



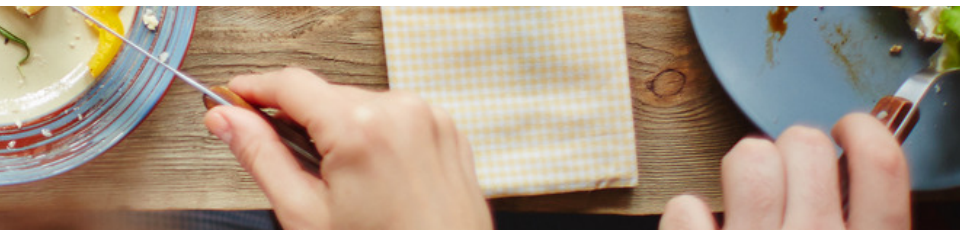
SIMPLE • HEALTHY • RECIPES

27 SKINNY DINNER RECIPES



GOTIMETRAINING

WWW.GOTIMETRAINING.COM





27 Skinny Dinner Recipes

6 Ingredient Spaghetti Squash Bake	3
Asian Glazed Salmon	4
Avocado Cream Sauce Zoodles with Garlic Lime Shrimp	5
Baked Chicken Parmesan	6
Balsamic Steak with Salad	7
Barbecue Pulled Chicken	8
Buffalo Chicken Burgers with Ranch Coleslaw	9
Cheeseburger Casserole	10
Cheeseburger Mini Loaves	11
Chopped Asian Salad with Peanut Dressing	12
Crockpot Lime Chicken Taco's	13
Crockpot Pizza, Chicken & Veggies	14
The Easiest Chicken Salsa EVER!!!	15
Loaded Twice Baked Potatoes	16
Low Carb Supreme Pizza	17
Mexican Chicken Soup	18
Mongolian Beef & Broccoli	19
Orange Teriyaki Chicken	20
Parmesan Chicken Noodles	21
Parmesan Herb Grilled Salmon	22
Parmesan Meatloaf	23
Skinny Chicken Alfredo	24
Skinny Turkey Chili Mac	25
Sweet & Sour Chicken	26
Sweet Potato Lasagna	27
Thai Chicken Wings	28
White Queso Chicken Chili	29

6 Ingredient Spaghetti Squash Bake

Ingredients

- 1 Large spaghetti Squash
- 1 lb Chicken Italian sausage
- 1 (14 oz) can Pizza sauce
- 1 tsp Italian seasoning
- 1/4 cup Parmesan cheese
- 2 Large eggs, whisked
- 1/2 cup Mozzarella cheese, shredded (optional)



Directions

1. Cook and Prepare the Spaghetti Squash. Add the squash strands to a large bowl, and set aside.
2. Meanwhile, preheat oven to 425 degrees. Spray an 8x8 baking dish with cooking spray.
3. In a large sauté pan, cook the sausage until golden brown, and turn off heat. To the pan, add the pizza sauce, seasonings, and parmesan cheese. Stir to combine.
4. Add sausage mixture to the bowl with the spaghetti squash and add eggs. Stir everything to combine and pour mixture into prepared baking pan.
5. Top with cheese if using, and bake for 30-35 minutes, or until cheese is golden brown on top. Enjoy!

Nutrition Info:

Makes 6 Servings
Calories - 205
Carbs - 16g

Protein - 22g
Fat - 6g

Asian Glazed Salmon

Ingredients

- 2 (8 oz) Salmon filets
- 2 tbs Honey (or agave nectar)
- 2 tbs Soy sauce (or liquid aminos)
- 1 tbs Garlic, minced (or 1/2 tsp garlic powder)
- 1 pkt Stevia
- 1/8 tsp Ginger powder (optional)
- Sesame seeds for garnish
- 5 Cups Broccoli Steamed



Directions

1. **Oven Method:** Preheat the broiler to high heat. Line baking sheet with foil and spray with non-stick cooking spray. Whisk the ingredients for the glaze together in a small bowl. Place the salmon on the baking sheet, and brush both sides of the salmon with the glaze. (Discard any leftover glaze at this point.) Place salmon under broiler for 4 to 5 minutes on one side, then flip and broil salmon for an additional 4 to 5 minutes, or the fish is until fully cooked through, (you will know the salmon is ready when it is pink, flaky, and no longer translucent.) Serve with side of vegetables if desired.

2. **Grill Method:** Preheat grill to medium heat. Lightly spray a grill plate with cooking spray. Whisk the ingredients for the glaze together in a small bowl. Place the salmon on the grill plate, and place on the preheated grill. Brush glaze on both sides. (Discard any leftover glaze at this point). Cook salmon for 6 to 8 minutes per side, or until the fish flakes easily with a fork.

