

21 DAY CHALLENGE

Meal Recipes

RECIPES

GRILLED STEAK FAJITAS

INGREDIENTS (makes 4 servings):

- 1 beef top sirloin steak (3/4 inch thick and 1 pound)
- 2 tablespoons fajita seasoning mix
- 1 large sweet onion, cut crosswise into 1/2-inch slices
- 1 medium sweet red pepper, halved
- 1 medium green pepper, halved
- 1 tablespoon olive oil
- 4 whole wheat tortillas (8 inches), warmed
- Sliced avocado, optional

NUTRITIONAL FACTS:

1 serving: 363 calories, 13g fat, 34g carbohydrate (6g sugars, 5g fiber), 27g protein.

DIRECTIONS:

- Rub steak with seasoning mix. Brush onion and peppers with oil.
- Grill steak and vegetables, covered, on a greased rack over medium direct heat 4-6 minutes on each side, until meat reaches desired doneness (for medium-rare, a thermometer should read 135°; medium, 140°; and medium-well, 145°) and vegetables are tender. Remove from grill. Let steak stand, covered, 5 minutes before slicing.
- Cut vegetables and steak into strips; serve in tortillas. If desired, top with avocado and cilantro and serve with lime wedges.



RECIPES

MEDITERRANEAN SALMON

INGREDIENTS (makes 4 servings):

- 1/4 cup balsamic vinegar
- 1/4 cup olive oil
- 6 cloves garlic minced
- 1/2 teaspoon salt
- 1 lb baby potatoes cut into quarters
- Four 4 oz salmon fillets
- 2.5 cups of fennel thinly sliced
- 2.5 cups Brussels sprouts halved
- 1 small red onion cut into wedges
- 1/2 cup feta cheese crumbled
- 2 tablespoons parsley

NUTRITIONAL FACTS:

Calories: 454kcal | Carbohydrates: 34g | Protein: 30g | Fat: 23g

DIRECTIONS:

- Heat oven to 425°F. Line two baking sheets with parchment paper and set aside.
- Shake together the balsamic vinegar, olive oil, garlic and salt. Toss the potatoes in $\frac{1}{3}$ of the mixture and arrange on one of the baking sheets.
- Bake for 15 minutes, then stir them up and return to the oven.
- Arrange the salmon on the second baking sheet, drizzle with $\frac{1}{3}$ of the balsamic vinegar mixture. Toss the veggies in the remaining balsamic mixture and arrange around the salmon.
- Bake for 12-15 minutes, until everything is cooked through. Sprinkle with feta cheese and parsley and serve.



RECIPES

LEMON-DIJON PORK

INGREDIENTS (makes 4 servings):

- 4 teaspoons Dijon mustard
- 2 teaspoons grated lemon zest
- 1 garlic clove, minced
- 2 tablespoons canola oil
- 1-1/2 pounds sweet potatoes (about 3 medium), cut into 1/2-inch cubes
- 1 pound fresh brussels sprouts (about 4 cups), quartered
- 4 boneless pork loin chops (6 ounces each)

NUTRITIONAL FACTS:

1 serving: 363 calories, 13g fat, 34g carbohydrate, 27g protein.

DIRECTIONS:

- Preheat oven to 425°. In a large bowl, mix first 4 ingredients; gradually whisk in oil. Remove 1 tablespoon mixture for brushing pork. Add vegetables to remaining mixture; toss to coat.
- Place pork chops and vegetables in a 15x10x1-in. pan coated with cooking spray. Brush chops with reserved mustard mixture. Roast 10 minutes.
- Turn chops and stir vegetables; roast until a thermometer inserted in pork reads 145° and vegetables are tender, 10-15 minutes longer. If desired, sprinkle with pepper. Let stand 5 minutes before serving.



RECIPES

HERBED BALSAMIC CHICKEN

INGREDIENTS (makes 6 servings):

- 1/2 cup balsamic vinegar
- 3 tablespoons extra virgin olive oil
- 1 tablespoon minced fresh basil
- 1 tablespoon minced fresh chives
- 2 teaspoons grated lemon zest
- 1 garlic clove, minced
- 3/4 teaspoon salt
- 1/4 teaspoon pepper
- 6 boneless skinless chicken thighs (1-1/2 pounds)

NUTRITIONAL FACTS:

1 chicken thigh: 245 calories, 15g fat, 6g carbohydrate, 21g protein.

