

# TEAM PLAYER | WEEK 2

# ZULTS

1200 Calorie Plan - Daily Meal Plan

The meal plan below is to be followed daily from Monday through Saturday. Sunday is your day to eat any leftovers you have accumulated or prepare your own healthy meals.

DESCRIPTION	NOTES
<b>BREAKFAST POTATO BACON BREAKFAST BAKE</b> 1 piece Potato Bacon Breakfast Bake 1 slice Dave's Killer Bread Thin Sliced ½ tablespoon All Fruit Spread	Carbs: 37 Protein: 21 Fat: 11 Calories: 312
<b>AM SNACK CHOCOLATE OAT CHIA BAR</b> 1 each Chocolate Oat Chia Bar	Carbs: 11 Protein: 8 Fat: 9 Calories: 150
<b>LUNCH HONEY CHIPOTLE CHICKEN QUINOA BOWL</b> 2 cup Spring Mix ⅓ cup Lime Quinoa 2½ ounces Honey Chipotle Chicken, Sliced 4 each Grape Tomatoes, Halved ½ each Green Onion, Sliced ⅛ each Avocado, Sliced sprinkle Cilantro, Chopped (optional) 1 tablespoon Honey Lime Dressing	Carbs: 30 Protein: 22 Fat: 14 Calories: 326
<b>PM SNACK STRING CHEESE AND FRUIT</b> 1 each Light String Cheese 1 each Apple	Carbs: 23 Protein: 6 Fat: 3 Calories: 128
<b>DINNER TURKEY BURGER W/ GORGONZOLA SPREAD AND SPICY SLAW</b> 1 each 100% Whole Wheat Sandwich Thin 1 each Turkey Burger 1 tbsp Gorgonzola Spread ⅓ cup Spicy Slaw	Carbs: 31 Protein: 33 Fat: 6 Calories: 299

<b>DAILY TOTALS</b>	132g Carbs	90g Protein	43g Fat	1215 kCals
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## POST-WORKOUT SNACK

Enjoy your post-workout snack within 30 minutes of your workout to build muscle and improve recovery

### OJ and Protein Powder

Shake ingredients in a shaker bottle or stir with a spoon.

12 ounces Orange Juice

1/2 scoop Vanilla Protein Powder

# TEAM ZULTS SHOPPING LIST

Produce Section			
<input checked="" type="checkbox"/>	Description	Qty	Meal
<input type="checkbox"/>	Apple, Any Variety, Small	6 each	P
<input type="checkbox"/>	Avocado	1 each	L
<input type="checkbox"/>	Lime Juice	5 each	L,D
<input type="checkbox"/>	Fresh Spinach	10 ounce	B
<input type="checkbox"/>	Grape Tomatoes	24 each	L
<input type="checkbox"/>	Spring Salad Mix	12 cup	L
<input type="checkbox"/>	Cilantro	1 bunch	L
<input type="checkbox"/>	Green Onions	1 bunch	L,D
<input type="checkbox"/>	Napa Cabbage, Small	1 each	D
<input type="checkbox"/>	Yellow Onion, Chopped	1 cup	B
<input type="checkbox"/>	Red Potatoes	1½ lb	B

Meat Section			
<input checked="" type="checkbox"/>	Description	Qty	Meal
<input type="checkbox"/>	Chicken Breast, Boneless/Skinless	1¼ lb	L
<input type="checkbox"/>	Ground Turkey, 99% Extra Lean	1½ lb	D
<input type="checkbox"/>	Uncured Turkey Bacon	10 slice	B

Dairy Section			
<input checked="" type="checkbox"/>	Description	Qty	Meal
<input type="checkbox"/>	Egg, 8 Egg White, 4	12 total	B
<input type="checkbox"/>	Plain Greek Yogurt	½ cup	D
<input type="checkbox"/>	Low Fat Milk	½ cup	B
<input type="checkbox"/>	Parmesan Cheese, Grated	½ cup	B
<input type="checkbox"/>	Gorgonzola Cheese	4 ounce	D
<input type="checkbox"/>	String Cheese Light	6 each	P