Nutrition Info:

Makes 4 Servings
Calories - 282
Carbs - 31g

Protein - 25g
Fat - 7g

Avocado Cream Sauce

Zoodles with

Garlic Lime Shrimp

Ingredients

Chili Lime Shrimp:

- 1 tbsp chili powder
- 1/2 tbsp paprika
- 1/4 tsp salt
- 1/8 tsp pepper
- 1 tbsp lime juice
- 10 large shrimp; raw

Avocado Cream Zoodles:

- 6 medium zucchini
- 1 medium avocado
- 1 cup plain non fat Greek yogurt
- 2-3 tbsp lime juice
- 2 tsp garlic, minced
- 1/2 tsp salt
- 1/2 tsp pepper
- 3/4 cup chopped cilantro
- 2 packets stevia



Directions

- 1. Shrimp:** In a medium bowl, combine chili powder, salt, pepper, and lime juice. Add shrimp and toss until coated. Spray a medium skillet with nonstick cooking spray and heat over medium heat. Add shrimp and cook 4-5 minutes or until pink and fully cooked.
- 2. Zoodles:** Use a spiralizer to turn zucchini into noodles. You can either eat them as is, or put in microwave for 60 seconds.
- 3. Avocado Cream Sauce:** in a food processor or blender, pulse avocado, yogurt, lime juice, garlic, salt, pepper, and cilantro until smooth. In a large bowl, toss zoodles with the avocado sauce until coated. Divide into proper block portions.

Nutrition Info:

Makes 2 Servings
Calories - 267
Carbs - 22g

Protein - 46g
Fat - 15g

Baked Chicken Parmesan

Ingredients

- 4 (about 6 oz each) chicken breast, fat trimmed, sliced in half to make 8
- 3/4 cup seasoned breadcrumbs
- 1/4 cup grated Parmesan cheese
- 2 tbsp butter, melted (or olive oil)
- 3/4 cup reduced fat mozzarella cheese
- 1 cup marinara or Filetto di Pomodoro
- cooking spray
- Whole Wheat Pasta



Directions

1. Preheat oven to 450°. Spray a large baking sheet lightly with spray.
2. Combine breadcrumbs and parmesan cheese in a bowl. Melt the butter in another bowl. Lightly brush the butter onto the chicken, then dip into breadcrumb mixture. Place on baking sheet and repeat with the remaining chicken.
3. Lightly spray a little more oil on top and bake in the oven for 20 minutes. Turn chicken over, bake another 5 minutes.
4. Remove from oven, spoon 1 tbsp sauce over each piece of chicken and top each with 1 1/2 tbsp of shredded mozzarella cheese.
5. Bake 5 more minutes or until cheese is melted.
6. Serve over 1/2 cup cooked pasta

Nutrition Info:

Makes 8 Servings
Calories - 312
Carbs - 27g

Protein - 35g
Fat - 8g

Balsamic Steak with Salad

Ingredients

- 16 oz. NY Strip Steak around 1" thick, trim fat.
- salt & pepper to taste
- 1 TBSP Extra Virgin Olive Oil

SALAD INGREDIENTS -

- 3 cups any lettuce + 1 1/3 cup o fa mixture of ANY of the following - Bell peppers, tomatoes, cucumbers, carrots, mushrooms, celery, onions, green beans, peas, beats, radishes, sprouts
- 3 oz prepared steak

DRESSING -

- Option 1 - 1 1/2 tsp. Extra Virgin Olive Oil + 3/4 tsp Dijon Mustard + 1 1/2 TBSP Balsamic Vinegar
- Option 2 - 2 TBSP Bolthouse Farms Balsamic Vinaigrette Dressing



Directions

1. Heat cast iron skillet or heavy skillet over high heat. Add olive oil to pan.
2. Sprinkle steak with salt & pepper
3. Add steak to skillet and cook for 3 minutes per side or until desired doneness.
4. Remove steaks from skillet; let stand for 5 minutes.
5. Cut into desired portions & weigh AFTER cooking.
6. Cut and place on top of salad & drizzle with dressing of choice.

Nutrition Info:

Makes 4 Servings
Calories - 378
Carbs - 21g

Protein - 30g
Fat - 18g

Barbecue Pulled Chicken

Ingredients

- 1 (8-ounce) can reduced-sodium tomato sauce
- 1 (4-ounce) can chopped green chiles, drained
- 3 tablespoons cider vinegar
- 2 tablespoons honey
- 1 tablespoon sweet or smoked paprika
- 1 tablespoon tomato paste
- 1 tablespoon Worcestershire sauce
- 2 teaspoons dry mustard
- 1 teaspoon ground chipotle chile
- 1/2 teaspoon salt
- 2 1/2 pounds boneless, skinless chicken thighs, trimmed of fat
- 1 small onion, finely chopped
- 1 clove garlic, minced



Directions

1. Stir tomato sauce, chiles, vinegar, honey, paprika, tomato paste, Worcestershire sauce, mustard, ground chipotle and salt in a 6-quart slow cooker until smooth. Add chicken, onion and garlic; stir to combine.
2. Put the lid on and cook on low until the chicken can be pulled apart, about 5 hours.
3. Transfer the chicken to a cutting board and shred with a fork. Return the chicken to the sauce, stir well and serve.

