasa slices in a single layer. Cook for 3-4 minutes on each side, or until they are browned and slightly crispy. Remove from the skillet and set aside.

### 2. **\*\*Cook the Onions and Spinach:\*\***

- 2.1. In the same skillet, add a bit more olive oil or butter if needed.
- 2.2. Add the finely chopped onion and cook for 3-4 minutes, stirring occasionally, until the onions are softened and lightly caramelized.
- 2.3. Add the chopped spinach to the skillet with the onions. Cook for 1-2 minutes, or until the spinach is wilted. Season with a pinch of salt and pepper. Remove from the skillet and set aside with the kielbasa.

### 3. **\*\*Cook the Eggs:\*\***

- 3.1. In the same skillet, add a small amount of oil or butter if needed.
- 3.2. Heat over medium heat. Crack the eggs into the skillet. Let them cook undisturbed for about 2 minutes, or until the whites are set but the yolks are still runny.
- 3.3. Carefully flip the eggs using a spatula and cook for an additional 1-2 minutes for medium yolks. Adjust the cooking time to your preference for runniness.
- 3.4. Season the eggs with salt and pepper.

### 4. **\*\*Assemble the Dish:\*\***

- 4.1. Arrange the cooked kielbasa slices, sautéed onions, and spinach on a plate.
- 4.2. Top with the fried eggs.

### 5. **\*\*Optional Garnish and Serve:\*\***

- 5.1. Sprinkle with chopped fresh parsley or chives if desired.
- 5.2. Serve with hot sauce or ketchup on the side, if you like.

**\*\*Enjoy your flavorful and nutritious breakfast!\*\***

# OPTIONZ! WAFFLES

## **\*\*Ingredients:\*\***

- 6 large eggs
- 1 1/2 cups almond flour
- 3/4 to 1 cup sweetener (adjust to taste)
- 1 1/2 cups grated mozzarella cheese
- 1 teaspoon vanilla extract
- 1 teaspoon ground cinnamon
- 1 teaspoon baking powder
- Oil spray

## **\*\*Glaze:\*\***

- 1/2 cup sugar-free preserves or jam

## **\*\*Toppings (optional):\*\***

- Strawberries, Blueberries, Blackberries, Raspberries

## **\*\*Instructions:\*\***

### 1. **\*\*Preheat the Waffle Iron:\*\***

- Heat your DASH Waffle Iron according to the manufacturer's instructions.

### 2. **\*\*Prepare the Waffle Batter:\*\***

- In a large bowl, combine the eggs, almond flour, sweetener, grated mozzarella, vanilla extract, cinnamon, and baking powder. Mix until well combined.

### 3. **\*\*Prepare the Waffle Iron:\*\***

- Lightly spray the waffle iron with oil spray to prevent sticking.

### 4. **\*\*Cook the Waffles:\*\***

- Pour approximately 1/4 cup of batter onto the preheated waffle iron for each waffle. Close the waffle iron and cook for 1-3 minutes, or until the waffles are golden brown and crisp. (Cooking times may vary depending on your waffle iron.)

### 5. **\*\*Cool and Glaze:\*\***

- Allow the waffles to cool for about 5 minutes on a wire rack to maintain their crispness.
- Heat the sugar-free preserves or jam in the microwave for about 1 minute, until warmed and pourable.

### 6. **\*\*Serve:\*\***

- Drizzle the warmed glaze over the waffles.
- Top with your choice of fresh strawberries, blueberries, blackberries, or raspberries.

**\*\*Tip:\*\*** Avoid opening the waffle iron before 1 minute to ensure the waffles cook properly. For an extra flavor twist, you can add 1/4 cup of pumpkin to the batter to help balance the sweetness. Enjoy your sweet waffles!

# SAUSAGE & EGGS

## **\*\*Ingredients:\*\***

- 4 breakfast sausage links (pork, turkey, or your choice)
- 4 large eggs
- 1 tablespoon olive oil or butter
- Salt and pepper to taste
- Optional: fresh herbs like parsley or chives for garnish

## **\*\*Instructions:\*\***

### 1. **\*\*Cook the Sausage:\*\***

- Preheat a skillet over medium heat.
- Add the sausage links to the skillet. Cook for about 10-12 minutes, turning occasionally, until the sausages are browned and cooked through. The internal temperature should reach 160°F (71°C).
- Remove the sausages from the skillet and set them aside to keep warm.

