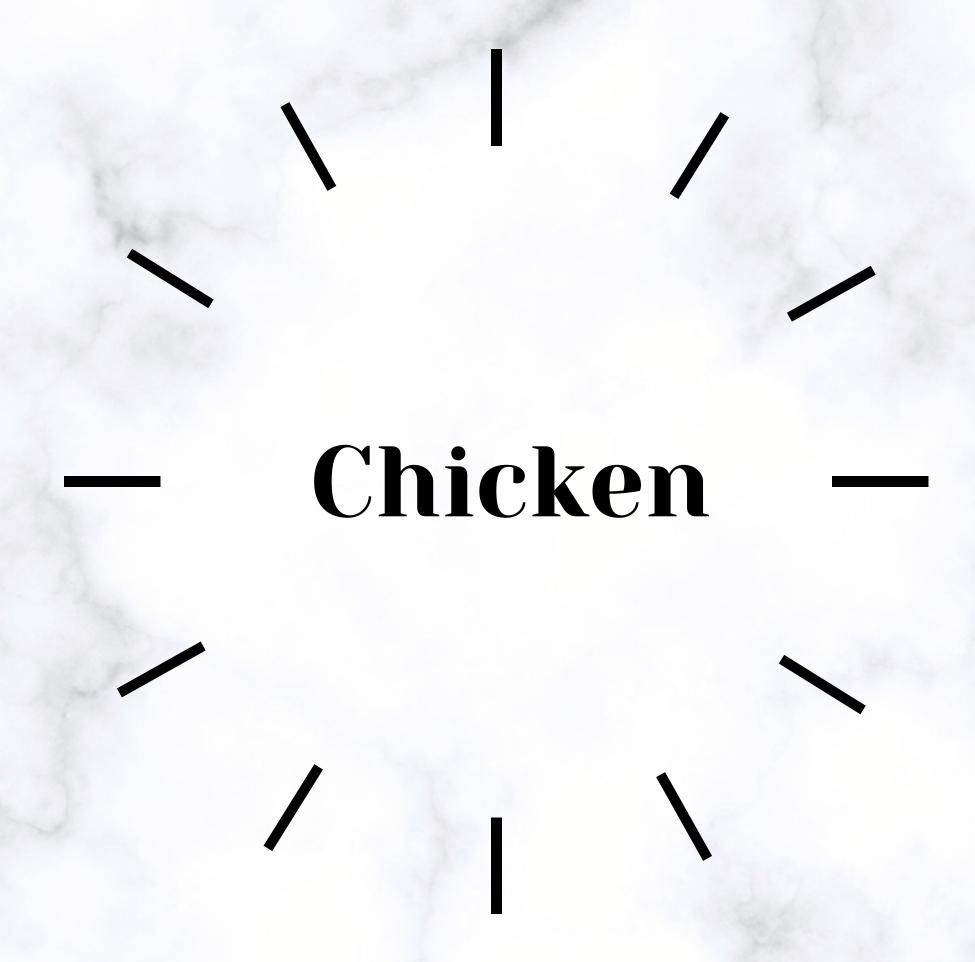
@paper_plate_meals recipes

LUNCH & DINNER FAVORITES



CHAPTER 1





PREP TIME: 10 MINUTES

TOTAL TIME:

INGREDIENTS:

- 2-3 LARGE CHICKEN BREASTS
- 1/2 BOTTLE FRANK'S BUFFALO SAUCE
- 2 PACKETS DRY RANCH SEASONING
- 1 BLOCK FAT-FREE CREAM CHEESE

Crack Chicken

DIRECTIONS:

- 1. PLACE
 CHICKEN
 BREASTS,
 FRANK'S
 BUFFALO
 SAUCE, AND
 DRY RANCH
 SEASONING
 IN CROCK
 POT.
- 2. STIR
 EVERYTHING
 TOGETHER
 AND COOK
 ON LOW FOR
 8 HOURS.
- 3. AFTER 8
 HOURS, CUT
 UP BLOCK OF
 CREAM
 CHEESE INTO
 CUBES AND
 ADD TO
 CROCK POT.
- 4. SHRED
 CHICKEN,
 MIXING
 CREAM
 CHEESE IN AS
 YOU GO!

Doritos Crack Chicken

PREP TIME: 10 MINUTES

TOTAL TIME: 8 HOURS

INGREDIENTS:

- 2-3 LARGE
 CHICKEN
 BREASTS
- 1 JAR SALSA VERDE
- 2 PACKETS DRY FIESTA RANCH SEASONING
- 1 BLOCK FAT-FREE CREAM CHEESE

DIRECTIONS: COOK EXACTLY THE SAME AS CRACK CHICKEN, BUT SUBSTITUTE SALSA VERDE FOR FRANK'S BUFFALO SAUCE AND FIESTA RANCH FOR REGULAR RANCH. **NOTE: IF YOU CANNOT FIND FIESTA RANCH, LOW SODIUM TACO SEASONING WORKS JUST AS WELL!



Pulled Chicken

PREP TIME: 5-10 MINUTES

TOTAL TIME: 8 HOURS

INGREDIENTS:

- 2-3 LARGE
 CHICKEN
 BREASTS
- LOW-SODIUM
 CHICKEN
 BROTH
- SEASONINGS OF YOUR CHOICE!

DIRECTIONS:

- 1. PLACE
 CHICKEN
 BREASTS AMD
 LOW-SODIUM
 CHICEN
 BROTH IN
 CROCK POT.
- 2. ADD
 SEASONINGS
 AND STIR
 EVERYTHING
 TOGETHER.
- 3. COOKON
 LOWFOR8
 HOURS.
- 4. SHRED CHICKEN AND ENJOY!





Air Fried Chicken

PREP TIME: 5-10 MINUTES

TOTAL TIME: 30 MINUTES

INGREDIENTS:

- CHICKEN
 BREASTS
- SEASONINGS
 OF YOUR
 CHOICE!

DIRECTIONS:

- 1. SEASON THE OUTSIDE OF YOUR CHICKEN BREASTS GENEROUSLY.
- 2. AIR FRY ON
 'CHICKEN'
 SETTING (360
 DEGREES) FOR
 30 MIN,
 FLIPPING
 OVER
 HALFWAY.



