

Summer Kabobs

SERVES 4

Ingredients

- > 2.5 lbs. boneless skinless chicken breasts cut into 1" cubes
- > ½ tsp salt (or to taste)
- > ½ tsp pepper
- > 1 fresh lime, juiced
- > 2 cups of pineapple, cubed
- > 1 red bell pepper, sliced into chunks
- > 1 yellow bell pepper, sliced into chunks
- > 1 green bell pepper, sliced into chunks
- > 1 cup cherry tomatoes
- > 1 cup red onion, sliced into chunks
- > ¼ cup olive oil
- > Skewers



Optional additional ingredients

Nutrition information does not include extra options.

- > Top sirloin
- > Shrimp
- > Yellow summer squash and zucchini
- > Asparagus
- > Mushrooms

Directions

- > Cut raw chicken breasts into large cubes. Create marinade by combining lime juice, salt, pepper, and oil into a bowl. Stir well. Place cubed chicken and marinade together in pan. Seal and let marinate for at least two hours or longer.
- > Begin constructing skewers by sliding on chicken, green pepper, yellow pepper, cherry tomato, pineapple, and red onion in any order desired. Set aside until ready to grill.
- > Turn on grill to medium heat. Place skewers across the grill cook for about 5-10 minutes on each side. Remove from grill when chicken is thoroughly cooked. Serve and enjoy!

Nutritional Information per serving

Calories 230 Cholesterol 83mg
 Fat 3g Sodium 354mg
 Carbs 23g Vitamin A 1627IU
 Fiber 4g Vitamin C 198mg
 Sugar 13g Calcium 41mg
 Protein 28g Iron 1mg

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Frozen Protein Berry Yogurt

SERVES 1

Ingredients

- > 1 cup plain greek yogurt
- > 1 scoop vanilla protein powder
- > 1 cup frozen berries
- > 1/2 cup unsweetened almond milk

Directions

- > Combine protein powder, frozen berries, yogurt in a blender or food processor until it forms an ice cream-like consistency. Add almond milk if more liquid is needed.
- > Serve and enjoy!

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Nutritional Information per serving

Calories 395 Cholesterol 54mg
Fat 7g Sodium 221mg
Carbs 36g Vitamin A 1499IU
Fiber 8g Vitamin C 55mg
Sugar 22g Calcium 971mg
Protein 49g Iron 4mg

Greek Pasta Salad

SERVES 6

Ingredients

- > 16 oz mini farfalle
- > 1/2 cup pitted kalamata olives (halved)
- > 1/3 cup red onion (diced)
- > 2 cups cherry tomatoes (halved)
- > 2 cups cucumbers (thickly sliced, cut in halves)
- > 1/2 cup feta cheese (cubed)
- > 1/4 cup extra virgin olive oil
- > 1 1/2 tbsps lemon juice
- > 1 1/2 tbsps honey
- > 1 1/2 tbsps dijon mustard
- > 3/4 tsp Minced Garlic
- > 1 1/2 tsps fresh oregano
- > 1/2 tsp black pepper
- > 3 tbsps red wine vinegar
- > 3/4 tsp sea salt

Directions

- > Cook and boil pasta as directed. Drain and rinse in cold water until cool.
- > Halve (and pit if needed) olives, dice red onion and green pepper, cut cucumbers into thick slices, halving each slice, and halve cherry tomatoes. Combine olives, red onion, green pepper, cucumber, and cherry tomatoes into a large bowl. Stir in cooled pasta.
- > For the dressing, combine olive oil, lemon juice, honey, Dijon mustard, minced garlic, oregano, salt, black pepper, and red wine vinegar in a bowl. Using a fork or whisk, thoroughly mix until well blended. Pour dressing into pasta salad mixture. Mix in feta. Chill for 30-60 minutes before serving. Enjoy.



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Nutritional Information per serving

Calories 433 Cholesterol 11mg
Fat 14g Sodium 566mg
Carbs 66g Vitamin A 509IU
Fiber 5g Vitamin C 10mg
Sugar 8g Calcium 90mg