Nutrition Info:

Makes 12 Servings
Calories - 140
Carbs - 6g

Protein - 20g
Fat - 4g

Buffalo Chicken Burgers with Ranch Coleslaw

Ingredients

For the Burgers:

- 1.25 pound Extra lean ground chicken/turkey or beef
- 1/4 cup Franks Buffalo Sauce
- 1/4 cup Blue cheese, crumbled
- 1/8 cup Finely chopped celery and carrots (or red bell pepper)
- 1/2 tsp Garlic powder
- 1/2 tsp Onion powder
- 1/4 tsp Salt
- 1/4 tsp Pepper
- Optional:
 - 1/8 cup finely diced red onion

For Ranch Slaw:

- 5 cups Coleslaw mix
- 1/2 cup Plain nonfat Greek yogurt
- 1/4 tsp Onion powder
- 1/4 tsp Garlic powder
- 1/4 tsp Dried dill (or fresh)
- 1/4 tsp Salt
- 1/4 tsp Pepper
- 1-2 pkts Stevia
- 1/2 tsp Lemon juice
- 1-2 tbs Unsweetened almond milk (to thin it out)



Directions

1. To make the burgers: In a large bowl, combine the ground meat, hot sauce, cheese, celery, carrots, and seasonings. Stir to combine thoroughly.
2. Use your hands to form mixture into six patties. (Note: I found that when I refrigerate the patties for at least 30 minutes, or even make them the night before, the burgers don't fall apart on the grill and the patties don't shrink up as much!) Cook chicken patties on a preheated grill, six minutes per side or until chicken reaches an internal temperature of 160 degrees.
3. To prepare the ranch slaw: In a small bowl, mix together the greek yogurt with the spices and lemon juice. Pour ranch 'dressing' over coleslaw mix, and toss until coleslaw is well coated in the ranch dressing. Add almond milk to thin it out if it is too thick for your liking. (Note: This coleslaw tastes best when prepared ahead of time, or even the night before.)
4. Place the chicken patties on the sandwich thins, whole grain buns, or lettuce wraps, and top with the ranch slaw, and drizzle with extra hot sauce, if desired.
5. Eat on sandwich thing or bed of lettuce for 2 units of carbs.

Nutrition Info:

Makes 6 Servings
Calories - 228
Carbs - 5g

Protein - 36g
Fat - 6g

Cheeseburger Casserole

Ingredients

- 2 cups (6 oz) uncooked rotini pasta (use brown rice pasta for GF)
- 2 tsp olive oil
- 1 1/2 cups onions, finely chopped
- 1 garlic clove, finely chopped
- 1 lb lean ground beef (95% lean)
- 3/4 tsp salt
- 1/2 tsp black pepper
- 2 tbsp tomato paste
- 28 oz diced tomatoes
- 2 tbsp Dijon Mustard
- 2 cups reduced-fat grated cheddar cheese
- 1/4 cup chopped dill pickles



Directions

1. Preheat the oven to 350 degrees. Spray a 9 x 13 inch baking dish with non stick cooking spray. In a large pot of boiling salted water, cook the pasta according to the package directions for al dente and drain well.
2. In a large skillet, heat the oil over medium-low heat. Add the onions and cook until soft, about 5 minutes. Stir in the garlic and cook for 30 seconds.
3. Stir in the beef and cook until browned; season with salt and pepper. Stir in the tomato paste, then add the tomatoes and mustard. Let the mixture bubble gently until it is slightly thickened, about 2 minutes.
4. Toss the meat mixture with the pasta and spread it into the prepared dish. Top with the cheddar and bake until the cheese is melted, about 15 minutes. Sprinkle the chopped pickles over the top and serve. Makes about 9 cups.

Nutrition Info:

Makes 8 Servings
Calories - 313
Carbs - 25g

Protein - 29g
Fat - 11g

Cheeseburger Mini Loaves

Ingredients

- 1 lb. raw extra-lean ground beef (4% fat or less)
- 1 cup finely chopped onion
- 1/2 cup finely chopped green bell pepper
- 1/4 cup whole-wheat panko breadcrumbs
- 1/4 cup (about 2 large) egg whites or fat-free liquid egg substitute
- 3 tbsp. ketchup
- 2 tsp. yellow mustard
- 1 tsp. garlic powder
- 1 tsp. onion powder
- 1/2 tsp. salt
- 1/4 tsp. black pepper
- 3/4 cup shredded reduced-fat cheddar cheese

Optional toppings: additional ketchup, additional yellow mustard, dill pickle chips



Directions

1. Preheat oven to 375 degrees. Spray a 12-cup muffin pan with nonstick spray.
2. In a large bowl, thoroughly mix all ingredients except cheese. Evenly fill muffin pan, and smooth out the tops.
3. Bake until firm with lightly browned edges, about 35 minutes.
4. Sprinkle with cheese. Bake until melted, about 3 minutes.

