

RECIPE PACK

BOSSLADY FREE COMMUNITY



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BREAKFASTS





Sweet Potato Breakfast Hash



Search it on MyFitnessPal
Sweet Potato Breakfast Hash 222

Calories	Carbs	Fats	Protein	Fiber	Sugar
458	24g	26g	34g	6g	6g

Ingredients

Servings: 1
(Macros are per serving)

- 1 small sweet potatoes, diced
- 1/2 large bell peppers, diced
- 1/4 medium onion, diced
- 80g spinach
- 2-3 breakfast sausages
- 2 eggs
- Dash of paprika
- Dash of garlic powder
- Dash of salt
- Dash of pepper
- Dash of cayenne

Instructions


- 1.Heat a large frying pan over medium heat.
- 2.Add breakfast sausage to frying pan. Use a spatula to break up meat as it cooks. Cook until browned.
- 3.Use a slotted spoon to scoop the meat out of the frying pan. Place in a bowl and set aside; do not drain the frying pan.
- 4.Add peppers and onions to pan. Cook for about 3-4 minutes, stirring frequently.
- 5.Add sweet potatoes and spices. Cook for about 7-10 minutes, until potatoes begin to soften, stirring frequently.
- 6.Add the cooked sausage, along with spinach, back into the mixture.
- 7.Cover the lid and cook for 10 minutes.
- 8.Use a spoon to create pockets in the mixture. Crack eggs into pockets.
- 9.Cover with lid and let the eggs cook 3-4 minutes or until eggs reach desired doneness.

Recipe Tip

Top with extras like avocado, cheese, hot sauce, & whatever else sounds good to you!




Protein Breakfast Pizza

<div> Search it on MyFitnessPal Protein Breakfast Pizza 222</div>		Calorie c358	Carbs 28g	Fats 11g	Protein 38g	Fiber 1g	Sugar 1g
Ingredients		Instructions					
<div>Servings: 1 (Macros are per serving)</div> <ul style="list-style-type: none">• 120g egg whites• 1 egg• 1 pita or thin mini pizza crust• 28g low-fat shredded cheese• 2 tbsp chopped bacon• Olive Oil Spray		<div><div>1.Preheat oven to 400F.</div><div>2.In a small bowl, whisk egg whites and whole egg until combined.</div><div>3.In a medium frying pan, spray with cooking oil and scramble eggs. Set aside.</div><div>4.On a baking sheet lined with parchment paper or foil, place pita bread. Spray lightly with cooking oil.</div><div>5.Top with scrambled eggs, shredded cheese, and bacon.</div><div>6.Bake for 10 minutes until lightly toasted and the cheese is melted.</div></div>					
<div>Recipe Tip Swap or add with toppings you love, like sausage, avocado, etc!</div>							




Raspberry Yogurt Cereal Bowl

 Search it on MyFitnessPal Raspberry Yogurt Cereal Bowl 222	Calories	Carbs	Fats	Protein	Fiber	Sugar
	263	42g	4g	16g	8g	17g
Ingredients		Instructions				
Servings: 1 <i>(Macros are per serving)</i> <ul style="list-style-type: none">• 1 cup nonfat plain yogurt• ½ cup mini shredded-wheat cereal• ¼ cup fresh raspberries• 2 tsp mini chocolate chips• 1 tsp pumpkin seeds• ¼ tsp ground cinnamon		<ol style="list-style-type: none">1.Place yogurt in a bowl and top with shredded wheat, raspberries, chocolate chips, pumpkin seeds and cinnamon.2.Enjoy!				
Recipe Tip Customize the bowl with whatever cereal you like and different fruits and nuts.						



