1. SURF AND TURF

Sliced steak and shrimp skewers over dirty rice

Servings 1

Nutrition Fats (pre 1 Serving)

Calories 564
Total Fat 9.1 g
Total Carbohydrates 73.8 g
Protein 43.4 g

ingredients

Rice, Jasmine, Uncooked (Jasmine Rice)
4.0 fluid ounce, 320 calories
"4.0 oz(s) jasmine rice"

Steak (Steak)
3.0 ounce, 126 calories
"3.0 oz(s) steak"

Shrimp (Shrimp)
1.0 ounce, 34 calories
"1.0 oz(s) ground beef"

Cooked Ground Beef (Ground Beef)
1.0 oz., 77 calories
"1.0 oz(s) ground beef"

Oyster (Sauce)
1.0 tsp(s), 7 calories
"1.0 tsp(s) oyster sauce"

2. LEMON PASTA CHICKEN

Linguine tossed in olive oil, seasoned with lemon pepper topped with sliced garlic pepper chicken thighs and sprinkled with scallions

Servings 1

Nutrition Fats (pre 1 Serving)

Calories 531
Total Fat 16.4 g
Total Carbohydrates 66.6 g
Protein 28.8 g

ingredients

Cooked Linguini (Cooked Linguini)
5.0 oz., 329 calories
"5.0 oz(s) linguini"

Chicken Thighs (Costco)
5.0 ounce, 192 calories
"5.0 oz(s) chicken thighs"

Scallions (Honeygrow)
0.1 oz, 0 calories
"0.1 oz(s) scallions"

Olive Oil
0.5 fl oz, 7 calories
"0.5 oz(s) olive oil"

Oyster (Sauce)
0.1 fluid ounce, 2 calories
"0.1 oz(s) oyster sauce"

3. SOUTHWESTERN CHICKEN SPINACH SALAD

Baby spinach topped with chopped chicken, roma tomatoes, red onions, sweet corn, black beans, mozzarella cheese served with a light honey BBQ ranch dressing, finally sprinkled with black pepper

Servings 1

Nutrition Fats (pre 1 Serving)

Calories 363
Total Fat 12.6 g
Total Carbohydrates 32 g
Protein 34.4 g

ingredients

Baby Spinach (Spinach)
3.0 oz. 20 calories
"3.0 oz(s) baby spinach"

Chicken (Grilled chicken)
3.0 oz, 75 calories
"3.0 oz(s) chicken"

Black bean
1.0 07, 96 calories
"1.0 oz(s) black beans"

Sweet Corn (Stearnfresh)
1.0 fluid ounce, 13 calories
"1.0 oz(s) sweet corn"

Mozzarella Cheese (Cheese)
1.0 oz, 100 calories
"1.0 oz(s) mozzarella cheese"

Roma Tomato (Roma Tomato (148g))
0.5 ounce, 3 calones
"0.5 oz(s) roma tomato."

Roasted Red Onions (Aladdin Food)
1.0 oz, 24 calories
"0.5 red ontors z"

Burger King Ranch (Ranch)
0.8 f5. , ounce, 16 calories
"0.8 ranch"

Honey Bbq Sauce (Kraft)
0.2 fluid ounce. 15 calories
"0.2 oz(s) honey bbq sauce"

4. STUFFED CHICKEN BREAST

stuffed with jasmine rice and Colby jack cheese

Servings 1

Nutrition Fats (pre 1 Serving)

Calories 486
Total Fat 6.8 g
Total Carbohydrates 67.9 g
Protein 35.4 g

ingredients

Chicken Breast (Chicken Breast-oven)
3.0 ounce, 140 calories
"3.0 oz(s) chicken breast"

Sweet Potatoes (Smart Potatoes)
3.0 oz, 73 calories
"3.0 oz(s) sweet potatoes"

Sweet Corn (Sainsbury Super Sweet- Sweet Corn)
2.5 ounce, 82 calories
"2.5 oz(s) sweet corn"

Rice (Jasmine Rice)
1.0 cup, 160 calories
"1.0 cup(s) jasmine rice"

Colby Jack (Cheese)
0.1 g, 0 calories
"0.1 cup(s) colby jack cheese"

