

PANCAKE

*1 oz old fashioned oats
½ cup egg whites
2 tbs fat free cottage cheese
Cinnamon and vanilla*

*In blender – makes two pancakes which is one low carb serving.
Pro-18g, carb-7g, fat-0.5g (Pam olive oil spray)
Top with fat free/sugar free syrup*

GROUND BUFFALO PATTIES

*Add egg whites, salsa and Montreal steak seasoning; form into patties and brown in pan with Pam spray:
3oz patty= pro-24g, carb-1g, fat-2.5
Other ideas: chop and add your favorite veggies, good for meat loafs too!*

Turkey Joes

One pack lean ground turkey breast, 1 cup chopped onions/green & red peppers, 3-6 tbs Worcestershire sauce, Mrs. Dashes extra spicy herbs. 1 small can tomatoes sauce, 1 can stewed tomatoes, a couple squirts of ketchup. 6 Oz serving (measured in measuring cup) is approx 23g-protein, 8g-carbs and 3g-fat. You can eat it as is for a low carb meal or put on top of brown rice (measure) for appropriated carb amount.

Chicken chili

1 can 15oz white beans

1 can 8oz red kidney beans

6oz salsa

10.5 oz chicken breast (cooked and shredded)

3 or more Tbls cumin to taste

Whole dish= protein-108g, carbs-105g and fat 14g

Divide into serving portions to the desired amount of grams needed.

****to make a single serving – add ½ kidney and ½ white bean amnts to meet your desired carb amount minus ¼ c of salsa, then add cooked chicken to meet protein grams and spice with cumin or your favorite spice.*

Oatmeal with protein powder

1 serving of old fashioned oats

Add 1 pk of sugar free hot cocoa mix and 20g of protein powder

Plus to add a little fat and different taste add 1 Tbls of peanut butter. This is good hot or cold!

Chicken/Buffalo/fish wraps

Cook desired meat, add onions, green & red peppers—season with fajitas mix, eat as is with salsa for a low carb meal or wrap in a low carb fat free whole wheat or no wheat tortilla. Flat breads work great too

Egg whites

1/2 cup = 14g protein

***** try scrambled with your favorite veggies, salsa or low fat turkey bacon/sausage. Just some ideas, also you can make a breakfast burrito*