Chicken Meal Ideas

Buffalo Chicken French Fries

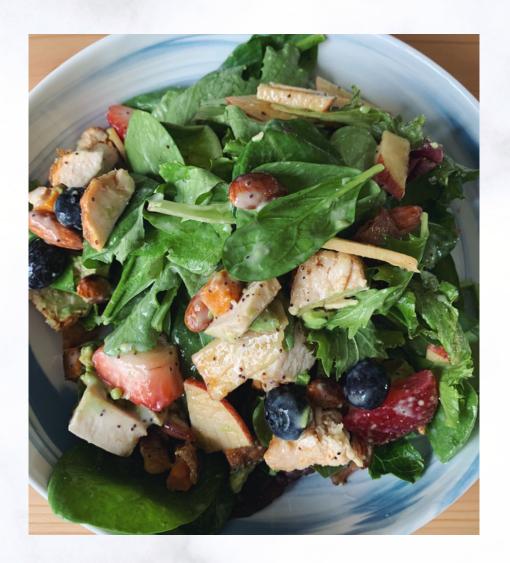


What you'll need:

- crack chicken
- homemade french fries
- swiss cheese (or whatever type you prefer)

For homemade french fries, cut a white potato into fry shapes, bake at 400 degrees for 20 min, air fry for 5-6 minutes at 370 degrees (or broil on HIGH until crispy). Top french fries with crack chicken and cheese.

Grilled Chicken Salad with Fruit





- What you'll need:grilled chickenfresh herb/spinach mix
 - avocado
 - nuts of your choice (almonds, walnuts, peanuts, etc.)
 - fruit of your choice (berries, apple pieces, dried fruit)
 - sweet potato
 - sugar-free poppyseed dressing (Skinnygirl is a great option)

Put all of your ingredients together in a large bowl and mix together with dressing.

Greek Salad Bowl/Pita





What you'll need:grilled chickenred onion

- cherry tomatoes, halved
- cucumber
- tzatziki
- whole wheat pita, optional

As a bowl: combine all ingredients together!

As a pita: spread tzatziki in the center of pita, add all other ingredients.

Doritos Crack Chicken over Potatoes



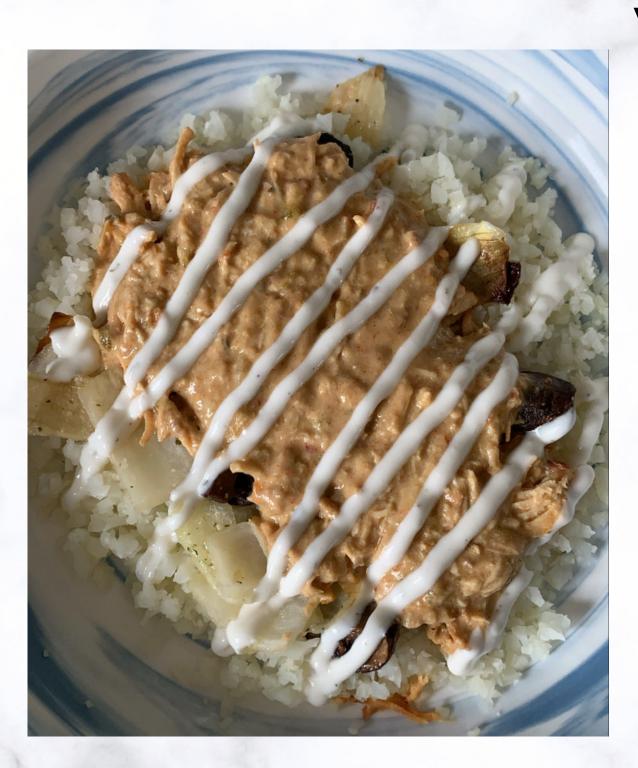
What you'll need:

• Doritos crack

- chicken
- air fried mini yellow potatoesmushrooms
- onion
- swiss cheese
- veggies of your choice

Air fry mini yellow potatoes to your liking. Combine mushrooms and onion with Doritos crack chicken, then top with swiss cheese. Top potatoes with Doritos crack chicken, mushrooms, onion, and swiss cheese (you can pop this in the oven to melt the cheese). Side with veggies of your choice!

Crack Chicken over Riced Cauliflower

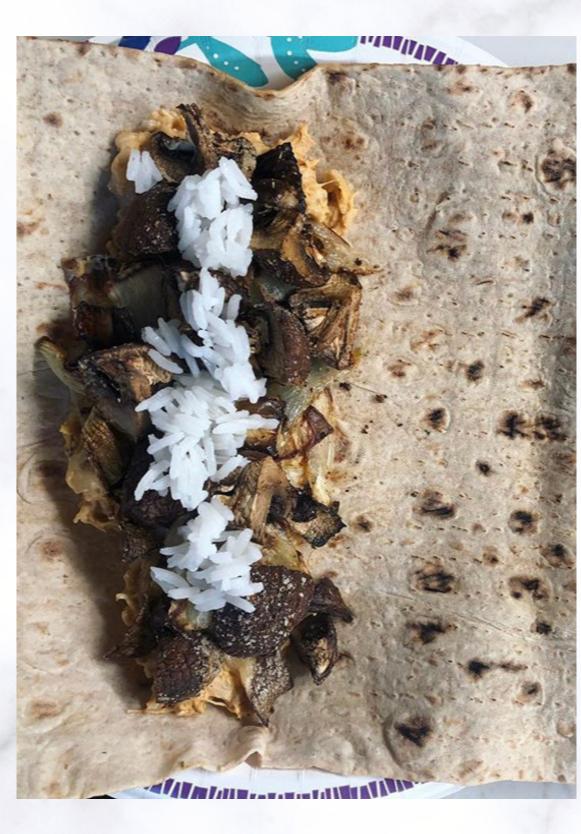


What you'll need: • crack chicken

- crack chicken or Doritos crack chicken
- riced
 cauliflower
- mushrooms
- onions
- fat free ranch

Prepare riced cauliflower according to package. Top with crack chicken, mushrooms, onions, and finish with a fat-free ranch drizzle.

Crack Chicken Wrap



What you'll need:

• crack chicken

- whole wheat wrap or flatbread
- mushrooms
- onions
- rice
- fat-free ranch, optional

Lay crack chicken, mushrooms, onions, and rice in wrap. Wrap up like a burrito and enjoy with some fat-free ranch dressing.