### 2. **\*\*Prepare the Eggs:\*\***

- In the same skillet, reduce the heat to medium-low and add 1 tablespoon of olive oil or butter.
- Once the oil or butter is hot, crack the eggs into the skillet.
  - **\*\*For sunny-side up eggs:\*\*** Cook for 2-3 minutes, or until the whites are fully set while the yolks remain runny. Season with salt and pepper.
  - **\*\*For over-easy eggs:\*\*** Cook the eggs until the whites are mostly set, then carefully flip them and cook for an additional 1-2 minutes for slightly firmer yolks. Season with salt and pepper.
  - **\*\*For scrambled eggs:\*\*** Whisk the eggs with a pinch of salt and pepper in a bowl. Pour them into the skillet and cook, stirring frequently, until they reach your desired consistency.

### 3. **\*\*Serve:\*\***

- Place the cooked sausage links on plates.
- Add the eggs beside the sausages.
- Garnish with chopped fresh herbs like parsley or chives if desired.

Enjoy your classic sausage and eggs breakfast!

# BACON & EGGS

## **\*\*Ingredients:\*\***

- 4 slices of bacon
- 4 large eggs
- 1 tablespoon olive oil or butter (optional, for cooking eggs)
- Salt and pepper to taste
- Optional: fresh herbs like parsley or chives for garnish

## **\*\*Instructions:\*\***

### 1. **\*\*Cook the Bacon:\*\***

- Preheat a skillet over medium heat.
- Add the bacon slices to the skillet. Cook for about 6-8 minutes, turning occasionally, until the bacon is crispy and browned. The exact cooking time may vary based on thickness and your preference for crispiness.
- Remove the bacon from the skillet and place it on a paper towel-lined plate to drain excess grease.

### 2. **\*\*Prepare the Eggs:\*\***

- If needed, remove excess bacon grease from the skillet, leaving just a thin layer. Alternatively, add 1 tablespoon of olive oil or butter to the skillet.
- Reduce the heat to medium-low. Crack the eggs into the skillet.
  - **\*\*For sunny-side up eggs:\*\*** Cook for 2-3 minutes, or until the whites are fully set while the yolks remain runny. Season with salt and pepper.
  - **\*\*For over-easy eggs:\*\*** Cook the eggs until the whites are mostly set, then carefully flip them and cook for an additional 1-2 minutes for slightly firmer yolks. Season with salt and pepper.
  - **\*\*For scrambled eggs:\*\*** Whisk the eggs with a pinch of salt and pepper in a bowl. Pour them into the skillet and cook, stirring frequently, until they reach your desired consistency.

### 3. **\*\*Serve:\*\***

- Place the crispy bacon slices on plates.
- Add the cooked eggs beside the bacon.
- Garnish with chopped fresh herbs like parsley or chives if desired.

Enjoy your delicious bacon and eggs breakfast!

# DENVER OMELETTE

## **\*\*Ingredients:\*\***

- 3 large eggs
- 1/4 cup milk
- 1/2 cup precooked mini diced ham
- 1/2 cup shredded cheddar cheese
- 1/4 cup diced green bell pepper
- 1/4 cup diced onion
- 1/4 cup diced tomatoes (optional)
- 1 tablespoon butter or oil
- Salt and pepper to taste

## **\*\*Instructions:\*\***

### 1. **\*\*Prepare the Ingredients:\*\***

- Dice the green bell pepper, onion, and tomatoes if you're using them.

### 2. **\*\*Cook the Vegetables:\*\***

- Heat a nonstick skillet over medium heat and add the butter or oil.
- Add the diced onion and bell pepper to the skillet. Sauté for 3-4 minutes, or until the vegetables are tender.
- If using tomatoes, add them and cook for an additional 1 minute. Remove the vegetables from the skillet and set aside.

### 3. **\*\*Prepare the Egg Mixture:\*\***

- In a bowl, whisk together the eggs, milk, salt, and pepper until well combined.