Oyster (Sauce)
1.0 tsp(s), 7 calories
"1.0 tsp(s) oyster sauce"

Parmesan cheese
0.0 oz, 24 calories
"0.0 oz(s) parmesan cheese"

5. GROUND TURKEY TRIO

Ground turkey, sauteed zucchini and squash with roasted sweet potatoes sprinkled with basil flakes

Servings 1

Nutrition Fats (pre 1 Serving)

Calories 357
Total Fat 11.3 g
Total Carbohydrates 33.5 g
Protein 31.8 g

ingredients

Ground turkey
5.0 oz, 210 calories
"5.0 oz(s) ground turkey"

Zucchini
2.5 oz, 12 calories
"2.5 oz(s) zucchini"

Squash (Pattypan Squash)
2.5 ounce, 13 calories
"2.5 oz(s) squash"

Sweet Potatoes (Smart Potatoes)
5.0 oz, 122 calories
"5.0 oz(s) sweet potatoes"

6. HASH POTATOES AND SCRAMBLED EGGS

Hash potatoes and scrambled eggs sprinkled with parmesan and scallions

Servings 1

Nutrition Fats (pre 1 Serving)

Calories 553
Total Fat 31.5 g
Total Carbohydrates 28.8 g
Protein 38.3 g

ingredients

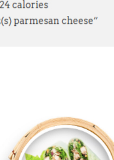
Potato
5.0 oz, 82 calories
"5.0 oz(s) potatoes"

Egg
4.0 oz, 162 calories
"4.0 oz(s) eggs"

Parmesan cheese
0.2 oz, 298 calories
"0.2 oz(s) parmesan cheese"

Scallions (Honeygrow)
0.2 oz, 2 calories
"0.2 oz(s) scallions"

Olive Oil
0.5 fl oz, 7 calories
"0.5 oz(s) olive oil"



7. SPINACH CHICKEN WRAP

Baby spinach, red onions, carrots, tomatoes, chopped chicken, and mozzarella cheese wrapped in a spinach tortilla served with a light ranch

Servings 1

Nutrition Fats (pre 1 Serving)

Calories 421
Total Fat 28.8 g
Total Carbohydrates 26.1 g
Protein 33.6 g

ingredients

Baby Spinach (Spinach)
3.0 oz. 20 calories
"3.0 oz(s) baby spinach"

Chicken (Grilled chicken)
3.0 oz. 75 calories
"3.0 oz(s) chicken"

Carrots
0.5 oz, 6 calories
"0.5 oz(s) carrots"

Red onion
0.2 oz. 3 calories
"0.2 oz(s) red onion"

Mozzarella Cheese (Cheese)
1.0 oz, 100 calories
"1.0 oz(s) mozzarella cheese,"

Balsamic Vinaigrette Dressing
0.5 fluid ounce, 25 calories
"0.5 oz(s) balsamic vinaigrette"

Spinach Tortilla (La Tortilla Factory)
1.0 per container, 50 calories
"spinach tortilla 1"

Dressing (ranch dressing)
1.0 fluid ounce, 140 calories
"1.0 oz(s) ranch dressing"

8. BREAKFAST BURRITO

Stuffed with potatoes, eggs, ground beef and colby jack cheese. Served with a spicy salsa

Servings 1

Nutrition Fats (pre 1 Serving)

Calories 592
Total Fat 26 g
Total Carbohydrates 56.3 g
Protein 32.5 g

ingredients

Potato
5.0 oz, 82 calories
"5.0 oz(s) potatoes"

Egg
3.0 oz, 122 calories
"3.0 oz(s) eggs"

Cooked Ground Beef (Ground Beef)
1.0 oz., 77 calories
"1.0 oz(s) ground beef"

Colby Jack (Cheese)
1.0 ounce, 121 calories
"1.0 oz(s) colby jack cheese"

Salsa (Mango salsa)
2.0 fluid ounce, 50 calories
"2.0 oz(s) salsa"

Flour Tortilla (Mission Flour Tortillas)
1.0 tortilla, 140 calories
"1.0 mission flour tortilla"

9. JALAPENO AND MUSHROOM SLICED STEAK

Sliced steak topped with sautéed jalaperio and mushrooms served with green beans and roasted potatoes

