

# Breakfast Calzone

## Breakfast Calzone



Made with the same ingredients listed, 1 serving, 4 FSP

- 1/4 cup flour
- 1/2 tsp baking powder
- 1/4 tsp salt
- 1/4 cup fat free Greek yogurt (\*\*I actually use a little less than 1/4 cup\*\*)
- 2 eggs (beaten, 1 Tbsp reserved)
- 1 slice Canadian Bacon (chopped)
- 1 oz lite mozzarella cheese (\*\*I use Trader Joes's – 1 point, 1 ounce\*\*)

1. Mix flour, baking powder, salt. Add in yogurt. Mix well, then knead a few times.
2. Cook eggs (make scrambled eggs). Let cool
3. Spray a piece of parchment paper with non stick spray. Roll out dough on parchment paper into a 6-8 inch circle/oval.
4. Put eggs on half of the dough. Sprinkle with Canadian bacon and cheese. Bring top of dough over filling. Fold up bottom dough and seal.
5. Brush with reserved beaten egg.
6. Preheat airfryer to 325. Cook calzone for 7-9 minutes,

turning over the last 2 minutes. To cook in oven, preheat oven to 375 and bake calzone about 10-12 minutes. Checking to see when it is golden brown.

7. You can use all different kinds of fillings – different meats, cheeses, veggies, etc. Just adjust points accordingly!

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## May 19 – May 25 Menu Plan

- Sunday May 19 – Birthday BBQ
- Monday May 20 – [Sheet Pan Lemon Parmesan Chicken, Potatoes and Asparagus](#)
- Tuesday May 21 – Out
- Wednesday May 22 – Sports Banquet
- Thursday May 23 – [Stuffed Pork Chops](#), Roasted Potatoes, Veg
- Friday May 24 – [Shrimp and Asparagus with Orzo](#)
- Saturday May 25 – [Crockpot Chicken and Gravy](#) over Mashed Potatoes, Veg

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# Breakfast Pizza

## Breakfast Pizza

Serves 6

5 Points – Blue and Purple

6 Points – Green

- 1 cup flour
- 2 tsp baking powder
- 3/4 tsp salt
- 3/4 cup non-fat Greek yogurt
- 3 eggs
- 1/4 cup 1% milk
- 3/4 cup part skim mozzarella
- 4 ounces Cabot 75% reduced fat cheddar (grated)
- 6 slices Canadian bacon (chopped)

1. Mix flour, baking powder, salt and yogurt. Knead a few times. Roll out on a 10X15 cookie sheet with sides that has been sprayed with non stick cooking spray. I use [this roller](#).

2. Bake at 400 for 8-9 minutes. Remove from oven. Sprinkle with mozzarella cheese.
  3. Whisk eggs and milk and pour evenly over mozzarella. Top with Canadian bacon and cheddar cheese.
  4. Bake 10-15 minutes until cheese is bubbly. Serve warm.
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# Crockpot Chicken and Gravy

## Crockpot Chicken and Gravy

Serves 6, 2 FSP per serving

- 4-6 chicken breasts
- 2 packets low sodium chicken gravy mix
- 1 can Healthy Request cream of chicken soup
- 2 cups water

1. Place chicken in a slow cooker
2. In a bowl, mix together chicken gravy, soup and water.
3. Pour over chicken. Cook on low 4-6 hours or until chicken is done.

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# Shrimp and Asparagus with Orzo

## Shrimp with Asparagus with Orzo

Serves 4, 7 FSP per serving

- 4 cups chicken broth or stock + about 1 cup extra if needed
- 8 ounces orzo pasta
- 1 lemon zest and juice
- 2 cloves garlic (minced)
- pinch red pepper flakes (optional)
- 1 pound asparagus (woody ends removed and cut into 1 inch pieces)
- 1 1/2 pounds shrimp, peeled and deveined
- 1 Tbsp olive oil (divided)

1. In a large stock pot bring chicken broth to a boil.
2. Cook orzo according to package directions. When done, drain in a mesh strainer over a bowl to reserve broth. Set aside
3. In a large cast iron skillet (or non stick if you don't have cast iron), heat 1 1/2 tsp of the olive oil over medium high heat.