### 4. **\*\*Cook the Omelette:\*\***

- Wipe out the skillet and return it to medium heat. Add a small amount of butter or oil if needed.
- Pour the egg mixture into the skillet. Let it cook undisturbed for about 1-2 minutes, or until the edges start to set.
- As the eggs start to set, gently lift the edges with a spatula and tilt the skillet to allow uncooked egg to flow to the edges.

### 5. **\*\*Add Fillings:\*\***

- Once the eggs are mostly set but still slightly runny on top, evenly distribute the precooked mini diced ham, sautéed vegetables, and shredded cheddar cheese over one half of the omelette.

### 6. **\*\*Fold and Finish:\*\***

- Carefully fold the other half of the omelette over the fillings.
- Cook for an additional 1-2 minutes, or until the cheese is melted and the omelette is fully cooked through.
- Gently slide the omelette onto a plate.

### 7. **\*\*Garnish and Serve:\*\***

- Garnish with chopped fresh chives or parsley if desired.
- Serve immediately.

Enjoy your delicious Denver Omelette!

# COBB SALAD

## **\*\*Ingredients:\*\***

- 1 rotisserie chicken (about 2-3 cups of meat, shredded or chopped)
- 6 cups mixed salad greens (such as romaine, spinach, and arugula)
- 1 cup cherry tomatoes, halved
- 1 avocado, diced
- 1/2 cup crumbled blue cheese (or feta cheese if preferred)
- 4 slices cooked bacon, crumbled
- 2 hard-boiled eggs, chopped
- 1/4 cup red onion, thinly sliced (optional)
- 1/4 cup black olives, sliced (optional)
- 1/4 cup your favorite salad dressing (e.g., ranch, blue cheese, or balsamic vinaigrette)
- Salt and pepper to taste

## **\*\*Instructions:\*\***

### 1. **\*\*Prepare the Ingredients:\*\***

- Shred or chop the rotisserie chicken into bite-sized pieces.
- Cook and crumble the bacon if not already done.
- Slice the cherry tomatoes, dice the avocado, and chop the hard-boiled eggs.
- Slice the red onion and black olives if using.

### 2. **\*\*Assemble the Salad:\*\***

- In a large salad bowl or individual serving plates, layer the mixed salad greens as the base.
- Arrange the shredded rotisserie chicken evenly over the greens.
- Add the cherry tomatoes, avocado, crumbled blue cheese, crumbled bacon, and chopped hard-boiled eggs on top.
- Scatter the red onion slices and black olives over the salad if desired.

### 3. **\*\*Dress and Season:\*\***

- Drizzle the salad with your chosen dressing.
- Season with salt and pepper to taste.
- Toss gently to combine, or serve as a composed salad with dressing on the side.

### 4. **\*\*Serve:\*\***

- Serve immediately or refrigerate for later. The salad is best enjoyed fresh.

**\*\*Enjoy your Easy Cobb Salad!\*\***

# TURKEY TACO SALAD

## **\*\*Ingredients:\*\***

- 1 lb ground turkey
- 1 tablespoon olive oil
- 2 tablespoons taco seasoning
- 1 cup water
- 6 cups chopped romaine lettuce
- 1 cup cherry tomatoes, halved
- 1 avocado, diced
- 1 cup shredded cheddar cheese
- 1/2 cup red onion, diced
- 1/4 cup fresh cilantro, chopped
- 1/2 cup crushed tortilla chips (optional)
- Lime wedges for serving
- Salsa or your favorite dressing for serving

## **\*\*Instructions:\*\***

### 1. **\*\*Cook the Ground Turkey:\*\***

- Heat olive oil in a large skillet over medium heat.
- Add the ground turkey and cook, breaking it apart with a spatula, until it is fully cooked and no longer pink, about 6-8 minutes.
- Drain any excess fat if necessary.
- Stir in the taco seasoning mix and water (or homemade taco seasoning with 1 cup water). Simmer for about 5 minutes until the mixture is heated through and the sauce has thickened. Remove from heat.

### 2. **\*\*Prepare the Salad Base:\*\***

- In a large salad bowl, layer the chopped romaine lettuce as the base.

