

Healthy Lifestyle Meal Planning Guide Week-10

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	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<i>Breakfast</i>	429 Chorizo Breakfast Bowls Add pre - washed spinach**	Kale, Banana, Chia, Hemp Superfood Smoothie 1 cup. Ripple Dairy Free Unsweetened Vanilla Pea Milk or Almond Milk 80 10 1/2 cup spinach or kale 70 1 TBSP Hemp seeds 50 1/2 ripe medium banana 120 2 TBSP Chia seeds	170 Vega Ready to Drink Protein Shake or 160 Premier Protein Shake W/ Fruit of choice	Kale, Banana, Chia, Hemp Superfood Smoothie 1 cup. Ripple Dairy Free Unsweetened Vanilla Pea Milk or Almond Milk 80 10 1/2 cup spinach or kale 70 1 TBSP Hemp seeds 50 1/2 ripe medium banana 120 2 TBSP Chia seeds	170 Vega Ready to Drink Protein Shake or 160 Premier Protein Shake W/ Fruit of choice	Kale, Banana, Chia, Hemp Superfood Smoothie 1 cup. Ripple Dairy Free Unsweetened Vanilla Pea Milk or Almond Milk 80 10 1/2 cup spinach or kale 70 1 TBSP Hemp seeds 50 1/2 ripe medium banana 120 2 TBSP Chia seeds	310 Good Food Made Simple Egg Cheese & Turkey Sausage Breakfast Burrito	
	Total 429	Total 330	Total 170	Total 330	Total 170	Total 330	Total 310	
<i>Lunch</i>	220 TURKEY TACO SPAGHETTI SQUASH BOATS Don't add cheese* Day to Meal Prep	Meal Prep 4 Oz Easy Shredded Harrisa Chicken 178 1 Cup Cilantro Lime Cauliflower "Rice" 60 1/2 Cup Diced cucumber 10 2 TBSP Cedar's Tzatziki Cucumber and Garlic Dip 35	Meal Prep 4 Oz Easy Shredded Harrisa Chicken 178 1 Cup Cilantro Lime Cauliflower "Rice" 60 1/2 Cup Diced cucumber 10 2 TBSP Cedar's Tzatziki Cucumber and Garlic Dip 35	Meal Prep 4 Oz Easy Shredded Harrisa Chicken 178 1 Cup Cilantro Lime Cauliflower "Rice" 60 1/2 Cup Diced cucumber 10 2 TBSP Cedar's Tzatziki Cucumber and Garlic Dip 35	Meal Prep 4 Oz Easy Shredded Harrisa Chicken 178 1 Cup Cilantro Lime Cauliflower "Rice" 60 1/2 Cup Diced cucumber 10 2 TBSP Cedar's Tzatziki Cucumber and Garlic Dip 35	200 2 Cups. Lentil Soup with Butternut and Kale 90 1/2 c. brown rice	220 TURKEY TACO SPAGHETTI SQUASH BOATS Don't add cheese*	
	Total 220	Total 283	Total 283	Total 283	Total 283	Total 290	Total 220	
	<i>Dinner</i>	Family Dinner Cook or enjoy a healthy meal and share your choice with me at our next visit. Don't forget to take pictures.	395 Wendy's Summer Strawberry Salad Use half of the dressing**	302 HOUSTON'S VEGGIE BURGER *Dave's killer bread has buns too!	220 4 oz H E B Wild Caught Sockeye Salmon Fillet - Baked 20 Adams Reserve Sweet & Spicy Seafood Salmon Rub 20 1 Cup. Zucchini & Squash, slices	200 2 Cups. Lentil Soup with Butternut and Kale 90 1/2 c. brown rice	Enjoy a night out for dinner DIVIDE YOUR PORTION INTO 4! If you don't know the calories	310 1/2 Cauliflower Veggie Cauliflower Pizza
		Total 300	Total 395	Total 302	Total 260	Total 290	Total 310	Total 310

Chorizo Breakfast Bowls

PREP TIME:
15 mins

COOK TIME:
1 hr

COURSE: Breakfast, Brunch, Meal Prep
CUISINE: Mexican

Start your day off right with a healthy turkey Chorizo Breakfast Bowl – perfect for making ahead if you need a fast and easy breakfast on the go!