DIRECTIONS:

- Whisk together all ingredients except chicken.
- In a bowl, toss chicken with 1/3 cup vinegar mixture; let stand 10 minutes.
- Grill chicken, covered, over medium heat or broil 4 in. from heat until a thermometer reads 170°, 6-8 minutes per side. Drizzle with remaining vinegar mixture before serving.



RECIPES

NAKED FISH TACOS

INGREDIENTS (makes 2 servings):

- 1 cup coleslaw mix
- 1/4 cup chopped fresh cilantro
- 1 green onion, sliced
- 4 teaspoons canola oil, divided
- 2 teaspoons lime juice
- 1/2 teaspoon ground cumin
- 1/2 teaspoon salt, divided
- 1/4 teaspoon pepper, divided
- 2 tilapia fillets (6 ounces each)
- 1/2 medium ripe avocado, peeled and sliced

NUTRITIONAL FACTS:

1 serving: 293 calories, 16g fat, 6g carbohydrate (1g sugars, 3g fiber), 33g protein.

DIRECTIONS:

- Place first four ingredients in a bowl; toss with 2 teaspoons oil, lime juice, cumin, 1/4 teaspoon salt and 1/8 teaspoon pepper. Refrigerate until serving.
- Pat fillets dry with paper towels; sprinkle with the remaining salt and pepper. In a large nonstick skillet, heat remaining oil over medium-high heat; cook tilapia until fish just begins to flake easily with a fork, 3-4 minutes per side. Top with slaw and avocado.



RECIPES

CHICKEN TACOS WITH SALSA

INGREDIENTS (makes 4 servings):

- 1 pound boneless skinless chicken breasts, cut into 1/2-inch strips
- 1/3 cup water
- 1 teaspoon sugar
- 1 tablespoon chili powder
- 1 teaspoon onion powder
- 1 teaspoon dried oregano
- 1 teaspoon paprika
- 1/2 teaspoon salt
- 1 medium ripe avocado, peeled and cubed
- 1 cup fresh or frozen corn, thawed
- 1 cup cherry tomatoes, quartered
- 2 teaspoons lime juice
- 8 taco shells, warmed

DIRECTIONS:

- Place a large nonstick skillet coated with cooking spray over medium-high heat. Brown chicken. Add water, sugar and seasonings. Cook 4-5 minutes or until chicken is no longer pink, stirring occasionally.
- Meanwhile, in a small bowl, gently mix avocado, corn, tomatoes and lime juice. Spoon chicken mixture into taco shells; top with avocado salsa.



NUTRITIONAL FACTS:

2 tacos: 354 calories, 15g fat, 30g carbohydrate, 27g protein.

RECIPES

KALE CAESAR SALAD

INGREDIENTS (makes 4 servings):

- 2 cups cooked chickpeas
- 1 tablespoon all purpose flour
- 2 teaspoons garlic powder
- 1/2 teaspoon salt
- 3 tablespoons olive oil
- 1/4 cup Greek yogurt
- 1/4 cup avocado mayonnaise
- 4 teaspoons lemon juice
- 2 cloves garlic (minced)
- 1 bunch kale
- 1/4 cup parmesan cheese (shredded)

NUTRITIONAL FACTS:

Calories: 373kcal | Carbohydrates: 25g |

Protein: 12g | Fat: 26g

DIRECTIONS:

Garlic Chickpeas

- After draining and rinsing chickpeas, spread them out on a clean towel and blot with a second towel to dry completely.
- Once chickpeas are dry, stir them together with flour, garlic powder and salt until evenly coated.
- Heat oil in a medium pan over medium heat. Add the chickpeas to the pan, and cook for 15-20 minutes, until golden brown. Remove from heat and cool slightly.

Kale Caesar Salad

- While garlic chickpeas are cooking, shred, wash and dry the kale. Stir together the dressing ingredients, then toss the kale until evenly coated.



RECIPES

MEDITERRANEAN PORK & ORZO

INGREDIENTS (makes 6 servings):

- 1-1/2 pounds pork tenderloin
- 1 teaspoon coarsely ground pepper
- 2 tablespoons olive oil
- 3 quarts water
- 1-1/4 cups uncooked orzo pasta
- 1/4 teaspoon salt
- 1 package (6 ounces) fresh baby spinach
- 1 cup grape tomatoes, halved
- 3/4 cup crumbled feta cheese

NUTRITIONAL FACTS:

1-1/3 cups: 372 calories, 11g fat, 34g carbohydrate (2g sugars, 3g fiber), 31g protein.