### 3. **\*\*Add Salad Toppings:\*\***

- Top the lettuce with cooked ground turkey, cherry tomatoes, black beans, diced avocado, shredded cheddar cheese, and diced red onion.
- Sprinkle with fresh cilantro.

### 4. **\*\*Finish and Serve:\*\***

- If using, sprinkle crushed tortilla chips over the top for added crunch.
- Serve with lime wedges for a fresh squeeze of lime juice.
- Drizzle with salsa or your favorite salad dressing.

**\*\*Enjoy your flavorful Ground Turkey Taco Salad!\*\***



# CHICKEN SALAD

## **\*\*Ingredients:\*\***

- 1 (12.5 oz) can chicken breast, drained
- 2-4 tablespoons mayonnaise (adjust to taste)
- Salt and pepper to taste (optional)
- 1 teaspoon chicken seasoning or flavoring (optional)
- 1/2 cup chopped celery
- 1/2 cup unsweetened dried cranberries (available on Amazon)
- Lettuce leaves (for serving, optional)
- Fresh herbs like parsley or chives for garnish (optional)

## **\*\*Instructions:\*\***

### 1. **\*\*Prepare the Chicken Salad:\*\***

- In a medium bowl, combine the drained canned chicken and mayonnaise. Mix until well combined.
- Season with salt, pepper, and chicken seasoning (if using), adjusting to taste.
- Stir in the chopped celery and dried cranberries until evenly mixed.

### 2. **\*\*Serve:\*\***

- For a simple presentation, you can serve the chicken salad over a bed of lettuce leaves.
- Garnish with fresh herbs like parsley or chives if desired.
- Enjoy as a standalone salad or with your choice of sides.

This easy Chicken Salad is perfect for a quick lunch or light dinner. Feel free to customize it with additional ingredients or seasoning to suit your taste!

# ANTIPASTO SALAD

## **\*\*Ingredients:\*\***

- 1 cup carrots, chopped
- 1 head broccoli, chopped
- 1 head cauliflower, chopped
- 1 cup kalamata olives
- 1/2 cup mini pepperoni slices
- 24 slices salami, quartered
- 1 cup Parmesan cheese, grated
- 24 grape tomatoes, halved
- 4 tablespoons fresh parsley, chopped
- **\*\*For the Red Wine Dressing:\*\***
  - 2/3 cup extra virgin olive oil
  - 1 1/3 cup red wine vinegar
  - 2 tablespoons Dijon mustard
  - 2 teaspoons Italian seasoning
- Salt and pepper to taste

## **\*\*Instructions:\*\***

### 1. **\*\*Prepare the Vegetables:\*\***

- In a large microwavable bowl, add the chopped cauliflower, broccoli, and carrots with 2 tablespoons of water.
- Microwave for 1-3 minutes, or until the vegetables are slightly tender. Drain any excess water and set aside to cool.

### 2. **\*\*Assemble the Salad:\*\***

- In a large mixing bowl, combine the kalamata olives, mini pepperoni slices, quartered salami, grated Parmesan cheese, halved grape tomatoes, and chopped parsley.
- Add the partially cooked vegetables to the bowl and mix everything together.

### 3. **\*\*Make the Red Wine Dressing:\*\***

- In a small bowl or jar, whisk together the extra virgin olive oil, red wine vinegar, Dijon mustard, and Italian seasoning.
- Season with salt and pepper to taste.

### 4. **\*\*Dress the Salad:\*\***

- Pour the red wine dressing over the salad and toss gently to coat all the ingredients evenly.

### 5. **\*\*Serve:\*\***

- Enjoy immediately or refrigerate until ready to serve. The salad can be served chilled or at room temperature.

**\*\*Optional:\*\*** You can use your favorite Italian or Greek dressing in place of the red wine dressing if preferred.

Enjoy your Antipasto Veggie Salad!

