

Chicken Pesto Mini Pitas

6 ingredients · 10 minutes · 2 servings



Directions

1. In a bowl, add the chicken breast and pesto. Stir well until the chicken pieces are well coated with pesto. Taste and add salt and pepper as needed.
2. Season the tomato slices with salt. Cut the pitas in half and stuff them with chicken, tomato, and romaine lettuce. Enjoy!

Notes

Leftovers

Best enjoyed fresh. Refrigerate in an airtight container for up to three days.

Serving Size

One serving is equal to one stuffed mini pita.

More Flavor

Add pickle and red onion.

Gluten-Free

Use a gluten-free pita or bread.

Mini Whole Wheat Pita

One mini whole wheat pita is 30 grams or one ounce.

Ingredients

6 ozs Chicken Breast, Cooked (cubed)

1 1/2 tbsps Pesto

Sea Salt & Black Pepper (to taste)

1/2 Tomato (small, sliced)

2 ozs Mini Whole Wheat Pita

2 leaves Romaine (chopped)

Chicken Salad on Apple Slices

7 ingredients · 10 minutes · 2 servings



Directions

1. In a medium-sized bowl, add the chicken, celery, onion, yogurt, lemon juice, lemon zest, salt, and pepper. Mix well to incorporate.
2. Divide onto the apple slices and enjoy!

Notes

Leftovers

Refrigerate the chicken in an airtight container for up to three days. Slice the apple just before serving.

Serving Size

One serving is about six slices of apples with chicken.

Additional Toppings

Add dried chopped cranberries to the chicken.

Ingredients

- 8 ozs** Chicken Breast, Cooked (shredded)
- 2 stalks** Celery (finely chopped)
- 1/4 cup** Red Onion (finely chopped)
- 1/3 cup** Plain Greek Yogurt
- 1/2** Lemon (juiced, zested)
- Sea Salt & Black Pepper (to taste)
- 2** Apple (large, cored, cut into thin slices)

Egg Salad & Tuna Lettuce Wraps

7 ingredients · 30 minutes · 2 servings



Directions

1. Bring a small pot of water to a boil and use a spoon to carefully lower the eggs inside. Boil for seven to eight minutes, then immediately remove them and place them into a bowl of icy water for at least three minutes.
2. Peel the eggs and chop them. In a bowl, whisk together the mayonnaise, lemon juice, salt, and pepper. Add the eggs, tuna, and basil. Stir well, taste and adjust the seasoning to your taste.
3. Divide the tuna mixture evenly between lettuce leaves and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is two stuffed lettuce leaves.

More Flavor

Add red onion and capers.

No Basil

Use dill or parsley instead.

Canned Tuna

One can of tuna is equal to 165 grams or 5.8 ounces, drained.

Ingredients

- 3 Egg
- 1 1/2 tbsps Mayonnaise
- 1/4 Lemon (juiced)
- Sea Salt & Black Pepper (to taste)
- 2 cans Tuna (drained)
- 2 tbsps Basil Leaves (chopped)
- 4 leaves Romaine (medium)

Hummus & Chicken Pita Wrap

7 ingredients · 20 minutes · 2 servings



Directions

1. In a bowl, mix together the oil and Greek seasoning. Add the chicken and toss to combine.
2. Heat a pan over medium heat. Add the marinated chicken and cook for four to five minutes per side or until cooked through and browned.
3. Spread the hummus over each pita. Arrange the chicken, cucumber, and parsley on top. Wrap the pita and enjoy!

Notes

Leftovers

Best enjoyed immediately after assembling. Chicken can be refrigerated in an airtight container for up to three days.

Serving Size

One serving is equal to one pita wrap.

More Flavor

Add lemon juice to the marinade.

Additional Toppings

Top with tahini sauce and tomato.

Gluten-Free

Use a gluten-free pita instead.

Ingredients

- 2 **tsps** Extra Virgin Olive Oil
- 1 **tbsp** Greek Seasoning
- 8 **ozs** Chicken Breast (boneless, skinless, cubed)
- 1/4 **cup** Hummus
- 2 Whole Wheat Pita
- 1/4 Cucumber (medium, sliced)
- 2 **tbsps** Parsley

Mango Salsa Shrimp Lettuce Wraps

10 ingredients · 20 minutes · 2 servings



Directions

1. In a bowl, mix together the mango, avocado, onion, cilantro, mint, lime juice, and half of the salt.
2. Warm the oil in a pan over medium heat and add the shrimp. Season with the remaining salt. Cook on each side for two to three minutes or until pink and cooked through.
3. To assemble, add the salsa and shrimp to the lettuce leaves. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is approximately two wraps.