Grains			
<input checked="" type="checkbox"/>	Description	Qty	Meal
<input type="checkbox"/>	Quinoa	1 cup	L
<input type="checkbox"/>	Old Fashioned Oats	½ cup	P
<input type="checkbox"/>	100% Whole Wheat Sandwich Thin	6 each	D
<input type="checkbox"/>	Dave's Killer Bread Thin Sliced	6 slices	B

Canned/Other			
<input checked="" type="checkbox"/>	Description	Qty	Meal
<input type="checkbox"/>	Artichoke Hearts, 14 oz. Can	1 each	B
<input type="checkbox"/>	Apple Cider Vinegar	2 tsp	D
<input type="checkbox"/>	Sriracha Sauce	2 tsp	D
<input type="checkbox"/>	Adobo Sauce, From a Can of Chipotles in Adobo, 7 oz.	1 can	D
<input type="checkbox"/>	Unsweetened Almond Milk (1)	2 tbsp	A
<input type="checkbox"/>	Chia Seeds	1 tbsp	A

Staples		
<input checked="" type="checkbox"/>	Description	Meal
<input type="checkbox"/>	Olive Oil and Non-Stick Spray	
<input type="checkbox"/>	Black Pepper and Sea Salt	
<input type="checkbox"/>	Minced Garlic	D
<input type="checkbox"/>	Onion Powder	B
<input type="checkbox"/>	Smoked Paprika	D
<input type="checkbox"/>	Low Sodium Chicken Broth (optional)	L
<input type="checkbox"/>	Dijon Mustard	L
<input type="checkbox"/>	All Fruit Spread	B
<input type="checkbox"/>	All Natural Peanut Butter	A
<input type="checkbox"/>	Raw Honey	A,L,D
<input type="checkbox"/>	Unsweetened Cocoa Powder	A
<input type="checkbox"/>	Vanilla Whey Protein Powder	A

Special Instructions	
Remember that bulk sections are a great place to find dried fruit, nuts, nut butters, grains and spices	
1)	Found in both refrigerated and dairy section.

# WEEK 2

1200 Calorie Plan - Cooking Instructions

# ZULTS

## BREAKFAST: POTATO BACON BREAKFAST BAKE

Freeze any leftovers.

PREP TIME: 30 Minutes  
TOTAL TIME: 1 Hour  
STORAGE: Refrigerator

### Potato Bacon Breakfast Bake Ingredients

- 10 slice - Uncured Turkey Bacon, Chopped
- 1½ lb - Red Potatoes, Diced
- 2 tbsp - Olive Oil, Divided
- 1 cup - Yellow Onion, Chopped
- 1 tbsp - Minced Garlic
- 10 ounce - Fresh Spinach, Roughly Chopped
- 14 ounce - Artichoke Hearts, Drained and Chopped
- 8 each - Egg
- 4 each - Egg White
- ½ cup - Low Fat Milk
- ½ cup - Parmesan Cheese, Grated
- ¼ tsp - Black Pepper
- ¼ tsp - Onion Powder
- ¼ tsp - Sea Salt

### Potato Bacon Breakfast Bake Instructions

1. Preheat oven to 400°. Lightly spray 9x13 baking dish with non-stick spray.
2. In a bowl or directly in baking dish toss potatoes with 1 tbsp olive oil. Spread potatoes over the bottom of the dish.
3. Place in oven and roast for 25-30 minutes or until softened and browned.
4. Cook bacon according to package instructions.
5. In a large skillet, add 1 tbsp. olive oil and heat on medium.. Add onions and garlic, cook until soft, stirring occasionally.
6. Stir in spinach a couple handfuls at a time, and cook until wilted. Then add artichokes and cook, stirring until heated through.
7. In a large bowl, whisk together eggs, egg whites and milk. Stir in cheese and spices.
8. Once potatoes are done, arrange spinach and artichoke mixture over the top. Then sprinkle with bacon and pour egg mixture evenly over the top.
9. Bake for 22-25 minutes or until egg mixture is set in the center and begins to puff up.
10. Once cooled cut into 10 equal size pieces.

## AM SNACK: CHOCOLATE OAT CHIA BAR

These bars can be eaten right out of the freezer or taken on the go. They are best stored in the freezer or refrigerator until ready to eat.