Servings 1

Nutrition Fats (pre 1 Serving)

Calories 415
Total Fat 19.2 g
Total Carbohydrates 23.3 g
Protein 38.9 g

ingredients

Beef Top Sirloin Steak (Top Sirloin Steak)
6.0 oz, 315 calories
"6.0 oz(s) steak top sirloin"

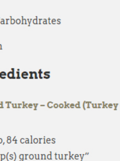
Potato
3.0 oz, 49 calories
"3.0 oz(s) potatoes"

Green bean
3.0 oz, 26 calories
"3.0 oz(s) green beans"

Olive Oil
0.5 fl oz, 7 calories
"0.5 oz(s) olive oil"

Mushrooms (Aldi Mushrooms)
0.5 ounce, 3 calories
"0.5 oz(s) mushrooms"

Jalapelios (San Marcos Sliced Jalapenos)
0.5 ounce, 5 calories
"0.5 oz(s) jalapenos"



10. TURKEY BURRITO

Ground turkey 93% fat free, dirty rice, chopped romaine lettuce and red onion drizzled with sriracha, finally served with a delicious spicy salsa sauce.

Servings 1

Nutrition Fats (pre 1 Serving)

Calories 499
Total Fat 16 g
Total Carbohydrates 64.1 g
Protein 25.9 g

ingredients

Ground Turkey – Cooked (Turkey Ground Patty)
2.0 Cup, 84 calories
"2.0 cup(s) ground turkey"

Cos or Romain Lettuce (Romain Lettuce)
1.0 ounce 5 calories
"1.0 oz(s) romain lettuce"

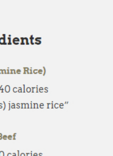
Red onion
1.0 oz, 11 calories
"1.0 oz(s) red onion"

Rice (Jasmine Rice)
1.0 cup, 160 calories
"1.0 cup(s) jasmine rice"

Sriracha Ranch (Kroger Sriracha Ranch)
1.0 tsp(s), 22 calories
"1.0 tsp(s) sriracha"

Cooked Ground Beef (Ground Beef)
1.0 oz 77 calories
"1.0 oz(s) ground beef"

Flour Tortilla (Mission Flour Tortillas)
1.0 tortilla, 140 calories
"1.0 mission flour tortilla"



11. SLICED CHICKEN THIGHS

Sliced chicken thighs served over dirty rice

Servings 1

Nutrition Fats (pre 1 Serving)

Calories 576
Total Fat 21.7 g
Total Carbohydrates 54.8 g
Protein 38.8 g

ingredients

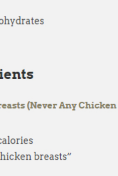
Rice (Jasmine Rice)
1.5 cup, 240 calories
"1.5 cup(s) jasmine rice"

Ground Beef
0.5 oz, 100 calories
"0.5 oz(s) ground beef"

Oyster (Sauce)
0.1 fluid ounce, 4 calories
"0.1 oz(s) oyster sauce"

Olive Oil
0.5 fl oz, 7 calories
"0.5 oz(s) olive oil"

2 Thighs (Chicken Thighs)
5.0 oz, 225 calories
"5.0 oz(s) chicken thighs"



12. CHICKEN MARINARA

Sliced chicken breast topped with a chopped tomato, red onion and garlic marinara sauce on top of a bed of linguini.

Servings 1

Nutrition Fats (pre 1 Serving)

Calories 456
Total Fat 6.4 g
Total Carbohydrates 56.9 g
Protein 39.9 g

ingredients

Chicken Breasts (Never Any Chicken Breasts)
5.0 oz, 162 calories
"5.0 oz(s) chicken breasts"

Cooked Linguini (Cooked Linguini)
4.0 oz, 263 calories
"4.0 oz(s) linguini"

Marinara Sauce (Homemade marinara sauce)
2.0 fluid ounce, 25 calories
"2.0 oz(s) marinara sauce"

Organic Olive Oil (Olive oil)
0.1 tbsp, 6 calories
"0.1 olive oil"

13. PASTA AND TURKEY MEATBALLS

Servings 1

Nutrition Fats (pre 1 Serving)

