14 meals that are ideal for losing weight; they can be used on meal days, and several can be used for protein-only days as well. These recipes will give you some great ideas.

Take twenty minutes and go to the internet and search high protein, low calorie meals, cereals, snacks, etc... Find foods that you enjoy eating. Replace the foods in your diet that are high calorie, low nutrient with foods you love that are low calorie, high nutrition.

You should never get bored! The possibilities are endless, only limited by your imagination. Most of the time, you will keep your meals simple. The key to variety is using all sorts of pre-made sauces and lots of spices.

Note: On protein-only days, utilize healthy fats (nuts, avocados, healthy oils, seeds, peanut butter, almond butter, mayonnaise, low sugar salad dressings, (i.e. blue cheese, ranch, thousand island) to add flavor, enjoyment, and nutritional value. Enjoy the foods you’re eating!!! The Better Body System is not a low fat, deprivation diet.
Quick ‘N Easy Balsamic Chicken

protein-only day or meal day
25 minutes to prepare and cook

Ingredients:
- 1 chicken breast (cut in thin 2 - inch strips)
- 4 tbsp balsamic vinegar
- 2 tsp freshly chopped garlic
- 1 tsp olive oil
- salt and pepper to taste

Directions:
Cut chicken breast in thin 2 - inch strips. Chop fresh garlic, about 2 tsp (about 4-5 cloves of garlic). Heat oil in a pan and add garlic. Saute until golden. Add chicken and stir well. Add balsamic vinegar and salt and pepper. Reduce the heat to medium and let the excess water evaporate. Keep stirring intermittently, making sure that all the water dries up and the chicken is well coated with balsamic vinegar. Serve hot with some brown rice or whole wheat pasta.

Nutritional Info:
calories: 166.5
total fat: 5.4g
cholesterol: 41.2 mg
sodium: 222.2 mg
total carbs: 9.9 g
dietary fiber: 0.1 g
protein: 16.8 g

Easy Turkey Chili

meal day only
45 minutes to prepare and cook
number of servings: 8

Ingredients
- 1 pound lean ground turkey (93% lean)
- 2 cup chopped onion
- 1 cup chopped celery
- 1 cup chopped bell pepper
- 6 cloves chopped garlic
- 2 tsp olive oil
- 1 can black beans
- 2 can kidney beans
- 1 can pinto beans
- 2 cans diced tomatoes
- 1 quart chicken broth
- chili powder to taste

Directions
Brown ground turkey in 1 tsp olive oil, sautee onion, celery, bell pepper and garlic in 1 tsp olive oil. Add remaining ingredients and simmer for 15 minutes or longer to taste. Add chili powder, salt, and pepper to taste.

Nutritional Info:
calories: 312.3
total fat: 9.3 g
cholesterol: 41.3 mg
sodium: 1,240.3 mg
total carbs: 33.3 g
dietary fiber: 10.7 g
protein: 25.4 g
**Protein Pancakes**

protein-only day or meal day  
20 minutes to prepare and cook  
number of servings: 3

**Ingredients:**
- 1 whole egg (*2 egg whites or 1/4 cup egg beaters)  
- 1/4C. Fat free cottage cheese  
- 1/4C. old fashioned oatmeal (powdered in blender if preferred)  
- 1 scoop of vanilla, chocolate, plain protein powder  
- vanilla or maple extract to taste  
- ground cinnamon to taste  
- water

**Directions:**
Blend all ingredients together in a blender until it forms a batter-like consistency.  
Spray on a non-stick skillet with cooking spray and cook batter into 3 pancakes.

*Optional:*
Peanut butter and Stevia reb-a (truvia) are my topping of choice. These taste great! I usually make 4+ recipes and cook them all. Freeze them and pop in the microwave for a quick breakfast.