4. Once the oil shimmers, add the shrimp in a single layer, sprinkle with salt and pepper. DO NOT STIR. Let cook 3-4 minutes on one side until crispy, then stir, cooking 1-2 minutes more or until pink. Set aside.
  5. Add remaining 1 1/2 tsp oil to pan and cook the garlic and red pepper flakes about 30 seconds until fragrant.
  6. Add the asparagus and lemon zest. Season with salt and pepper. Cook 3-4 minutes or until asparagus is deep green and softened. Add lemon juice, shrimp and pasta back to the pan.
  7. Stir to combine and lower the heat to medium low. Add in the stock, cooking until reduced by about half and the orzo has a risotto-like texture. Adjust seasonings. Serve with fresh grated Parmesan cheese if desired
  8. \*\*\*\*\*NOTE: The orzo soaked up most of the broth, so I did not have much reserved to add back into the pan – I added an additional cup of chicken broth back in
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## Stuffed Pork Chops

## Stuffed Pork Chops

Serves 4, 5 FSP per serving

Adapted from Dinner at the Zoo

*\*\*If you use different brands/varieties than stated, make sure*

*you adjust the points accordingly\*\**

- 4 boneless pork chops
- 1/2 cup sundried tomatoes (dry or water packed)
- 1/2 cup fresh spinach leaves
- 1/2 cup lite mozzarella cheese (\*recipe points calculated using Trader Joe's mozzarella)
- 1 tsp Italian seasoning
- 3/4 tsp salt
- 1/4 tsp pepper
- 1 Tbsp olive oil
- 1 Tbsp parsley (chopped)

1. Preheat oven to 400
2. Slice a deep pocket into each pork chop, but do not cut all the way through
3. Divide the sun dried tomatoes evenly between the pockets in the pork chops, then layer in a handful of spinach leaves and 2 Tbsp cheese.
4. Use toothpicks to seal each pork chop shut so that the filling will not spill out during cooking
5. Sprinkle the Italian seasoning, salt and pepper over both sides of each pork chop.
6. Heat the olive oil in a large oven proof pan over medium high heat. Cook the pork chops for 3-4 minutes on each side or until golden brown.
7. Place chops in oven. Bake for 8-10 minutes or until a thermometer inserted in the thickest part of the chop reads a minimum of 145, or if you prefer a more well done chop, 175 degrees. Remove pan from oven and let sit 3 minutes. Sprinkle with parsley and serve.

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# Sheet Pan Lemon Chicken, Potatoes and Asparagus

## Sheet Pan Lemon Chicken, Potatoes & Asparagus

Serves 4, 7 FSP per serving

- 1 large egg
- 2 Tbsp lemon juice
- 4 tsp minced garlic (divided)
- 1/2 Tbsp fresh chopped parsley
- 1/2 tsp salt and pepper
- 1/2 cup panko breadcrumbs
- 1/3 cup fresh grated Parmesan cheese
- 4 skinless, boneless chicken breasts
- 20 ounces baby potatoes (quartered)
- 1/4 cup light butter (melted)
- 1 lb asparagus (cut into thirds)

1. Preheat oven to 400. Spray a large sheet pan with non-stick spray.
2. In a large bowl, whisk together egg, lemon juice, 2 tsp garlic, parsley, salt and pepper.
3. Add chicken to egg mixture, cover and let marinade 30-60 minutes.



4. In a separate bowl, combine the breadcrumbs with the Parmesan cheese.
5. Dredge the egg coated chicken in the breadcrumb mixture, pressing crumbs in to coat.
6. Place the chicken on the sheet pan, spray chicken with olive oil spray. Arrange the potatoes around the chicken in a single layer. Mix together the butter, 2 tsp garlic and salt to taste and pour half of the mixture over the potatoes. Toss to coat.
7. Bake for 15 minutes.
8. Remove sheet pan from oven and flip each piece of chicken. Move the potatoes to one side and place the asparagus around the chicken on the other side of the sheet pan. Pour the remaining garlic mixture over asparagus and return to oven and cook for 15 minutes more or until chicken is golden and crisp and potatoes and chicken are cooked through. Serve immediately.

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## **Egg Roll in a Bowl**

### **Egg Roll in a Bowl**

Serves 2, 1 FSP per serving

*You can mix this up and use ground chicken or shredded*

*chicken, or even ground pork. Just adjust points accordingly*

- 1 tsp olive oil
- 1 bag tri colored cole slaw mix
- 1 clove garlic (minced)
- 1/4 tsp ginger – grated, powdered or minced
- 2 Tbsp low sodium soy sauce
- 10 oz cooked shrimp (or substitute your favorite meat) (cut into small pieces)
- 1 tsp sesame oil

1. Heat olive oil in a skillet. Add cole slaw mix, ginger, garlic and soy sauce and cook until tender crisp – I go 10-15 minutes. Add shrimp and heat through. Finish with sesame oil and stir.

*\*\*If using raw shrimp, chicken, turkey or pork, you can cook that right along with the cole slaw from the beginning.\*\**

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# **Skinny Kitchen Ranch Dip/Dressing**

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This was adapted from Skinny Kitchen

35 gm is 1 point on all plans

- 2 packages ranch dressing and dip mix
- 1 3/4 cup reduced fat buttermilk
- 1/4 cup reduced fat mayo
- 1/4 fat free Greek yogurt

1. Mix all ingredients. Refrigerate an hour before serving. Store in fridge for up to 10 days. 35 gram=1 point
2. \*\*\*NOTE – I DO NOT count the ranch mix. That is just something I don't count. If you feel you need to count it, adjust the points accordingly\*\*\*