More Flavor

Add minced garlic, shredded cabbage, sriracha, and/or cheese.

Ingredients

- 1 Mango (diced)
- 1 Avocado (diced)
- 1/3 cup Red Onion (diced)
- 3 tbsps Cilantro (finely chopped)
- 2 tbsps Mint Leaves (finely chopped)
- 1 Lime (juiced)
- 1/2 tsp Sea Salt (divided)
- 1 tbsp Avocado Oil
- 8 ozs Shrimp (peeled, deveined, tails removed)
- 1 head Boston Lettuce (leaves pulled apart)

Shrimp with Edamame Slaw

9 ingredients · 20 minutes · 4 servings



Directions

1. In a bowl, combine the shrimp, half of the oil, half of the lime juice, garlic powder, salt, and pepper. Set aside.
2. In a large bowl, add the broccoli slaw, edamame, onion, radishes, the remaining oil, and the remaining lime juice. Season with salt and pepper and mix to combine. Set aside.
3. Heat a pan over medium heat. Add the shrimp and the marinade to the pan. Cook for about two minutes per side or until cooked through.
4. Divide the edamame slaw into bowls along with the shrimp. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is approximately 1 1/2 cups of slaw topped with shrimp.

Additional Toppings

Top with fresh chopped cilantro and more lime juice.

Ingredients

- 1 lb Shrimp (peeled, deveined)
- 1/4 cup Extra Virgin Olive Oil (divided)
- 1 Lime (large, juiced, divided)
- 1 tsp Garlic Powder
- Sea Salt & Black Pepper (to taste)
- 4 cups Broccoli Slaw (bagged)
- 2 cups Frozen Edamame (thawed)
- 1/2 cup Red Onion (thinly sliced)
- 1/2 cup Radishes (medium, thinly sliced)

Spicy Beef Taco Cauliflower Rice

10 ingredients · 30 minutes · 2 servings



Directions

1. Heat a pan over medium-high heat. Add the ground beef and water. Cover and cook for four to five minutes.
2. Add the taco seasoning and cook uncovered, stirring, for two to three minutes or until the water evaporates completely and the beef is cooked through.
3. Reduce the heat to medium. Stir in the carrot, bell pepper, cauliflower rice, and half of the oil. Season with salt and pepper. Cover and cook for three to four more minutes to allow the flavors to combine.
4. Uncover and add the jalapeños and remaining oil. Stir well. Garnish with cilantro, if desired. Divide evenly between plates or bowls and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is approximately two cups.

More Flavor

Add green onions.

Ingredients

- 12 ozs** Extra Lean Ground Beef
- 1/4 cup** Water
- 1 tbsp** Taco Seasoning
- 1** Carrot (medium, finely, chopped)
- 1/2** Red Bell Pepper (medium, chopped)
- 3 cups** Cauliflower Rice
- 2 tbsps** Extra Virgin Olive Oil (divided)
- Sea Salt & Black Pepper (to taste)
- 1 tbsp** Pickled Jalapeno Pepper (sliced)
- 2 tbsps** Cilantro (optional)

Turkey & Cheese Stuffed Bell Pepper

8 ingredients · 10 minutes · 1 serving



Directions

1. Mix the cream cheese and the mustard together. Spread the mixture onto one-half of each bell pepper.
2. Mash the avocado and stir in the everything bagel seasoning. Spread on the other half.
3. Layer the turkey, cheese, and lettuce on top of the avocado mixture.
4. Place two halves together to create a sandwich and enjoy!

Notes

Leftovers

Best enjoyed immediately but can be refrigerated in an airtight container for up to two days.

Serving Size

One serving is one whole bell pepper.

More Flavor

Add red onions, sauerkraut and/or fresh herbs.

Ingredients

2 tbsps Cream Cheese, Regular

1/4 tsp Dijon Mustard

1 Red Bell Pepper (medium, sliced in half, seeds removed)

1/2 Avocado (medium)

1/2 tsp Everything Bagel Seasoning

1 1/2 ozs Sliced Turkey Breast

1 1/2 ozs Provolone Cheese (sliced)

1/8 head Green Lettuce