



PRINTABLE  
**1400 CALORIE**  
**7-DAY**  
**MEAL PLAN**  
*FOR WEIGHT LOSS*

*\*make it HAPPEN\**

**A Plan That Actually Works.**

# Plan 1

## BREAKFAST: EGGS AND BREAD

- 2 large eggs (Season with salt & pepper) (100g)
- 1/4 teaspoon canola oil/extra virgin olive oil
- 2 slices of *Dave's Killer Bread Organic 21 Whole Grains and Seeds Bread* (56g)
- 1 cup of black coffee (Or with Stevia & Zero Calorie Coffee Creamer)



### NUTRITION INFORMATION

Calories	294
Carbs	27g
Protein	18.5g
Fat	13g

## LUNCH: BAKED ITALIAN PASTA

- 56g (Dry Weight) *365 by Whole Foods Market, Organic Angel Hair Pasta*
- 118g (1/2 cup) *365 by Whole Foods Market, Organic Italian Herb Pasta Sauce*
- 10g (2 tablespoons) *365 by Whole Foods Market, Parmesan Shred*
- 113g boneless, skinless chicken breast



### NUTRITION INFORMATION

Calories	436
Carbs	52g
Protein	37.5g
Fat	9.5g

## DINNER: CHICKEN WALDORF SALAD

- 200g boneless, skinless chicken breast
- 1/2 teaspoon canola oil/extra virgin olive oil
- 38g *Oikos Blended Non Fat Greek Yogurt* (1/4 cup)
- 15g lemon juice (1 tablespoon)
- 90g seedless red grapes
- 10g dried cranberries
- 4g walnuts, preferably toasted
- 50g granny smith apple
- 50g chopped red onion



### NUTRITION INFORMATION

Calories	343
Carbs	34g
Protein	31.5g
Fat	8.5g

## SNACKS FOR THE DAY

- 1 Pure Protein Bar (Chocolate Peanut Caramel) (50g)
- The Only Bean Crunchy Dry Roasted Edamame Snack Pack (Sea salt) (26g)
- 1/2 cup low fat milk (123g)



### NUTRITION INFORMATION

Calories	343
Carbs	28.5g
Protein	35g
Fat	11g



## NUTRITION FACTS FOR THE DAY

Calories	1416
Carbs	141g
Protein	123g
Fat	42g
Fiber	15g

# Plan 2

## BREAKFAST: BAGELS WITH CREAM CHEESE

- 1 Piece (95g) Dave's Killer Bread Organic Everything Bagel
- 30g Philadelphia Light Cream Cheese
- 1 cup of black coffee (Or with Stevia & Zero Calorie Coffee Creamer)
- 38g fresh raspberries (Around 20 pieces)
- 1 cup low fat milk



### NUTRITION INFORMATION

Calories	432
Carbs	62.5
Protein	24g
Fat	11g

## LUNCH: SHRIMP & SQUASH SKILLET WITH RICE

- 130g shrimps (raw weight)
- 118g zucchini (1 small)
- 118g yellow squash/crookneck (1 small)
- 74g green bell pepper (1 small)
- 10g canola/extra virgin olive oil (3/4 tablespoon)
- 3g garlic, minced (1 clove)
- 1/3 tablespoon paprika spice
- 1/2 teaspoon cajun seasoning
- salt and pepper and fresh parsley to taste
- 1/2 cup cooked long grain brown rice (without oil or other fat)



### NUTRITION INFORMATION

Calories	392
Carbs	40g
Protein	32.5g
Fat	13g

## DINNER: TORTILLA BAKED EGGS

- 2 large eggs
- 1 piece *Mission Zero Net Carb Original Tortilla* (18g)
- 14g *Organic Valley Gourmet Grassmilk Raw Organic Cheddar Cheese*
- 50g fresh baby spinach
- 76g grape tomatoes (1/2 cup)
- 1/2 teaspoon canola oil/extra virgin olive oil
- Season with salt, black pepper, red pepper flakes to taste



