

HEALTHY 7 DAY MEAL PLAN

DELICIOUS
HEALTHY
MEALS
THE WHOLE
FAMILY WILL
LOVE



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7 Day Meal Plan with Breakfast, Lunch & Dinner the whole family will love

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HEALTHY MEAL PLAN

7 Day Meal Plan with WW Points Included



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BREAKFASTS



STUFFED PAPAYA BOWL

Directions

- 1. Slice each papaya in half lengthwise.**
- 2. Scoop out the seeds with a large spoon and discard. If adding a sugar substitute to the yogurt stir it in now.**
- 3. Divide the nonfat Greek yogurt equally between the papaya halves and top with the raspberries, blueberries, and chia seeds.**
- 4. Serve immediately and enjoy!**

Stuffed Papaya Bowl

10 min prep time

0 min cook time

ingredients

- **2 very ripe papayas**
- **3 c. nonfat Greek yogurt**
- **1 c. raspberries**
- **1 c. blueberries**
- **3 T. Nutiva® Superseed Blend or Chia Seeds**
- **sugar substitute of your choice**



OATMEAL BREAKFAST COOKIES

Directions

1. Preheat oven to 350°F. Line a baking sheet with a piece of parchment paper
2. In a food processor, blend one cup of rolled oats into flour and set aside.
3. In a large mixing bowl, mash the banana until smooth.
4. Add the oat flour, remaining rolled oats, baking soda, cinnamon, maple syrup, & salt.
5. Stir to combine & then fold in the raisins.
6. Scoop out 2 tablespoons per cookie & form into balls.
7. Place each cookie onto the baking sheet.
8. Bake until the cookies are lightly golden brown and just barely set to the touch, approximately 16-20 minutes.
9. Remove from oven and cool for at least 15 minutes before serving. Enjoy!

Oatmeal Breakfast Cookies

10 min prep time

20 min cook time

ingredients

- **2 large overripe bananas**
- **2 c. rolled oats divided**
- **½ t. baking soda**
- **2 t. ground cinnamon**
- **1½ T. sugar free maple syrup**
- **¼ t. salt**
- **½ c. raisins**



CINNAMON BAKED APPLES

Directions

1. Preheat oven to 350°F and lightly grease a small baking dish with a lite butter. Set aside.
2. Toss the apples with the cinnamon and a tablespoon of maple syrup and pour into the prepared baking dish.
3. Spread apple mixture into an even layer and set aside. In a small bowl, combine the almond flour, melted butter, and remaining maple syrup.
4. Stir to combine thoroughly, then evenly spread the mixture over the cinnamon apples.
5. Place in the pre-heated oven and bake until the topping is golden brown and the apples are tender, approximately 25 - 30 minutes.
6. Remove from oven and cool for a couple minutes before serving.

Cinnamon Baked Apples

10 min prep time

25 min cook time

ingredients

- **2 T lite butter, melted (plus extra for greasing or spray)**
- **2 large apples, peeled and diced**
- **2 t ground cinnamon**
- **3 T sugar free maple syrup, divided**
- **1/2 C flour**



**LIGHTENED UP
SAUSAGE,
CHEESE & EGGS
IN A MUG**

Directions

- 1. Grease a coffee cup with cooking spray.**
- 2. Place the potatoes and veggies in the bottom.**
- 3. Microwave for 1 minute.**
- 4. While the potatoes are cooking, cut up the fully cooked turkey sausage. In a bowl, add the egg, sausage, milk and cheese.**
- 5. When, the potatoes are done, add the egg mixture on top and stir together.**
- 6. Microwave 45 seconds at a time, stirring in between, until the eggs are done.**

Sausage, Cheese & Egg in a Mug

*5 min prep time
1 min 45 sec cook time*

ingredients

- **1 egg**
- **1/2 cup of frozen shredded potatoes**
- **veggies like peppers, onion or spinach**
- **2 fully cooked Turkey sausage**
- **splash of milk**
- **cheddar cheese**