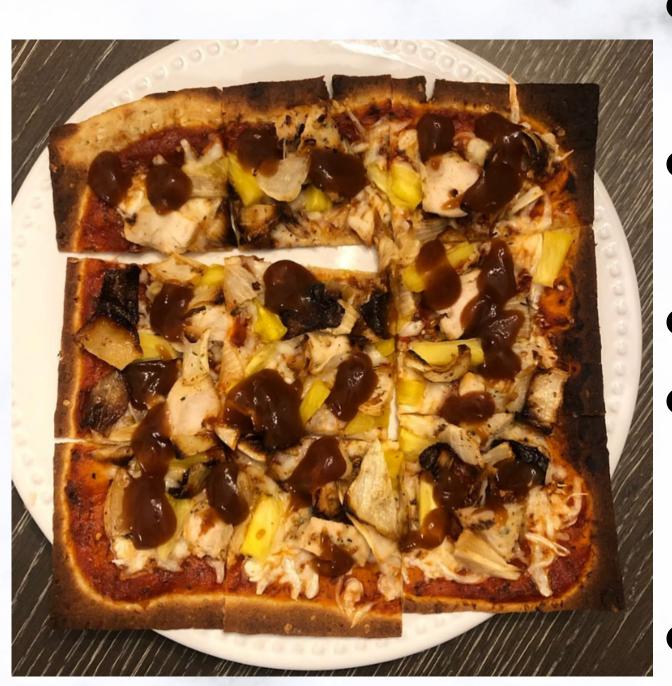
Crack Chicken "Taquito"

What you'll need:
crack chicken

- nuco coconut Wraps
- mushrooms
- fat-free or greek yogurt ranch

Lay crack chicken, mushrooms, onions, and rice in wrap. Wrap up like a burrito and enjoy with some fat-free ranch dressing.

Chicken Flatbread



What you'll need:
air fried/grilled

chicken

- Joseph's lavash flatbread
- pizza saucefat-free mozzarella
- onions
- G Hughes sugar-free BBQ sauce

Top your flatbread with pizza sauce. Add chicken, onions, pineapple, and mozzarella cheese. Bake at 350 degrees for 10 minutes, then broil on high for 2 minutes (or until crust is crispy).

BBQ Chicken Pizza



What you'll need:
air fried/grilled

- chicken
- whole wheat wrap
- pizza saucefat-free mozzarella cheese
- pineapple
- spinachtomatoes
- G Hughes sugar-free BBQ sauce

Cover your wrap with pizza sauce. Add chicken, pineapple, spinach, tomatoes, and mozzarella cheese. Bake at 350 degrees for 10 minutes, then broil on high for 2 minutes (or until crust is crispy).

Grilled Chicken, Veggie Mashup



What you'll need:

• air fried chicken

- veggies of your choice
- dollop of fat-free greek
- walnuts, almonds, or peanuts

Choose 4-5 different veggies. I used bell peppers, mushrooms, onions, cauliflower florets, and green beans. Add air fried/grilled chicken, a dollop of fat-free greek yogurt and nuts of your choice!

Chicken with Sweet Potatoes & Zucchini



What you'll need:

• air fried/grilled

- chicken
- sweet potatoes
- zucchini
- walnuts, almonds, peanuts, pistachios, etc.

Air fry (already baked) sweet potatoes and (raw) zucchini for 7-8 minutes at 370 degrees. Add (already cooked) chicken to air fryer with about 2-3 minutes left to reheat. Enjoy with side of nuts of your choice.

Air Fried or Grilled Chicken Wrap

What you'll need: • air fried or

- air fried or grilled chickenwhole wheat
- whole wheat wrap
- bell peppers
- mushrooms
- onions
- avocado
- chunky salsa

Lay a wrap out, flat on a plate. Add chicken, veggies, avocado, and salsa. Wrap up like a burrito and enjoy! Feel free to play with different veggies here.

Crack Chicken Tacos



What you'll need: crack chicken

- crack chicken or Doritos crack chicken
- 2-3 corn tortillas
- mushrooms
- onions
- swiss cheese, optional

Lay your corn tortillas out, or use a taco tray (pictured). Fill with crack chicken or Doritos crack chicken.

Add mushrooms, onions, and swiss cheese.

Low Carb "Chicken Parm"



What you'll need:

• air fried/grilled

- chicken
- riced cauliflower
- zucchini
- tomato sauce
- mozzarella cheese

Cook riced cauliflower according to package. Air fry zucchini for 7-8 minutes. Mix them together, add tomato sauce and chicken, & top with mozzarella cheese. Bake in the oven at 350 deg for 5-10 minutes.

Chicken Fajita-less Fajita



What you'll need:

• air fried/grilled

- chicken
- bell peppers
- mushrooms
- onions
- swiss cheese
- fat-free greek yogurt

Use bell peppers, mushrooms, and onions as your base. Add air fried/grilled chicken, swiss cheese, and a dollop of fat-free greek yogurt once everything is heated up.

Air Fried Chicken with Homemade French Fries and Veggies

What you'll need:

• air fried or

- grilled chicken homemade
- french fries
- green beans or veggie of your choice

Refer to page 8 for homemade french fries. Serve with air fried or grilled chicken and green beans (or veggies of your choice).