Calories 585
Total Fat 15.1 g
Total Carbohydrates 74.5 g
Protein 32.4 g

ingredients

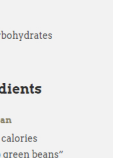
Turkey Meatballs (Weis Classic Turkey Meatballs)
4.0 ounce, 227 calories
"4.0 oz(s) turkey meatballs"

Cooked Linguini (Cooked Linguini)
5.0 oz, 329 calories
"5.0 oz(s) linguini"

Pasta Sauce (Pasta Sauce)
1.0 fluid ounce, 11 calories
"1.0 oz(s) pasta sauce"

Parmesan cheese
0.0 oz, 12 calories
"0.0 oz(s) parmesan cheese"

Olive Oil
0.5 fl oz, 7 calories
"0.5 oz(s) olive oil"



14. SESAME GARLIC CHICKEN

Sliced garlic chicken breast on top of sautéed garlic green beans and black beans n rice sprinkled with sesame seeds

Servings 1

Nutrition Fats (pre 1 Serving)

Calories 476
Total Fat 13.6 g
Total Carbohydrates 47.9 g
Protein 36.7 g

ingredients

Green bean
3.0 oz, 26 calories
"3.0 oz(s) green beans"

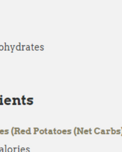
Rice, Jasmine, Uncooked (Jasmine Rice)
2.0 fluid ounce, 160 calories
"2.0 oz(s) jasmine rice"

Olive Oil
0.1 fl oz, 1 calorie
"0.1 oz(s) olive oil"

Sesame Seeds (Sesame Seeds Sainsburys)
0.0 ounce, 4 calories
"0.0 oz(s) sesame seeds"

Chicken Breast (None)
6.0 oz, 250 calories
"5.0 oz(s) chicken breast"

Black Beans (Bibibop)
1.5 oz, 35 calories
"2.0 oz(s) black beans"



15. SWEET CHILI CHICKEN

sliced garlic chicken breast over a bed of roasted red potatoes and green beans finished with a honey sweet chili glaze sprinkled with parsley

Servings 1

Nutrition Fats (pre 1 Serving)

Calories 446
Total Fat 22.8 g
Total Carbohydrates 19.5 g
Protein 49.3 g

ingredients

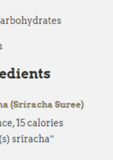
Red Potatoes (Red Potatoes (Net Carbs))
3.0 oz, 40 calories
"3.0 oz(s) red potatoes"

Green bean
3.0 oz, 26 calories
"3.0 oz(s) green beans"

Sweet Chili Sauce (Thai Sweet Chili Sauce)
0.1 fluid ounce, 5 calories
"0.1 oz(s) sweet chili sauce"

Olive Oil
0.5 fl oz, 7 calories
"0.5 oz(s) olive oil"

Chicken Breasts (Tyson)
6.7 oz, 367 calories
"6.0 oz(s) chicken breasts"



16. TURKEY CHILI MACARONI

Macaroni pasta, ground turkey in a tomato sauce with chili seasoning topped with diced tomatoes, sprinkled with parmesan and parsley

Servings 1

Nutrition Fats (pre 1 Serving)

Calories 644
Total Fat 13.7 g
Total Carbohydrates 91.5 g
Protein 37.9 g

ingredients

Sriracha (Sriracha Suree)
0.5 ounce, 15 calories
"0.5 oz(s) sriracha"

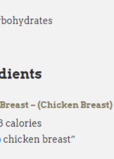
Olive Oil
0.5 fl oz, 7 calories
"0.5 oz(s) olive oil"

Chili Seasoning (McCormick)
0.5 fluid ounce, 30 calories
"0.5 oz(s) chili seasoning"

Parmesan cheese
0.0 oz, 12 calories
"0.0 oz(s) parmesan cheese"

Elbow Macaroni (Heartland Pasta)
1.0 Cup (56g) Dry, 420 calories
"5.0 oz(s) macaroni pasta"

Turkey (ground Turkey)
4.0 oz, 160 calories
"4.0 oz(s) ground Turkey"



17. JALAPENO AND MUSHROOM CHICKEN

Chicken breast topped off with sauteed jalapenos and mushrooms served with jasmine rice and asparagus.