Bodybuilder Banana Bread

<div> Search it on MyFitnessPal</div> <div>Bodybuilder Banana Bread 222</div>		Calories	Carbs	Fats	Protein	Fiber	Sugar
		438	55g	10g	34g	7g	15g
Ingredients		Instructions					
<div>Servings: 1</div> <div><i>(Macros are per serving)</i></div> <div><ul style="list-style-type: none">• 1 medium banana• 1 scoop Vanilla Protein Powder• 1/3 cup low-fat milk• 1/2 tsp baking powder• 1/3 cup oats• 2 large egg, white, raw, fresh• 1 tbsp cashew nuts</div>		<div><div>1.Set the oven temperature to 325 degrees Fahrenheit</div><div>2.Mash the bananas. Add milk and the eggs and whisk until you get a consistent mixture</div><div>3.Add rest of the dry ingredients into the above mixture until a batter-like consistency is achieved</div><div>4.Lightly spray up the pan you are using and transfer the batter into it</div><div>5.Bake the bread for at least 40 minutes.</div><div>6.Serve hot</div></div>					



LUNCHES





Tarragon Chicken Salad Sandwich



Search it on MyFitnessPal
Tarragon Chicken Sandwich 222

Calories	Carbs	Fats	Protein	Fiber	Sugar
459	40g	17g	37g	8.8g	8g

Ingredients

Servings: 4
(Macros are per serving)

- 2 cups shredded skinless, boneless rotisserie chicken
- ½ cup light mayonnaise
- ⅓ cup finely chopped celery
- ¼ cup plain Greek yogurt
- 3 tbsp chopped fresh tarragon
- 2 tbsp fresh lemon juice
- ½ tsp ground black pepper
- 4 large lettuce leaves
- 8 whole-grain bread slices, toasted
- 8 slices tomato

Instructions

1. Combine the shredded chicken, mayonnaise, celery, Greek yogurt, tarragon, lemon juice, and black pepper in a large bowl; stir well.
2. Divide lettuce leaves among 4 bread slices.
3. Top evenly with chicken mixture, tomatoes, and lastly the remaining bread slices.

Recipe Tip

Change up the bread to your liking and if you have a panini press or waffle maker try toasting it that way!



3-Ingredient Bell Pepper Egg Cups



Search it on MyFitnessPal
Bell Pepper Egg Cups 222

Calories	Carbs	Fats	Protein	Fiber	Sugar
540	22g	34g	36g	7g	12g

Ingredients

Servings: 1
(Macros are per serving)

- 4 medium bell peppers
- ¼ tsp salt, divided
- ¼ tsp ground pepper, divided
- 8 eggs
- ¼ cup Mexican-blend shredded cheese

Instructions

- 1.Preheat you oven. Coat a baking pan with cooking spray.
- 2.Cut bell peppers in half through the stem end. Remove ribs and seeds. Place the peppers in the pan cut-side up and sprinkle with 1/8 tsp of each salt and pepper.
- 3.Bake the peppers for 15 minutes. Remove the pan from the oven and crack 1 egg into each pepper cup. Season with the remaining 1/4 teaspoon each salt and pepper, then top each with 1/2 tablespoon cheese.
- 4.Bake until the egg whites are set, 15 to 20 minutes. Sprinkle with cilantro, if desired.

Recipe Tip

Make multiple servings and keep frozen wrapped in foil to reheat throughout the week.



BBQ Chicken Tacos



Search it on MyFitnessPal
BBQ Chicken Tacos 222

Calories	Carbs	Fats	Protein	Fiber	Sugar
258	29g	5.3g	21g	3.3g	7g

Ingredients

Servings: 4

(Macros are per serving)

- 1/3 cup nonfat plain Greek yogurt
- 1 tbsp sugar
- 1 tbsp lemon juice
- 1 tbsp cider vinegar
- 3/4 tsp kosher salt
- 1/4 tsp ground pepper
- Dash of hot sauce
- 2 cups shredded red cabbage
- 2 cups shredded cooked chicken breast (about 6 oz.)
- 1/3 cup light barbecue sauce
- 8 corn tortillas
- Chopped coriander for garnish

Instructions

1. Combine yogurt, sugar, lemon juice, vinegar, salt, pepper and hot sauce in a large bowl. Add cabbage and toss until fully coated.
2. Combine chicken and barbecue sauce in a medium microwavable bowl; toss until chicken is coated. Microwave on High until heated through, about 1 minute.
3. Heat tortillas according to package directions. Fill each tortilla with 1/4 cup of the chicken and top with 3 tablespoons of the slaw. Garnish with coriander and serve.