**Nutritional Info:**
calories: 73.9  
total fat: 2.4 g  
cholesterol: 71.7 mg  
sodium: 54.9 mg  
total carbs: 5.1 g  
dietary fiber: 0.8 g  
protein: 7.8 g

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**Salmon Salad**

protein-only day or meal day  
5 minutes to prepare and cook  
number of servings: 4

**Ingredients:**
- 2 cups salmon, flaked  
- 1 red or yellow bell pepper, diced  
- 1 cucumber, peeled, seeded and diced  
- .5 cup chopped onion  
- 4-5 tbsp. greek yogurt, plain (enough to moisten)  
- 1/4 tsp. cayenne pepper  
- salt and pepper  
- juice of 1/2 a lemon

**Directions:**
In a large bowl, gently toss together the salmon and crushed hard-boiled eggs (optional)  
In another bowl, combine bell pepper, cucumber, onion, and yogurt. Add seasonings and stir to combine. Pour mixture over salmon, add lemon juice, and toss lightly to combine. Serve over lettuce or as a sandwich.

*Optional:*
2 hardboiled eggs (not included in nutritional information)

**Nutritional Info:**
calories: 188.4  
total fat: 6.2 g  
cholesterol: 20.0 mg  
sodium: 347.9 mg  
total carbs: 4.9 g  
dietary fiber: 1.0 g  
protein: 26.1 g
Turkey Souffle

Protein-only day or meal day (ideal for protein day if you take the flour out)
number of servings: 12

Ingredients
- 2 cups fresh turkey breast meat - cubed
- 9 medium eggs, whites/yolks separated
- 9 tbsp white flour (whole wheat flour can be substituted)
- 9 tbsp margarine
- 1 tsp black pepper
- 1 tsp salt

Directions:
Melt margarine in at least a 2 quart saucepan and slowly add flour, stirring constantly until mixture is creamy. Turn off stove. Slowly add egg yolks and whites continue stirring as the mixture cools slightly. Stir in cubed turkey breast meat until thoroughly mixed. Pour mixture into a greased 4-6 quart baking dish. Bake uncovered at 350 for 45 minutes, or until the top is slightly browned and/or a knife comes out clean from the center of the souffle.

Nutritional Info:
calories: 159.9
total fat: 9.7 g
cholesterol: 149.4 mg
sodium: 518.7 mg
total carbs: 7.4 g
dietary fiber: 0.4 g
protein: 8.6 g

Tuna Patty Melt

Protein-only day or meal day
15 minutes to prepare and cook
number of servings: 2

Ingredients:
- 1 can of tuna (drained)
- 1 egg white
- 1/3 cup of low fat cheddar cheese
- 1/2 small onion (finely chopped)
- 1 tsp ground garlic
- 1/2 tsp pepper

Directions:
In a bowl mix drained tuna, egg white, cheese, onion and spices until all the ingredients stick together. Split in half and form two patties. In a medium saucepan, fry patties until both sides are golden brown.

Nutritional Info:
calories: 98.0
total fat: 1.9 g
cholesterol: 28.9 mg
sodium: 392.5 mg
total carbs: 2.1 g
dietary fiber: 0.3 g
protein: 18.3 g
Cream of Broccoli and Cauliflower Soup

meal day only
40 minutes to prepare and cook
number of servings: 4

Just one serving of this creamy soup contains 1 serving of vegetables, 1 serving of milk, 4 grams of fiber, 17 grams of protein, and more than a day’s supply of vitamin C.

Ingredients:
- 1 lb mixture of broccoli and cauliflower (or substitute broccoli or broccoflower coarsely chopped) about 2 cups
- 6 scallions (green onions), chopped
- 1 garlic clove, minced
- 1 cup nonfat evaporated milk
- 40 grams vegetable protein powder (optional**)
- 2 tbs smart balance 37% light buttery spread
- 1 tsp dried marjoram
- 1 tsp black pepper

Directions
Combine broth, broccoli/cauliflower mixture (save about 1/3 cup of broccoli for later) garlic, and scallions in a saucepan. Bring to a boil, reduce heat and simmer covered for about 10 minutes until veggies are tender. Remove from heat and cool for a few minutes. Transfer to a blender or food processor and puree until smooth. Steam the remaining 1/3 cup of broccoli in the microwave. Finely chop. In the saucepan, melt the margarine. Mix in marjoram and pepper. Gradually stir in milk until smooth. Cook over medium heat, stirring, until thick and bubbling. Add the pureed soup and broccoli to milk mixture and heat to serving temperature. Salt and pepper to taste.