DIRECTIONS:

- Rub pork with pepper; cut into 1-in. cubes. In a large nonstick skillet, heat oil over medium heat. Add pork; cook and stir until no longer pink, 8-10 minutes.
- Meanwhile, in a Dutch oven, bring water to a boil. Stir in orzo and salt; cook, uncovered, 8 minutes. Stir in spinach; cook until orzo is tender and spinach is wilted, 45-60 seconds longer. Drain.
- Add tomatoes to pork; heat through. Stir in orzo mixture and cheese.



RECIPES

ASIAN CHICKEN RICE BOWL

INGREDIENTS (makes 4 servings):

- 1/4 cup rice vinegar
- 1 green onion, minced
- 2 tablespoons reduced-sodium soy sauce
- 1 tablespoon toasted sesame seeds
- 1 tablespoon sesame oil
- 1 tablespoon honey
- 1 teaspoon minced fresh ginger
- 1 package (8.8 ounces) brown rice
- 4 cups coleslaw mix (about 9 ounces)
- 2 cups shredded rotisserie chicken, chilled
- 2 cups frozen shelled edamame, thawed

NUTRITIONAL FACTS:

1 serving: 429 calories, 15g fat, 38g carbohydrate (13g sugars, 5g fiber), 32g protein.

DIRECTIONS:

- For dressing, whisk together first 7 ingredients.
- Cook rice according to package directions. Divide among 4 bowls.
- In a large bowl, toss coleslaw mix and chicken with half of the dressing.
- Serve edamame and slaw mixture over rice; drizzle with remaining dressing.



RECIPES

BEEF BURGER WRAPS

INGREDIENTS (makes 4 servings):

- 1 pound lean ground beef (90% lean)
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 8 Bibb lettuce leaves
- 1/3 cup crumbled feta cheese
- 1/2 medium ripe avocado, peeled and cut into 8 slices
- 1/4 cup chopped red onion
- Chopped cherry tomatoes, optional

NUTRITIONAL FACTS:

2 wraps: 252 calories, 15g fat, 5g carbohydrate (2g sugars, 2g fiber), 24g protein.

DIRECTIONS:

- In a large bowl, combine beef, salt and pepper, mixing lightly but thoroughly. Shape into eight 1/2-in.-thick patties. Grill burgers, covered, over medium heat or broil 3-4 in. from heat until a thermometer reads 160°, 3-4 minutes on each side.
- Place burgers in lettuce leaves. C; Top with avocado, red onion and if desired, tomatoes.



RECIPES

GINGER BEEF & ZUCCHINI NOODLES

INGREDIENTS (makes 4 servings):

- 1/4 cup reduced sodium soy sauce
- 1 tablespoon monk fruit sweetener
- 2 tablespoons apple cider vinegar
- 1 lb ground beef
- 2 tablespoons toasted sesame oil
- 1 tablespoon fresh ginger (finely grated)
- 3 cloves garlic (minced)
- 2 medium zucchinis (spiralized)

NUTRITIONAL FACTS:

Calories: 381kcal | Carbohydrates: 5g | Protein: 21g | Fat: 30g

DIRECTIONS:

- Shake together the soy sauce, apple cider vinegar and monk fruit sweetener and set aside. Heat a non-stick skillet over medium heat.
- Add the beef and cook, breaking it up with a spatula, for 7-10 minutes, or until cooked through. Carefully drain the pan if needed.
- Make a space in the beef and add the sesame oil, ginger and garlic. Cook for 1 minute.
- Add the sauce and toss the beef to coat. Cook for 1 minute until evenly coated and remove from heat. Divide up the beef between four 2-cup capacity storage containers with the spiralized zucchini.