### NUTRITION INFORMATION

Calories	281
Carbs	14g
Protein	19.5g
Fat	19g

## SNACKS FOR THE DAY

- 1 bag *Wonderful Pistachios No Shells, any from the 3 flavor* (21g)
- 1 package *gimMe - Sea Salt Organic Roasted Seaweed Sheets* (5g)
- *Pirate's Booty Aged White Cheddar Cheese Puffs* (14g)
- 147g yellow fresh peach (1 small peach)



### NUTRITION INFORMATION

Calories	298
Carbs	31g
Protein	8.5g
Fat	15.5g

## NUTRITION FACTS FOR THE DAY

Calories	1402
Carbs	147g
Protein	84g
Fat	58g
Fiber	25g

# Plan 3

## BREAKFAST: ALMOND BUTTER OVERNIGHT OATS & BOILED EGG

- 246g cup low fat milk (1 cup)
- 40g whole grain old fashioned oats (1/2 cup)
- 7g (1/4 tablespoon) chia seeds)
- 15g tablespoon Great Value Natural Almond Butter (1 tablespoon)
- 72g blackberries (1/2 cup)
- Stevia to sweeten if needed
- 1 large egg (50g)
- 1 cup of black coffee (Or with Stevia & Zero Calorie Coffee Creamer)



### NUTRITION INFORMATION

Calories	488
Carbs	53.5g
Protein	25g
Fat	19.5g

## LUNCH: CHEESE BURGER SALAD

- Wish-Bone Light Thousand Island Salad Dressing, 2 tbsp, 30 ml
- 160g ground beef (97% lean, 3% fat) (raw weight)
- 3g garlic (1 clove) garlic, minced
- Salad items:
  - 86g romaine lettuce, chopped
  - 76g (1/2 cup) grape tomatoes, chopped
  - 28g (1 piece) 365 by Whole Foods Market, Organic Baby Dill Pickles
  - 49g (1/4 piece) red onion, sliced
  - 14g Organic Valley Gourmet Grassmilk Raw Organic Cheddar Cheese, shredded



### NUTRITION INFORMATION

Calories	376
Carbs	18g
Protein	40.5g
Fat	15g

## DINNER: BAKED SALMON AND GREEN BEANS

- 140g salmon, *Chicken of the Sea Wild Caught Alaskan Pink Salmon in Spring Water*
- 15g (1 tablespoon) lemon juice
- 1/2 teaspoon olive/canola oil
- 56g green beans (raw weight)
- 3g (1 clove) garlic, minced
- Season with salt, pepper and dill to taste



### NUTRITION INFORMATION

Calories	360
Carbs	38g
Protein	41g
Fat	5.5g

## SNACKS FOR THE DAY

- 18g (1 bag) *Blue Diamonds* Almond Dark Chocolate Cocoa Dusted Snacks
- 28g (1 stick) 365 by Whole Foods Market, Cheese String Mozzarella



### NUTRITION INFORMATION

Calories	180
Carbs	6g
Protein	10g
Fat	14g



## NUTRITION FACTS FOR THE DAY

Calories	1404
Carbs	115g
Protein	117g
Fat	54g
Fiber	22g

# Plan 4

## BREAKFAST: EGGS WITH AVOCADO TOAST

- 2 large eggs (Season with salt & pepper) (100g)
- 1/2 teaspoon canola oil/extra virgin olive oil
- 50g avocado sliced
- 2 slices of Dave's Killer Bread Organic 21 Whole Grains and Seeds Bread (56g)
- 1 cup of black coffee (Or with Stevia & Zero Calorie Coffee Creamer)



### NUTRITION INFORMATION

Calories	383.5
Carbs	31g
Protein	19.5g
Fat	21.5g

## LUNCH: BUFFALO TUNA SALAD SERVED ON LETTUCE

- 165g (1 can) light tuna, canned in water
- 1/2 cup grape tomatoes, chopped
- 25g (1/4 cup) diced celery
- 50g (1 small) carrots, diced
- 49g red onion, diced
- 100g green bell pepper, finely chopped
- 15g (1 tablespoon) Hellman's light mayo
- 1/4 tbsp + 1/8 tbsp franks red hot or to taste
- Salt and pepper and fresh chopped cilantro to taste
- 75g (1/2 cup) Oikos Blended Non Fat Greek Yogurt
- 2 teaspoons dijon mustard (Heinz or other brand)