Ingredients

For the potatoes:

- 12 (1 lb) baby gold or red potatoes, quartered
- 3 teaspoons olive oil
- 3/4 teaspoon salt
- 1/2 teaspoon garlic powder
- fresh black pepper (to taste)

For the bowls:

- olive oil spray
- 1-1/3 cups cooked turkey chorizo (heated through)
- 8 large eggs
- kosher salt
- 2 tbsp crumbled Mexican cheese (queso blanco, queso fresco)
- 4 ounces sliced avocado (from 1 small haas)
- cilantro or scallions (for garnish)
- Cholula hot sauce (for serving)

Instructions

1. Preheat the oven to 425F. Spray a 9 x 12 or large oval casserole dish with oil.
2. Add the potatoes, 1 tablespoon oil, 3/4 teaspoon salt, garlic powder and black pepper and toss.
3. Bake until tender, tossing every 15 minutes, about 45 to 55 minutes.
4. Meanwhile, heat a large nonstick skillet over medium-low heat, spray with oil and cook the eggs in batches sunny-side up, until the whites are just set, about 2 to 3 minutes for a runny yolk, or longer if a firm yolk is desired.
5. To serve, divide the potatoes in 4 bowls, top each with 1/3 cup chorizo, 2 fried eggs, crumbled cheese, 1 ounce avocado and garnish with scallions or cilantro.

Serving: 1bowl, Calories: 429kcal, Carbohydrates: 23g, Protein: 31g, Fat: 24g, Saturated Fat: 7g, Cholesterol: 428mg, Sodium: 656mg, Fiber: 5g, Sugar: 1.5g

Blue Smart Points: **7** Green Smart Points: **11** Purple Smart Points: **5**



YIELD: 4 servings

★★★★★
5 from 6 votes

Cilantro Lime Cauliflower "Rice"

TOTAL TIME:
30 mins

COURSE: Side Dish
CUISINE: American

Grated cauliflower makes a fantastic low-carb, grain-free stand in for rice when you need a little carb detox. You can season this any way you wish – here I brightened it up with lime and cilantro and served it with a broiled pork loin. It has a couscous-like texture, and is perfect with chicken, pork chops, steak or anything you would normally serve with rice.

Ingredients

- 1 medium head (about 24 oz cauliflower, rinsed)
- 1 tbsp extra-virgin olive oil
- 2 garlic cloves
- 2 scallions (diced)
- kosher salt and pepper (to taste)
- 1-1/2 limes
- 1/4 cup fresh chopped cilantro

Instructions

1. Remove the core and let the cauliflower dry completely.
2. Coarsely chop into florets, then place half of the cauliflower in a food processor and pulse until the cauliflower is small and has the texture of rice or couscous – don't over process or it will get mushy.
3. Set aside and repeat with the remaining cauliflower.
4. Heat a large saute pan over medium heat, add olive oil, scallions and garlic and sauté about 3 to 4 minutes, or until soft.
5. Raise the heat to medium-high.
6. Add the cauliflower "rice" to the saute pan. Cover and cook approximately 5 to 6 minutes, stirring frequently, until the cauliflower is slightly crispy on the outside but tender on the inside. with salt and pepper to taste.
7. Remove from heat and place in a medium bowl; toss with fresh cilantro and lime juice to taste.

Serving: 1 cup, Calories: 61kcal, Carbohydrates: 8g, Protein: 2.5g, Fat: 3g, Sodium: 37mg, Fiber: 3g
Blue Smart Points: 1 Green Smart Points: 1 Purple Smart Points: 1 Points +: 2



YIELD: 5 servings



4.67 from 12 votes

Easy Shredded Harissa Chicken

PREP TIME:
5 mins

COOK TIME:
4 hrs

TOTAL TIME:
4 hrs

COURSE: Dinner, Lunch
CUISINE: Mediterranean

These easy Harissa chicken recipe can be made in the slow cooker or Instant Pot (pressure cooker) and can be served so many different ways!