PREP TIME: 15 Minutes  
TOTAL TIME: 15  
Minutes (not including  
freezer time)  
STORAGE: Refrigerator  
or Freezer

### Chocolate Oat Chia Bar Ingredients

- 2 tbsp - Unsweetened Almond Milk
- ½ cup - All Natural Peanut Butter
- 1½ tbsp - Raw Honey
- ½ cup - Old Fashioned Oats
- 1 scoop - Vanilla Whey Protein Powder
- 2½ tsp - Unsweetened Cocoa Powder
- 1 tbsp - Chia Seeds

### Chocolate Oat Chia Bar Instructions

1. Combine the milk, peanut butter, and honey in a large bowl. Microwave for 15 seconds. Stir and microwave for an additional 15 seconds.
2. Combine all ingredients in a bowl, stir until smooth.
3. Line a bread/meatloaf pan with parchment paper and press the mixture evenly in the pan.
4. Freeze for at least 15 minutes. Cut into 8 equal sized bars.

# LUNCH: HONEY CHIPOTLE CHICKEN QUINOA BOWL

This bowl can be prepared a couple days in advance. Layer quinoa, chicken, tomato, avocado and lettuce. Toss with dressing when ready to eat. This can be eaten cold or slightly warmed.

PREP TIME: 20 Minutes  
TOTAL TIME: 50 Minutes (not including marinating time)  
STORAGE: Refrigerator

## Chicken Ingredients

1¼ lb - Chicken Breast

¼ tsp - Sea Salt

¼ tsp - Black Pepper

### Marinade:

¼ cup - Olive Oil

3 tbsp - Adobo Sauce, From a Can of  
Chipotles in Adobo

1½ tbsp - Dijon Mustard

2½ tbsp - Raw Honey

2 tsp - Minced Garlic

2 tbsp - Cilantro, Chopped

## Lime Quinoa Ingredients

1 cup - Quinoa

2 cup - Low Sodium Chicken Broth or  
Water

1 tbsp - Olive Oil

Juice of 1 Lime, 3-4 Tbsp

Zest of 1 Lime (optional)

pinch - Sea Salt

pinch - Black Pepper

## Honey Lime Dressing Ingredients

2 tbsp - Olive Oil

1 tbsp - Raw Honey

½ cup - Lime Juice

## Chicken and Lime Quinoa Instructions

1. In a bowl, whisk together marinade ingredients.

2. Slice chicken breast horizontally or pound thin for more even and quicker cooking.

3. Place chicken in a large resealable bag and sprinkle with salt and pepper. Pour marinade over chicken and seal. Massage marinade into chicken and refrigerate for 1 hour or longer if possible.

4. When ready to cook coat pan with non-stick spray heat on medium-high.

5. Add chicken, then cover pan until deeply browned on both sides. About 6 minutes per side, depending on the thickness.

6. Add quinoa and water to a pot and bring to a boil.

7. Once at a boil, cover and reduce heat. Simmer for 15 minutes or until liquid has absorbed. Remove and fluff with a fork. Stir in olive oil, lime juice, zest, salt and pepper.

**Note:** (Optional) This helps remove the soapy taste that sometimes can occur.

Before cooking rinse quinoa with cold water using a fine mesh strainer or cheesecloth. If you do not have those, just put quinoa into a bowl and add water. Next, stir the quinoa with your hand. Spend 2-3 minutes rinsing while draining the water several times. This is optional but helps remove the soapy taste that sometimes can occur.

## Honey Lime Dressing Instructions

1. Whisk all dressing ingredients until well incorporated.

**Note:** Dressing can be stored at room temperature.

# DINNER: TURKEY BURGER W/ GORGONZOLA SPREAD AND SPICY SLAW

Burgers can also be grilled. It is suggested to prepare half the slaw mix over the weekend and the rest mid week.

