

Greek Yogurt *Bark*

Serves: 12

Ingredients:

3 cups plain Greek yogurt
¼ cup - ½ cup Swerve® Sweetener or stevia baking blend -
or sweetener of choice (honey, maple syrup)
1 tsp. vanilla
1½ cups sliced fresh strawberries
⅓ cup sugar-free chocolate chips (Lily's®)

Nutrition Facts per serving:

50 calories
1 g fat
5 g carb
1 g fiber
7 g protein

Directions:

1. Line a baking sheet with parchment paper.
2. In a medium bowl, combine the Greek yogurt, sweetener to taste and vanilla. Spread into an even layer about ¼ inch thick onto baking sheet.
3. Sprinkle with slice strawberries and chocolate chips.
4. Freeze for 3 hours, or overnight. Break into pieces and store in freezer in airtight container.



Pesto *Chicken Soup*

Serves: 4

Ingredients:

- 1 lb. boneless, skinless chicken thighs
- 1 Tbsp. olive oil
- 3 stalks celery, chopped
- 1 yellow onion, chopped
- 1 Tbsp. minced garlic
- 5 cups unsalted chicken broth
- 1 tsp. dried thyme
- 2 bay leaves
- Salt and pepper, to taste
- ¼ cup prepared pesto
- 5 oz. fresh spinach leaves
- ½ cup freshly shredded Parmesan cheese

Nutrition Facts per serving:

280 calories
14 g fat
6 g carb
2 g fiber
4 (NET carbs)
35 g protein

Directions:

1. Add the chicken, olive oil, celery, onion, garlic, broth, thyme, bay leaves and salt and pepper to a large slow cooker. Cook on low for 8-12 hours.
2. Remove the bay leaves, and shred the chicken. Stir in the pesto and spinach. Stir until spinach begins to wilt.
3. Divide soup into 4 bowls and top with Parmesan cheese.



Sheet Pan *Shrimp Fajitas*

Serves: 4

Ingredients:

1½ lbs. raw shrimp, peeled and deveined
1 of each color bell pepper - red, orange, yellow, sliced thin
1 small red onion, thinly sliced
2 Tbsp. olive oil
Salt and pepper as desired
2 tsp. chili powder
1½ tsp. cumin
1 tsp. garlic powder
1 tsp. paprika
1 lime, juice only
Fresh cilantro for serving, optional
Low carb tortillas for serving, option

Nutrition Facts per serving:

(Shrimp & vegetable
mixture only)

210 calories

9 g fat

8 g carb

2 g fiber

6 (NET carbs)

24 g protein

Directions:

1. Preheat oven to 425 degrees. Line a baking sheet with foil and spray with nonstick spray.
2. In a small bowl combine the chili powder, cumin, garlic powder, paprika and desired salt and pepper.
3. In a large bowl combine the peppers, onion, oil and half of the seasoning mixture. Spread the seasoned vegetables onto the pan and bake for 10 minutes, or until vegetables begin to soften.
4. Meanwhile, combine the shrimp and remaining seasoning blend. Add the seasoned shrimp to the pan of softened vegetables and bake for 6-7 more minutes.
5. Turn the oven to broil and cook an additional 1-2 minutes, or until shrimp is pink and cooked through. Be careful not to overcook your shrimp or it will become rubbery. Squeeze the lime over the cooked shrimp mixture and garnish with cilantro. If desired, serve in warmed low-carb tortillas.



Bacon Ranch *Green Beans*

Serves: 4

Ingredients:

16 oz. frozen or fresh whole green beans, *cut green beans are not recommended*
2 slices thick cut bacon, cooked and cut into small pieces, or you can use 3 Tbsp. prepared bacon crumbles
2 Tbsp. prepared ranch dressing, Bolthouse Farms® is a great-tasting, low-calorie option

Nutrition Facts per serving:

75 calories
3 g fat
8 g carb
3 g fiber
5 g protein

Directions:

1. If using frozen green beans, prepare them according to package direction. If using fresh, bring a pot of water to boil and cook green beans 5 minutes. Drain and rinse with cold water to lock in the color.
2. Add cooked/crumbled bacon, cooked green beans and ranch to a skillet over medium heat. Toss about 2-3 minutes to allow the flavors to come together.