Servings 1

Nutrition Fats (pre 1 Serving)

Calories 427
Total Fat 5.1 g
Total Carbohydrates 58.9 g
Protein 34.9 g

ingredients

Chicken Breast – (Chicken Breast)
5.0 oz, 138 calories
"5.0 oz(s) chicken breast"

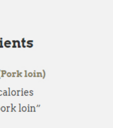
Asparagus
2.0 oz, 11 calories
"2.0 oz(s) asparagus"

Rice, Jasmine, Uncooked (Jasmine Rice)
3.0 fluid ounce, 240 calories
"3.0 oz(s) jasmine rice"

Jalaperios (San Marcos Sliced Jalapelios)
0.5 ounce, 5 calories
"0.5 oz(s) jalaperios"

Fried Mushrooms (5 Whole Mushrooms)
0.5 ounce, 22 calories
"0.5 oz(s) mushrooms"

Olive Oil
0.5 fl oz, 7 calories
"0.5 oz(s) olive oil"



18. SWEET PORK TENDERLOIN

Sliced pork tenderloin glazed with sweet honey chili served with sauteed green beans and roasted sweet potatoes.

Servings 1

Nutrition Fats (pre 1 Serving)

Calories 257
Total Fat 6 g
Total Carbohydrates 25.4 g
Protein 31.1 g

ingredients

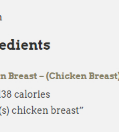
Pork Loin (Pork loin)
5.0 oz, 150 calories
"5.0 oz(s) pork loin"

Green bean
3.0 oz, 26 calories 257
"3.0 oz(s) green beans"

Sweet Potatoes (Stahlbush)
3.0 fluid ounce, 63 calories
"3.0 oz(s) sweet potatoes"

Thai Sweet Chili Glaze (Ameriserve)
0.2 oz, 9 calories
"0.2 oz(s) sweet chili glaze"

Olive Oil
0.5 fl oz, 7 calories
"0.5 oz(s) olive oil"



19. PENNE CHICKEN PASTA

Sliced lemon pepper chicken topped with a bed of penne pasta tossed in a white wine garlic sauce.

Servings 1

Nutrition Fats (pre 1 Serving)

Calories 589
Total Fat 7.2 g
Total Carbohydrates 86.1 g
Protein 43.2 g

ingredients

Chicken Breast – (Chicken Breast)
5.0 oz, 138 calories
"5.0 oz(s) chicken breast"

Roma Tomatoes (Net Carbs) (Roma Tomatoes)
0.5 ounce, 3 calories
"0.5 oz(s) roma tomatoes"

Red Onions (Generic)
0.5 ounce, 5 calories
"0.5 oz(s) red onions"

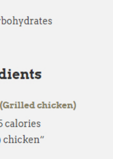
Lemon Juice (Westcliff Lemon Juice)
0.5 fluid ounce, 4 calories
"0.5 oz(s) lemon juice"

White Wine (Magnotta White Wine)
0.5 fl oz, 12 calories
"0.5 oz(s) white wine"

Olive Oil
0.5 fl oz, 7 calories
"0.5 oz(s) olive oil"

Butter
0.1 oz, 20 calories
"0.1 oz(s) butter"

Penne (Pasta)
2.0 cup, 400 calories
"2.0 cup(s) penne pasta"



20. GARLIC PEPPER CHICKEN

Sauteed chicken breast seasoned with garlic pepper topped with a bed of chopped broccoli and jasmine rice drizzled with sriracha chili sauce.

Servings 1

Nutrition Fats (pre 1 Serving)

Calories 409
Total Fat 4.5 g
Total Carbohydrates 64 g
Protein 34.5 g

ingredients

Chicken (Grilled chicken)
5.0 oz, 125 calories
"5.0 oz(s) chicken"

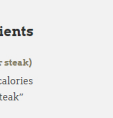
Broccoli
3.0 oz, 29 calories
"3.0 oz(s) broccoli"

White Rice (Jasmine rice)
3.0 fluid ounce, 240 calories
"3.0 oz(s) jasmine rice"

Olive Oil
0.5 fl oz, 7 calories
"0.5 oz(s) olive oil"