2 INGREDIENT PANCAKES

Directions

- 1. Mash the banana and mix the egg together with the banana.**
- 2. Add Vanilla if you choose.**
- 3. Spray a skillet with Pam or other 0 Point spray.**
- 4. Pour batter in.**
- 5. Let it cook on one side.**
- 6. Flip and cook the other side.**
- 7. Serve with sugar-free syrup or fresh fruit.**

2 Ingredient Pancakes

5 min prep time

10 min cook time

ingredients

- **1 Banana**
- **2 Eggs**
- **Vanilla (optional)**



PUMPKIN PANCAKES

Directions

1. Whisk the eggs, pumpkin puree, and syrup until thoroughly combined.
2. In a separate bowl, combine the almond flour, coconut flour, baking powder, pumpkin pie spice, and salt.
3. Add the dry ingredients to the bowl with the egg mixture and gently fold the two together until blended.
4. Use cooking spray and spray the pan. Spoon 2-3 tablespoons per pancake and cook for 3 minutes on the first side, then flip and cook for another 2-3 minutes on the other side.

Pumpkin Pancakes

10 min prep time

10 min cook time

ingredients

- 6 large eggs
- 2/3 c. pure pumpkin puree
- 2 T. Sugar Free Maple Syrup
- 1/2 c. almond flour
- 1/2 c. coconut flour
- 1 1/2 t. baking powder
- 1 T. pumpkin pie spice
- 1/8 t. salt
- cooking spray



BANANA CHOCOLATE CHIP MUFFINS

Directions

- 1. Pre-heat oven to 350°F and line a muffin tin with 8 paper liners.**
- 2. Make the PB2 Powder by mixing 6 tablespoons together with 3 tablespoons of water.**
- 3. Combine the bananas, PB2 Powder mixture, maple syrup, egg, and vanilla extract.**
- 4. Whisk into a smooth batter.**
- 5. Add the flour, baking soda, and salt and stir to combine.**
- 6. Fold in the chocolate chips.**
- 7. Divide the batter between the 8 muffin cups.**
- 8. Bake 18-20 minutes.**
- 9. Remove from oven and allow muffins to cool.**

Banana Chocolate Chip Muffins

10 min prep time

20 min cook time

ingredients

- **2 large ripe bananas mashed**
- **6 TBSP PB2 Powder**
- **3 TBSP Water**
- **¼ c. sugar maple syrup**
- **1 large egg**
- **1 t. vanilla extract**
- **¼ t. baking soda**
- **¼ t. salt**
- **60 Lily Dark Chocolate Chips**
- **1 T flour**



LUNCHES



RASPBERRY CHICKEN MIXED GREEN SALAD

Directions

- 1. Grill the chicken or use a skillet over medium high heat.**
- 2. Cook the chicken for 5 to 7 minutes on each side. Remove the chicken and let it cool.**
- 3. Divide mixed salad greens among four chilled individual serving plates.**
- 4. Top with sliced chicken breast, fresh raspberries, and goat cheese.**
- 5. Drizzle each plate with homemade lemon balsamic dressing.**
- 6. Enjoy!**

Raspberry Chicken Mixed Green Salad

10 min prep time

14 min cook time

ingredients

- **4 c. mixed salad greens rinsed and patted dry**
- **1 lb. rotisserie or other cooked chicken breast sliced**
- **1 c. fresh raspberries**
- **3 oz. reduced-fat goat cheese crumbled**
- **Lemon Balsamic Salad dressing**



LEMON BALSAMIC SALAD DRESSING

Directions

- 1. Prepare the salad dressing by adding all ingredients to a mason jar.**
- 2. Cover and shake until well combined.**
- 3. Set aside until ready to use**
- 4. Store in the refrigerator.**