Nutritional Info:
calories: 149.5
total fat: 3.0 g
cholesterol: 2.6 mg
sodium: 416.8 mg
total carbs: 15.3 g
dietary fiber: 4.0 g
protein: 16.8 g

On the go Breakfast Cookies

meal day only
17 minutes to prepare and cook
number of servings: 12 | cookies per serving: 2

Ingredients:
- 16 tbsp. flax seed meal (ground flax)
- 8 tsp. stevia reb-a (truvia) brown sugar blend
- 1 cup peanut butter (chunky & oil only (organic preferred)
- 1 tsp baking soda
- 2 large eggs, fresh

Directions:
Preheat oven to 350. Mix flax and baking soda together, then add egg and cream together with peanut butter. Teaspoon onto and bake on a non-stick baking pan for 12 minutes.

Nutritional Info:
calories: 192.3
total fat: 14.6 g
cholesterol: 35.4 mg
sodium: 219.8 mg
total carbs: 10.1 g
dietary fiber: 4.4 g
protein: 8.2 g
### Low carb egg and cottage cheese salad

- **protein day** leave out salad/ meal day with salad
- 35 minutes to prepare and cook
- number of servings: 1

**Ingredients:**
- 2 hard boiled eggs (one yolk can be removed)
- 1/3 cup 1% cottage cheese
- salt (seasoned salt is best flavor with egg)
- pepper

(add a little dill, dijon mustard or other favorite to give this a little more flavor.)

**Directions:**
Hard boil eggs and remove one of the yolks to lower the fat. Chop egg whites and one yolk. Mix in cottage cheese, and season to taste.

**Nutritional Info:**
- calories: 148.2
- total fat: 6.2 g
- cholesterol: 215.0 mg
- sodium: 419.8 mg
- total carbs: 2.8 g
- dietary fiber: 0.0 g
- protein: 20.5 g

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### Low carb, high protein taco bake

- **protein-only day** or meal day
- number of servings: 8

You can serve with additional toppings like shredded lettuce, jalapeños, guacamole, ripe olives, sour cream or salsa, be sure to add in your nutrition info.

**Ingredients:**
- **Crust**
  - 4 ounces fat free cream cheese, softened
  - 3 egg whites
  - 1/3 cup fat free half and half
  - 1/2 teaspoon taco seasoning
  - 8 ounces low fat cheddar cheese, shredded

- **Topping**
  - 1 lb ground turkey, 93% lean
  - 3 teaspoons taco seasoning
  - 1/4 cup tomato sauce
  - 4 ounces chopped green chilies
  - 8 ounces cheddar cheese, shredded

**Directions:**
For the crust, beat the cream cheese and egg until smooth. Add the cream and seasoning. Grease a 9" x 13" baking dish; spread the cheese over the bottom. Pour in the egg mixture as evenly as possible. Bake at 375 f, 25-30 minutes. Let stand 5 minutes before adding the topping.

For the topping, brown the ground turkey; drain fat. Stir in the seasoning, tomato sauce and chilies. Spread over the crust. Top with cheese. Reduce oven to 350 f and bake another 20 minutes or so until hot and bubbly. Serve with toppings of your choice (add additional carbs).

**Nutritional Info:**
- calories: 160.8
- total fat: 6.4 g
- cholesterol: 47.5 mg
- sodium: 449.3 mg
- total carbs: 3.7 g
- dietary fiber: 0.2 g
- protein: 22.2 g
### Asian Tuna Steak

**protein-only day or meal day**  
30 minutes to prepare and cook  
number of servings: 6

**Ingredients:**  
- 1 1/2 lb tuna fillets  

**Marinade**  
- 1/4 cup orange juice (fresh or frozen)  
- 2 tbsp sesame oil  
- 2 tsp sesame seeds  
- 3 tbsp low sodium soy sauce  
- 1 tbsp fresh ginger root, grated (or use 2 tsp ground ginger)  
- 3 tbsp chopped scallions

**Directions:**  
Combine all marinade ingredients in re-sealable plastic bag or stainless steel bowl. Place tuna into plastic bag or the stainless steel bowl. Seal or cover, refrigerator for 20 minutes. Preheat grill to medium. Place tuna 6 inches above heat source, cook 4-5 minutes per side. Cook until ready to serve.