Chicken Stir Fry

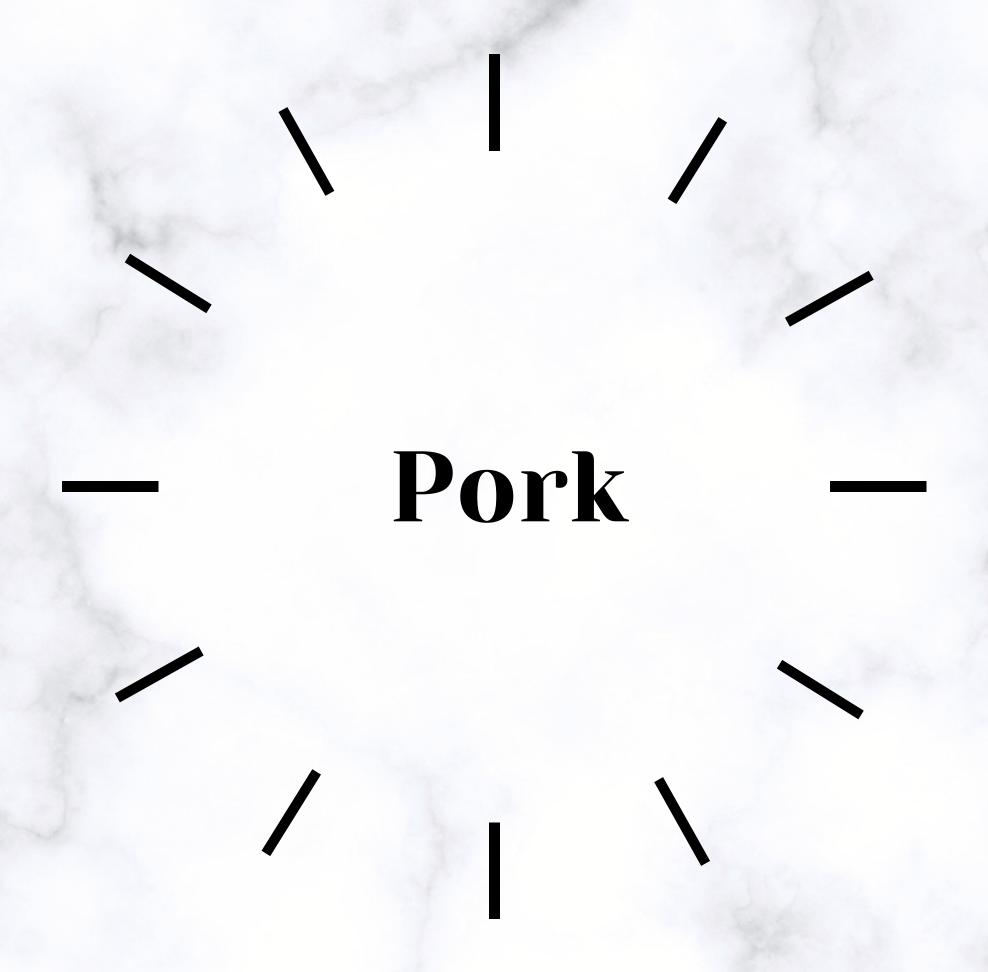


- What you'll need:

 air fried or grilled chicken
 - riced cauliflower or rice
 - 1 scrambled egg
 - mushrooms
 - zucchini
 - edamame
 - peanuts
 - soy sauce

Air fry your zucchini for 3 minutes. Scramble an egg & when cooked, add riced cauliflower, mushrooms, zucchini, edamame, and chicken. Stir up and add soy sauce to taste.

CHAPTER 2





BBQ Pulled Pork

PREP TIME: 10 MINUTES

TOTAL TIME: 8 HOURS

INGREDIENTS:

- PORK
 TENDERLOIN
 LOGS 2
 PACK
- G HUGHES
 SUGAR-FREE
 BBQ SAUCE
- LOW-SODIUM BEEF BROTH

DIRECTIONS:

- 1. PLACE PORK
 TENDERLOIN,
 ABOUT ½
 BOTTLE OF G
 HUGHES
 SUGAR-FREE
 BBQ SAUCE, ¾
 C OF BEEF
 BROTH, AND
 SEASONINGS
 IN CROCKPOT
- 2. COOKON
 LOW FOR 8
 HOURS
- 3. SHRED PORK AND ENJOY!





Pork Tenderloin

PREP TIME: 5 MINUTES

TOTAL TIME: 8-12 MINUTES

INGREDIENTS:

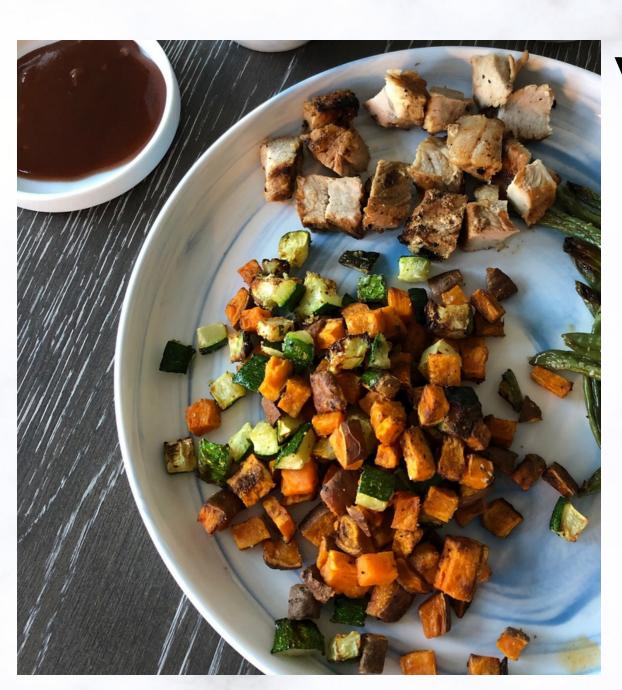
- PORK
 TENDERLOIN
 CHOPS
 (ABOUT 3/4
 INCH THICK)
- SEASONINGS
 OF YOUR
 CHOICE

DIRECTIONS:

- 1. COVER A
 BAKING
 SHEET WITH
 TINFOIL AND
 SPRAY WITH
 NON-STICK
 COOKING
 SPRAY.
- 2. LAY PORK
 OUT AND
 SEASON WITH
 SEASONINGS
 OF YOUR
 CHOICE.
- 3. BROIL ON HIGH FOR 6 MINUTES ON EACH SIDE.

Pork Meal Ideas

Pork, Sweet Potatoes, & Zucchini



What you'll need:

• pork tenderloin

- sweet potatoes
- zucchini
- G Hughes sugar-free BBQ sauce

Air fry your (already baked) sweet potatoes and (raw) zucchini for 7-8 min at 370 degrees. Add pork to air fryer with about 2-3 minutes left. Use G Hughes BBQ sauce on the side to dip your pork in!

BBQ Pulled Pork, Sweet Potatoes, & Zucchini

What you'll need:

• BBQ pulled

- BBQ pulled pork
- sweet potatoes
- zucchini
- G Hughes sugar-free BBQ sauce

Air fry your (already baked) sweet potatoes and (raw) zucchini for 7-8 min at 370 degrees. Heat your BBQ pulled pork up in the microwave. Use G Hughes BBQ sauce on your BBQ pulled pork (optional)!

Pork, Cauliflower Mashed Potatoes, & Asparagus



What you'll need:pork tenderloinriced

- cauliflower
- asparagus

Prepare riced cauliflower according to package. Add to a blender with 3-4 tbsp of almond milk and garlic salt with parsley, and blend until smooth. Air fry your asparagus 6-7 minutes and your pork 2-3 minutes to reheat.

Pork Fajita-less Fajita

What you'll need:pork tenderloinbell peppers

- onions
- mushrooms
- dollop of fat-free greek yogurt

Mix all ingredients together. Add fat-free greek yogurt once warmed up. Feel free to add some rice or wrap up like a burrito in a whole wheat wrap.

BBQ Pulled Pork over Cauliflower Mashed Potatoes

What you'll need:

• BBQ pulled

- BBQ pulled porkriced
- riced
 cauliflower

Prepare riced cauliflower according to package. Add to a blender with 3-4 tbsp of almond milk and garlic salt with parsley, and blend until smooth. Add BBQ pulled pork over cauliflower mashed potatoes.