Nutrition Info:

Makes 6 Servings
Calories - 182
Carbs - 9g

Protein - 22g
Fat - 7g

Chopped Asian Salad with Peanut Dressing

Ingredients

Salad:

- 4 cups shredded broccoli slaw or coleslaw mix
- 2 cups Prepared shredded carrots
- 1 small Red bell pepper, thinly sliced
- 1 cup Shelled edamame
- 12 ounces grilled chicken breast

Dressing:

- 3 tbs Peanut butter or almond butter
- 3 tbs Light soy sauce or liquid aminos
- 3 tbs Rice wine vinegar
- 3 tbs Honey
- Pinch of ginger, Sriracha or red pepper flakes (optional)

Toppings:

- 2 Green onions, finely sliced
- 1/2 cup Cilantro, chopped
- 1/4 cup Chopped peanuts, or thinly sliced almonds
- 1 tbs Sesame seeds (optional)
- romaine lettuce, chopped



Directions

1. Make the dressing by combining all of the ingredients in a medium bowl. Stir until the peanut butter is dissolved (If your peanut butter/nut butter is not soft enough to stir, microwave it for 30 seconds, or until it is more liquid before adding to dressing). Set aside.
2. Combine all of the ingredients for the salad in a large bowl. Add dressing and toss until well combined. Season with optional seasonings and salt and pepper to taste if desired.
3. Refrigerate for at least 1 hour, (the longer the dressing sits on the dressing, the better it will taste.) Top with toppings just before serving. Serve chilled.

Nutrition Info:

Makes 6 Servings
Calories - 221
Carbs - 23g

Protein - 12g
Fat - 8g

Crockpot Lime Chicken Taco's

Ingredients

- 1 cup Salsa
- 12 oz Chicken breasts
- 1 pkt Stevia or pinch of sweetener of choice (optional)
- 2 tbs Fajita seasoning [1]
- 2 tbs Lime juice
- 3 Bell peppers (color of choice)
- 1 medium Onion

Optional:

- 4 Low carb flour or corn tortillas OR lettuce wraps.
- Diced tomatoes, green onions, low fat Greek yogurt, shredded lettuce for topping



Directions

1. Wash peppers, and cut into long-large strips. Cut onion into 4 segments. Cut chicken into one inch strips.
2. Layer everything in the crockpot, starting with the salsa, chicken breasts, seasoning, lime juice, peppers, and onion. Cover and cook on low for 6-7 hours or on high for 3-4 hours, or until chicken is cooked through and peppers are tender.
3. Remove chicken and vegetables from the crockpot and serve on warmed tortillas (or lettuce wraps) and serve with toppings of choice.
4. If you don't own a crockpot, spray large non-stick skillet with non-stick cooking spray. Cook chicken over high heat stirring until browned on all sides (about 6 minutes). Reduce heat to medium and add the peppers onion and seasoning to chicken. Add 1/2 cup water and mix well. Cover for about 2 minutes, to steam the peppers and onion, and remove, stirring until water evaporates and onions and peppers are tender and sauce is thickening. Stir in salsa, and serve on tortillas

Nutrition Info:

Makes 4 Servings
Calories - 265
Carbs - 24g

Protein - 30g
Fat - 4g

Crockpot Pizza, Chicken & Veggies

Ingredients

- 1.25 lbs Boneless skinless chicken breast
 - 1 small Green pepper, diced or sliced fine
 - 1 large Zucchini, sliced into disks
 - 1 (14 oz) can Pizza or pasta sauce
 - 1 tsp Italian seasoning
 - 1/2 tsp Garlic powder
 - 1/4 tsp Salt
 - 2 tbs Parmesan cheese
 - 3/4 cup Mozzarella cheese, shredded
- Optional Topping:
- 12 Turkey pepperoni



Directions

1. Spray your slow cooker with cooking spray. Place the chicken in the bottom of the crockpot, followed by the vegetables. Sprinkle the seasonings evenly over the chicken and vegetables followed by the sauce.
2. Cover and cook on LOW 6-8 hours or HIGH 3-4 hours, or until chicken is cooked through (reaches an internal temperature of 165 degrees, and is no longer pink in the middle).
3. In the last 5-10 minutes of cooking (or just before serving), sprinkle on the cheeses and top with pepperoni if using. Return cover to crockpot and turn heat to high. Allow cheese to melt for 5-10 minutes. Enjoy!
4. Serve chicken breasts with vegetables on the side for a complete and delicious meal!

Nutrition Info:

Makes 6 Servings
Calories - 262
Carbs - 12g

Protein - 36g
Fat - 7g

The Easiest Chicken Salsa EVER!!!

Ingredients

- 2 lbs chicken breast
- 1 cup salsa
- 1 packet low sodium taco seasoning

Optional:

- low carb or corn tortillas
- bed of lettuce
- avocado
- diced tomatoes



Directions

1. Put all ingredients in a crock pot.
 2. Cook on high for 3-4 hours or on low for 6.7 hours.
 3. Eat on a bed of rice, in tortillas, or on a taco salad.
- * Need to add fat and carb units to complete meal!