Recipe Tip

Switch out the chicken breast for beef, shrimp, or tofu depending on your lifestyle.



Easy French Dip Sandwich



Search it on MyFitnessPal
French Dip Sandwich 222

Calories	Carbs	Fats	Protein	Fiber	Sugar
358	28.8g	14.5g	27.3g	1g	2.3g

Ingredients

Servings: 4
(Macros are per serving)

- 1 baguette
- 1 tbsp olive oil
- 1 onion (chopped)
- 1 tbsp all-purpose flour
- 10 oz beef stock
- 1 tsp steak seasoning
- ¾ pound lean roast beef (thinly sliced)
- 4 slices Swiss cheese

Instructions

- 1.Preheat oven. Slice the baguette into 4. Then cut horizontally to make the sandwiches.
- 2.In a large frying pan over medium heat, add olive oil and heat for 1 minute. Add onions and sauté for 2 minutes. Add flour and sauté 1 more minute.
- 3.Slowly whisk in beef stock. Bring to a boil over high heat. Reduce heat to low and simmer. Add steak seasoning and mix until combined.
- 4.Separate roast beef and place in the au jus sauce until warm. Using tongs, place an equal portion of beef on each section of baguette or rolls. Top with a slice of cheese. Bake for 3-5 minutes, or until the cheese has melted.
- 5.Serve with a small bowl of the extra au jus sauce for dipping.

Recipe Tip

This is a great lunch to meal prep multiple portions to reheat and enjoy during the week.



DINNERS





Air-Fryer Salmon Sandwich



Search it on MyFitnessPal
Air-Fryer Salmon Sandwich 222

Calories	Carbs	Fats	Protein	Fiber	Sugar
308	18.5g	13.8g	27g	1.3g	1.5g

Ingredients

Servings: 4
(Macros are per serving)

- 6 tbsp light mayonnaise
- 2 tbsp drained capers, minced
- 2 tsp fresh lemon juice
- 16 oz skinless salmon fillet, if frozen thawed, cut in 4 pieces
- 1 tsp kosher salt, divided
- 2 large egg whites, lightly beaten
- 1 cup seasoned panko
- Olive oil spray
- 4 whole wheat buns
- 4 butter lettuce leaves

Instructions

1. Combine the ingredients for the Lemon-Caper Mayo in a small bowl and refrigerate until ready to eat.
2. Pat the salmon dry with a paper towel. Cut the fish into 4 pieces, about 4 x 4 inches. Season with 1/2 teaspoon salt.
3. Place the egg whites in a shallow bowl.
4. In a second shallow bowl combine the panko with remaining 1/2 teaspoon salt.
5. Dip the fish into the egg whites, then the panko. Set aside.
6. Spray the basket with oil. Lay the fish on the basket in a single layer, in batches as needed.
7. Spray the tops of the fish with oil and air fry 400F 8 minutes, turning half way, until golden and crisp.
8. Serve fish on buns with lettuce and divide the sauce.

Recipe Tip

Meal prep multiple patty's so you can freeze them and reheat and assemble through the week.