PREP TIME: 30 Minutes  
TOTAL TIME: 50 Minutes  
STORAGE: Refrigerator

## Turkey Burger Ingredients

- 1½ lb - Ground Turkey, Extra Lean 99%
- ¾ tsp - Smoked Paprika
- ½ tsp - Black Pepper
- pinch - Sea Salt
- 2 tsp - Minced Garlic
- 3 stalk - Green Onion, Sliced

## Gorgonzola Spread Ingredients

- ½ cup - Plain Greek Yogurt
- ½ tbs - Olive Oil
- ½ tsp - Black Pepper
- ½ tsp - Sea Salt
- 4 ounce - Gorgonzola Cheese, Crumbled

## Spicy Slaw Ingredients

- 7 oz - Napa Cabbage, Sliced and Chopped

## Spicy Slaw Dressing Ingredients

- 1 tsp - Fresh Lime Juice
- 1 tsp - Sriracha
- 1 tsp - Raw Honey
- 2 tsp - Apple Cider Vinegar

## Turkey Burger Instructions

1. In a large bowl combine turkey burger ingredients. Form into 6 equal sized patties.
2. Spray pan with non-stick spray and heat on medium high.
3. Cook until golden brown on both sides and cooked through. About 5 minutes per side.

## Gorgonzola Spread Instructions

1. Combine all ingredients in a bowl. Stir and mash until mixed well.

## Spicy Slaw Instructions

1. Slice cabbage and roughly chop.
2. Add cabbage to large bowl. Toss with dressing.

**Note:** Slaw will be soft after sitting. Options:

Make half during weekend prep and the rest mid week

Make it every night, mix ½ cup cabbage with ½ tsp. dressing.

# TEAM PLAYER | WEEK 2

# ZULTS

1200 Calorie Plan - Daily Meal Plan

The meal plan below is to be followed daily from Monday through Saturday. Sunday is your day to eat any leftovers you have accumulated or prepare your own healthy meals.

DESCRIPTION	NOTES
<b>BREAKFAST POTATO BACON BREAKFAST BAKE</b> 1 piece Potato Bacon Breakfast Bake 1 slice Dave's Killer Bread Thin Sliced ½ tablespoon All Fruit Spread	Carbs: 37 Protein: 21 Fat: 11 Calories: 312
<b>AM SNACK CHOCOLATE OAT CHIA BAR</b> 1 each Chocolate Oat Chia Bar	Carbs: 11 Protein: 8 Fat: 9 Calories: 150
<b>LUNCH HONEY CHIPOTLE CHICKEN QUINOA BOWL</b> 2 cup Spring Mix ⅓ cup Lime Quinoa 2½ ounces Honey Chipotle Chicken, Sliced 4 each Grape Tomatoes, Halved ½ each Green Onion, Sliced ⅛ each Avocado, Sliced sprinkle Cilantro, Chopped (optional) 1 tablespoon Honey Lime Dressing	Carbs: 30 Protein: 22 Fat: 14 Calories: 326
<b>PM SNACK STRING CHEESE AND FRUIT</b> 1 each Light String Cheese 1 each Apple	Carbs: 23 Protein: 6 Fat: 3 Calories: 128
<b>DINNER TURKEY BURGER W/ GORGONZOLA SPREAD AND SPICY SLAW</b> 1 each 100% Whole Wheat Sandwich Thin 1 each Turkey Burger 1 tbsp Gorgonzola Spread ⅓ cup Spicy Slaw	Carbs: 31 Protein: 33 Fat: 6 Calories: 299

<b>DAILY TOTALS</b>	132g Carbs	90g Protein	43g Fat	1215 kCals
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## POST-WORKOUT SNACK

Enjoy your post-workout snack within 30 minutes of your workout to build muscle and improve recovery

### OJ and Protein Powder

Shake ingredients in a shaker bottle or stir with a spoon.

12 ounces Orange Juice

1/2 scoop Vanilla Protein Powder

# TEAM PLAYER | WEEK 1 ZULTS

## 1200 Calorie Plan - Daily Meal Plan

The meal plan below is to be followed daily from Monday through Saturday .Sunday is your day to eat any leftovers you have accumulated or prepare your own healthy meals.