Nutrition Info:

Makes 9 Servings
Calories - 147
Carbs - 7g

Protein - 22g
Fat - 4g

Loaded Twice Baked Potatoes

Ingredients

- 4 medium russet potatoes
- 8 ounces 90%-lean ground beef
- 1 cup broccoli florets, finely chopped
- 1 cup water
- 1 cup shredded reduced-fat Cheddar cheese, divided
- 1/2 cup reduced-fat sour cream
- 1/2 teaspoon salt
- 1/4 teaspoon freshly ground pepper
- 3 scallions, sliced



Directions

1. Pierce potatoes all over with a fork. Place in the microwave and cook on Medium, turning once or twice, until the potatoes are soft, about 20 minutes. (Or use the "potato setting" on your microwave and cook according to the manufacturer's directions.)
 2. Meanwhile, brown meat in a large skillet over medium-high heat, stirring often, about 3 minutes. Transfer to a large bowl. Increase heat to high, add broccoli and water to the pan, cover, and cook until tender, 4 to 5 minutes. Drain the broccoli; add to the meat.
 3. Carefully cut off the top third of the cooked potatoes; reserve the tops for another use. Scoop out the insides into a medium bowl. Place the potato shells in a small baking dish. Add 1/2 cup Cheddar, sour cream, salt and pepper to the potato insides and mash with a fork or potato masher. Add scallions and the potato mixture to the broccoli and meat; stir to combine.
 4. Evenly divide the potato mixture among the potato shells and top with the remaining 1/2 cup cheese. Microwave on High until the filling is hot and the cheese is melted, 2 to 4 minutes.
- Make Ahead Tip: Prepare and stuff potatoes. Cover and refrigerate for up to 2 days. Microwave and serve.

Nutrition Info:

Makes 4 Servings
Calories - 188
Carbs - 24g

Protein - 11g
Fat - 6g

Low Carb Supreme Pizza

Ingredients

- 1 light flat out wrap
- 1/4 cup pizza sauce
- 2 oz sweet italian chicken sausage
- 1 oz shredded mozzarella cheese
- 1/4 cup sliced mushrooms
- 1/4 cup sliced bell pepper
- 1 tbsp grated parmesan cheese
- dash of red pepper flakes



Directions

1. Preheat oven to 400 F..
2. Remove sausage casing and brown meat in skillet over medium heat, breaking it up with a turner or spatula as it cooks.
3. Spray a cookie sheet with cooking spray and bake flat out for 3-5 minutes or until slightly stiff, but not crispy.
5. Take out flat out wrap, and turn oven up to 500 F.
6. Cover flat out wrap with sauce, cheese, sausage, and veggies, in that order.
7. Put back in the oven at 500 F for 5-7 minutes, watching closely. Pizza is done when crust is crispy and cheese is melted.
8. Top with parmesan and red pepper.

Nutrition Info:

Makes 1 Servings
Calories -363
Carbs - 22g

Protein - 33g
Fat - 18g

Mexican Chicken Soup

Ingredients

- 1 large rotisserie chicken, shredded (meat only - not skin)
- 32 oz. low sodium chicken broth
- 1 can of Rotel
- 14 oz canned tomatoes (fire roasted blend)
- 1 can corn (drained & rinsed)
- 1 can black beans (drained & rinsed)
- 2 14 oz. cans green chili
- enchilada sauce
- 1 packet low sodium taco seasoning
- 1 TBSP ground cumin
- 1 tsp Chili powder
- 3/4 cup Jasmine Rice
- Baked Tortilla Chips



Directions

1. Add all ingredients to your crock pot (except the jasmine rice) and Cook on low for 6 hours.
2. 30-45 minutes before serving, add jasmine rice and stir. Cover and let cook for another 30-45 minutes.
3. Stir well before serving (the rice will make it very thick).
4. Serve with tortilla chips crumbled on top (optional)

Nutrition Info:

Makes 10 Servings
Calories - 384
Carbs - 46g

Protein - 35g
Fat - 6g

Mongolian Beef & Broccoli

Ingredients

- 2 tsp cornstarch
- 3 tbsp + 2 tsp liquid amino's or reduced sodium soy sauce
- 2 tsp rice wine
- 4 tsp sesame oil
- 1 lb sirloin steak, thinly sliced against the grain
- 1/4 tsp salt
- 4 cups broccoli florets
- 4 medium scallions, cut into 1" strips and separated white and green
- 1 tbsp minced garlic
- 1/2 tsp fresh ginger
- 2 tbsp brown sugar
- 1 tbsp oyster sauce
- ** 1 cup cooked brown rice