Drunken-Style Shrimp Noodles



Search it on MyFitnessPal
Drunken-Style Shrimp Noodles 222

Calories	Carbs	Fats	Protein	Fiber	Sugar
423	54g	11g	25g	6g	12g

Ingredients

Servings: 4
(Macros are per serving)

- 8 cups + ¾ cup water
- 8 oz rice noodles
- 2 tbsp soy sauce
- 1½ tbsp fish sauce
- 1½ tbsp sriracha
- 1 tbsp dark brown sugar
- 3 large eggs
- Salt to taste
- 1 tbsp + 1 tsp vegetable oil
- 1 lb large shrimp, peeled and deveined
- 2 1/2 cups bite-sized broccoli
- 1 bunch of scallions, light and dark green parts separated
- 4 garlic cloves, minced
- ½ cup Italian basil leaves
- 1 tbsp fresh lime juice

Instructions


1. Bring 8 c. water to a boil. Remove from the heat and add the rice noodles. Stir well so they don't stick, then let soak, stirring frequently, until just shy of perfectly cooked. Drain and rinse with cold water.
2. In a medium bowl, whisk together the soy sauce, fish sauce, sriracha, brown sugar, and ¼ c. of water.
3. In a small bowl, beat the eggs with ⅓ tsp salt.
4. Heat 1 tsp of the oil in a large nonstick pan over medium-high heat. Add the shrimp and ⅓ tsp salt; cook, tossing occasionally, until the shrimp are opaque and just cooked through, about 2 mins. Transfer to a large bowl and wipe frypan clean.
5. Spray the frying pan with oil; add the eggs and scramble until cooked through, then add to bowl with shrimp.
6. Add broccoli to the pan along with ⅓ tsp salt and ½ c. water. Cover for about 2 mins. Drain then transfer the broccoli to the bowl with the shrimp and eggs.
7. Pan back on the stove, heat to high, and add 1 tsp oil. Add the scallions & garlic for 1 min. Then add noodles & sauce and toss until the noodles are tender, 3-5 mins. Add the shrimp, eggs, and broccoli, the scallions, basil & lime juice to the skillet and toss. Then serve and enjoy!

Recipe Tip

Switch up the protein with chicken or tofu or skip it if you want vegetarian drunken noodles.



Mini Meatloaves with Whipped Cauliflower

 Search it on MyFitnessPal Mini Meatloaves with Cauliflower 222	Calories	Carbs	Fats	Protein	Fiber	Sugar
	408	26g	16.5g	39.5g	9g	7g
Ingredients		Instructions				
Servings: 2 <i>(Macros are per serving)</i> <ul style="list-style-type: none">• 1 tbsp sugar-free ketchup• 1 tsp packed light brown sugar• ½ tsp cider vinegar• ⅓ cup panko breadcrumbs• ¼ + ¼ cup nonfat plain Greek yogurt• 1 large egg, beaten• 1 tbsp Worcestershire sauce• 1 tsp garlic powder• 1 tsp onion powder• 1 tsp paprika• ¼ + ½tsp salt• ¼ tsp ground pepper• 1 lb 93%-lean ground beef• 20 oz frozen cauliflower florets• 1 tbsp chopped fresh chives• 1 16-oz package steam-in-bag fresh green beans• 2 tsp extra-virgin olive oil• 1 tsp lemon zest		<ol style="list-style-type: none">1. Preheat oven. Lightly coat 8 muffin-tin cups with cooking spray. Stir ketchup, brown sugar and vinegar together in a small bowl; set aside.2. Combine panko, yogurt, egg, Worcestershire, garlic powder, onion powder, paprika and 1/4 tsp each salt and pepper in a large bowl. Add beef and gently mix until just combined. Divide mixture between the prepared muffin cups. Spoon the top of each mini meatloaf with some of the ketchup mixture.3. Meanwhile, bring about 1 inch of water to a boil in a large saucepan fitted with a steamer basket. Add cauliflower and steam until very tender, 10-12 minutes. Drain and return to the pot. Add yogurt and 1/4 tsp salt. Using a blender, puree until smooth. Sprinkle with chives.4. Steam green beans in the microwave according to package directions. Drain and transfer to a bowl. Add oil, lemon zest and 1/4 tsp salt; toss to coat.5. Serve the meatloaves with the beans and cauliflower.				