# SESAME CHOP SALAD

## **\*\*Ingredients:\*\***

- **\*\*For the Dressing:\*\*** (or your favorite Sesame dressing)
  - 2 tablespoons rice vinegar
  - 6 tablespoons soy sauce
  - 2 tablespoons sesame oil
  - 1 teaspoon hot chili oil
  - 2 tablespoons olive oil
  - 1 teaspoon garlic powder
  - 1 tablespoon brown sugar substitute
- **\*\*For the Salad:\*\***
  - 1 chicken breast, thinly diced and cooked in olive oil, seasoned with salt and pepper
  - Chopped romaine lettuce
  - Coleslaw blend (with kale and carrots)
  - Fresh cilantro, chopped
  - Red bell pepper, sliced
  - Bean sprouts
  - Sesame seeds

## **\*\*Instructions:\*\***

1. **\*\*Prepare the Salad:\*\***
  - In a large bowl or on a serving plate, arrange the chopped romaine lettuce, coleslaw blend, fresh cilantro, sliced red bell pepper, and bean sprouts.
2. **\*\*Cook the Chicken:\*\***
  - Dice the chicken breast thinly and cook in olive oil until fully cooked. Season with salt and pepper to taste.
3. **\*\*Make the Dressing:\*\***
  - In a shaker jar or a small bowl, combine rice vinegar, soy sauce, sesame oil, hot chili oil, olive oil, garlic powder, and brown sugar substitute.
  - Shake or whisk until well combined.
4. **\*\*Assemble the Salad:\*\***
  - Top the prepared salad with the cooked chicken.
  - Drizzle the dressing over the salad.
  - Sprinkle with sesame seeds.
5. **\*\*Serve:\*\***
  - Serve immediately or chill until ready to serve.

**\*\*Optional:\*\*** For a low-carb option, use a low-carb Asian dressing.

Enjoy your Asian Chicken Salad with Sesame Dressing!

# BEEF MARINARA & ZUCCHINI

## **\*\*Ingredients:\*\***

- 1 lb ground beef
- 1 large onion, diced
- 1 bell pepper, diced (any color)
- 1 medium zucchini, diced
- 1 jar (about 24 oz) sugar-free marinara sauce
- 2 tablespoons olive oil
- Salt and pepper to taste
- Optional: 1 teaspoon dried Italian seasoning or dried basil for added flavor
- 1/2 cup grated Parmesan cheese or shredded mozzarella cheese (or a blend of both)

## **\*\*Instructions:\*\***

### 1. **\*\*Cook the Ground Beef:\*\***

- In a large skillet or saucepan, heat the olive oil over medium heat.
- Add the ground beef and cook, breaking it apart with a spatula, until browned and cooked through, about 6-8 minutes.
- Drain excess fat if needed, and season with salt and pepper to taste. Set the beef aside in a bowl.

### 2. **\*\*Sauté the Vegetables:\*\***

- In the same skillet, add a bit more olive oil if needed.
- Add the diced onion and bell pepper to the skillet. Sauté for about 4-5 minutes, or until the vegetables are softened and the onion is translucent.
- Add the diced zucchini and cook for an additional 3-4 minutes, or until the zucchini is tender.

### 3. **\*\*Combine with Marinara Sauce:\*\***

- Return the cooked ground beef to the skillet with the vegetables.
- Pour in the jar of sugar-free marinara sauce and stir to combine everything thoroughly.
- If using, add dried Italian seasoning or dried basil for extra flavor.

### 4. **\*\*Simmer:\*\***

- Reduce the heat to low and let the sauce simmer for 10-15 minutes, allowing the flavors to meld together. Stir occasionally.

### 5. **\*\*Add Cheese:\*\***

- Sprinkle the grated Parmesan cheese or shredded mozzarella cheese over the top of the simmering sauce.
- Cover the skillet and let the cheese melt, about 2-3 minutes.

### 6. **\*\*Serve:\*\***

- Serve the marinara sauce with melted cheese over your favorite pasta, zucchini noodles, or as a topping for a variety of dishes. Enjoy!

This hearty marinara with a cheesy topping adds a delicious finishing touch to the dish!