Directions

1. In a bowl whisk together cornstarch, 2 tsp of liquid amino's, rice wine, and 1 tsp of sesame oil.
2. Season the steak with salt and then add to the mixture. Let marinade for 30 minutes.
3. Boil a large pot of water and add broccoli florets and cook until crisp-tender, about 1 minute. Drain and run under cold water to stop them from cooking.
4. Heat a large nonstick skillet over high heat. Add 1 tsp of olive oil and half the steak. Cook for 30 seconds, moving around until browned on all sides. Transfer to a plate and repeat with the second portion of steak.
5. Heat the remaining 1 tsp sesame oil in wok or pan and add scallion whites, ginger, and garlic. Cook until fragrant, about 30 seconds.
6. Add broccoli, brown sugar, remaining 3 tbsp liquid amino's, and oyster sauce and cook. Stirring for 30 seconds.
7. Add the beef and cook, stirring, 30 more seconds.
8. Remove from heat stir in the green scallions.
9. Serve on top of 1/4 cup cooked brown rice

Nutrition Info:

Makes 4 Servings
Calories - 272
Carbs - 16g

Protein - 27g
Fat - 12g

Orange Teriyaki Chicken

Ingredients

- 1 lb raw boneless skinless chicken breast, cut into bite sized pieces
- 0.25 cups thick teriyaki sauce or marinade
- 3 tbsp orange juice
- 1 (8 oz) can sliced water chestnuts, drained
- 1 cup chopped scallions

Seasonings to taste -

- garlic powder
- salt & pepper



Directions

1. Season chicken with 1/4 tsp. garlic powder and 1/8 tsp. each salt and pepper. Place in a large sealable container (or bag).
2. In a small bowl, mix 2 tbsp. teriyaki sauce with 2 tbsp. orange juice. Add to the container, and thoroughly coat chicken. Seal, and refrigerate for 1 hour.
3. To make the sauce, in a small bowl, mix remaining 1/4 cup teriyaki sauce with remaining 1 tbsp. orange juice.
4. Bring a wok (or large skillet) sprayed with nonstick spray to medium-high heat. Cook and stir marinated chicken for about 8 minutes, until fully cooked.
5. Reduce heat to medium. Add sauce, chopped water chestnuts, and scallions. Cook and stir until hot and well mixed, about 2 minutes.

Nutrition Info:

Makes 4 Servings
Calories - 203
Carbs - 20g

Protein - 28g
Fat - 2g

Parmesan Chicken Noodles

Ingredients

- 1/2 tablespoon butter
- 1½ lb skinless chicken thigh fillets, cut into strips
- 4oz jarred or fresh sun dried tomato in oil
- 3.5oz jarred sun dried tomatoes in oil, chopped
- 4 cloves garlic, peeled and crushed
- 1¼ cup reduce fat half and half or chicken stock to lighten up more.
- 1 cup shaved Parmesan cheese
- Salt to taste
- Dried basil seasoning
- Red chilli flakes
- 2 large Zucchini - use vegetti to make into zucchini noodles



Directions

1. Heat the butter in a pan/skillet over medium high heat. Add the chicken strips and sprinkle with salt. Pan fry until the chicken is golden browned on all sides and cooked through.
2. Add both semi-dried and sun dried tomatoes with 1 tablespoon of the oil from the jar (optional but adds extra flavour), and add the garlic; sauté until fragrant. (While the chicken is browning, prepare your Zoodles with a Vegetti maker OR with a normal vegetable peeler.)
3. Lower heat, add cream and the Parmesan cheese; simmer while stirring until the cheese has melted through. Sprinkle over salt, basil and red chilli flakes to your taste.
4. Stir through the Zoodles and continue to simmer until the zoodles have softened to your liking (about 5-8 minutes) and serve.

Nutrition Info:

Makes 7 Servings
Calories - 289
Carbs - 10g

Protein - 26g
Fat - 18g

Parmesan Herb Grilled Salmon

Ingredients

- 18 oz Raw salmon fillet [1]
- 3 fresh Basil leaves, chopped (or about 2 tbs chopped)
- 1 tbs Minced garlic
- 2 tbs Parmesan cheese
- 1 tbs Lemon juice
- Pinch Pepper
- Optional:
 - Fresh lemon juice for topping



Directions

1. **Oven:** Preheat oven to 400 degrees. Line a baking pan with foil and spray with cooking spray. Place salmon fillet on prepared pan (skin side down if it has skin). Chop the basil and add to a small bowl, mix with the garlic and parmesan cheese and lemon juice. Top salmon with basil parmesan mixture. Bake for 12-15 minutes or until salmon is cooked through. (If your salmon has skin, remove skin after baking, it should slide right off). Top with additional lemon juice if desired.

2. **Grill:** Preheat grill to medium high heat. Take a piece of heavy duty aluminum foil and spray generously with cooking spray. Fold foil into a "dish" with sides. Place salmon fillet into a "dish", (skin side down if your salmon has skin). Chop the basil and add to a small bowl, mix with the garlic and parmesan cheese and lemon juice. Top each salmon with basil parmesan mixture. Close grill and grill for 12-15 minutes or until salmon is cooked through. (If your salmon has skin, remove skin after grilling, it should slide right off). Top with additional lemon juice if desired.

