



200 CALORIE MEALS

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QUINOA AND VEGETABLE STUFFED PEPPERS

INGREDIENTS:

1 BELL PEPPER, HALVED AND SEEDS REMOVED
1/2 CUP COOKED QUINOA
50G CHERRY TOMATOES, DICED
50G ZUCCHINI, DICED
50G RED ONION, DICED
1/2 TABLESPOON OLIVE OIL
1/2 TEASPOON ITALIAN SEASONING
SALT AND PEPPER TO TASTE

INSTRUCTIONS:

PREHEAT THE OVEN TO 375°F (190°C).

IN A BOWL, MIX TOGETHER COOKED QUINOA, CHERRY TOMATOES, ZUCCHINI, AND RED ONION.

ADD OLIVE OIL, ITALIAN SEASONING, SALT, AND PEPPER. MIX WELL.

STUFF THE HALVED BELL PEPPER WITH THE QUINOA AND VEGETABLE MIXTURE.

PLACE THE STUFFED PEPPERS IN A BAKING DISH. BAKE FOR 20-25 MINUTES OR UNTIL THE PEPPERS ARE TENDER.

APPROXIMATE CALORIES: 200 CALORIES

CHICKEN AND VEGETABLE SKILLET STIR-FRY

INGREDIENTS:

**100G BONELESS, SKINLESS CHICKEN BREAST,
THINLY SLICED**

**1 CUP MIXED VEGETABLES (BROCCOLI, BELL
PEPPERS, SNAP PEAS)**

1/2 TABLESPOON OLIVE OIL

1 TABLESPOON LOW-SODIUM SOY SAUCE

1/2 TEASPOON MINCED GARLIC

SESAME SEEDS FOR GARNISH

INSTRUCTIONS:

**HEAT OLIVE OIL IN A SKILLET OVER MEDIUM-
HIGH HEAT.**

**ADD SLICED CHICKEN AND COOK UNTIL
BROWNED.**

**ADD MIXED VEGETABLES AND MINCED GARLIC.
STIR-FRY UNTIL VEGETABLES ARE TENDER-
CRISP.**

**DRIZZLE SOY SAUCE OVER THE CHICKEN AND
VEGETABLES. TOSS TO COAT EVENLY.**

GARNISH WITH SESAME SEEDS BEFORE SERVING.

APPROXIMATE CALORIES: 200 CALORIES

MEDITERRANEAN CHICKPEA SALAD

INGREDIENTS:

**1/2 CUP CANNED CHICKPEAS, DRAINED AND
RINSED**

50G CHERRY TOMATOES, HALVED

50G CUCUMBER, DICED

1/4 CUP RED ONION, FINELY CHOPPED

1 TABLESPOON FETA CHEESE, CRUMBLED

1 TABLESPOON OLIVE OIL

FRESH PARSLEY FOR GARNISH

INSTRUCTIONS:

**IN A BOWL, COMBINE CHICKPEAS, CHERRY
TOMATOES, CUCUMBER, RED ONION, AND FETA
CHEESE.**

DRIZZLE OLIVE OIL OVER THE SALAD.

TOSS THE INGREDIENTS UNTIL WELL COMBINED.

GARNISH WITH FRESH PARSLEY.

APPROXIMATE CALORIES: 200 CALORIES

TURKEY AND VEGETABLE LETTUCE WRAPS

INGREDIENTS:

**100G LEAN GROUND TURKEY, COOKED
1 CUP MIXED VEGETABLES (BELL PEPPERS,
CARROTS, ZUCCHINI), DICED
1 TABLESPOON HOISIN SAUCE
LETTUCE LEAVES FOR WRAPPING
SESAME SEEDS FOR GARNISH**

INSTRUCTIONS:

**IN A SKILLET, COOK GROUND TURKEY UNTIL
BROWNED.**

**ADD DICED VEGETABLES TO THE SKILLET AND
SAUTÉ UNTIL TENDER.**

STIR IN HOISIN SAUCE AND MIX WELL.

**SPOON THE TURKEY AND VEGETABLE MIXTURE
ONTO LETTUCE LEAVES.**

GARNISH WITH SESAME SEEDS.