Lemon Balsamic Salad Dressing

5 min prep time

0 min cook time

ingredients

- **½ c. olive oil**
- **3 T lemon juice**
- **¼ c. white balsamic vinegar**
- **¼ t. cayenne pepper**
- **¼ cup Greek Yogurt**
- **¼ t. garlic powder**
- **Salt and pepper to taste**



BROCCOLI CHEDDAR CHICKEN POCKET

Directions

1. **Preheat oven to 350 degrees.**
2. **Season chicken and bake until no longer pink in center.**
3. **Dice chicken and set aside.**
4. **Make the 2 ingredient dough**
Cut the dough into 6 pieces.
Roll it out to a 1/4 inch thick.
5. **Combine the chicken, cheese, cream cheese, broccoli and alfredo and spread it over the rectangles.**
6. **Fold the ends of the dough over the filling. Fold the ends up and over. Seal the seams shut using water.**
7. **Place seam side down on a prepped baking sheet, cut a small steam vent in the top.**
8. **Place on a greased sheet pan and bake at 400 degrees until golden brown, about 20-25 minutes.**

Broccoli Cheddar Chicken Pocket

30 min prep time

55 min cook time

ingredients

- **2 Ingredient Dough**
- **3 large chicken breasts**
- **2 cups steamed broccoli**
- **3 oz fat free cream cheese**
- **1/2 cup Lightened Alfredo Sauce**
- **1 cup Fat Free cheddar cheese**
- **Italian Seasoning**



2 INGREDIENT DOUGH

Directions

- 1. Mix ingredients together**
- 2. The dough is ready.**

2 Ingredient Dough

*10 min prep time
0 min cook time*

ingredients

- **1 Cup Self Rising Flour**
- **1 Cup Fat-free unsweetened Greek yogurt**



LIGHTENED ALFREDO SAUCE

Directions

- 1. Melt the butter in a saucepan and add the cream cheese.**
- 2. Heat it until it melted and combined.**
- 3. Add the half and half, garlic and parmesan cheese, and heat it until it is melted.**
- 4. Cook for a few more minutes until the sauce starts to thicken.**
- 5. Add the salt and pepper.**

Lightened Alfredo Sauce

5 min prep time

15 min cook time

ingredients

- **1 tablespoon lite butter**
- **3 ounces fat free cream cheese**
- **1 TBSP Garlic**
- **2 cups fat free half and half**
- **1 cup fat free parmesan cheese**
- **salt and pepper**



HEALTHY BUFFALO CHICKEN DIP

Directions

- 1. Mix chicken, garlic, onion powder, garlic powder, pepper, cream cheese, and greek yogurt.**
- 2. Next, add the buffalo sauce**
- 3. Fill the celery with the buffalo chicken or add to a sandwich.**
- 4. This can also be topped with a small amount of bleu cheese or ranch.**

Healthy Buffalo Chicken Dip

10 min prep time

0 min cook time

ingredients

- **2 cups cooked boneless skinless chicken breast shredded**
- **1 tsp garlic powder**
- **1 tsp. onion powder**
- **1/2 tsp. black pepper**
- **1/8 cup nonfat Greek yogurt**
- **1/8 cup fat free cream cheese**
- **1/4 cup buffalo sauce**
- **8 stalks celery**



BUFFALO CHICKEN TAQUITOS

Directions

1. **Preheat oven to 425F**
2. **In a saucepan over medium-low heat, melt the butter**
3. **Add the seasonings and stir until combined**
4. **Add the cream cheese and stir until mostly melted and completely combined with the butter and spices**
5. **Whisk in the buffalo sauce and milk and simmer for 5-8 minutes**
6. **Add the chicken to the sauce and stir to coat the chicken**
7. **Fill each tortilla with about 1/8 of the chicken and top with some of the cheese**
8. **Tightly roll up the taquito and place it on a greased baking pan**
9. **Bake for 15-18 minutes, rotating every 5 minutes, until golden brown**