Nutrition Info:

Makes 2 Servings

Calories - 121

Carbs - 0g

Protein - 21g

Fat - 13g

Parmesan Meatloaf

Ingredients

- 1 lb lean ground beef or turkey
- 1/2 tbsp minced garlic
- 2 tsp Italian seasoning
- 1 can pasta/pizza sauce (14 oz)
- 1 large egg
- 1/2 cup old fashioned oats (oat flour or breadcrumbs)
- 1/3 cup grated parmesan cheese

TOPPING -

- 1 cup reduced fat mozzarella cheese, shredded
- 1/3 cup chopped parsley

OPTIONAL INGREDIENTS -

- 1/2 medium chopped onion
- 1/2 medium green or red bell pepper



Directions

1. Preheat oven to 425 degrees. Line a baking sheet pan with foil, and spray with cooking spray.
2. If using onion and bell pepper: Heat your skillet over medium heat and spray with cooking spray. Add the onion and the peppers, saute until tender. Meanwhile, mix together the ground meat, 2/3 cup pizza sauce, egg, oats (or bread crumbs), and parmesan cheese in a medium bowl. Add sautéed vegetables if using.
3. Divide the meatloaf mixture into four mini loaves. Bake for 30 minutes.
4. Top each meatloaf with remaining sauce and 1/4 cup mozzarella cheese. bake an additional 5-10 minutes or until they are no longer pink in the center and they reach internal temp of at least 170 degrees. Serve and enjoy!

** Add a side of veggies, fruit, or rice to complete the meal.

Nutrition Info:

Makes 8 Servings
Calories - 172
Carbs - 10g

Protein - 18g
Fat - 7g

Skinny Chicken Alfredo

Ingredients

- 16 oz boneless skinless chicken breast - grilled or baked
- 12 oz whole wheat fettuccine pasta
- 1 tbsp extra virgin olive oil
- 4 cloves garlic; minced
- 3 tbsp flour
- 3/4 cup freshly grated parmesan cheese
- 1/2 tsp butter
- 1/4 tsp black pepper
- 1 cup low sodium chicken broth
- 1 cup 1% low-fat milk



Directions

1. Cook pasta al dente according to packaged directions, in salted water.
2. Meanwhile heat olive oil (or melt butter) in a large sauce pan over medium-high heat. Add garlic and saute one-minute, stirring occasionally until fragrant. Sprinkle with flour and stir to combine. Saute for an additional minute.
3. Slowly add chicken broth, whisking to combine until smooth. Whisk in milk and bring the mixture to a simmer. Let cook until thickened and then stir in parmesan cheese until melted. Add the salt and pepper and reduce heat to medium-low until is fully al dente.
4. Drain pasta, then immediately add pasta to the saute pan with Alfredo sauce.
5. Toss to combine. Served topped with 2 oz of grilled or baked chicken breast and chopped fresh parsley.

Nutrition Info:

Makes 6 Servings
Calories - 378
Carbs - 36g

Protein - 29g
Fat - 7g

Skinny Turkey Chili Mac

Ingredients

- 1.25 lb lean ground turkey or beef
- 1 medium onion, chopped
- 3 cloves minced garlic
- 1 packet reduced sodium taco seasoning
- 1 red bell pepper, chopped
- 10 oz can rotel tomatoes with green chilies
- 14.5 oz can pink or red beans, drained
- 8 oz tomato sauce
- 1/2 can (8 oz) fat-free refried beans
- 1 (15 oz can) reduced sodium chicken broth*
- 1 3/4 cups water
- 1 cup whole grain rotini shells
- 3/4 cup part-skim shredded sharp cheddar cheese*
- 2 tbsp fresh cilantro, chopped
- 2 tbsp chopped scallions



Directions

1. Heat a large Dutch oven or pot with a fitted lid over medium-high heat and spray with oil, brown the turkey breaking it up with a wooden spoon as it cooks. When cooked through, add the onions, garlic, pepper and taco seasoning; cook 2-3 minutes.
2. Add the canned tomatoes, beans, tomato sauce, refried beans, chicken broth and water. Bring to a boil, cover and simmer about 15 minutes. Adjust salt to taste.
3. Stir in the uncooked pasta and simmer uncovered over medium heat until al dente, about 6 minutes or according to package directions.
4. Remove the pot from heat and top with the cheese, cover and let sit for about 2-3 minutes, until the cheese melts.
5. Serve immediately garnished with fresh cilantro and scallions.

Nutrition Info:

Makes 8 Servings
Calories - 311
Carbs - 31g

Protein - 24g
Fat - 10g

Sweet & Sour Chicken

Ingredients

- 20 ounces boneless skinless chicken breast
- 1 medium green bell pepper, chopped
- 1 medium red bell pepper, chopped
- 1 onion, chopped
- 5 TBSP lite soy sauce OR Bragg's liquid aminos
- 2 TBSP honey or agave
- 2 garlic cloves, minced
- 1 tsp ground ginger
- 1/4 tsp red pepper flakes
- 1/2 chopped fresh pineapple
- 1/4 cup chopped cilantro
- 2 cups cooked brown or jasmine rice



Directions

1. In a small bowl, whisk together soy sauce, honey, garlic, ginger and red pepper flakes. Place chicken in a large shallow dish. Pour soy sauce mixture over chicken, tossing gently. Cover and refrigerate for at least 30 minutes OR up to 8 hours.
2. Heat a large nonstick skillet over medium-high heat. Add chicken and marinade and sauté for 5 minutes or until chicken is cooked through.
3. Add bell peppers and onion and cook for 5 minutes or until vegetables are slightly tender.
4. Add pineapple and cook for 2 more minutes.
5. Sprinkle with cilantro and serve immediately over 1/3 cup rice.