### NUTRITION INFORMATION

Calories	371
Carbs	23.5g
Protein	53g
Fat	5.5g

## DINNER: TURKEY QUINOA SALAD

- 115g Ground Turkey (93% lean 7% fat) (raw weight)
- 1 teaspoon canola oil
- 93g (1/2 cup) cooked quinoa (cooked weight)
- 85g of canned artichoke
- 149g (1 cup) of cherry tomatoes
- Season with salt pepper, garlic powder
- 30g (1 cup) fresh spinach



### NUTRITION INFORMATION

Calories	336.5
Carbs	158g
Protein	77g
Fat	23.5g

## SNACK FOR THE DAY: MILK SHAKE

- 32g (4 tablespoons) PBfit All-Natural Peanut Butter Powder
- 246g (1 cup) low fat milk
- 2 medjool dates, pitted (48g)
- Ice cubes or water if desired



### NUTRITION INFORMATION

Calories	359
Carbs	60.5g
Protein	25g
Fat	6.5g

## NUTRITION FACTS FOR THE DAY

Calories	1396
Carbs	264g
Protein	173g
Fat	57g
Fiber	42g

# Plan 5

## BREAKFAST: EGGS & CHEESE QUASADILLA

- 2 large eggs (Season with salt & pepper) (100g)
- 36g (2 pieces) Mission Zero Net Carb Original Tortillas
- 14g Organic Valley Gourmet Grassmilk Raw Organic Cheddar Cheese Block, shredded
- 1 cup of black coffee (Or with Stevia & Zero Calorie Coffee Creamer)



### NUTRITION INFORMATION

Calories	249
Carbs	15.5g
Protein	19.5g
Fat	17.5g

## LUNCH: ROASTED CAULIFLOWER BOWL

- 101g (1/2 cup) cooked long grain brown rice (cooked weight)
- 265g (1 small head) cauliflower (4" dia)
- 4.5g (1 teaspoon) canola oil
- 5.7g (2 teaspoons) taco seasoning
- 113g boneless, skinless chicken breast (raw weight)
- 4g (1/4 cup) fresh cilantro
- 67g (1 piece) lime (2 " dia)
- 30g (1/2 piece) Roma tomato
- 1 teaspoon hot sauce for topping or to taste
- 50g (1/4 piece) avocado sliced / 1 serving
- 1/4 cup water



### NUTRITION INFORMATION

Calories	492
Carbs	55g
Protein	35.5g
Fat	17g

## DINNER: CHICKEN FLATBREAD PIZZA

- 48g (1 piece) flatbread *Flatout* Thin Pizza Crust, Rustic White
- 62g (1/4 cup) *365 by Whole Foods Market*, Organic Pizza Sauce
- 200g boneless, skinless chicken breast (raw weight). Cook without oil, season to taste.
- 7g *365 by Whole Foods Market*, Mozzarella Shred Organic
- 8g sliced black olives
- 50g green bell pepper
- Sprinkle oregano, red pepper flakes



### NUTRITION INFORMATION

Calories	462
Carbs	34g
Protein	51.5g
Fat	9.5g

## SNACK FOR THE DAY

- 18g (1 snack size bag) *SkinnyPop* Original Popcorn
- 34g (1 bar) *Atkins Endulge* Chocolate Caramel Mousse Bar



### NUTRITION INFORMATION

Calories	200
Carbs	32g
Protein	4g
Fat	11.5g

## NUTRITION FACTS FOR THE DAY

Calories	1403
Carbs	137g
Protein	111g
Fat	56g
Fiber	40g

# Plan 6

## BREAKFAST: EGGS WITH ENGLISH MUFFIN

- 2 large eggs (Season with salt & pepper) (100g)
- 1 Thomas Light Multigrain English muffin (57g)
- 1/2 teaspoon olive/canola oil
- 1 cup of black coffee (Or with Stevia & Zero Calorie Coffee Creamer)