Recipe Tip

If you don't have a muffin tin, line a baking sheet with foil coated with cooking spray. Divide the mixture evenly into the servings, then shape into rounds.



Chicken Tenders Parmesan



Search it on MyFitnessPal
Chicken Tenders Parmesan 222

Calories	Carbs	Fats	Protein	Fiber	Sugar
427	25g	17g	42g	2g	4g

Ingredients

Servings: 4
(Macros are per serving)

- 12 chicken tenders (1 1/4 lbs)
- 1 large egg, beaten
- 1 tsp kosher salt
- 1 cup seasoned breadcrumbs
- Olive oil spray
- 1 1/2 cups marinara sauce
- 1 cup shredded part-skim mozzarella
- 1/4 cup grated Parmesan cheese

Instructions

1. Preheat oven.
2. Line sheet pan with foil and spray.
3. Season chicken with salt. Place egg in a shallow bowl. In a second shallow bowl, add the breadcrumbs.
4. Dip chicken in the egg, then the breadcrumb mixture and shake off excess and place on a sheet pan.
5. Spray both sides of the chicken generously with oil.
6. Bake the chicken 18 minutes flipping halfway until cooked through.
7. Transfer to a 9×13-inch baking pan, arrange the chicken strips. Spread the marinara sauce over the chicken and top with the mozzarella and Parmesan.
8. Bake 8-10 minutes, until marinara is hot and the cheese is melted.

Recipe Tip

Leftover chicken parmesan will keep in the refrigerator for up to four days so you can enjoy multiple more portions.



SNACKS





Roasted Red Pepper Tapenade



Search it on MyFitnessPal
Roasted Red Pepper Tapenade 222

Calories	Carbs	Fats	Protein	Fiber	Sugar
170	12g	13g	4g	4g	5g

Ingredients

Servings: 4
(Macros are per serving)

- 3 garlic cloves, peeled
- 2 cups roasted sweet red peppers, drained
- 1/2 cup almonds
- 1/3 cup tomato paste
- 2 tbsp olive oil
- 1/4 tsp salt
- 1/4 tsp pepper
- Minced fresh basil
- Toasted French bread baguette slices

Instructions

1. In a small saucepan, bring 2 cups water to a boil.
2. Add garlic; cook, uncovered, just until tender, 6-8 minutes. Drain and pat dry.
3. Place red peppers, almonds, tomato paste, oil, garlic, salt and pepper in a small food processor; process until blended.
4. Transfer to a small bowl.
5. Refrigerate at least 4 hours to allow flavors to blend.
6. Sprinkle with basil. Serve with baguette slices.

Recipe Tip

Serve with bread, crackers, celery, etc!



Nacho Popcorn



Search it on MyFitnessPal
Nacho Popcorn 222

Calories	Carbs	Fats	Protein	Fiber	Sugar
117	7.2g	9.8g	1g	1g	.1g

Ingredients

Servings: 1
(Macros are per serving)

- 1 quart popped popcorn
- 1 tbsp butter, melted
- 2 tsp grated Parmesan cheese
- 2 tsp dried parsley flakes
- Sprinkle of garlic salt
- Sprinkle of chili powder
- 1-2 drops hot pepper sauce

Instructions

- 1.Place popcorn in a large bowl.
- 2.Combine all remaining ingredients
- 3.Drizzle over popcorn and toss until well coated.

Recipe Tip

Adjust the amount of hot pepper sauce to your liking of spice



Mini Zucchini Pizzas



Search it on MyFitnessPal
Mini Zucchini Pizzas 222

Calories	Carbs	Fats	Protein	Fiber	Sugar
136	4g	9g	11g	1g	2g

Ingredients

Servings: 4
(Macros are per serving)

- 1 large zucchini (11 oz) cut diagonally into 1/4-inch slices
- 1/8 tsp salt
- 1/8 tsp pepper
- 1/3 cup pizza sauce
- 3/4 cup shredded part-skim mozzarella cheese
- 1/2 cup mini pepperoni slices
- Minced fresh basil

Instructions

1. Preheat your oven. Arrange zucchini in a single layer on a greased baking sheet. Broil 3-4 in. from heat just until crisp-tender, 1-2 minutes per side.
2. Sprinkle zucchini with salt and pepper; top with sauce, cheese and pepperoni. Broil until cheese is melted, about 1 minute. Sprinkle with basil.