Nutrition Info:

Makes 4 Servings
Calories - 297
Carbs - 36g

Protein - 30g
Fat - 3g

Sweet Potato Lasagna

Ingredients

- 1 lb lean ground turkey or beef
- 3 large sweet potatoes (peeled and thinly sliced)
- 2 egg whites
- 0.75 cup low fat cottage cheese
- 1/2 cup reduced fat mozzarella
- 4 vine tomatoes (or substitute with diced canned tomatoes seasoned with oregano & garlic)
- 15 oz tomato basil pasta sauce
- 1/3 cup mushrooms
- 1/3 cup red onions
- 1 tbsp garlic paste
- 1/2 cup chopped cilantro
- 1 tbsp Italian seasoning
- sea salt
- pepper



Directions

1. Preheat oven to 375 F.
2. Wash & peel sweet potatoes.
3. Slice sweet potato using a mandolin or sharp knife and separately chop up tomatoes, onions and mushrooms.
4. Mix cottage cheese with egg white and set aside.
5. Sauté red onions with garlic paste, then add meat, tomatoes, cilantro, mushrooms, tomato sauce, Italian seasoning.
6. In 9×13 pan, build lasagna. Add sweet potato slices, meat sauce, cottage cheese and then repeat.
7. Top with mozzarella.
8. Cover with aluminum foil and bake for 45 minutes at 375 F.

Nutrition Info:

Makes 6 Servings
Calories - 102
Carbs - 21g

Protein - 16g
Fat - 6g

Thai Chicken Wings

Ingredients

- 3 lbs chicken wings or chicken tenders
- ½ - 1 tablespoon sea salt flakes

Glaze:

- ¾ cup Thai sweet chili sauce
- 4 packets stevia
- ¼ cup bragg's aminos
- 4 tablespoons rice wine vinegar
- 2 tablespoons lime juice
- 1 tablespoon minced lemongrass
- 1 tablespoon minced garlic
- 1 teaspoon sesame oil

To serve:

- ¼ cup fresh cilantro, chopped
- 2 green onions, thinly sliced
- Red chilli flakes
- Generous pinch of salt



Directions

1. Preheat oven to 400°F. Lightly spray a large baking tray with cooking oil spray; set aside.
2. To prepare the glaze, combine all of the glaze ingredients in a small bowl; whisk until combined. Pour half of the sauce into a small saucepan and reserve for later.
3. Trim any skin off of the wing edges. Season with salt. Place the wings on the baking tray; pour the sauce over the wings and toss to coat evenly. Arrange the wings in a single layer and bake for 10-15 minutes.
4. While the wings are in the oven, bring the remaining glaze to a simmer on low-medium heat, until the sauce bubbles up and begins to thicken, approx 5 mins.
5. Once the chicken wings are cooked on the one side, rotate each piece and bake again for an extra 10 minutes. Change oven settings to broil on a medium-high heat setting; baste wings with half of the ready-made glaze and allow to crisp up for a further 5 minutes. They will look golden and shiny from the glaze.
6. Once the wings are golden, remove them from the oven and baste again with glaze. Garnish with the cilantro, onion slices, chili flakes and sprinkle with salt (if needed). Serve with any remaining glaze for dipping!

Nutrition Info:

Makes 8 Servings

Calories - 251

Carbs - 25g

Protein - 34g

Fat - 1g

White Queso Chicken Chili

Ingredients

- 1 lb Chicken breast
- 1 cup fat free Chicken stock
- 1 pkg fat free cream cheese (or 1/3 less fat)
- 1/2 tbs Dried cumin
- 1/2 tbs Chili powder
- 2 cans White beans, drained and rinsed
- 2 (4 oz) cans Diced green chilies
- 1 (28 oz) can Diced tomatoes, drained
- 1 small avocado, diced



Directions

1. Place everything (except for avocado) in crockpot. Cover and cook on high for 4 hours, or on low heat for 8 hours.
2. After cooking, break up chicken in crockpot with two forks (it should shred very easily, if it doesn't cook a bit longer until it shreds easily).
3. Stir to combine and serve with 1-2 tbsp chopped avocado.

Nutrition Info:

Makes 6 Servings
Calories - 318
Carbs - 30g

Protein - 33g
Fat - 8g



GOTIMETRAINING

WWW.GOTIMETRAINING.COM

11010 E 28TH ST N WICHITA, KANSAS 67226
WWW.GOTIMETRAINING.COM | (316)833-0999