BBO Pulled Pork with Rice



What you'll need:

• BBQ pulled

- porkjasmine rice
- veggies and fats of your choice

Prepare rice according to package. Pair with veggies of your choice and serve with BBQ pulled pork.

BBQ Pulled Pork Sandiwch



What you'll need:

• BBQ pulled

- porkwhole wheat bread
- fats of your

Toast whole wheat bread and add BBQ pulled pork to form a sandwich. Add G Hughes sugar-free BBQ sauce for some extra flavor and pair with nuts of your choice.

CHAPTER 3





Ground Turkey

TOTAL TIME: 15-20 MINUTES

INGREDIENTS:
• 93/7 GROUND

TURKEY

• SEASONINGS OF YOUR CHOICE

DIRECTIONS:

1. SEASON TOP

SIDE OF

GROUND

TURKEY

WITH

SEASONING

& PLACE

THAT

SIDE DOWN YOUR PAN WITH NON-STICK COOKING SPRAY. 2. LET IT COOK FOR 2-3 MINUTES AND ADD SEASONING TO OTHER SIDE. 3.SITR OCCASIONALLY UNTIL GROUND TURKEY IS COOKED THROROUGHLY AND SEASON TO TASTE.



TOTAL TIME: 15-20 MINUTES

INGREDIENTS: 93/7 GROUND TURKEY

• SEASONINGS OF YOUR CHOICE

DIRECTIONS:

1. PORTION
YOUR
GROUND
TURKEY OUT
INTO 4-5 OZ
BALLS.

2.FORMINTO
HAMBURGERSHAPED
PATTIES AND
SEASON TO
YOUR LIKING.

3. ADD TO A
PAN WITH NONSTICK COOKING
SPRAY AND
COOK
THOROUGHLY,
FLIPPING EVERY
2 MINUTES OR
SO, SO THEY DO
NOT BURN.



TOTAL TIME: 15-20 MINUTES

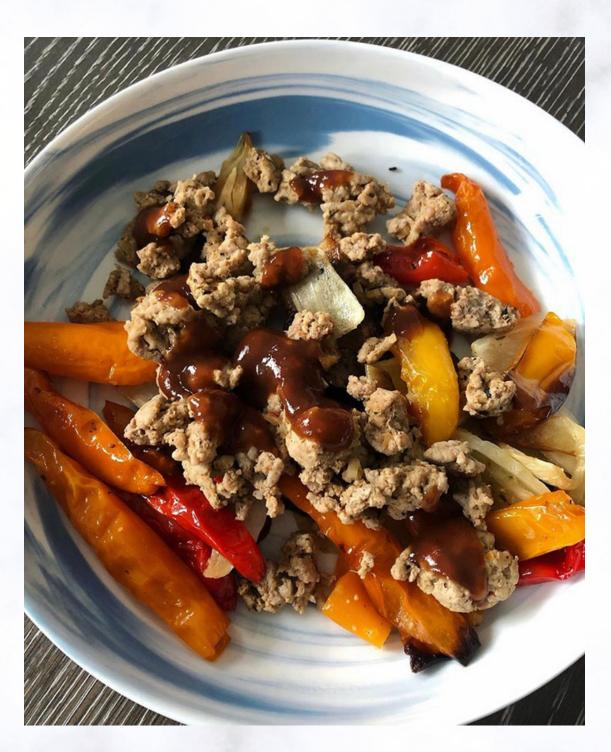
INGREDIENTS:

- 93/7 GROUND TURKEY
- SEASONINGS
 OF YOUR
 CHOICE

DIRECTIONS: PORTION YOUR GROUND TURKEY OUT INTO 2-3 OX BALLS. 2. SEASON TO YOUR LIKING. 3.AIR FRY FOR 20 MINUTES ON CHICKEN SETTING (360 DEGREES), FLIPPING HALFWAY THROUGH.



Ground Turkey Fajitaless Fajita



What you'll need:ground turkeybell peppers

- onions
- mushrooms
- G Hughes sugar-free bbq sauce, optional

Mix all ingredients together. Add sugar-free BBQ sauce once warmed up. You can eat this over rice, cauliflower mashed potatoes, or whole wheat pasta.

Ground Turkey with Red Sauce



What you'll need:ground turkeycauliflower

- florets
- green beanstomato sauce

Use cauliflower florets as your base. Add green beans, ground turkey, and tomato sauce. Mix everything together and enjoy!

Ground Turkey with Garlic Bread



What you'll need:ground turkeycauliflower

- florets
- onions
- tomato sauce
- green beanswhole wheat bread
- butter
- garlic salt w/ parsley

Mix first 4 ingredients together. Pair with side of green beans. Toast your whole wheat bread, add butter and garlic salt with parsley.

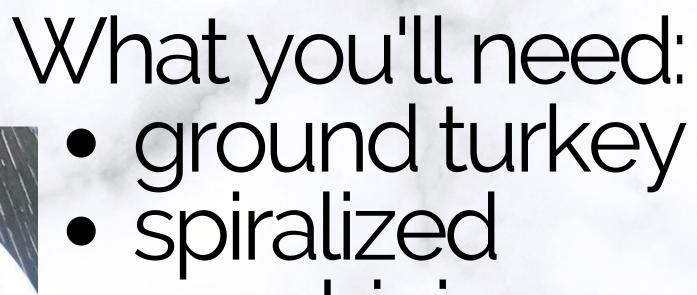
Ground Turkey and Veggies



- What you'll need:ground turkeyveggies of your choice
 - G Hughes sugar-free BBQ sauce, optional

Reheat veggies in your air fryer for 7-8 minutes. Use G Hughes sugarfree BBQ sauce on your ground turkey for some extra, delicious flavor.

Ground Turkey over Zoodles





- zucchini
- spinachtomato
- tomato sauce
- garliclaughing cow cheese

Brown some garlic in a pan with non-stick cooking spray. Add spinach and tomato, and cook until spinach is wilted. Add zoodles, ground turkey, tomato sauce, and laughing cow cheese. Cook until laughing cow cheese melts.

Ground Turkey over Spaghetti Squash



What you'll need:ground turkeyspaghetti

- squash
- onions
- tomato sauce

Cut spaghetti squash longways down the middle. Scoop out seeds/insides and add 1 tbsp water. Season. Bake (face up) at 375 degrees for 45 minutes. Scoop spaghetti squash out once it cools and add ground turkey, tomato sauce, onions, and top with kale.