RECIPES

TACO SALAD

INGREDIENTS (makes 4 servings):

- 1 lb ground turkey (or ground beef)
- 2 tablespoons taco seasoning
- 1 cup black beans
- 1 cup corn kernels
- 1 cup tomatoes (chopped)
- 1 cup shredded cheese
- 4 handfuls romaine lettuce (or iceberg; washed, dried & cut into bite-sized pieces)
- 1 cup tortilla strips

NUTRITIONAL FACTS:

Calories: 419kcal | Carbohydrates: 28g | Protein: 39g | Fat: 18g |

DIRECTIONS:

- Cook turkey over medium heat in a non-stick pan, breaking it up with a spatula. Cook for 7 or so minutes, until no pink remains.
- Drain the pan from grease or liquid if necessary.
- Add 2/3 cup of water to the pan with the taco seasoning. Cook, stirring frequently until sauce is bubbly and thickened and meat is evenly coated.
- Remove pan from heat and set aside to cool slightly. Combine all ingredients and divide between four bowls.



RECIPES

FETA-CHICKEN BURGER

INGREDIENTS (makes 4 servings):

- 1 large egg, lightly beaten
- 1 large shallot, minced
- 2 tablespoons minced fresh dill
- 3 garlic cloves, minced
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 1 pound ground chicken
- 1/2 cup finely crumbled feta cheese
- 2 tablespoons canola oil
- 4 hamburger buns, split

NUTRITIONAL FACTS:

1 burger: 414 calories, 22g fat , 27g carbohydrate (4g sugars, 2g fiber), 27g protein.

DIRECTIONS:

- Combine first 6 ingredients. Add chicken; mix lightly but thoroughly. Gently stir in cheese.
- Shape into four 1/2-in. thick patties (mixture will be soft). Brush patties with oil. Grill, covered, over medium heat until a thermometer reads 165°, 5-6 minutes per side. Serve on buns. If desired, top with tzatziki sauce and tomato.



RECIPES

SHRIMP ORZO WITH FETA

INGREDIENTS (makes 4 servings):

- 1-1/4 cups uncooked whole wheat orzo pasta
- 2 tablespoons olive oil
- 2 garlic cloves, minced
- 2 medium tomatoes, chopped
- 2 tablespoons lemon juice
- 1-1/4 pounds uncooked shrimp (26-30 per pound), peeled and deveined
- 2 tablespoons minced fresh cilantro
- 1/4 teaspoon pepper
- 1/2 cup crumbled feta cheese

NUTRITIONAL FACTS:

1 cup: 406 calories, 12g fat, 40g carbohydrate (2g sugars, 9g fiber), 33g protein.

DIRECTIONS:

- Cook orzo according to package directions. Meanwhile, in a large skillet, heat oil over medium heat. Add garlic; cook and stir 1 minute. Add tomatoes and lemon juice. Bring to a boil. Stir in shrimp. Reduce heat; simmer, uncovered, until shrimp turn pink, 4-5 minutes.
- Drain orzo. Add orzo, cilantro and pepper to shrimp mixture; heat through. Sprinkle with feta cheese.



RECIPES

SESAME CHICKEN PASTA SALAD

INGREDIENTS (makes 4 servings):

- 2 cups 4.6 oz uncooked pasta
- 2 large chicken breasts
- 1 tablespoon sesame oil
- 1 tablespoon soy sauce
- 2 tablespoons olive oil
- 2 tablespoons rice vinegar
- 1.5 tablespoons honey
- 1.5 tablespoons sesame oil
- 3/4 teaspoons soy sauce
- 1 clove garlic optional

NUTRITIONAL FACTS:

Calories: 450kcal | Carbohydrates: 35g | Protein: 32g | Fat: 19g |

DIRECTIONS:

- Cook the pasta according to package directions. Heat oven to 425°F.
- Toss the chicken breasts in the sesame oil and soy sauce and bake in a small baking dish for 10 minutes.
- Flip and return to the oven for 10 (small chicken breasts) to 15 (large chicken breasts) minutes, until cooked through.
- Allow to rest for 5 minutes on a cutting board before slicing into strips.
- Shake together all vinaigrette ingredients, and toss in a large bowl with the cooked chicken, pasta, until completely coated.



RECIPES

PEACH-BALSAMIC CHICKEN

INGREDIENTS (makes 4 servings):

- 4 boneless skinless chicken breast halves (4 ounces each)
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 2 tablespoons butter
- 1/4 cup reduced-sodium chicken broth
- 1/4 cup sherry or additional reduced-sodium chicken broth
- 1/3 cup peach preserves
- 2 garlic cloves, thinly sliced
- 1 tablespoon balsamic vinegar

NUTRITIONAL FACTS:

1 chicken breast half with 1 tablespoon sauce: 249 calories, 8g fat, 19g carbohydrate, 23g protein.