# TURKEY CHILI

## **\*\*Ingredients:\*\***

- 1 lb ground turkey
- 1 large onion, diced
- 1 bell pepper, diced (any color)
- 1 cup Pace Picante Sauce
- 1 (8 oz) can tomato sauce
- 1 cup water
- 1 medium zucchini, diced
- 2 tablespoons olive oil
- 1 teaspoon garlic powder
- 1 teaspoon ground cumin
- 1/2 teaspoon chili powder (adjust to taste)
- Salt and pepper to taste

## **\*\*Instructions:\*\***

### 1. **\*\*Cook the Ground Turkey:\*\***

- Heat olive oil in a large pot or Dutch oven over medium heat.
- Add the ground turkey and cook, breaking it apart with a spatula, until browned and fully cooked, about 6-8 minutes.
- Drain any excess fat if necessary.

### 2. **\*\*Sauté the Vegetables:\*\***

- Add the diced onion and bell pepper to the pot with the turkey.
- Sauté for about 5 minutes, or until the vegetables are softened and the onion is translucent.
- Add the diced zucchini and cook for an additional 3 minutes.

### 3. **\*\*Add the Sauces and Seasonings:\*\***

- Stir in the Pace Picante Sauce, tomato sauce, and water.
- Add the garlic powder, ground cumin, chili powder, salt, and pepper.
- Mix well to combine all ingredients.

### 4. **\*\*Simmer:\*\***

- Bring the chili to a simmer.
- Reduce the heat to low and let it cook for 20-25 minutes, stirring occasionally, until the flavors are well combined and the chili has thickened.

### 5. **\*\*Adjust Seasoning and Serve:\*\***

- Taste and adjust seasoning with additional salt, pepper, or chili powder if desired.
- Serve hot, and enjoy your Turkey Chili!

**\*\*Optional:\*\*** Garnish with fresh herbs, shredded cheese, or a dollop of sour cream if desired.

Enjoy your hearty and flavorful Turkey Chili!

# AIR FRYER BBQ CHICKEN & BRUSSELS

## **\*\*Ingredients:\*\***

- **\*\*For the BBQ Chicken Thighs:\*\***
  - 4 chicken thighs, bone-in and skin-on
  - 1 cup sugar-free BBQ sauce
  - 1 tablespoon olive oil
  - 1 teaspoon smoked paprika
  - 1/2 teaspoon garlic powder
  - 1/2 teaspoon onion powder
  - Salt and pepper to taste
- **\*\*For the Garlic Parmesan Brussels Sprouts:\*\***
  - 1 lb Brussels sprouts, trimmed and halved
  - 2 tablespoons olive oil
  - 2 cloves garlic, minced
  - Salt and pepper to taste
  - 2 tablespoons grated Parmesan cheese

## **\*\*Instructions:\*\***

1. **\*\*Preheat Air Fryer:\*\***
  - Preheat your air fryer to 400°F (200°C) for about 3-5 minutes.
2. **\*\*Prepare the Chicken Thighs:\*\***
  - Pat the chicken thighs dry with paper towels.
  - Rub the chicken thighs with olive oil.
  - Season with smoked paprika, garlic powder, onion powder, salt, and pepper.
  - Brush with a thin layer of the sugar-free BBQ sauce (reserve some sauce for later).
3. **\*\*Air Fry the Chicken Thighs:\*\***
  - Place the chicken thighs in the air fryer basket in a single layer, making sure they are not overcrowded.
  - Air fry at 400°F (200°C) for 15 minutes.
  - Flip the chicken thighs and brush with a little more BBQ sauce.
  - Continue to air fry for another 10-15 minutes, or until the chicken reaches an internal temperature of 165°F (74°C) and the skin is crispy.
4. **\*\*Prepare the Brussels Sprouts:\*\***
  - While the chicken is cooking, prepare the Brussels sprouts.
  - In a large bowl, toss the halved Brussels sprouts with olive oil, minced garlic, salt, and pepper.
  - Preheat a second air fryer or wait until the chicken is done.
5. **\*\*Air Fry the Brussels Sprouts:\*\***
  - Place the Brussels sprouts in the air fryer basket in a single layer.
  - Air fry at 400°F (200°C) for 10-12 minutes, shaking the basket halfway through cooking.
  - After cooking, sprinkle the grated Parmesan cheese over the Brussels sprouts and air fry for an additional 2-3 minutes, until the cheese is melted and slightly crispy.
6. **\*\*Serve:\*\***
  - Remove both the chicken thighs and Brussels sprouts from the air fryer.
  - Serve the BBQ chicken thighs with the Garlic Parmesan Brussels Sprouts.