### NUTRITION INFORMATION

Calories	263.5
Carbs	27g
Protein	16.5g
Fat	13.5g

## LUNCH: BROCCOLI CHICKEN ALFREDO

- 56g (dry weight) Barilla Protein Penne Pasta
- 152g (1/4th bunch) broccoli (raw weight)
- 1 teaspoon olive oil (4.5g)
- 200g boneless, skinless chicken breast (raw weight)
- 1/4 teaspoon salt & 1/8 teaspoon black pepper or to taste
- 3g (1 clove) garlic, minced
- 1/2 tablespoon all purpose flour (4g)
- 92g (1/4 cup + 1/8 cup) low fat milk
- 10g (2 tablespoons) 365 by Whole Foods Market, Parmesan Shred



### NUTRITION INFORMATION

Calories	620
Carbs	58g
Protein	67g
Fat	15g

## DINNER: SHRIMP TACO SALAD

- 130g shrimps (raw weight)
- 6g (2 teaspoons) McCormick Premium Taco Seasoning
- 149g (1 cup) cherry tomatoes, halved
- 86g romaine lettuce, chopped
- 125g (1/2 cup) Goya canned golden corn
- 1/2 teaspoon olive/canola oil
- 15g (1 tablespoon) lemon juice
- 50g rinsed and drained canned black beans
- 8g chips from Quest Nutrition Tortilla Style Protein Chips packet



### NUTRITION INFORMATION

Calories	350
Carbs	37.5g
Protein	38.5g
Fat	5.5g

## SNACK FOR THE DAY

- 144g (1 cup) whole strawberries
- 1 bag (30g) Quest Nutrition Cheese Crackers, Cheddar Blast



### NUTRITION INFORMATION

Calories	176
Carbs	21g
Protein	11g
Fat	7.5g

## NUTRITION FACTS FOR THE DAY

Calories	1409
Carbs	144g
Protein	133g
Fat	42g
Fiber	31g

# Plan 7

## BREAKFAST: VEGGIE OMELET

- 2 large eggs (Season with salt & pepper)
- 35g onion
- 30g tomato
- 50g baby spinach
- 1 slice of *Dave's Killer Bread Organic 21 Whole Grains and Seeds Bread* (28g)
- 1 cup of black coffee (Or with Stevia & Zero Calorie Coffee Creamer)



### NUTRITION INFORMATION

Calories	247
Carbs	19.5g
Protein	17.5g
Fat	11.5g

## LUNCH: CREAMY TURKEY SALAD

- 242g (1 large) apple
- 300g cucumber
- 72g (1 large) carrot
- 200g turkey breast, meat only (raw weight)
- 2 tablespoons *Wish Bone Light Creamy Dressing* (30ml)
- 100g bell pepper



### NUTRITION INFORMATION

Calories	530.5
Carbs	58.5g
Protein	51.5g
Fat	4g

## DINNER: MEDITERRANEAN SALMON SALAD

- 1/2 tablespoon olive oil/canola oil + 1/4 tbsp water
  - 1/2 tablespoon lemon juice (6g)
  - 1/4 tablespoons red wine vinegar (optional)
  - 1/4 tablespoons fresh chopped parsley
  - 1/2 teaspoon minced garlic
  - 1/4 teaspoon dry oregano
  - 1/4 teaspoon salt
  - Cracked pepper to taste
  - 150g pink salmon (Raw weight)  
You can remove skin if you like
- Salad
- 47g (1 cup) shredded Romaine or Cos Lettuce
  - 65g (1 Mini) cucumber
  - 30g (1/2 piece) roma tomato, chopped
  - 50g red onion sliced
  - 56g President Fat Free Feta Crumbles (about 2x1 inch cube)