**Nutritional Info:**  
calories 242.6  
total fat 11.4 g  
sodium 247.7 mg  
total carbs 2.3 g  
dietary fiber 0.2 g  
protein 30.8 g

### Bacon Deviled Eggs

**protein-only day or meal day**  
25 minutes to prepare and cook  
number of servings: 8

**Ingredients:**  
- 3 bacon, cured, center cut, cooked, drained, cooled and crumbled  
- 8 large hard-boiled eggs, cooled and cut in half, lengthwise  
- 1/3 cup light mayonnaise  
- 2 tbsp onion, green, tops only, fresh, stalk, thinly sliced  
- 1 tsp mustard, deli  
- 1 pinch salt  
- 1 pinch black pepper

**Directions:**  
Cook bacon in a frying pan over medium-high heat until crispy. Drain on paper towels and let cool. Crumble bacon into pieces. Slice the hard-boiled eggs in half lengthwise. Spoon out the yolks and put into a bowl. Smash yolks with a fork and combine with mayonnaise, onions, and mustard. Mix in bacon pieces and stir gently until combined. Salt and pepper to taste. Using a demitasse spoon or piping bag, fill each half of egg with 1 tablespoon of mix. Serve immediately or chill.

**Additional Information:**  
These can be made one day in advance. A plastic sandwich bag, corner cut off, makes a fine piping bag.

**Nutritional Info:**  
calories 120.7  
total fat 9.3 g  
sodium 212.6 mg  
total carbs 1.5 g  
dietary fiber 0.1 g  
protein 7.1 g
Bangkok Barbequed Steak

protein-only day or meal day
205 minutes to prepare and cook
number of servings: 8

Ingredients:
- 1/4 cup sauce, red chile
- 1/4 cup fish sauce
- 1 1/2 tbsp sesame oil
- 1 tbsp fresh ginger root, grated
- 3 medium garlic cloves, peeled and crushed
- 2 lb beef, flank steak, london broil, raw, choice, 0” trim

Directions:
In a medium bowl, whisk together chile sauce, fish sauce, sesame oil, ginger, and garlic. Set aside a few tablespoons of the mixture for brushing the steaks during grilling. Score flank steak and place in a shallow dish. Pour remaining marinade over the steak, and turn to coat. Cover, and marinate in the refrigerator at least 3 hours. Preheat an outdoor grill for high heat. Lightly brush the grilling surface with oil. Grill steak 5 minutes per side, or to desired preference, brushing frequently with the reserved marinade mixture.

Nutritional Info:
calories 246.6
total fat 13.5 g
sodium 793.2 mg
total carbs 1.1 g
dietary fiber 0.1 g
protein 27.8 g

Broiled Chicken Breasts with Cilantro Salsa

protein-only day or meal day
13 minutes to prepare and cook

Jalapeño pepper and green onion spice up cilantro salsa. Serve it on the top or side of broiled chicken breasts.

Ingredients:
- 4 boneless skinless chicken breasts (4 oz. each)
- 4 tbsp fresh lime juice
- 1/4 tsp black pepper (or to taste)
- 1/3 cup fresh cilantro, chopped, lightly packed
- 1/4 whole jalapeño pepper, seeded and minced (or to taste)
- 1 oz pine nuts (optional)
- 1 cooking spray

Directions:
In a small bowl, combine 2 tablespoons of lime juice, cilantro, onions, jalapeño pepper, and pine nuts. Stir and set aside. Preheat broiler. Spray baking sheet or broiler pan with cooking spray. Place chicken on baking sheet or broiler pan. Brush chicken breasts with remaining 2 tablespoon of lime juice. Sprinkle generously with pepper. Broil chicken 1 to 2 inches from heat for 8 to 10 minutes or until thoroughly cooked. Serve with cilantro salsa.

Nutritional Info:
calories 132.1
total fat 1.5 g
sodium 75 mg
total carbs 1.9 g
dietary fiber 0.2 g
protein 26.3 g