Buffalo Chicken Taquitos

15 min prep time

20 min cook time

ingredients

- **1 tbsp butter**
- **1 tbsp garlic powder**
- **1/8 tsp cayenne pepper**
- **1/4 tsp basil**
- **1/4 tsp parsley**
- **4 ounces fat free cream cheese**
- **1/4 cup buffalo sauce**
- **1/3 cup fat free milk**
- **4 chicken breasts cooked and shredded**
- **8 tortillas**
- **1/2 cup fat free mozzarella cheese shredded**



DINNERS



HEALTHY BROCCOLI CHEDDAR SOUP

Directions

- 1. In a large stock pot, add the broccoli, Rotel and peppers in the pot with the chicken broth.**
- 2. Simmer it all together until the vegetables are tender. Cut the Velveeta into small cubes and add it to the soup.**
- 3. Continue to simmer the soup until the cheese is melted.**
- 4. You can use an immersion blender to smooth the soup if desired.**

Healthy Broccoli Cheddar Soup

15 min prep time

45 min cook time

ingredients

- **43 ounces chicken broth**
- **2 lbs Frozen broccoli**
- **1 can Rotel brand tomatoes and green chilies**
- **½ large Red pepper diced small, divided**
- **10 ounces Velveeta reduced fat cheese**



2 INGREDIENT DOUGH ROLLS

Directions

- 1. Mix together the self rising flour and plain fat free Greek yogurt.**
- 2. Once it the dough is into a ball, roll it out on a floured surface and roll it out into a log.**
- 3. Cut the dough into 8 pieces. Roll the pieces into balls and place them on a baking sheet or cast iron skillet.**
- 4. Optional- You can add an egg wash here if you like.**
- 5. Bake for about 25 minutes at 350 degrees.**

2 Ingredient Dough Rolls

10 min prep time

25 min cook time

ingredients

- **1 cup self rising flour**
- **1 cup nonfat greek yogurt**



EASY SALSA CHICKEN

Directions

- 1. Preheat oven to 375 degrees. Prepare a large baking dish, 9*13 with cooking spray**
- 2. Add the corn, black beans, tomatoes and 1/ cup of salsa to the dish. Stir together.**
- 3. Add in the garlic and cumin to the dish and stir.**
- 4. Add chicken on top of the ingredients. Pour remaining salsa over top of the chicken.**
- 5. Cover with foil and bake for 45-60 minutes.**
- 6. Take the chicken out and shred the chicken.**
- 7. Add the chicken back and stir. Serve**

Salsa Chicken

5 min prep time

50 min cook time

ingredients

- **14.5 ounce frozen corn**
- **15 ounce can black beans drained and rinsed**
- **15 ounce can petite diced tomatoes drained**
- **1 cup salsa divided**
- **1 teaspoon garlic minced**
- **½ teaspoon cumin**
- **2 lbs. boneless skinless chicken breasts - cut thin**
- **Salt and pepper to taste**



TURKEY CHILI MAC

Directions

- 1. Preheat oven to 375 degrees. Prepare a large baking dish, 9*13 with cooking spray**
- 2. Add the corn, black beans, tomatoes and 1/ cup of salsa to the dish. Stir together.**
- 3. Add in the garlic and cumin to the dish and stir.**
- 4. Add chicken on top of the ingredients. Pour remaining salsa over top of the chicken.**
- 5. Cover with foil and bake for 45-60 minutes.**
- 6. Take the chicken out and shred the chicken.**
- 7. Add the chicken back and stir. Serve**

Turkey Chili Mac

5 min prep time

30 min cook time

ingredients

- 2 Tsp Olive Oil
- 1 LB Ground Turkey breast
- 1/2 C diced yellow onion
- 1 tbsp Minced garlic
- 2 tsp chili powder
- 1 1/2 tsp ground cumin
- 14 oz fire roasted tomatoes
- 4 C beef broth
- 8 oz can tomato sauce
- pinch of salt and pepper
- 15 oz can of dark kidney beans
- 10 oz bag of Elbow Macaroni
- 1 1/4 C shredded fat free cheddar cheese
- Chopped Parsley for topping