### NUTRITION INFORMATION

Calories	370
Carbs	14.5g
Protein	44.5g
Fat	14g

## SNACK FOR THE DAY

- 1 pack (32g) *Quest Nutrition Tortilla Style Protein Chips*, from Variety Pack (nacho cheese, chili lime, loaded taco)
- 200g (1 medium) apple



### NUTRITION INFORMATION

Calories	252
Carbs	34.5g
Protein	18.5g
Fat	6.5g

## NUTRITION FACTS FOR THE DAY

Calories	1400
Carbs	127g
Protein	132g
Fat	36g
Fiber	21g



# 5 Tips For Effective Weight Loss

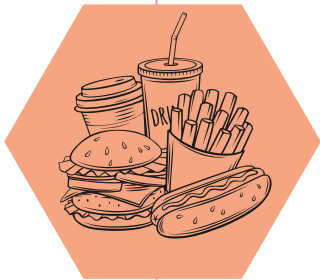
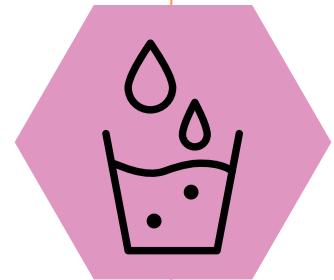


## Weigh Your Ingredients

While it may demand some extra time, consistently weighing and measuring your food is the key for precise calorie tracking. I stress the significance of mastering portion control before relying on visual estimates or reference guides. This is especially crucial for those striving for proper results and facing confusion about their stalling progress.

## Stay Very Hydrated

Ensuring adequate water intake can promote a sense of fullness, reducing the risk of overeating. Additionally, staying hydrated supports metabolic processes, enhancing calorie burning efficiency. The recommended fluid intake of 30 ml per kilogram of body weight serves as a general guideline endorsed by health experts.

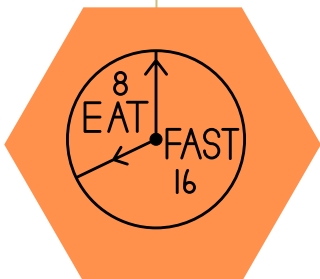
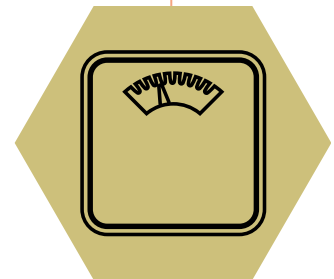


## Have A Cheat Day After 7 Days

Having a cheat day in your diet can make you feel happier and less like you're missing out. It lets you eat your favorite foods and satisfy your cravings, but you need to be careful not to go overboard and ruin your progress.

## Weigh Yourself Once A Week

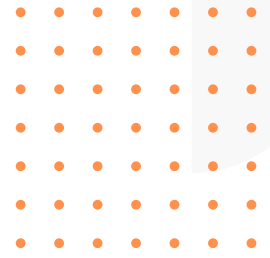
Weighing yourself once a week while dieting is beneficial because it helps you track your progress over time. It provides feedback on whether your efforts are working and allows you to make adjustments if needed. Additionally, it prevents obsessive weighing and promotes a healthier relationship with your body and food.



## Try With Intermittent Fasting

Intermittent fasting involves cycling between periods of eating and fasting. Typically, this includes restricting eating to a specific window of time each day, such as an 8-hour eating window followed by a 16-hour fast.

# Workout Plan



A simple workout plan paired with a 1600-calorie diet could include

1

## Cardio

Aim for 30 minutes of moderate-intensity cardio, such as brisk walking, jogging, or cycling, five days a week.



2

## Strength Training

Incorporate two to three days of full-body strength training exercises, focusing on compound movements like squats, lunges, push-ups, and rows, with 8-12 repetitions for each exercise.



3

## Flexibility

Include stretching exercises at the end of each workout session to improve flexibility and reduce the risk of injury.



4

## Stay consistent

Remember to listen to your body, stay hydrated, and consult with a healthcare professional or fitness expert before starting any new exercise or diet regimen.