DESCRIPTION	NOTES
<p><b>BREAKFAST BLUEBERRY COCONUT SMOOTHIE BOWL</b></p> <ul style="list-style-type: none"> <li>¼ cup Plain Greek Yogurt</li> <li>½ scoop Vanilla Whey Protein Powder</li> <li>¼ each Banana</li> <li>¾ cup Frozen Blueberries</li> <li>½ cup Unsweetened Almond Milk</li> <li>Topping:</li> <li>1 tablespoon Unsweetened Shredded Coconut</li> <li>1 tablespoon Pepita Nuts</li> <li>½ teaspoon Chia Seed</li> </ul>	<p>Carbs: 29 Protein: 24 Fat: 11 Calories: 302</p>
<p><b>AM SNACK LETTUCE SNACK WRAP</b></p> <ul style="list-style-type: none"> <li>1 each Lettuce Leaf</li> <li>1 slice Swiss Cheese</li> <li>2 ounce Deli Turkey</li> <li>½ each Avocado</li> <li>Optional Mustard, Salsa or Hot Sauce</li> </ul>	<p>Carbs: 4 Protein: 20 Fat: 7 Calories: 155</p>
<p><b>LUNCH CHICKEN/VEGGIE HUMMUS WRAP</b></p> <ul style="list-style-type: none"> <li>1 each Mission Organic Whole Wheat Tortilla</li> <li>1 tablespoon Hummus</li> <li>2 ounces Chicken Breast</li> <li>2 ounces Veggie Mix</li> <li>1 tablespoon Feta Cheese</li> </ul>	<p>Carbs: 34 Protein: 21 Fat: 13 Calories: 326</p>
<p><b>PM SNACK RICE CAKE AND PEANUT BUTTER</b></p> <ul style="list-style-type: none"> <li>1 each Plain Rice Cake</li> <li>1 tablespoon All Natural Peanut Butter</li> <li>½ teaspoon Raw Honey</li> </ul>	<p>Carbs: 13 Protein: 5 Fat: 8 Calories: 139</p>
<p><b>DINNER HAWAIIAN TAQUITO W/ BBQ DIPPING SAUCE AND COLESLAW</b></p> <ul style="list-style-type: none"> <li>2 each Hawaiian Taquitos</li> <li>1 tablespoon BBQ Dipping Sauce</li> <li>½ cup Coleslaw</li> <li>1 tablepoons Coleslaw Dressing</li> </ul>	<p>Carbs: 41 Protein: 25 Fat: 6 Calories: 298</p>
<p><b>DAILY TOTALS</b></p>	<p>121g Carbs                      95g Protein                      45g Fat                      1220 kCals</p>

### POST-WORKOUT SNACK

Enjoy your post-workout snack within 30 minutes of your workout to build muscle and improve recovery

#### OJ and Protein Powder

Shake ingredients in a shaker bottle or stir with a spoon.

- 12 ounces Orange Juice
- 1/2 scoop Vanilla Protein Powder

# TEAM ZULTS SHOPPING LIST

Produce Section			
<input checked="" type="checkbox"/>	Description	Qty	Meal
<input type="checkbox"/>	Banana	2 each	<b>B</b>
<input type="checkbox"/>	Avocado	2 each	<b>A,D</b>
<input type="checkbox"/>	Lime Juice <b>(1)</b>	½ cup	<b>D</b>
<input type="checkbox"/>	Leaf Lettuce	1 head	<b>A</b>
<input type="checkbox"/>	Zucchini, Medium	2 each	<b>L</b>
<input type="checkbox"/>	Red Onion, Medium	1 each	<b>L</b>
<input type="checkbox"/>	Red Bell Pepper, Large	1 each	<b>L</b>
<input type="checkbox"/>	Green Onions	1 bunch	<b>D</b>
<input type="checkbox"/>	Green Cabbage, Shredded	2 cup	<b>D</b>
<input type="checkbox"/>	Purple Cabbage, Shredded	2 cup	<b>D</b>
<input type="checkbox"/>	Cilantro, Chopped	½ cup	<b>D</b>
<input type="checkbox"/>	Yellow or White Onion	1 each	<b>D</b>