GREEN BEANS AND BACON

Directions

- 1. Toss the green beans into a large pot of boiling salted water and cook until crisp-tender, about 5 minutes.**
- 2. Drain the beans and shock in a large bowl of ice water.**
- 3. Drain the beans again**
- 4. Cook the bacon until crisp.**
- 5. Remove the bacon and drain the bacon grease.**
- 6. Add onion to the pan and saute until soft & tender.**
- 7. Add the garlic & red pepper flakes. Saute until fragrant, about 1 more minute.**
- 8. Add the reserved green beans and the pecans and cook until heated through, 5 to 6 minutes more.**
- 9. Return the bacon to the pan, pour in the lemon**

Green Beans and Bacon

15 min prep time

20 min cook time

ingredients

- **2 1/2 pounds green beans trimmed**
- **Salt**
- **1/4 pound bacon roughly chopped**
- **1 small yellow onion finely chopped**
- **3 cloves garlic minced**
- **1 teaspoon red pepper flakes**
- **Juice of 1/2 lemon**
- **Freshly ground pepper**



CHICKEN SATAY SKEWERS

Directions

1. Soak the wooden skewers in a bowl of water.
2. Combine soy sauce, oil, hot sauce, maple syrup, lime juice, garlic, and fresh ginger.
3. Add salt and pepper, then add the chicken strips.
4. Cover and refrigerate for at least 2 hours or overnight.
5. Turn chicken at least once while marinating.
6. You can cook the marinated chicken on an outdoor grill, an indoor grill or in the oven.
7. If the chicken is being cooked over an outdoor grill, the chicken will need to be cooked for about 4-6 minutes on each side.
8. If the chicken is being cooked on an indoor grill or in the oven it will need to be cooked for 5-7 on each side.

Chicken Satay Skewers

10 min prep time

15 min cook time

ingredients

- 1 lb. boneless skinless chicken breast, pounded to ½" thick and cut into 1" strips
- 3 T. soy sauce
- 1 T. sesame oil
- 1½ T. hot sauce
- 1 T. sugar free maple syrup
- 2 T. fresh lime juice
- 3 garlic cloves minced
- 2 T. fresh ginger piece finely minced
- Salt and pepper to taste



CHICKEN SATAY PEANUT SAUCE

Directions

- **Combine the chicken stock, peanut butter, soy sauce, maple syrup, cayenne pepper, lime juice, and garlic powder in a saucepan over medium high heat.**
- **Simmer gently, stirring frequently, until the sauce is smooth and slightly thickened, around 5-6 minutes.**
- **Remove from heat and transfer to a serving container.**
- **Top with fresh cilantro and roasted peanuts and set aside.**

Peanut Sauce

10 min prep time
15 min cook time

ingredients

- **3/4 c. low-sodium chicken stock**
- **1/3 c. peanut butter**
- **1 T. soy sauce**
- **1 T. sugar free maple syrup**
- **1/4 t cayenne pepper**
- **2 T. fresh lime juice**
- **1 t. garlic powder**
- **1/4 c. fresh cilantro chopped**
- **1/4 c. roasted peanuts roughly chopped**
- **salt and pepper to taste**



MOZZARELLA STUFFED CHICKEN BREAST

Directions

- **Preheat oven to 425°F & Coat an oven-safe skillet with cooking spray.**
- **Add Italian seasoning to the chicken.**
- **Season with salt & pepper**
- **Cook for 4-5 minutes per side on medium heat.**
- **Remove from heat & add chicken broth, & cherry tomatoes.**
- **Top chicken breast with mozzarella cheese & sprinkle with red pepper flakes and Italian seasoning.**
- **Place the pan in the oven and roast for 15-20 minutes, or until chicken is cooked through and the Mozzarella is melted.**
- **Remove from oven and allow chicken to rest for 5 minutes.**