*Good!  
Luck!*

# Grocery List

## Grain Products

- [Dave's Killer Bread Organic 21 Whole Grains and Seeds Bread - 20.5 oz Loaf](#)
- [Dave's Killer Bread Organic Everything Bagels](#)
- [Thomas' Light Multi Grain English Muffins](#)
- [BARILLA Protein+ \(Plus\) Penne Pasta](#)
- [Mission Zero Net Carb Original Tortillas](#)
- [Flatout Thin Pizza Crust](#)
- [Organic Angel Hair Pasta](#) [You can use pasta of any brand and shape though]
- [Brown Long Grain Rice](#)
- [Whole Grain Old Fashioned Oats](#)
- Quinoa

## Cheese Products

- [Kraft 100% Grated Parmesan Cheese](#)
- [Organic Valley Gourmet Grassmilk Raw Organic Cheddar Cheese Block](#)
- [Mozzarella Shred Organic](#) (or any brand)
- [Philadelphia Reduced Fat Cream Cheese Spread](#)
- [Parmesan Shred](#) (or any available brand)
- [President All-Natural Crumbled Fat Free Feta Cheese](#)

## Other Products

- [Pure Organic Stevia \(Zero Calorie\)](#)
- [Zero Calorie Coffee Creamer](#)
- Oikos Non-Fat Plain Greek Yogurt OR [Chobani® Non-Fat Plain Greek Yogurt](#) or [Amazon Fresh, Greek Nonfat Plain Yogurt](#)
- [Organic Baby Dill Pickles](#)
- [McCormick Premium Taco Seasoning Mix](#)
- McCormick Smoked Paprika
- [McCormick Perfect Pinch Cajun Seasoning](#)
- Garlic Powder
- Goya canned corn or [Del Monte Fresh Cut Golden Sweet](#)
- [Cheese String Mozzarella 12 Count, 12 Ounce](#)
- Low Fat Milk
- Canned artichoke

## High Quality Animal Protein

- [Wild Caught Alaskan Pink Salmon in Spring Water, 2.5 oz. Packet \(Box of 12\)](#)
- [Boneless, skinless chicken breast](#)
- [Shrimps](#)
- [Large Eggs](#)
- 1 can light tuna (canned in water)
- Ground Turkey (93% lean, 3% fat)
- Turkey breast (meat only)

## Salad Dressings & Sauces

- [Wish-Bone Light Creamy Caesar Dressing](#)
- [Wish-Bone Light Thousand Island Salad Dressing](#)
- [Organic Pizza Sauce](#)
- [Organic Italian Herb Pasta Sauce](#)
- Hellman's Light Mayonnaise

## Snacks

- [Pure Protein Bar - Chocolate Peanut Caramel](#)
- [The Only Bean Crunchy Dry Roasted Edamame Snack Pack \(Sea Salt\)](#)
- [Wonderful Pistachios No Shells Variety Pack Roasted & Salted Nuts \(4\), Chili Roasted \(3\), Honey Roasted \(2\)](#)
- [Gimme - Sea Salt Organic Roasted Seaweed Sheets](#)
- [Pirate's Booty Aged White Cheddar Cheese Puffs](#)
- [Blue Diamonds Almond Dark Chocolate Cocoa Dusted Snacks](#)
- [SkinnyPop Original Popcorn](#) (Healthy Popcorn Snacks, Gluten Free)
- [Atkins Indulge Chocolate Caramel Mousse Bar](#) (Dessert Favorite, 1g Sugar, High in Fiber, 5 Count)
- [Quest Nutrition Cheese Crackers, Cheddar Blast](#)
- [Quest Nutrition Tortilla Style Protein Chips Variety Pack \(Chili Lime, Nacho Cheese, Loaded Taco\)](#)

## Fruits & Vegetables

- Lemons
- Apples
- Red grapes
- Red onions
- Raspberries
- Zucchini
- Yellow Squash
- Bell pepper
- Garlic
- Baby Spinach
- Grape Tomatoes
- Cherry tomatoes
- Blackberries
- Romaine Lettuce
- Green Beans
- Celery
- Carrot
- Small head cauliflower
- Cilantro
- Lime
- Avocado
- Broccoli
- Strawberries
- Cucumber
- Parsley
- Oils
- Canola Oil
- Extra Virgin Olive Oil