Recipe Tip

Adjust based on your favorite pizza toppings, like mushrooms, olives, sausage, etc.



DESSERTS





Greek Yogurt Brownies



Search it on MyFitnessPal
Greek Yogurt Brownies 222

Calories	Carbs	Fats	Protein	Fiber	Sugar
188	20g	9g	10g	5g	1g

Ingredients

Servings: 6
(Macros are per serving)

- 1/4 cup sugar-free chocolate, chopped
- 1/2 cup vanilla low-fat Greek yogurt
- 1/4 cup stevia
- 1/4 cup all purpose flour
- 1/4 cup cocoa powder
- 1/4 tsp baking soda
- 1/4 cup low-fat milk
- 1/2 cup dark chocolate chips

Instructions


1. Preheat the oven. Line a pan with parchment paper and set aside.
2. In a microwave-safe bowl, add your chopped chocolate. Melt your chocolate. Let sit for 1-2 minutes, before adding your yogurt and sugar. Whisk until smooth and transfer to a large mixing bowl.
3. Add the flour, cocoa powder, and baking soda, and mix until just combined. Add your milk and mix well, until fully incorporated. Fold through your chocolate chips, if using them.
4. Transfer to the lined pan and bake the brownies for 25-30 minutes, or until a fork comes out just clean.
5. Remove from the oven and let cool in the pan before enjoying.

Recipe Tip

Feel free to switch out the milk for your favorite alternative as well as the types of chocolate chips you choose.



2-Ingredient Fluff Cake


 Search it on MyFitnessPal 2-Ingredient Fluff Cake 222	Calories 235	Carbs 53g	Fats 1g	Protein 4g	Fiber 2g	Sugar 41g
Ingredients	Instructions					
<p>Servings: 1 (Macros are per serving)</p> <ul style="list-style-type: none">• 1/2 of a 16 oz box of Noshu sugar free cake mix• 1/2 of a 20 oz can of crushed pineapple, not drained• Sugar-Free Whipped Topping• Chopped Strawberries	<ol style="list-style-type: none">1. Preheat your oven. Spray a pan with cooking spray and set aside.2. In a mixing bowl, combine the dry angel food cake mix with the crushed pineapple, juice and all. Stir well.3. Pour cake batter into prepared pan and bake in preheated oven for 35-40 mins. Keep checking the cake after about 30 minutes. The cake will be springy to the touch when cooked through and golden brown on the top.4. Let cool and then cut into squares. Serve with whipped topping and fruit. Enjoy!					

Recipe Tip

Serve with your favorite fruit or nut toppings.



2-Ingredient Banana Popsicle

 Search it on MyFitnessPal 2-Ingredient Banana Popsicle 222	Calories	Carbs	Fats	Protein	Fiber	Sugar
	85	20g	.6g	1.6g	3g	10.3g
Ingredients	Instructions					
<p>Servings: 3 (Macros are per serving)</p> <ul style="list-style-type: none">• 3 ripe bananas• 2 tablespoon cocoa mix	<ol style="list-style-type: none">1. Peel and slice the bananas into small coins.2. Place them in a freezer-safe Ziploc bag and freeze for at least 6 hours.3. Now remove the bananas from the freezer and transfer them to the food processor. Add cocoa mix and blend everything together till it becomes a smooth creamy mixture.4. Transfer the mixture to popsicle molds. Then add sticks in the molds and freeze overnight.5. Demold and enjoy!					

Recipe Tip

If you don't have popsicle molds, you can use piping bags or Ziploc bags shaped to the same form.