APPROXIMATE CALORIES: 200 CALORIES

VEGGIE OMELETTE WITH SPINACH AND TOMATOES

INGREDIENTS:

**2 LARGE EGGS
1 CUP FRESH SPINACH
50G CHERRY TOMATOES, SLICED
SALT AND PEPPER TO TASTE
COOKING SPRAY**

INSTRUCTIONS:

IN A BOWL, WHISK TOGETHER EGGS, SALT, AND PEPPER.

HEAT A NON-STICK PAN OVER MEDIUM HEAT AND COAT WITH COOKING SPRAY.

POUR THE EGG MIXTURE INTO THE PAN.

ADD FRESH SPINACH AND CHERRY TOMATOES TO ONE HALF OF THE OMELETTE.

FOLD THE OMELETTE IN HALF AND COOK UNTIL EGGS ARE SET.

APPROXIMATE CALORIES: 200 CALORIES

PESTO ZOODLES WITH CHERRY TOMATOES

INGREDIENTS:

1 MEDIUM ZUCCHINI, SPIRALIZED

**2 TABLESPOONS HOMEMADE OR STORE-BOUGHT
PESTO**

50G CHERRY TOMATOES, HALVED

GRATED PARMESAN CHEESE FOR GARNISH

INSTRUCTIONS:

SPIRALIZE THE ZUCCHINI TO CREATE ZOODLES.

**IN A PAN, SAUTÉ THE ZOODLES UNTIL JUST
TENDER.**

STIR IN PESTO AND CHERRY TOMATOES.

COOK FOR AN ADDITIONAL 2-3 MINUTES.

GARNISH WITH GRATED PARMESAN CHEESE

.

APPROXIMATE CALORIES: 200 CALORIE

TOFU AND VEGETABLE STIR-FRY

INGREDIENTS:

100G FIRM TOFU, CUBED

**1 CUP MIXED STIR-FRY VEGETABLES (BROCCOLI,
BELL PEPPERS, SNAP PEAS)**

1 TABLESPOON LOW-SODIUM SOY SAUCE

1/2 TABLESPOON SESAME OIL

1/2 TEASPOON MINCED GINGER

INSTRUCTIONS:

**IN A WOK OR SKILLET, HEAT SESAME OIL OVER
MEDIUM-HIGH HEAT.**

**ADD TOFU CUBES AND STIR-FRY UNTIL GOLDEN
BROWN.**

**ADD MIXED VEGETABLES AND MINCED GINGER.
STIR-FRY UNTIL VEGETABLES ARE CRISP-
TENDER.**

**DRIZZLE SOY SAUCE OVER THE TOFU AND
VEGETABLES. TOSS TO COMBINE.**

APPROXIMATE CALORIES: 200 CALORIES

CAULIFLOWER FRIED RICE

INGREDIENTS:

1 CUP CAULIFLOWER RICE

1/4 CUP DICED CARROTS

1/4 CUP PEAS

50G COOKED AND DICED CHICKEN BREAST

1 TABLESPOON LOW-SODIUM SOY SAUCE

INSTRUCTIONS:

PREPARE CAULIFLOWER RICE:

IF YOU DON'T HAVE PRE-MADE CAULIFLOWER RICE, YOU CAN EASILY MAKE IT AT HOME.

SIMPLY CHOP CAULIFLOWER INTO FLORETS AND USE A FOOD PROCESSOR TO PULSE IT UNTIL IT REACHES A RICE-LIKE CONSISTENCY.

COOK CHICKEN:

IN A NON-STICK SKILLET OR WOK, COOK THE DICED CHICKEN BREAST OVER MEDIUM HEAT UNTIL FULLY COOKED AND LIGHTLY BROWNED.

SET ASIDE.

COOK VEGETABLES:

IN THE SAME SKILLET, ADD DICED CARROTS AND PEAS. STIR-FRY FOR A FEW MINUTES UNTIL THE VEGETABLES ARE TENDER BUT STILL CRISP.

ADD CAULIFLOWER RICE:

ADD THE CAULIFLOWER RICE TO THE SKILLET WITH THE COOKED VEGETABLES. STIR WELL TO COMBINE.

INCORPORATE CHICKEN:

ADD THE COOKED AND DICED CHICKEN TO THE CAULIFLOWER AND VEGETABLE MIXTURE. STIR TO EVENLY DISTRIBUTE THE INGREDIENTS.