CHAPTER 4



Sauteed Shrimp

TOTAL TIME: 10-15 MINUTES

INGREDIENTS:

- 1 BAG OF FROZEN SHRIMP
- OLD BAY SEASONING

DIRECTIONS:

1. ADD YOUR
BAG OF
SHRIMP TO A
PAN WITH
NON-STICK
COOKING
SPRAY

2. SPRINKLE
WITH OLD BAY
AND ANY
OTHER
SEASONINGS
YOU LIKE TO
USE FOR
SHRIMP.
3.FLIP
OCCASIONALLY
SO SHRIMP
DOES NOT
BURN.
4. COOK
THOROUGHLY



PREPTIME: 10-15 MINUTES

> TOTAL TIME: 25 MINUTES

INGREDIENTS:

- SHRIMP
- FLOUR (I USED COCONUT)
- EGG OR EGG
 WHITES
- UNSWEETENED,
 SHREDDED
 COCONUT
 FLAKES

Coconut Shrimp

DIRECTIONS:

1. START BY
FILLING 3
SMALL BOWLS
WITH YOUR
FLOUR, EGG,
AND COCONUT
FLAKES
(SEPARATELY)

- 2. COAT YOUR
 SHRIMP WITH
 FLOUR FIRST,
 THEN EGG,
 AND FINALLY
 COCONUT
 FLAKES.
- 3. AIR FRY ON
 FISH SETTING
 (350 DEG) FOR
 10 MIN OR
 SAUTE IN A
 PAN UNTIL
 SHRIMP IS
 COOKED
 THOROUGHLY
 AND COCONUT
 FLAKES ARE
 CRISPY!



Shrimp Tacos

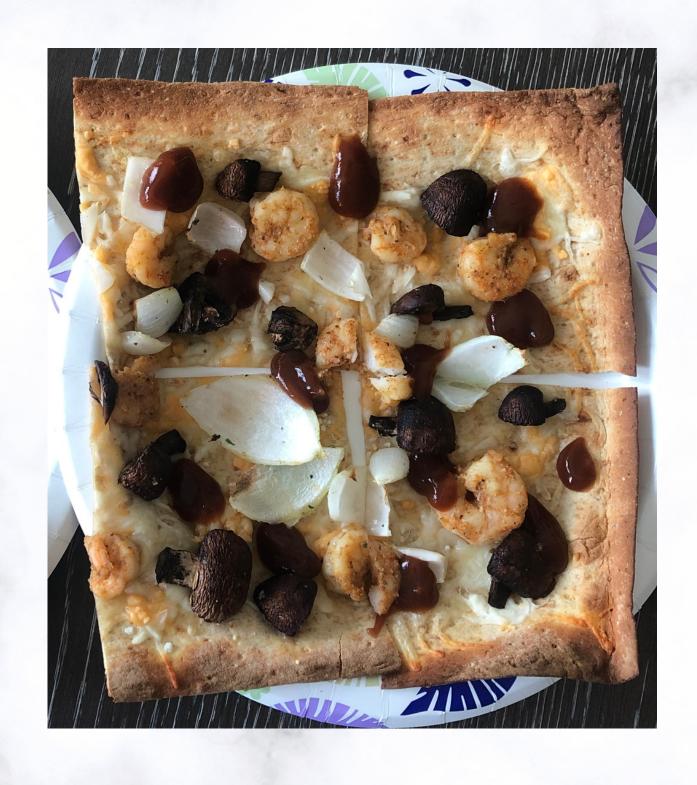


What you'll need: • shrimp

- corn tortillas
- mango
- avocado
- salsa/poppyse ed dressing, optional

Lay your corn tortillas out on a plate. Add Shrimp, mango, and avocado. Top with chunky salsa or some poppyseed dressing for some extra flavor.

Shrimp Flatbread



- What you'll need:shrimpJoseph's lavash flatbread
 - mushrooms
 - onions
 - shredded
 - G Hughes sugar-free BBQ sauce, optional

Cover a baking sheet with tinfoil and spray with non-stick cooking spray. Place flatbread on top. Add shrimp, cheese, and veggies, then bake at 350 degrees for 10 minutes. Broil on high for 2 minutes to finish.

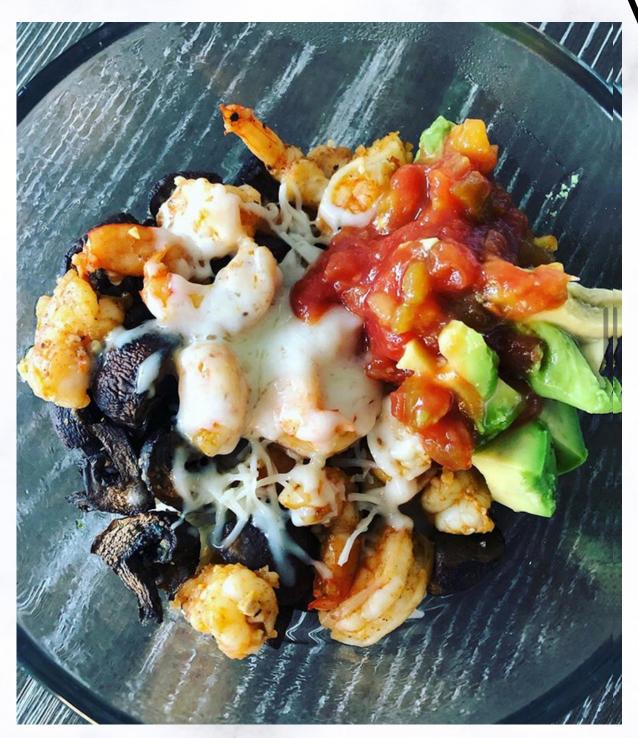
Shrimp Fajita-less Fajitas

What you'll need:shrimpbell peppers

- mushrooms
- onions
- 1-2 tbsp fat-free greek yogurt

Use bell peppers, mushrooms, and onions as your base. Add shrimp on top, and garnish with dollop of fatfree greek yogurt. You can also add a wrap to this and wrap it up like a burrito or eat over rice.

Shrimp Taco Bowl



What you'll need:
• shrimp

- rice
- mushrooms
- avocado
- chunky mango
- shredded swiss cheese

Use rice as your bottom layer. Add mushrooms, avocado, salsa, shrimp, and shredded cheese. Heat until cheese is melted on top!

Shrimp Taco Bowl with Riced Cauliflower



What you'll need:
• shrimp

- riced cauliflower
- avocado
- chunky mango salsa

Use riced cauliflower as your bottom layer. Add shrimp, avocado, and salsa on top and mix everything together!