Meat Section			
<input checked="" type="checkbox"/>	Description	Qty	Meal
<input type="checkbox"/>	Chicken Breast, Boneless/Skinless	2¼ lb	<b>L,D</b>
<input type="checkbox"/>	Chicken Thighs, Boneless/Skinless	½ lb	<b>D</b>
<input type="checkbox"/>	Deli Turkey <b>(2)</b>	12 ounce	<b>A</b>

Dairy Section			
<input checked="" type="checkbox"/>	Description	Qty	Meal
<input type="checkbox"/>	Plain Greek Yogurt	2¼ cup	<b>B,D</b>
<input type="checkbox"/>	Feta Cheese	6 tbsp	<b>L</b>
<input type="checkbox"/>	Swiss Cheese	6 slice or ounces	<b>A</b>

Grains			
<input checked="" type="checkbox"/>	Description	Qty	Meal
<input type="checkbox"/>	Mission Organic Whole Wheat Tortilla	6 each	<b>L</b>
<input type="checkbox"/>	Corn Tortillas	12 each	<b>D</b>
<input type="checkbox"/>	Plain Rice Cake, No or Lightly Salted	6 each	<b>P</b>

Canned/Other			
<input checked="" type="checkbox"/>	Description	Qty	Meal
<input type="checkbox"/>	Frozen Blueberries	4½ cup	<b>B</b>
<input type="checkbox"/>	BBQ Sauce <b>(3)</b>	½ cup	<b>D</b>
<input type="checkbox"/>	Hummus	6 tbsp	<b>L</b>
<input type="checkbox"/>	Crushed Pineapple, 8 oz. can	1 each	<b>D</b>
<input type="checkbox"/>	Unsweetened Almond Milk <b>(4)</b>	2 cup	<b>B</b>
<input type="checkbox"/>	Chia Seeds	3 tsp	<b>B</b>
<input type="checkbox"/>	Raw Pepita Nuts	6 tbsp	<b>B</b>
<input type="checkbox"/>	Unsweetened Shredded Coconut	6 tbsp	<b>B</b>

Staples		
<input checked="" type="checkbox"/>	Description	Meal
<input type="checkbox"/>	Olive Oil and Non-Stick Spray	
<input type="checkbox"/>	Black Pepper and Sea Salt	
<input type="checkbox"/>	Minced Garlic	<b>D</b>
<input type="checkbox"/>	Dried Dill (optional)	<b>L</b>
<input type="checkbox"/>	Ground Ginger, Red Pepper Flakes	<b>D</b>
<input type="checkbox"/>	Liquid Aminos or Low Sodium Soy Sauce	<b>D</b>
<input type="checkbox"/>	Mustard, Fresh Salsa or Hot Sauce (optional)	<b>A</b>
<input type="checkbox"/>	All Natural Creamy Peanut Butter	<b>P</b>
<input type="checkbox"/>	Raw Honey	<b>P,D</b>
<input type="checkbox"/>	Vanilla Whey Protein Powder	<b>B</b>

Special Instructions	
<b>Remember that bulk sections are a great place to find dried fruit, nuts, nut butters, grains and spices</b>	
1)	On average 1 lime yields 3 tbsp.
2)	No added nitrates or nitrites.
3)	No high fructose corn syrup. Sugar under 8 grams. Sodium under 250 mg.
4)	Found in both refrigerated and dairy section.



# WEEK 1

1200 Calorie Plan - Cooking Instructions

# ZULTS

## BREAKFAST: BLUEBERRY COCONUT SMOOTHIE BOWL

PREP TIME: 5 Minutes  
TOTAL TIME: 10 Minutes  
STORAGE:

Blend all ingredients together, except for toppings. This is meant to be thick. If needed, add water when blending. Pour in a bowl and add toppings! Need it to go? Blend it all to make a smoothie.

## AM SNACK: LETTUCE SNACK WRAP

PREP TIME: 5 Minutes  
TOTAL TIME: 5 Minutes  
STORAGE: Refrigerator

Lay out lettuce leaf, add cheese, turkey and avocado. Top with mustard, salsa or hot sauce.

## LUNCH: CHICKEN/VEGGIE HUMMUS WRAP

Chicken can also be grilled.