SEASON WITH SOY SAUCE:

POUR THE LOW-SODIUM SOY SAUCE OVER THE CAULIFLOWER RICE MIXTURE. STIR WELL TO ENSURE THAT THE FLAVORS ARE EVENLY DISTRIBUTED.

COOK UNTIL HEATED THROUGH:

CONTINUE COOKING THE CAULIFLOWER FRIED RICE FOR AN ADDITIONAL 2-3 MINUTES, ALLOWING THE FLAVORS TO MELD AND THE ENTIRE DISH TO BE HEATED THROUGH.

APPROXIMATE CALORIES: 200 CALORIES

BEEF AND VEGGIE LETTUCE WRAPS

INGREDIENTS:

100G LEAN MINCED BEEF
1 CUP SHREDDED LETTUCE
1/2 CUP DICED TOMATOES
**1/4 CUP DICED BELL PEPPERS (ASSORTED
COLORS)**
1/4 CUP DICED RED ONION
1/2 TABLESPOON OLIVE OIL
1/2 TEASPOON GROUND CUMIN
1/2 TEASPOON CHILI POWDER
SALT AND PEPPER TO TASTE
FRESH CILANTRO FOR GARNISH

INSTRUCTIONS:

**IN A SKILLET, HEAT OLIVE OIL OVER MEDIUM-
HIGH HEAT.**

**ADD MINCED BEEF TO THE SKILLET AND COOK
UNTIL BROWNEED.**

**ADD GROUND CUMIN, CHILI POWDER, SALT, AND
PEPPER TO THE BEEF. STIR WELL TO COMBINE.**

ADD DICED BELL PEPPERS AND RED ONION TO THE SKILLET. SAUTÉ UNTIL VEGETABLES ARE TENDER.

ARRANGE SHREDDED LETTUCE ON A PLATE OR IN LETTUCE CUPS.

SPOON THE BEEF AND VEGETABLE MIXTURE ONTO THE LETTUCE.

TOP WITH DICED TOMATOES.

GARNISH WITH FRESH CILANTRO.

SERVE IMMEDIATELY, AND ENJOY THESE FLAVORFUL AND LOW-CALORIE BEEF AND VEGGIE LETTUCE WRAPS.

APPROXIMATE CALORIES: 200 CALORIES

CHICKEN AND VEGETABLE SKILLET WITH QUINOA

INGREDIENTS:

100G GROUND CHICKEN/MINCED CHICKEN

1/2 CUP COOKED QUINOA

1/2 CUP DICED BELL PEPPERS (ASSORTED COLORS)

1/4 CUP DICED ZUCCHINI

1/4 CUP CHERRY TOMATOES, HALVED

1/2 TABLESPOON OLIVE OIL

1/2 TEASPOON ITALIAN SEASONING

SALT AND PEPPER TO TASTE

FRESH BASIL FOR GARNISH

INSTRUCTIONS:

IN A SKILLET, HEAT OLIVE OIL OVER MEDIUM-HIGH HEAT.

ADD GROUND CHICKEN TO THE SKILLET AND COOK UNTIL BROWNED.

ADD DICED BELL PEPPERS AND ZUCCHINI TO THE SKILLET. SAUTÉ UNTIL VEGETABLES ARE TENDER.

STIR IN CHERRY TOMATOES AND COOK UNTIL THEY START TO SOFTEN.

ADD COOKED QUINOA TO THE SKILLET, ALONG WITH ITALIAN SEASONING, SALT, AND PEPPER.

MIX WELL.

COOK FOR AN ADDITIONAL 2-3 MINUTES TO ALLOW THE FLAVORS TO MELD.

GARNISH WITH FRESH BASIL.

SERVE HOT, AND ENJOY THIS DELICIOUS AND LOW-CALORIE CHICKEN AND VEGETABLE SKILLET WITH QUINOA.

APPROXIMATE CALORIES: 200 CALORIES

THESE RECIPES HAVE BEEN
LOVINGLY CREATED BY ME, TO HELP
YOU ON YOUR 1:1 WEIGHT LOSS
JOURNEY. LET ME KNOW IF YOU TRY
ANY – BETTER YET, POST YOUR
CREATIONS ON INSTAGRAM AND TAG
ME IN YOUR PICS
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