# BUFFALO CHICKEN NUGGETS

## **\*\*Ingredients:\*\***

- 1 can (12.5 oz) chicken breast, drained
- 1 1/4 cups shredded cheddar cheese
- 1/4 teaspoon onion powder
- 1/4 teaspoon garlic powder
- 1/4 teaspoon chicken seasoning or flavoring

## **\*\*Instructions:\*\***

### 1. **\*\*Melt the Cheese:\*\***

- In a microwavable bowl, melt the shredded cheddar cheese in the microwave for about 1 minute, or until fully melted and smooth.

### 2. **\*\*Prepare the Mixture:\*\***

- Add the drained chicken breast to the melted cheese.
- Sprinkle in the onion powder, garlic powder, and chicken seasoning.
- Use your hands or a spoon to mix until the ingredients are well combined and the mixture resembles a dough-like consistency.

### 3. **\*\*Form the Nuggets:\*\***

- Using a 1-inch cookie scoop, scoop out small balls of the mixture and place them in the air fryer basket.
- Flatten each ball slightly to form nugget shapes.

### 4. **\*\*Cook the Nuggets:\*\***

- Air fry at 375°F (190°C) for 6-8 minutes, or until the nuggets are lightly golden and cooked through.

### 5. **\*\*Cool and Serve:\*\***

- Gently remove the nuggets from the air fryer and place them on a cooling rack or cookie sheet.
- Allow them to cool slightly; they will firm up as they cool.

### 6. **\*\*Enjoy:\*\***

- Serve with your favorite dipping sauces, such as sugar-free BBQ sauce or buffalo wing sauce.

These chicken and cheese nuggets are perfect for a quick snack or a tasty appetizer!

# CHICKEN OR STEAK FAJITAS

## **\*\*Ingredients:\*\***

- **\*\*For Chicken Fajitas:\*\***
  - 1 lb boneless, skinless chicken breasts or thighs, sliced into thin strips
- (or **\*\*For Steak Fajitas:\*\***)
  - 1 lb flank steak or sirloin, sliced into thin strips
  - 2 tablespoons olive oil
  - 1 teaspoon chili powder
  - 1/2 teaspoon paprika
  - 1/2 teaspoon cumin
  - 1/2 teaspoon garlic powder
  - 1/2 teaspoon onion powder
  - 1/4 teaspoon smoked paprika (optional)
  - Salt and pepper to taste
  - 1 large bell pepper, sliced (any color)
  - 1 large onion, sliced
  - 1 tablespoon olive oil
  - 1 teaspoon fajita seasoning or taco seasoning (optional)

## **\*\*For Serving:\*\***

- Low-carb tortillas-optional
- Lime wedges
- Fresh cilantro, chopped
- Salsa or pico de gallo
- Sliced avocado or guacamole
- Sour cream (optional)

## **\*\*Instructions:\*\***

### 1. **\*\*Prepare the Meat:\*\***

- **\*\*For Chicken:\*\*** In a large bowl, toss the chicken strips with olive oil, chili powder, paprika, cumin, garlic powder, onion powder, smoked paprika (if using), salt, and pepper. Let marinate for at least 15 minutes, or up to 1 hour in the refrigerator.
- **\*\*For Steak:\*\*** In a large bowl, toss the steak strips with olive oil, chili powder, paprika, cumin, garlic powder, onion powder, smoked paprika (if using), salt, and pepper. Let marinate for at least 15 minutes, or up to 1 hour in the refrigerator.

### 2. **\*\*Cook the Meat:\*\***

- Heat 1 tablespoon of olive oil in a large skillet over medium-high heat.
- **\*\*For Chicken:\*\*** Add the marinated chicken strips to the skillet in a single layer. Cook for 5-7 minutes, stirring occasionally, until the chicken is cooked through and slightly charred. Remove from the skillet and set aside.
- **\*\*For Steak:\*\*** Add the marinated steak strips to the skillet in a single layer. Cook for 3-5 minutes, stirring occasionally, until the steak reaches your desired level of doneness. Remove from the skillet and set aside.