Grilled Shrimp and Veggies

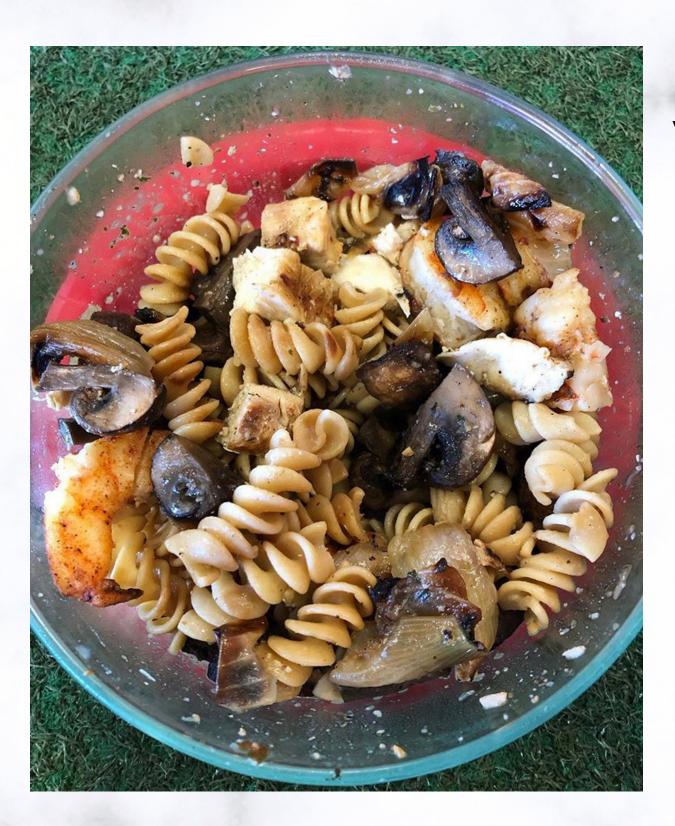
What you'll need:
• shrimp

- rice
- mushrooms
- bell peppers
- Zucchini
- skewers

Put shrimp, mushrooms, bell peppers, and onions on skewers. Grill until everything is fully cooked. Add over rice and zucchini. *You can cook your shrimp and veggies any way you'd like, I just used

the grill for this meal!

Shrimp & Veggies over Rotini

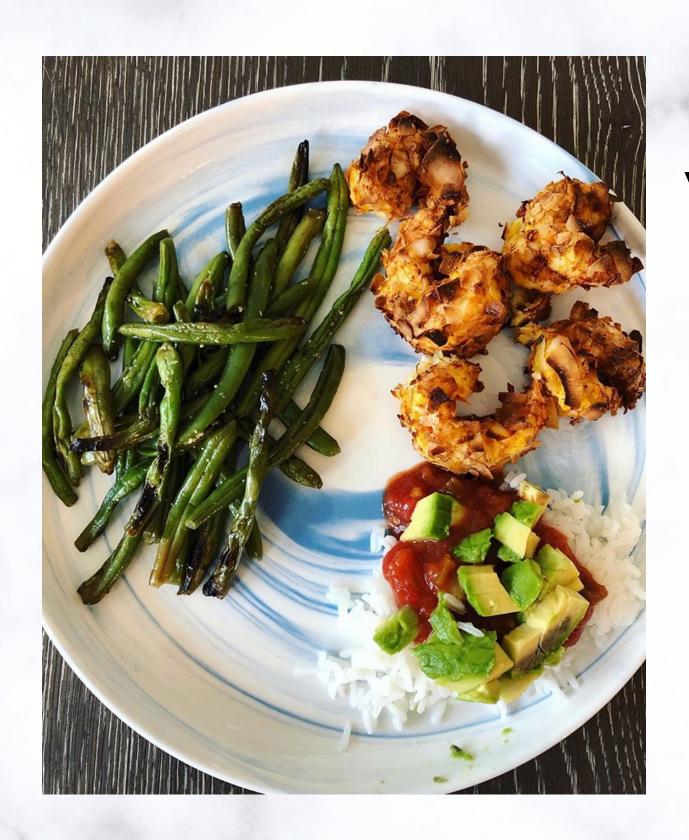


What you'll need:shrimpwhole wheat

- rotini
- mushrooms
- butter

Make rotini according to box. Add butter. Use buttered rotini as your base. Add mushrooms, onions, and shrimp.

Coconut Shrimp with Rice & Veggies



What you'll need:shrimpjasmine riceavocado

- salsa
- green beans

Prepare your coconut shrimp and serve alongside some jasmine rice. Top rice with avocado and salsa. Pair with green beans.

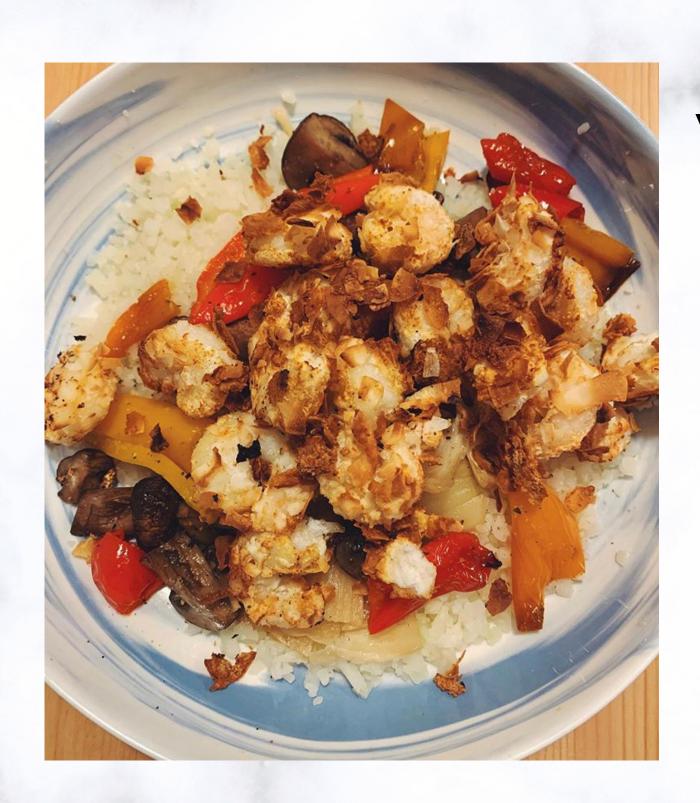
Creamy Peanut Zoodles with Shrimp



- What you'll need:
 spiralized
 zucchini
 - shrimp
 - PB2 (powdered peanut butter)
 crunchy peanut
 - butter

Add spiralized zucchini to a pan with non-stick cooking spray and 1-2 tbsp water. Season with garlic salt with parsley. Mix your PB2 with 1-2 tbsp water (until liquid-y), then add to zoodles. Throw shrimp in to reheat once everything else is nearly done. Remove from pan and drizzle crunchy peanut butter on top.