PREP TIME: 15 Minutes  
TOTAL TIME: 45 Minutes  
STORAGE: Refrigerator

### Chicken and Veggie Ingredients

12 oz - Zucchini, Cut in Half Moon  
6 oz - Red Onion, Sliced  
8 oz - Red Bell Pepper, Sliced  
½ tbsp - Olive Oil  
Sprinkle - Black Pepper and Sea Salt  
(optional)  
18 oz - Chicken Breast  
½ tbsp - Olive Oil  
Sprinkle - Black Pepper, Sea Salt and Dried  
Dill (optional)

### Chicken and Veggie Instructions

#### To Roast Chicken and Veggies:

1. Preheat oven to 425°. Lightly coat a baking dish with non-stick spray.
2. Add chicken to dish and rub lightly with olive oil and season with salt and pepper.
3. Slice zucchini lengthwise and then cut in ½ inch pieces. In a large bowl add prepared veggies and toss with olive oil. Sprinkle with salt and pepper.
4. Line a baking sheet with parchment paper or foil (sprayed with non-stick spray).
5. Spread veggies evenly on baking sheet.
6. Place veggies on the top rack and chicken on the center rack.
7. Roast veggies for 10 minutes. Then remove and continue to roast chicken for an additional 5-10 minutes or until no longer pink inside.

# DINNER: HAWAIIAN TAQUITOS W/ BBQ DIPPING SAUCE AND COLESLAW

PREP TIME: 20 Minutes  
TOTAL TIME: 1 Hour  
STORAGE: Refrigerator

When ready to eat combine coleslaw with dressing, allow to sit while reheating taquitos. Taquitos can be heated in the microwave but for best results bake in the oven. Place refrigerated or frozen taquitos on a lightly greased baking sheet and bake at 400\* for 15 minutes or until crispy and heated through.

Leftovers freeze well.

## Hawaiian Taquito Ingredients

- 1 lb - Chicken Breast
- ½ lb - Chicken Thigh
- ½ cup - Onion, Diced
- 1 tbsp - Minced Garlic
- 1 each - Crushed Pineapple, 8 oz can, Slightly Drained
- 3 tbsp - Liquid Aminos or Low Sodium Soy Sauce
- 3 tbsp - Lime Juice
- ½ tsp - Ground Ginger
- ¼ tsp - Red Pepper Flakes
- pinch - Sea Salt
- ¼ tsp - Black Pepper
- 12 each - Corn Tortilla

## BBQ Dipping Sauce Ingredients

- ½ cup - BBQ Sauce
- ½ cup - Plain Greek Yogurt

## Coleslaw Ingredients

- 2 cup - Green Cabbage, Shredded
- 2 cup - Red Cabbage, Shredded
- 1 bunches - Green Onion, Sliced
- ½ cup - Cilantro, Chopped

## Coleslaw Dressing Ingredients

- 1 tbsp - Olive Oil
- 2 tsp - Raw Honey
- 2 tbsp - Lime Juice
- 2 tsp - Minced Garlic
- ¼ cup - Plain Greek Yogurt
- 2 ounce - Avocado

## Hawaiian Taquito Instructions

1. Add chicken to a large pot and cover completely with water. Bring to a boil, reduce heat and cover. Cook for about 20-30 minutes or until cooked through.
2. Once cool enough to handle shred chicken.
3. Heat a large skillet on medium heat. Spray with non-stick spray or coat lightly with olive oil. Add onion and garlic. Stir frequently until slightly softened. Stir in shredded chicken.
4. Add all remaining ingredients stirring to combine. Allow to simmer for 5 minutes and heated through.
5. Preheat oven to 400\*
6. Heat tortillas 6 at a time in the microwave for 30-40 seconds.
7. To each tortilla, add 1.5 ounce of hawaiian chicken mix. Roll tightly and lay seam side down on baking sheet.
8. Bake for about 15 minutes or until golden brown.

## BBQ Dipping Sauce Instructions

1. Whisk together greek yogurt and bbq sauce.

## Coleslaw Instructions

1. Stir together all coleslaw ingredients.

## Coleslaw Dressing Instructions

1. In a blender combine all coleslaw dressing ingredients. Blend until smooth.

**Note:** Dressing may appear thick and should be stirred before adding to coleslaw.