### 3. **\*\*Cook the Vegetables:\*\***

- In the same skillet, add 1 tablespoon of olive oil.
- Add the sliced bell pepper and onion. Cook for 5-7 minutes, or until the vegetables are tender and slightly caramelized. If desired, sprinkle with fajita seasoning or taco seasoning during cooking.

### 4. **\*\*Combine and Serve:\*\***

- Return the cooked chicken or steak to the skillet with the vegetables. Stir to combine and heat through.
- Serve the fajitas with warm tortillas, lime wedges, fresh cilantro, salsa or pico de gallo, sliced avocado or guacamole, and sour cream if desired.

Enjoy your flavorful and satisfying Chicken or Steak Fajitas!



# LOW CARB SNACK IDEAS

## #### **\*\*Optionz! Cookies:\*\***

1. **\*\*Keto-Friendly Cookies:** Grab some Optionz! Cookies, which are specifically designed for a keto diet. They come in various flavors and are low in carbs, making them a great sweet treat to keep on hand.

## #### **\*\*Fruit-Based Snacks:\*\***

1. **\*\*Berry Mix:\*\*** A small serving of raspberries, strawberries, or blackberries. These fruits are lower in carbs compared to others.
2. **\*\*Avocado Slices:\*\*** Sprinkle with a bit of salt and lime juice for a creamy, satisfying snack.
3. **\*\*Simple Greek Yogurt with Berries** 1 cup plain Greek yogurt (unsweetened), 1/4 cup fresh or frozen berries (such as raspberries, strawberries, or blackberries).  
Combine Ingredients: In a bowl, mix the Greek yogurt with the berries. Enjoy immediately or chill in the refrigerator for a cool snack.

## #### **\*\*Raw Veggie Snacks:\*\***

1. **\*\*Celery Sticks with Cream Cheese:\*\*** Spread cream cheese or a keto-friendly dip inside celery sticks.
2. **\*\*Cucumber Slices with Hummus:\*\*** Pair cucumber slices with a low-carb hummus.
3. **\*\*Bell Pepper Strips with Guacamole:\*\*** Use bell pepper strips to scoop up homemade or store-bought guacamole.
4. **\*\*Radish Chips:\*\*** Slice radishes thinly and enjoy them raw or lightly salted.

## #### **\*\*Prepackaged Snacks:\*\***

1. **\*\*Meat and Cheese Roll-Ups:\*\*** Wrap slices of deli meat (like turkey or ham) around cheese sticks or slices.
2. **\*\*Quest Chips:\*\*** Enjoy a handful of Quest Protein Chips for a crunchy, savory snack.
3. **\*\*Sugar-Free Pudding:\*\*** Opt for a sugar-free pudding mix, made with unsweetened almond milk or another low-carb milk substitute.
4. **\*\*Sugar-Free Jello:\*\*** A quick, sweet treat with minimal carbs.
5. **\*\*Beef Jerky:\*\*** Choose sugar-free or low-carb beef jerky for a protein-packed snack.

## #### **\*\*Combination Ideas:\*\***

1. **\*\*Cheese and Beef Jerky:\*\*** Pair cheese cubes with pieces of beef jerky for a satisfying, savory snack.
2. **\*\*Veggie Sticks with Dip:\*\*** Use raw veggies like bell peppers, cucumbers, and celery with a low-carb dip or dressing.
3. **\*\*Berry and Cheese Plate:\*\*** Enjoy a small portion of berries with a few slices of cheese for a balanced snack.

These snack ideas keep you within sugar free and gluten free guidelines while offering a variety of flavors and textures to keep you satisfied throughout the day.

# Weekly Meal Plan

CONSULT YOUR DOCTOR BEFORE MAKING MAJOR CHANGES TO YOUR DIET.

THIS IS A GUIDELINE FOR INSPIRATION. ADJUST AS NEEDED.

EACH GROCERY LIST WILL VARY DEPENDING ON FAMILY SIZE AND PORTIONS PURCHASED.

BREAKFAST

LUNCH

DINNER

SNACKS

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY


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