DIRECTIONS:

- Sprinkle chicken with salt and pepper. In a large skillet, brown chicken on both sides in butter. Remove from the skillet and keep warm.
- Add broth and sherry to the skillet, stirring to loosen browned bits from pan. Stir in the preserves, garlic and tarragon. Bring to a boil. Reduce heat; simmer, uncovered, for 5 minutes, stirring occasionally. Stir in vinegar. Return chicken to the skillet; cover and cook over medium heat for 8-10 minutes or until a thermometer reads 165°.



RECIPES

MAPLE SALMON BOWLS

INGREDIENTS (makes 2 servings):

- 2 (6 oz) wild salmon filets
- 1 tablespoon pure maple syrup
- 1 small lime, juiced 1 teaspoon chili powder 3 cloves garlic, minced 1 teaspoon virgin coconut oil
- 1/2 cup uncooked black rice (regular rice is ok too)
- 1/2 mango, diced
- 1/2 cup cooked shelled edamame
- 1/8 teaspoon salt

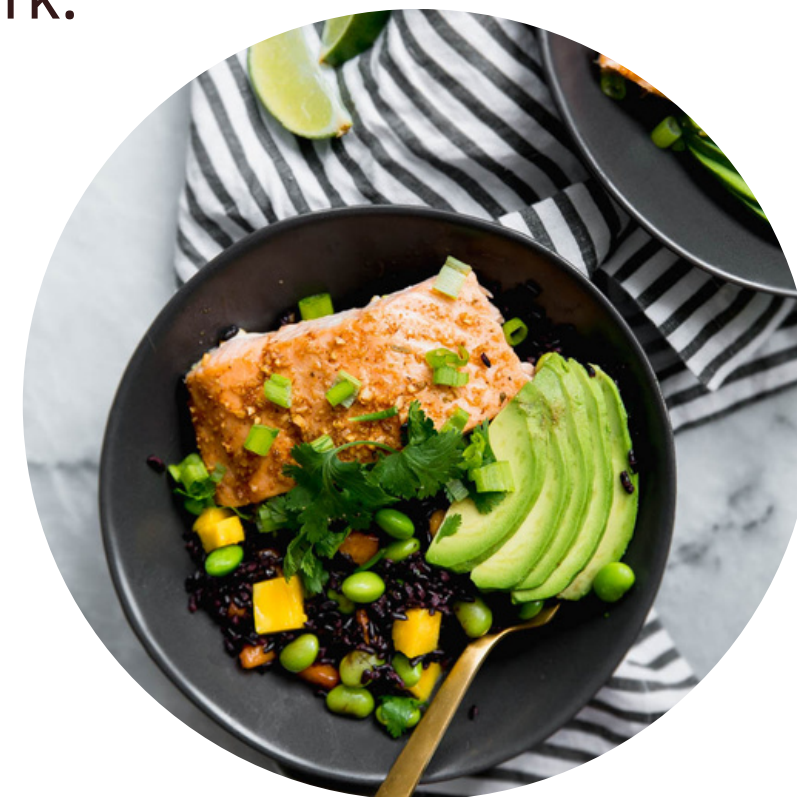
NUTRITIONAL FACTS:

Calories: 550kcal, Fat: 19.5g, 4.2g Carbohydrates: 57.8g

Protein: 40.8g

DIRECTIONS:

- First cook the rice: Add 1 cup of water with 1/2 cup of forbidden rice to a small pot and place over high heat. Bring to a boil, then reduce heat to low, cover and cook for 25 minutes. Once rice is done stir in mango, coconut oil, edamame and salt.
- Preheat oven to 400 degrees F. Line a large baking sheet. Place salmon filets skinside down.
- In a small bowl, whisk together maple syrup, lime juice, chili powder and garlic. Pour or generously brush the glaze over the salmon, reserving 1 tablespoon for glazing once salmon is done. Bake for 15-20 minutes or until salmon is done and flakes with a fork.