Sriracha (Sriracha Suree)
0.2 ounce, 7 calories
"0.2 oz(s) sriracha"

Garlic Pepper Seasoning
0.2 ounce, 0 calories
"0.2 oz(s) garlic pepper seasoning"



21. STEAK AND EGGS

Sliced steak and scrambled eggs with sweet potato hash

Servings 1

Nutrition Fats (pre 1 Serving)

Calories 530
Total Fat 23.2 g
Total Carbohydrates 18.4 g
Protein 59.8 g

ingredients

Steak (Deer steak)
3.0 oz, 128 calories
"3.0 oz(s) steak"

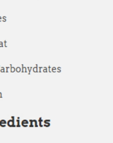
Egg
3.0 oz, 122 calories
"3.0 oz(s) eggs"

Sweet Potatoes (Stahlbush)
3.0 fluid ounce, 63 calories
"3.0 oz(s) sweet potatoes"

Ground Beef
1.0 oz, 200 calories
"1.0 oz(s) ground beef"

Olive Oil
0.5 fl oz, 7 calories
"0.5 oz(s) olive oil"

Oyster (Sauce)
0.2 fluid ounce, 10 calories
"0.2 oz(s) oyster sauce"



22. LEMON CAPER CHICKEN

Sliced garlic chicken breast on top of a bed of linguini topped with a white wine garlic lemon caper herb sauce

Servings 1

Nutrition Fats (pre 1 Serving)

Calories 513
Total Fat 4 g
Total Carbohydrates 87.9 g
Protein 33.5 g

ingredients

Chicken Breast (Kirkland Canned Chicken Breast)
5.0 oz, 86 calories
"5.0 oz(s) chicken breast"

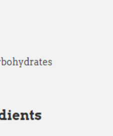
Linguini Pasta (Primo)
4.0 ounce, 414 calories
"4.0 oz(s) linguini pasta"

Capers (Roland Capers)
1.0 fluid ounce, 0 calories
"1.0 oz(s) capers"

White Wine (Magnotta White Wine)
0.2 fl oz, 5 calories
"0.2 oz(s) white wine"

Lemon Juice (Compliments Lemon Juice)
0.2 fluid ounce, 0 calories
"0.2 oz(s) lemon juice"

Italian Seasoning (Italian Seasoning)
0.2 fluid ounce, 6 calories
"0.2 oz(s) italian seasoning"



23. PICO DE GALLO STEAK

Sliced garlic chicken breast on top of a bed of linguini topped with a white wine garlic lemon caper herb sauce

Servings 1

Nutrition Fats (pre 1 Serving)

Calories 621
Total Fat 6.1 g
Total Carbohydrates 115.8 g
Protein 25.6 g

ingredients

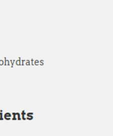
Rice, Jasmine, Uncooked (Jasmine Rice)
3.0 fluid ounce, 240 calories
"3oz jasmine rice"

Black bean
3.0 oz, 288 calories
"3oz black beans"

Steak slice (Coop steak slice)
5.0 fluid ounce, 89 calories
"5oz slice steak"

Pico De Gallo
1.0 fluid ounce, 3 calories
"1 oz pico de Gallo"

Romain Lettuce (Hearts of Romain)
1.0 fluid ounce, 0 calories
"1 oz chopped romain"



24. BEEF TIPS

Beef tips on top of a bed of dirty rice drizzled with sriracha and sprinkled with scallions.

Servings 1

Nutrition Fats (pre 1 Serving)

Calories 630
Total Fat 8.8 g
Total Carbohydrates 94.4 g
Protein 41.3 g

ingredients

Rice (Jasmine Rice)
2.5 cup, 400 calories
"2.5 cup(s) jasmine rice"

Oyster (Sauce)
0.5 fluid ounce, 20 calories
"0.5 oz(s) oyster sauce"

Olive Oil
0.5 fl oz, 7 calories
"0.5 oz(s) olive oil"

Soy Sauce (Kikkoman Light Color Soy Sauce)
0.2 fluid ounce, 4 calories
"0.2 oz(s) light soy sauce"

Ground Beef
1.0 oz, 38 calories
"0.5 oz(s) ground beef"