



Chicken & Veggie Foil Packets

Ingredients

- 2 chicken breasts
- 1 cup baby potatoes, halved
- 1 cup bell peppers, sliced
- 1 cup zucchini, sliced
- 2 tbsp olive oil
- 1 tsp garlic powder
- Salt & pepper to taste

Instructions

1. Preheat the grill to medium heat.
2. Lay out 2 large pieces of aluminum foil.
3. Place chicken breasts in the center of the foil, and surround with vegetables.
4. Drizzle with olive oil, sprinkle with garlic powder, salt, and pepper.
5. Fold the foil to seal the packet tightly.
6. Grill for 20-25 minutes until chicken is fully cooked and vegetables are tender.
7. Open the foil packets and serve.

Zucchini Noodles with Pesto

Ingredients

- 4 zucchinis, spiralized into noodles
- 1 cup basil pesto (store-bought or homemade)
- 1 tbsp olive oil
- 1 tbsp pine nuts (optional)
- Parmesan cheese, for garnish

Instructions

1. Heat olive oil in a pan over medium heat.
2. Add zucchini noodles and sauté for 2-3 minutes until tender.
3. Stir in pesto and cook for another 1-2 minutes.
4. Garnish with pine nuts and parmesan cheese.
5. Serve immediately.

Tuna Salad Lettuce Wraps

Ingredients

- Ingredients:
- 2 cans tuna, drained
- 2 tbsp mayonnaise
- 1 tbsp Dijon mustard
- 1 tbsp fresh dill (optional)
- Salt & pepper to taste
- 1 head butter lettuce, leaves separated

Instructions

1. In a bowl, combine tuna, mayonnaise, Dijon mustard, and dill.
2. Season with salt and pepper to taste.
3. Spoon the tuna salad onto lettuce leaves and wrap them up.
4. Serve immediately.

Pita Pizzas

Ingredients

- 8 oz soba noodles (or any preferred noodles)
- 1 cup shredded cabbage
- 1 carrot, julienned
- 2 tbsp sesame oil
- 1 tbsp rice vinegar
- 1 tbsp soy sauce
- 1 tsp honey
- 1 tbsp sesame seeds

Instructions

1. Cook soba noodles according to package instructions, then rinse under cold water.
2. In a bowl, mix sesame oil, rice vinegar, soy sauce, and honey.
3. Toss noodles with shredded cabbage, carrot, and the dressing.
4. Sprinkle with sesame seeds.
5. Serve chilled.