Mozzarella Stuffed Chicken Breast

10 min prep time
25 min cook time

ingredients

- **Nonstick Cooking Spray**
- **2 lbs. boneless skinless chicken breast**
- **1½ T. Italian seasoning**
- **Salt and Pepper to taste**
- **1 T. unsalted butter**
- **¼ c. chicken broth**
- **½ c. cherry tomatoes quartered**
- **8 oz. fat free Mozzarella cheese**
- **½ t. red pepper flakes**
- **Sprigs fresh basil**



Good Cook

BEST ROASTED VEGETABLES EVER

Directions

- **Preheat the oven to 425 degrees F.**
- **Place the veggies, and garlic in a large mixing bowl.**
- **Drizzle with olive oil**
- **Add the dried oregano, thyme, salt and pepper. Toss to combine.**
- **Add the potatoes, and vegetables, spread them out on a foil covered baking pan**
- **Roast in heated oven for 30 minutes.**
- **Serve with a sprinkle of grated Parmesan cheese & fresh parsley.**

Best Roasted Vegetables Ever

10 min prep time

30 min cook time

ingredients

- **12 oz baby gold potatoes scrubbed cut in half**
- **12 oz Campari tomatoes**
- **3 zucchini in 1-inch pieces**
- **1lb baby carrots chopped**
- **2 tbsp. minced garlic**
- **1 TBSP Olive oil**
- **1/2 tbsp dried oregano**
- **1 tsp dried thyme**
- **Salt and pepper**
- **Freshly grated Parmesan cheese**
- **Crushed red pepper**
- **Parsley for garnish**



ORANGE GLAZED PORK LOIN

Directions

- **Preheat oven to 400°F.**
- **Line a large, rimmed baking sheet**
- **Whisk 1/2 tablespoon olive oil with the orange zest, orange juice, honey, and mustard.**
- **Season with salt and black pepper Stir**
- **Rub the orange glaze over the pork loin**
- **Place the meat in the center of the prepared sheet pan**
- **Toss the beets, carrots, & red onion with the remaining olive oil and thyme leaves.**
- **Spread the seasoned veggies around the pork tenderloin**
- **Roast for 25-30 minutes, or to internal temperature just above 140°F* and the veggies are fork tender.**

Orange Glazed Pork Loin

10 min prep time
25 min cook time

ingredients

- **1 T. extra virgin olive oil divided**
- **2 t. orange zest preferably organic**
- **3 T. fresh orange juice**
- **1 T. honey**
- **1½ T. whole-grain mustard**
- **Salt and pepper to taste**
- **1½ lbs. boneless pork tenderloin roast**
- **1 red beet peeled & sliced**
- **1 12- oz. bag tri-color carrots**
- **1 medium red onion sliced**
- **2 T. fresh thyme leaves**



PARMESAN BAKED HADDOCK

Directions

- **Set the oven to broil and line a baking sheet with parchment paper.**
- **Place filets on baking sheet and spray with baking spray & sprinkle with cheese.**
- **Season with salt & pepper.**
- **Place in oven & broil for 6-8 minutes until fish is golden brown & flakes easily.**
- **Remove from oven & set aside.**
- **While fish broils, toss the tomatoes and basil with 2 sprays of the baking spray and season with salt and bpepper. Set aside.**
- **Transfer fish plates and top tomato-basil mixture.**

Parmesan Baked Haddock

10 min prep time
10 min cook time

ingredients

- **4 6- oz. fresh haddock filets**
- **1/2 c. Parmesan cheese freshly grated**
- **4 medium tomatoes seeded and diced**
- **2 c. fresh basil leaves thinly sliced**
- **Salt and pepper to taste**
- **Baking Spray**