Coconut Shrimp over Riced Cauliflower & Veggies



What you'll need: • shrimp

- riced cauliflower
- bell peppersmushrooms
- onions

Prepare your coconut shrimp and serve over riced cauliflower, bell peppers, mushrooms, and onions.

CHAPTER 5





Crumbled Ground Beef

PREP TIME: 2 MINUTES

TOTAL TIME: 15-20 MINUTES

INGREDIENTS:

- 93/7 GROUND
 BEEF
- SEASONINGS OF YOUR CHOICE (I LIKE MONTREAL STEAK SEASONING)

1. SEASON YOUR GROUND BEEF WITH SEASONING OF YOUR CHOICE AND ADD TO A PAN

DIRECTIONS:

WITH NON-STICK

COOKING SPRAY.

2. ADD MORE SEASONING (TO TASTE) AS IT IS

COOKING.

OOKTO
YOUR LIKING
- (I LIKE TO
COOK UNTIL
PINK SO
WHEN I
REHEAT, IT
DOES NOT

OVERCOOK!)



PREP TIME: 5-10 MINUTES

TOTAL TIME: 15 MINUTES

INGREDIENTS:

- 93/7 GROUND
 BEEF
- SEASONINGS OF YOUR CHOICE (I LIKE MONTREAL STEAK SEASONING)

DIRECTIONS:

- 1. SEASON YOUR GROUND BEEF WITH SEASONING OF YOUR CHOICE AND FORM INTO HAMBURGER PATTIES
- QRILL ON MEDIUM HEAT OR SAUTE IN PAN WITH NON-STICK COOKING SPRAY UNTIL COOKED TO YOUR LIKING.



Air Fried Meatballs

PREP TIME: 5 MINUTES

TOTAL TIME: 15-20 MINUTES

INGREDIENTS:

- 93/7 GROUND
 BEEF
- SEASONINGS OF YOUR CHOICE (I LIKE MONTREAL STEAK SEASONING)

DIRECTIONS:

- 1. SEASON YOUR GROUND BEEF WITH SEASONING OF YOUR CHOICE AND ADD TO A PAN WITH NON-STICK COOKING SPRAY.
- 2. ADD MORE SEASON TO TASTE AS IT IS COOKING.
- 3. COOK TO DESIRED LEVEL (I LIKE TO COOK UNTIL PINK SO WHEN I REHEAT, IT DOES NOT OVERCOOK!)



Low-Carb Hamburger



• 93/7 ground beef hamburger

- whole wheat sandwich thin (for buns)
- spinach or lettuce, tomato, onion, mushrooms
- Heinz sugar-free ketchup
 fried egg, optional*



Place all ingredients between your toasted sandwich thin bun. Add sugar-free ketchup or BBQ sauce to taste.

Ground Beef over Riced Cauliflower & Veggies

- What you'll need:93/7 ground beef
 - riced cauliflower
 - bell peppersmushrooms

 - avocado
 - chunky mango salsa

Use riced cauliflower as your base. Add bell peppers, mushrooms, onions, and ground beef. Top with fresh avocado and chunky mango salsa.

Taco Bowl

- What you'll need:93/7 ground beef
 - jasmine riceavocado

 - salsa

Use jasmine rice as your base layer. Add ground beef, avocado and salsa to finish. You can also eat this over whole grain tortilla chips instead of rice!

Ground Beef with Veggies & Toast



What you'll need:
• 93/7 ground

- beef
- cauliflower
- brussel sproutswhole wheat
- bread
- butter
- seasoning

Air fry cauliflower and brussel sprouts 7-8 minutes to reheat. Toast whole wheat bread, spread butter, and sprinkle with EBTB seasoning. Use sugar-free ketchup or BBQ sauce on your ground beef.

Ground Beef with Zoodles and Red Sauce



What you'll need: • 93/7 ground

- beef
- tomato sauce
- spiralized zucchini
- chick peas, black beans, pinto beansswiss cheese

Mix ground beef with tomato sauce. Cook zoodles in a pan on medium heat with non-stick cooking spray. Add ground beef, chick peas, black beans, pinto beans, and swiss cheese.

Ground Beef with Spaghetti Squash

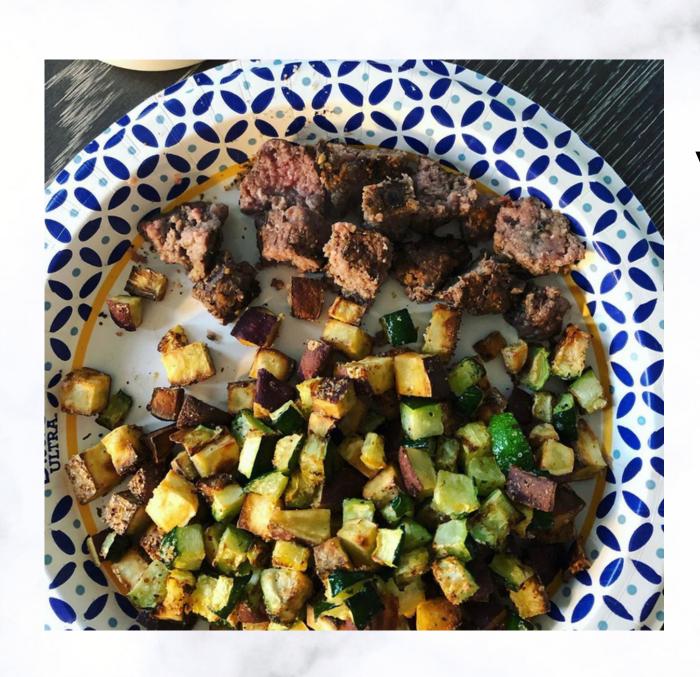


What you'll need: • 93/7 ground

- beef
- tomato sauce
- spaghetti squashmozzarella

Cut spaghetti squash longways down the middle. Scoop out seeds/insides and add 1 tbsp water. Season. Bake (face up) at 375 degrees for 45 minutes. Scoop spaghetti squash out once it cools and add ground beef, tomato sauce, and mozzarella cheese.

Ground Beef with Sweet Potatoes and Zucchini



- What you'll need:93/7 groundbeef
 - sweet potatoes
 - zucchini

Air fry sweet potatoes and raw zucchini 7-8 minutes and pair with your ground beef. Use sugar-free ketchup or BBQ sauce on the side!