

MEAT CRUST PIZZA

INGREDIENTS

5 oz cooked 85-94% lean ground beef or turkey (1 lean)
1 cup reduced fat shredded mozzarella cheese, divided (1 lean)
1 Tbsp reduced fat parmesan cheese (½ condiment)
⅛ tsp salt (½ condiment)
⅛ tsp garlic powder (¼ condiment)
⅛ tsp onion powder (¼ condiment)
¼ tsp Italian seasoning (½ condiment)
½ cup tomato sauce like Rao's Marinara (2 greens)
½ cup red and green bell peppers, optional (1 green)

INSTRUCTIONS

Mix meat, ½ cup of mozzarella, parmesan, salt, garlic powder, onion powder, and Italian seasoning until combined. Spread into a circle on a pizza pan or baking stone. Or for easier clean up, use a foil covered pie pan. Top the meat with sauce, remaining mozzarella, and then peppers. Bake at 350° for about 20 minutes or until cheese is melted and browned. Enjoy with a fork! For the additional 1½ green, serve with a veggie on the side, like ¾ cup green beans.

SERVING

Makes 2 servings, each with 1 lean, 1½ green, and 1 condiment.

BIG MAC BOWL

INGREDIENTS

- 4½ oz cooked 95-97% lean ground beef or turkey (¾ lean)
- ⅛ tsp each onion powder, salt, pepper to season meat (1 condiment)
- ¼ cup reduced fat shredded cheddar cheese (¼ lean)
- 3 cups shredded lettuce (3 greens)
- 1 Tbsp chopped onion (1 condiment)
- 1 chopped dill pickle spear (½ snack)
- 2 Tbsp light Thousand Island dressing (1 healthy fat)
- 1 tsp sesame seeds, optional (1 condiment)

INSTRUCTIONS

Combine all ingredients in a bowl.

For a smaller salad, reduce lettuce and add a veggie on the side.

SERVING

Makes 1 serving with 1 lean, 3 greens, 3 condiments, and 1 healthy fat.

CHICKEN STIR-FRY

WITH CAULIFLOWER RICE

INGREDIENTS

1½ cups frozen cauliflower rice (3 greens)
1 cup frozen broccoli (2 greens)
¼ cup scallions, chopped (½ green)
¼ cup red and green peppers (½ green)
¼ tsp garlic powder (½ condiment)
¼ tsp ginger (½ condiment)
2 Tbsp lite soy sauce (2 condiments)
3 tsp teriyaki sauce (3 condiments)
2 beaten eggs (⅔ lean)
8 oz cooked chicken, shredded or cubed or 9.3 oz cooked shrimp (1⅓ lean)
1 tsp olive oil for chicken or 2 tsp oil for shrimp (1-2 healthy fats)
Dash of red pepper flakes, optional

INSTRUCTIONS

Scramble eggs in skillet with cooking spray until done, but still moist. Remove and set aside. In skillet, heat 1-2 tsp olive oil (see above) over medium high heat. Cook white parts of scallions and red and green peppers for 1 minute. Add cauliflower rice and broccoli and fry for 5-6 minutes, stirring constantly. Add chicken or shrimp, diced green onion tops, soy sauce, teriyaki sauce, garlic powder, ginger, and eggs. Stir well until lightly browned. Serve with a dash of red pepper flakes if desired.

SERVING

Makes 2 servings, each with 1 lean, 3 greens, 3 condiments, and 1-2 healthy fats.