Ingredients

- 1 pound boneless (skinless chicken breasts)
- 1/2 teaspoon ground cumin
- 1/4 teaspoon garlic powder
- 1/2 teaspoon Kosher salt
- 1 cup mild Harissa sauce (I like Mina)
- optional (serve with Tzatziki)

Instructions

Slow Cooker Directions:

1. Season the chicken with the cumin, garlic powder, pinch of salt, and pepper.
2. Place chicken in a slow cooker, pour the harissa over the chicken, and cover. Cook on HIGH for 2 hours or LOW 4 hours.
3. Remove chicken from the slow cooker and shred with two forks.

Pressure Cooker Directions:

1. Season the chicken with the cumin, garlic powder, pinch of salt, and pepper.
2. Place chicken in the pressure cooker, pour the harissa over the chicken and cook high pressure 20 minutes. Quick or natural release then shred with two forks. If using frozen chicken breasts, cook 25 minutes.

Notes

Meal Prep containers pictured above are from Amazon.

Serving: 3oz cooked chicken, Calories: 178kcal, Carbohydrates: 4g, Protein: 26g, Fat: 7g, Saturated Fat: 0.5g, Cholesterol: 83mg, Sodium: 651.5mg, Fiber: 4g, Sugar: 4g

Blue Smart Points: **2** Green Smart Points: **3** Purple Smart Points: **2** Points +: **4**



YIELD: 4 servings



4.71 from 97 votes

Houston's Veggie Burger

PREP TIME:
15 mins

COOK TIME:
10 mins

FREEZE TIME:
30 mins

TOTAL TIME:
55 mins

COURSE: Dinner, Lunch
CUISINE: American

This is a veggie burger that even hearty meat-eaters will love! Made with beans, oats, brown rice, beets and a whole lot of spices, this veggie burger is a real crowd pleaser.

Ingredients

- 1 (15-ounce can) black beans (drained and rinsed)
- 1 teaspoon olive oil
- ¼ cup chopped onion
- 1 clove garlic (minced)
- 1 teaspoon smoked paprika
- 1 teaspoon cumin
- ½ teaspoon chili powder ((check labels for gluten-free))
- 1 teaspoon kosher salt
- Freshly ground black pepper (to taste)
- ¼ cup BBQ sauce
- 1 tablespoon molasses
- ¼ cup old fashioned oats ((check labels for gluten-free))
- 1 ¼ cup cooked brown rice
- 2 tablespoons finely chopped canned beets
- 1 tablespoon beet juice
- 1 large egg (lightly beaten)
- 4 whole wheat 100 calorie hamburger buns (or Gluten-free bun)
- Optional toppings: Sliced pepper Jack cheese, (lettuce, tomato, avocado, BBQ sauce, ketchup)

Instructions

1. Add the beans to a large mixing bowl. Gently pat beans dry with a paper towel. Using the back side of a fork or potato masher, mash beans until smooth and pasty.
2. Heat a small skillet over medium heat.
3. When hot, add the oil, onion and garlic. Sauté 3 minutes then transfer to the bowl with the beans.
4. In a small bowl, add the paprika, cumin, chili powder, salt and pepper. Mix until combined then add to the large bowl.
5. Using the same small bowl, mix the BBQ sauce and molasses until thoroughly combined.
6. Add 3 tablespoons of the mixture to the large bowl and set aside the rest for basting during cooking
7. In a food processor fitted with a metal blade, process oats until fine.
8. Add the oats to the large bowl with the beans, veggies and sauce.
9. Add the rice, beets, beet juice and egg and mix everything until combined.
10. Using your hands, form the mixture into 4 patties, about 5 ½ ounces each. Place patties on a freezer safe plate and freeze for 30 minutes. Alternatively, you can put them in the refrigerator for 2 hours or more.
11. Heat a large flat skillet over medium heat. Spray with oil and, using a spatula, transfer patties to the skillet.
12. Cook the patties for 5 minutes, carefully flip with the spatula, baste with the remaining sauce and cook an additional 5 minutes. Add cheese during the last 2 minutes, if using.
13. With the spatula, place each patty on a bun and top with your desired toppings.