## Nuts & Nut Products

- [Peanut Butter Powder](#)
- Great Value Natural Almond Butter or [SKIPPY Natural Creamy Peanut Butter](#)
- [Walnuts](#)



# Recipe Directions

## Baked Italian Pasta

1. Cook Angel Hair Pasta according to package instructions until al dente. Drain and set aside.
2. In a saucepan, heat Pasta Sauce over medium heat until warmed through.
3. Once the pasta is cooked and the sauce is heated, combine the pasta and sauce in a serving bowl, tossing until the pasta is evenly coated. Transfer to a small baking dish.
4. Sprinkle Parmesan Shred over the pasta and sauce mixture. Broil for 2 minutes.
5. Serve hot and enjoy!

## Chicken Waldorf Salad

1. Season and cook 113g boneless, skinless chicken breast until fully cooked. Let it cool, then dice.
2. Mix Oikos Blended Non Fat Greek Yogurt with lemon juice in a bowl.
3. Halve seedless red grapes, chop granny smith apple, and finely chop red onion.
4. Add the grapes, apple, onion, diced chicken and toasted walnuts to the chicken mixture.
5. Gently toss everything together.
6. Serve and enjoy your Chicken Waldorf Salad!

## Shrimp and squash skillet

1. Cut the vegetables into bite-sized pieces.
2. Place the shrimp into a medium bowl and add the Cajun seasoning, paprika, salt, and half the olive oil. Mix well.
3. Heat a large skillet over medium-high heat. Add the shrimp and cook for about 6-7 minutes, or until cooked through. Remove the shrimp from the skillet and set aside.
4. To the same skillet, add the garlic and vegetables. Season with salt, and stir-fry for about 10 minutes, or until the vegetables are tender.
5. Return the shrimp to the skillet, stir well, serve with cooked brown rice.

## Tortilla Baked Eggs

1. Preheat your oven to 375°F (190°C).
2. Place 1 piece of Mission Zero Net Carb Original Tortilla in the bottom of the baking dish or ramekin, allowing it to form a cup shape.
3. Evenly distribute fresh baby spinach over the tortilla.
4. Halve grape tomatoes and arrange them on top of the spinach.
5. Sprinkle Cheddar Cheese over the tomatoes.
6. Crack eggs into the center of the tortilla cup.
7. Season with salt, black pepper, and red pepper flakes to taste.
8. Place the baking dish or ramekin in the preheated oven and bake for 12-15 minutes OR LESS, or until the egg whites are set and the yolks are still slightly runny.
9. Remove from the oven and let it cool for a few minutes before serving.
10. Enjoy your delicious Tortilla Baked Eggs straight from the oven!

## Cheese Burger Salad

1. Heat a skillet over medium heat and add the ground beef. Cook until browned and fully cooked, breaking it apart with a spatula as it cooks.
2. Add the minced garlic to the skillet with the ground beef and cook for an additional minute until fragrant. Remove from heat and set aside.
3. In a large mixing bowl, combine the chopped romaine lettuce, chopped grape tomatoes, sliced red onion, and shredded Cheddar Cheese.
4. Chop the Dill Pickles into small pieces and add them to the salad.
5. Add the cooked ground beef and garlic mixture to the salad bowl.
6. Drizzle Wish-Bone Light Thousand Island Salad Dressing over the salad.
7. Toss the salad gently until all ingredients are evenly coated with the dressing.
8. Serve immediately and enjoy your delicious Cheeseburger Salad!

