

TIME2CHANGE UR STORY

7 HEALTHY MEALS FOR THE WEEK

Elevate your weekly menu
with my favorite selection of
healthy meal options.

Norman Thatch

www.time2changeurstory.com





Lemon Pepper Salmon

435
Calories
per
serving

1 Lean | 3 Green | 3 Condiments

Yield: 4 servings

Total Time: 25 minutes

Ingredients

- Ingredients:
- 1½ lbs. salmon, skin on
- Cooking spray
- 2 tsp lemon pepper seasoning
- ½ tsp salt
- ¼ cup grated parmesan cheese
- ½ tsp garlic powder
- 1½ lbs. asparagus, tough ends trimmed

Instructions

1. Preheat oven to 400 °F.
2. Place salmon in center of foil-lined, lightly greased baking sheet. Lightly spray top of salmon with cooking spray, sprinkle with lemon pepper seasoning and salt.
3. In a small bowl, combine parmesan and garlic powder. Arrange asparagus spears around salmon. Lightly spray with cooking spray and sprinkle with parmesan and garlic powder.
4. Bake until salmon has cooked through, about 15 to 20 minutes.



Cauliflower Mac and Cheese

210
Calories
per
serving

1 Lean | 3 Green | 3 Condiments

Yield: 2 servings

Total Time: 35 minutes

Ingredients

- 3 cups Cauliflower –Steamed and chopped
- 1 cup low fat (3-6 grams fat/oz) shredded Cheddar
- 1 cup low fat (3-6 grams fat/oz) shredded Colby Jack
- 2 Tbsp Half and half
- 2 Tbsp reduced fat cream cheese
- 1/4 tsp garlic powder
- 1/4 tsp onion powder
- 1/4 tsp ground mustard

Instructions

1. Preheat oven to 350.
2. In a saucepan over medium-low heat, warm the half and half, cream cheese, garlic powder, onion powder, and mustard (feel free to use any combination of spices you like).
3. Whisk until creamy, do not allow to boil.
4. Mix cheese together in bowl.
5. Pour 1 1/2 cups of cheese mixture into the saucepan.
6. Stir until cheese is completely melted.
7. Add cauliflower and gently fold until cauliflower is covered.
8. Place mixture into baking dish and top with remaining shredded cheese.
9. Bake for 20-25 minutes until cheese is browned.



Mushroom & Spinach Cauliflower Rice

98
Calories
per
serving

3 Greens | 1 Healthy Fat | 2.5
Condiments

Yield: 2 servings

Total Time: 25 minutes

Ingredients

- 2 cups riced cauliflower
- 1 tbsp soy sauce
- 2 tsp extra virgin olive oil
- 2 tbsp chopped onion
- 2 minced garlic cloves
- 1 cup sliced mushrooms
- 2 cups baby spinach

Instructions

1. Cook cauliflower rice according to instructions on package if using frozen.
2. Heat olive oil in a skillet over medium heat and add onions and cook until soft.
3. Toss in mushrooms and sauté until cooked.
4. Add garlic, and stir.
5. Add cauliflower rice and soy sauce. Stir until cauliflower rice has absorbed soy sauce.
6. Top mixture with spinach, stir and cook until wilted.



Spicy Tomato Shrimp with Zucchini Pasta

315
Calories
per
serving

1 Lean | 3 Greens | 2 Healthy Fats |
2.5 Condiments

Yield: 1 serving

Total Time: 15 minutes

Ingredients

- 2 tsp olive oil
- 1 clove garlic, minced
- 1/2 cup zucchini, chopped or spiral sliced
- 1 cup Great Value Italian diced tomatoes
- 7 oz shrimp, cook, peeled and deveined
- 1/4 tsp crushed red pepper flakes
- 1 tbsp fresh basil, chopped
- 1/2 tsp paprika

Instructions

1. In a medium sized skillet, add 2 tsp olive oil and garlic over medium high heat. Sauté garlic until lightly brown.
2. Add zucchini and cook for 2 to 3 min or until zucchini is slightly soft.
3. Stir in the diced tomatoes and shrimp.
4. Sprinkle fresh basil and crushed red pepper and paprika over the mixture and simmer for an additional 5 minutes or until basil is wilted and heated thoroughly.



Teriyaki Salmon & Broccoli

340
Calories
per
serving

1 Lean | 3 Green | 13 condiments

Yield: 2 servings

Total Time: 25 minutes

Ingredients

- 3 cups broccoli florets
- ¼ tsp salt
- ¼ tsp pepper
- 12 ounces raw skinless salmon (should yield 10 oz cooked)
- 3 tablespoons teriyaki sauce

Instructions

1. Preheat oven to 350°F/180°C.
2. Fold the parchment paper in half, then open.
3. On one half, lay down the broccoli. Spray Pam on the broccoli and sprinkle on salt & pepper.
4. Lay the salmon on the broccoli, and pour on teriyaki sauce.
5. Fold the parchment paper over the salmon, and cinch the paper together by folding it over itself along the edges.
6. Bake for 20 minutes or until internal temperature of salmon reaches 145°F/63°C.



Shrimp Lo Mein

373
Calories
per
serving

1 Lean | 3 Greens | 2 Healthy Fat |
3 Condiments

Yield: 1 serving

Total Time: 15 minutes

Ingredients

- 1 cup or 156 grams or 5.5 oz spaghetti squash cooked
- 1/2 cup peppers
- 1 tbsp lite soy sauce
- 1 tsp teriyaki sauce
- 1/4 tsp garlic powder
- 1/4 tsp ground ginger
- 9 oz raw shrimp, deveined, tails off
- 1 tsp olive oil
- 1 tsp sesame oil

Instructions

1. Heat oils over medium high heat.
 2. Add shrimp and cook for 3 to 4 minutes or until shrimp is cooked.
 3. Add spaghetti squash, peppers, sauces and spices. Toss until coated and warm.
- Can use 1/4 cup green onions for half a green and use less spaghetti squash.
 - If you would like to add 6 oz of chicken instead of shrimp, decrease the oil to 1 tsp instead of 2 tsp. I would use the sesame oil and leave out the olive oil for more flavor.



Crustless Spinach Quiche

230
Calories
per
serving

1 Lean | 2 Greens | 2 Condiments

Yield: 5 serving

Total Time: 40 minutes

Ingredients

- Non-stick pan spray
- ½ cup onion, chopped
- 1 (10 ounce) package frozen chopped spinach, thawed and drained
- 6 eggs, beaten
- 3 cups low fat shredded Muenster cheese
- 1/4 tsp salt
- 1/8 tsp ground black pepper

Instructions

1. Preheat oven to 350 degrees F (175 degrees C). Lightly spray a 9 inch pie pan with pam
2. Heat pam in a large skillet over medium-high heat. Add onions and cook, occasionally stirring, until onions are soft. Stir in spinach and continue cooking until excess moisture has evaporated.
3. In a large bowl, combine eggs, cheese, salt and pepper. Add spinach mixture and stir to blend. Scoop into prepared pie pan.
4. Bake in preheated oven until eggs have set, about 30 minutes. Let cool for 10 minutes before serving.