RECIPES

AVOCADO PESTO ZOODLES

INGREDIENTS (makes 2 servings):

- 2 medium zucchini, ends trimmed
- ½ cup packed fresh basil leaves
- ½ large ripe avocado
- 2 cloves garlic
- 2 tablespoons pine nuts
- 1 tablespoon fresh lemon juice (from 1 small lemon)
- 3 tablespoons water
- ¼ cup grated parmesan cheese
- ½ cup sliced grape tomatoes

NUTRITIONAL FACTS:

Calories: 246kcal, Fat: 15.4, gCarbohydrates: 23.8g,
Protein: 8.7g

DIRECTIONS:

- Use a julienne peeler, mandolin or spiralizer and spiralize the zucchini into noodles. Add noodles to a large bowl.
- Add basil, avocado, garlic, pine nuts and lemon juice to a food processor and pulse for 20 seconds or until pesto is chopped. Add in water and process again until completely smooth. You may need to add more water to get it to your desired consistency; I like mine a little on the thicker side.
- Transfer to a bowl with the zucchini noodles and toss the noodles until they are well coated. Top with tomatoes. Serve room temperature or chilled.



RECIPES

HEALTHY CHICKEN QUESADILLA

INGREDIENTS (makes 4 servings):

- 4 tortillas (10-12 inch)
- 2 cups mozzarella cheese (shredded)
- 2 cups cooked chicken (chopped or shredded into small pieces)
- Vegetables of choice (steamed broccoli, spinach and tomatoes pictured)

NUTRITIONAL FACTS:

Calories: 375kcal

Carbohydrates: 16g

Protein: 32g | Fat: 19g



DIRECTIONS:

- Heat nonstick pan over medium heat. Place two tortillas in the pan, propping up the sides against each other in the middle of the pan.
- Sprinkle 2 tablespoons of cheese on the bottom half of each tortilla. Top with chicken, then veggies, then another 2 tablespoons of cheese.
- Press the top part of the tortilla over on itself, pressing firmly to keep it in place. Cook for 2-3 minutes per side, until lightly golden and crispy. Enjoy with salsa, greek yogurt, or guacamole

RECIPES

CAJUN CHICKEN WRAP

INGREDIENTS (makes 4 servings):

- 2 tablespoons olive oil
- 2 large chicken breasts, sliced into 1/2 inch pieces
- 3 tablespoons cajun seasoning
- 2 bell peppers sliced into strips
- 1 red onion sliced into strips
- 2 cups cherry tomatoes quartered
- 4 large tortillas to serve

NUTRITIONAL FACTS:

Calories: 375kcal

Carbohydrates: 16g

Protein: 32g | Fat: 19g

DIRECTIONS:

- Heat olive oil in a medium non-stick pan over medium heat. Add the chicken, and sprinkle with 1 1/2 tablespoons of cajun seasoning.
- Cook, stirring frequently, for 5-7 minutes, until cooked through. Remove the chicken from the pan and place in a clean bowl.
- Add the bell pepper and onion to the pan, sprinkling with another 1 1/2 tablespoons of cajun seasoning.
- Cook for 5 or so minutes, until slightly softened. Add the tomatoes to the pan, cook for 1 minute until soft. Add back the chicken, toss everything up, then remove from the heat.



RECIPES

PEPPERONI PIZZA STUFFED PORTOBELLO MUSHROOMS

INGREDIENTS (makes 4 servings):

- 4 portobello mushrooms
- 2 tablespoons olive oils
- 1/2 cup pizza sauce
- 4 Pepperoni Sticks sliced
- 1/2 cup cherry tomatoes (sliced)
- 1/4 cup onion slices
- 1 cup mozzarella cheese
- 1/2 cup parmesan cheese
- 1/2 teaspoon dried basil leaves

NUTRITIONAL FACTS:

Calories: 230kcal | Carbohydrates: 7g | Protein: 13g | Fat: 16g

DIRECTIONS:

- Heat oven to 400°F (if you have convection, use this setting). Prepare the portobello mushrooms: remove the stems (reserve for filling) and scoop out the gills.
- Fill your 'pizzas': 2 tablespoons pizza sauce per mushroom, followed by Pepperoni Stick slices, cherry tomatoes, onions and chopped mushroom stems. Top with 1/2 cup shredded mozzarella, then a sprinkling of parmesan and basil. Add a few extra pepperoni slices.
- Bake in pre-heated oven on a baking sheet for 18-25 minutes, until cheese is melted and bubbly.