Notes

Serving size: (1 burger with ¾ ounce slice cheese) Calories: 382 Protein: 15 g Carbohydrate: 57 g Dietary Fiber: 10.5 g Total Sugars: 13 g Total Fat: 11 g Saturated Fat: 5.5 g Cholesterol: 67 mg Sodium: 975 mg Freestyle Smart Points: 9
Serving: 1burger w/o cheese, Calories: 302kcal, Carbohydrates: 56g, Protein: 11g, Fat: 4g, Saturated Fat: 1g, Cholesterol: 47mg, Sodium: 815mg, Fiber: 10.5g, Sugar: 13g
Blue Smart Points: **6** Green Smart Points: **13** Purple Smart Points: **7** Points +: **7**



YIELD: 4 burgers



4.62 from 18 votes

Turkey Taco Spaghetti Squash Boats

PREP TIME:
10 mins

COOK TIME:
50 mins

TOTAL TIME:
1 hr

COURSE: Dinner
CUISINE: American

These are my favorite new way to eat spaghetti squash! Filled with the most flavorful turkey taco meat, cheese and topped with pico de gallo.

Ingredients

- 3 small spaghetti squash (24 oz each)
- olive oil spray
- 1 lb 93% ground turkey
- 1 tsp garlic powder
- 1 tsp cumin
- 1 tsp kosher salt
- 1/2 tsp chili powder
- 1/2 tsp paprika
- 1/2 tsp oregano
- 1/2 small onion (minced)
- 2 tbsp bell pepper (minced)
- 1/2 cup water
- 4 oz canned tomato sauce (1/2 can)
- 3/4 cup part-skim shredded Mexican cheese blend (omit for W30)

For the Pico De Gallo:

- 1 cup chopped tomato
- 1/4 cup chopped scallion
- 1/4 cup chopped fresh cilantro
- 1/2 jalapeno (minced)
- 2 tablespoons fresh lime juice
- 1/4 teaspoon kosher salt

Instructions

1. Preheat oven to 400F degrees. Line a baking sheet with parchment paper (or two if they don't fit). Cut the squash in half lengthwise, and use a spoon to scrape out the seeds and soft yellow strands. Spray the inside of the squash with olive oil and sprinkle lightly with salt and pepper. Place the squash facedown on the baking sheet and bake for 50 minutes or until the flesh easily pierces with a fork.
2. Meanwhile, brown turkey in a large skillet breaking it into smaller pieces as it cooks. When no longer pink add dry seasoning and mix well. Add the onion, pepper, water and tomato sauce and cover. Simmer on low for about 20 minutes.
3. Combine the ingredients for the quick pico de gallo in a medium bowl. Set aside in the refrigerator until ready to eat.
4. Once the squash is cool enough to handle, use a fork to scrape the inside so the strands appear. Spoon scant 1/2 cup meat inside each squash bowl. Top each with 2 tbsp cheese and transfer them to the oven and bake another 5 minutes, until the cheese is melted. Remove from the oven, top with pico de gallo and serve immediately!

Serving: 1boat, Calories: 218.5kcal, Carbohydrates: 16g, Protein: 20g, Fat: 10g, Cholesterol: 63.5mg, Sodium: 522mg, Fiber: 3.5g, Sugar: 5g

Blue Smart Points: **4** Green Smart Points: **4** Purple Smart Points: **4** Points +: **6**



YIELD: 6 servings



4.83 from 67 votes