## Baked Salmon and Green Beans

1. Preheat your oven to 375°F (190°C).
2. Place green beans on a baking sheet lined with parchment paper.
3. Drizzle the green beans with oil and add minced garlic.
4. Season the green beans with salt, pepper, and dill to taste.
5. Toss the green beans until evenly coated with oil and seasonings.
6. Place the seasoned green beans in the preheated oven and bake for 10-12 minutes, or until they are tender and slightly browned.
7. While the green beans are baking, prepare the salmon. Place Salmon on a separate piece of parchment paper on the baking sheet.
8. Drizzle the salmon with lemon juice. Season the salmon with salt, pepper, and dill to taste.
9. Once the green beans are cooked, remove the baking sheet from the oven and place the salmon alongside the green beans.
10. Return the baking sheet to the oven and bake for an additional 12-15 minutes, or until the salmon is cooked through and flakes easily with a fork.
11. Remove from the oven and serve the baked salmon and green beans immediately.
12. Enjoy your delicious and nutritious meal!



# Recipe Directions

## Buffalo Tuna Salad Served on Lettuce

1. Drain canned light tuna and place in a bowl.
2. Add diced celery, diced carrots, and diced red onion.
3. In another bowl, mix light mayo, Frank's Red Hot sauce, and Greek yogurt.
4. Combine mayo mixture with tuna and vegetables.
5. Season with salt and pepper.
6. Spoon onto lettuce leaves and wrap.

## Turkey Quinoa Salad

1. Cook and season ground turkey until browned.
2. Combine cooked turkey with cooked quinoa, chopped canned artichoke hearts, and halved cherry tomatoes in a bowl.
3. Add fresh spinach leaves.
4. Season with salt, pepper, and garlic powder to taste. Mix well and serve.

## Roasted Cauliflower Bowl

1. Cauliflower: Heat the oven to 425 degrees. Toss the cauliflower florets with the olive oil and half of the taco seasoning. Sprinkle with salt and pepper. Roast for 20-25 minutes, tossing halfway through to prevent burning.
2. Chicken: grill, bake, boil or cook without oil. Keep aside.
3. Toss the tomatoes, avocado, hot sauce, cilantro, remaining taco seasoning, chicken and cauliflower and juice of lime, Season with salt and pepper as needed.

## Broccoli Chicken Alfredo

1. Cook the pasta according to package directions, reserving some pasta water.
2. Steam the broccoli until fork-tender, then toss with the cooked pasta.
3. Season chicken breasts with salt and black pepper, then cook in a skillet over medium-high heat until cooked through.
4. Combine the cooked pasta, broccoli, and chicken in a bowl.
5. In the same skillet, heat oil and add garlic, cooking until fragrant.
6. Add flour, whisking to combine, then slowly whisk in milk and season with salt and pepper. Let simmer until thickened.
7. Turn off the heat and fold in Parmesan cheese.
8. Pour the sauce over the pasta, broccoli, and chicken, stirring well. Add reserved pasta water as needed for desired thickness.

## Shrimp Taco Salad

1. Marinate raw shrimp with taco seasoning.
2. Cook shrimp in oil (if mentioned in recipe) until pink and opaque.
3. In a salad bowl, combine halved cherry tomatoes, chopped romaine lettuce, and canned corn.
4. Add cooked shrimp to the salad.
5. Drizzle lemon juice. Toss and serve.

## Mediterranean Salmon Salad

1. Whisk together the marinade/dressing ingredients in a small bowl/jar.
2. Use half of this marinade to coat the salmon. Heat a skillet or grill pan over medium-high heat. Sear salmon on both sides until cooked to your liking. Don't add additional oil.
3. While salmon is cooking, prepare all of the salad ingredients and mix in a large salad bowl. Slice salmon and arrange over salad. Drizzle with the remaining half marinade/dressing.

## Creamy Turkey Salad

1. Cook turkey breast in the oven or air fryer until fully cooked.
2. Dice apple, cucumber, carrot, and bell pepper.
3. Once the turkey is cooked, let it cool slightly, then slice or shred it.
4. In a large salad bowl, combine the diced apple, cucumber, carrot, bell pepper, and sliced or shredded cooked turkey breast.
5. Add Wish Bone Light Creamy Dressing to the salad bowl.
6. Toss all ingredients together until well combined and evenly coated with the dressing.
7. Serve immediately and enjoy your refreshing and nutritious salad!



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