



≡ *ON THE FLY*

## REGULAR CARB DINNER OPTIONS

### DINNER:

#### 1) Lettuce Wraps

##### Ingredients:

- \* One lb. ground beef, chicken, turkey or buffalo meat
- 2 Tbsp chili lime seasoning blend Traders Joe's brand or taco seasoning and lime zest to taste
- salt and pepper to taste

##### Salsa:

- 1 mango diced
- ½ avocado diced
- ½ red bell pepper diced
- ½ cup cilantro chopped
- ½ red onion diced
- ½ jalapeño pepper minced
- lime juice from 1 lime
- salt and pepper to taste

## Sauce:

- 1 large avocado pitted
- $\frac{3}{4}$  cup fresh pineapple chunks
- $\frac{1}{4}$  cup cilantro
- lime juice from 1 lime

## Other ingredients:

- 1 head butter lettuce
- 1 cup purple cabbage shredded
- 1 cup baby heirloom tomatoes sliced in half

## Directions:

- Brown protein with seasonings in a skillet, stirring on occasion until fully cooked (about 8-10 minutes until no red left in the meat).
- Chop and combine ingredients for salsa in a bowl.
- Blend ingredients for sauce in a food processor or blender to desired consistency.
- Prepare tacos by layering ground beef, salsa, shredded cabbage, tomatoes, and sauce into a lettuce leaf. Optional: Garnish with cilantro, and lime wedges

## 2) Chili Lime Burger with Cucumber, Tomato Avocado Salad

### Ingredients:

Purchase Trader Joe's Chili Lime Burgers or make your own

- 1lb ground chicken
- green onions, chopped
- 1/4 cup chopped red bell pepper
- 2 Tablespoons chopped cilantro
- 2 teaspoons minced garlic
- 1/2 teaspoon salt
- 1/4 teaspoon red pepper flakes
- lime, cut in half

### Cucumber, Tomato & Avocado Salad

- One cup cherry tomatoes
- One large cucumber
- One avocado
  - ½ bunch cilantro
  - One TBSP olive or avocado oil
  - juice of 1 lemon
  - pinch of salt and pepper

## Direction for Chili Lime Burgers:

- Combine chicken, green onions, bell pepper, cilantro, garlic, salt, red pepper flakes and juice of half a lime in a large bowl.
- Mix until thoroughly combined, then form into 4 patties and spray each side generously with non-stick spray.
- Heat a large grill pan or skillet over medium-high heat. Grill burgers for 3-4 minutes a side, or until cooked all the way through.

## Directions for Salad:

- Place chopped tomatoes, sliced cucumber, diced avocado and chopped cilantro into bowl. Drizzle with oil and lemon juice and toss gently to combine. Add salt and pepper to taste.

## 3) Spinach, Mozzarella, Sun Dried Tomato Stuffed Chicken Breast

### Ingredients:

- 2 large chicken breasts
- thumb of olive oil
- pinch salt and pepper
- ½ jar sundried tomatoes
- fist of baby spinach
- palm of mozzarella cheese

### Directions:

- Cut chicken breasts along one long side almost in half leaving breast attached at one side.
- Open breast and lie flat in between two pieces of waxed paper or plastic wrap or re-sealable plastic bag.
- Using the flat side of a meat mallet or hammer, lightly pound to ¼ inch thickness.
- Brush chicken breasts with olive oil and sprinkle with salt and pepper
- Heat skillet and sear chicken for about 3 minutes on each side. Searing one side to a nice brown color and leaving the other a little less browned.
- Remove from pan and let cool until you can safely stuff with remaining ingredients divided equally between breasts. Just shove it in there as best you can and hold closed with a couple of toothpicks.
- Place on baking sheet and cook in 350 degree oven until meat thermometer registers 165 degrees.

Serve with a small side salad

## 4) Firecracker Salmon, Asparagus & Cauliflower Mash

### Ingredients:

- Two salmon filets
- One thumb ghee or olive oil
- One Tbsp honey
- ¼ tsp chipotle chili powder

- a pinch of salt and pepper
- one Tbsp minced garlic
- 1 bunch asparagus
- small palm shredded mozzarella
- 1 package Trader Joe's frozen cauliflower mash

### Directions:

- Combine honey, chipotle seasoning, melted ghee and salt and pepper.
- Spread evenly over salmon fillets
- In a non stick skillet, heat a little ghee or good oil for a minute, add salmon filets skin side up and sear for 3 minutes, flip and cook another 3-4 minutes.
- Place asparagus (ends snapped off) on cookie sheet and drizzle with a small amount of olive or avocado oil. Toss with salt and garlic and roast in 425 degree oven for 10 min
- Top with mozzarella and broil for a couple of minutes until cheese is melted and browned.
- Heat frozen Cauliflower Mash in saucepan on medium-high heat until warmed and creamy.

## 5) Turkey Meatballs over Zucchini Noodles

### Ingredients:

- One package Trader Joe's frozen turkey meatballs
- Marinara Sauce

- One package fresh zucchini noodles or spiralize your own
- Thumb of fresh parmesan

### Directions:

- Heat meatballs on cookie sheet according to package instructions
- Heat a small amount of good oil in a skillet on medium-high heat. Add zucchini noodles and cook until warm. Be careful not to overcook or they will be mushy.
- Heat marinara in small sauce pan.
- Top noodles with marinara, meatballs and parmesan.