



Welcome to this new recipe book! What to do with all that left over turkey can be a challenge. These recipes should give you some fun and "healthful" ideas.

## Recipe Tips

On each recipe, you'll see the total time, the number of servings, ingredients, and directions. Before you start, check the ingredients list to see if anything needs to be prepped in advance, like dicing vegetables. It's also helpful to read through the directions before you start cooking so you have an idea of what's coming up before you dive in.

## Dirty Dozen™

- Strawberries
- Spinach
- Kale
- Nectarines
- Apples
- Grapes
- Peaches
- Cherries
- Pears
- Tomatoes
- Celery
- Potatoes
- + Hot Peppers

## Clean Fifteen™

- Avocados
- Sweet Corn
- Pineapple
- Onions
- Papaya
- Sweet Peas Frozen
- Eggplant
- Asparagus
- Cauliflower
- Cantaloupe
- Broccoli
- Mushrooms
- Cabbage
- Honeydew Melon

- Kiwi

The information provided in this plan is intended for your general knowledge only and is not a substitute for medical advice or treatment for specific medical conditions. None of my services shall be used to diagnose or treat any health problem or disease. I cannot and do not provide medical advice. You should seek prompt medical care for any specific health issues and consult your physician before altering your diet. The information and recipes provided in this plan should not be used in place of a consultation with your physician or other health care provider. I do not recommend the self-management of health problems. Should you have any healthcare-related questions, please consult your physician or other health care provider promptly. You should never disregard medical advice or delay in seeking it because of the information provided in this plan.



## Roasted Turkey Thigh with Zucchini & Avocado

2 servings

40 minutes

### Ingredients

8 ozs Turkey Thigh (boneless, skinless)  
2 Zucchini (medium, sliced)  
2 tbsps Extra Virgin Olive Oil  
1/4 tsp Sea Salt (or more to taste)  
1 Avocado (sliced)

### Nutrition

Amount per serving	
Calories	436
Fat	32g
Carbs	15g
Fiber	9g
Sugar	6g
Protein	28g
Cholesterol	89mg
Sodium	458mg
Vitamin A	587IU
Vitamin C	45mg
Calcium	56mg
Iron	3mg

### Directions

- 1 Preheat your oven to 350°F (177°C) and line a baking sheet with parchment paper.
- 2 Place the turkey thigh on the baking sheet and surround with the sliced zucchini in a single layer. Drizzle with olive oil and sprinkle with sea salt. Bake for 30 minutes, or until meat is cooked through.
- 3 Divide between plates along with the sliced avocado. Enjoy!

### Notes

**Leftovers:** The turkey and zucchini keep well in the fridge up to three days. Add avocado just before serving.

**More Carbs:** Serve with brown rice, quinoa, or roasted sweet potato.





## Turkey Hummus Sandwich

1 serving

5 minutes

### Ingredients

2 slices Bread  
4 ozs Turkey Breast, Cooked  
1 tbsp Hummus  
1 1/2 tsps Dijon Mustard  
1/2 cup Mixed Greens

### Nutrition

Amount per serving	
Calories	356
Fat	10g
Carbs	27g
Fiber	3g
Sugar	5g
Protein	39g
Cholesterol	79mg
Sodium	541mg
Vitamin A	14IU
Vitamin C	2mg
Calcium	63mg
Iron	2mg

### Directions

- 1 Lightly toast the bread.
- 2 Spread one slice of the bread with hummus and mustard. Layer on the turkey and mixed greens. Place the second slice of bread over top. Slice and enjoy!

### Notes

**No Turkey:** Use chicken breast instead.

**Vegan & Vegetarian:** Use smashed chickpeas instead of turkey.

**Gluten-Free:** Use gluten-free bread instead or make it as a lettuce wrap.



## Turkey & Vegetable Soup

6 servings  
50 minutes

### Ingredients

1 tbsp Extra Virgin Olive Oil  
1 Yellow Onion (chopped)  
3 Garlic (clove, minced)  
1 tsp Dried Thyme  
1 tsp Sea Salt  
1 Sweet Potato (peeled, cut into 1/2-inch cubes)  
1 Carrot (peeled, chopped)  
2 stalks Celery (chopped)  
10 1/2 ozs Turkey Breast, Cooked (roughly chopped)  
6 cups Chicken Broth  
1 cup Parsley (chopped)

### Nutrition

Amount per serving	
Calories	142
Fat	4g
Carbs	10g
Fiber	2g
Sugar	4g
Protein	18g
Cholesterol	40mg
Sodium	1411mg
Vitamin A	5702IU
Vitamin C	16mg
Calcium	59mg
Iron	2mg

### Directions

- 1 Heat the oil in a large pot over medium heat.
- 2 Add the onion and cook until it begins to soften, about 5 minutes. Add in the garlic, thyme and salt and continue cooking for one minute more.
- 3 Add the sweet potato, carrots, celery and turkey. Stir to combine then add the chicken broth to the pot along with the parsley.
- 4 Bring soup to a gentle boil then reduce the heat to low and cover with a lid. Simmer for 40 to 45 minutes or until the vegetables are very tender. Season with additional salt if needed. Serve and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days.

**Serving Size:** One serving is approximately 1 1/2 cups of soup.

**More Flavor:** Add a bay leaf or some red pepper flakes.

**No Turkey:** Use chicken breast instead.

**Additional Toppings:** Serve the soup over top of cooked rice or cooked pasta.



## Turkey & Barley Soup

6 servings

30 minutes

### Ingredients

6 1/2 cups Water  
5 Carrot (medium, diced)  
1/2 Sweet Onion (diced)  
1 1/2 tsps Italian Seasoning  
1 tsp Sea Salt (to taste)  
2/3 cup Pearl Barley (uncooked)  
12 ozs Turkey Breast, Cooked (roughly chopped)  
2 cups Baby Spinach

### Nutrition

Amount per serving	
Calories	187
Fat	2g
Carbs	25g
Fiber	5g
Sugar	4g
Protein	20g
Cholesterol	40mg
Sodium	510mg
Vitamin A	9440IU
Vitamin C	7mg
Calcium	72mg
Iron	2mg

### Directions

- 1 In a pot over medium-high heat, add the water, carrots, onions, Italian seasoning, and salt. Once boiling, lower to a simmer and cook until the carrots are tender-crisp, about five to seven minutes.
- 2 Stir in the barley and cook for 15 more minutes.
- 3 Add the turkey and spinach and cook until the turkey is warmed through and spinach is wilted, about three minutes. Divide into bowls and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days.

**Serving Size:** One serving is approximately two cups.

**Gluten-Free:** Use quinoa, gluten-free pasta, or rice instead of barley and adjust cooking time accordingly.

**More Flavor:** Sauté the onions and carrots in your choice of cooking oil. Add minced garlic or ginger. Use broth instead of water.

**Additional Toppings:** Add parsley, sliced green onion, or red pepper flakes.

**Make it Vegan:** Use tofu, edamame, chickpeas, or lentils instead of turkey breast.





## Turkey & White Bean Chili

6 servings  
25 minutes

### Ingredients

2 tsps Extra Virgin Olive Oil  
1 Sweet Onion (medium, chopped)  
4 Garlic (cloves, minced)  
4 cups Chicken Broth  
2 tsps Cumin (ground)  
3 Green Chili Pepper (seeds removed, optional)  
1 lb Turkey Breast, Cooked (roughly chopped)  
4 cups White Navy Beans (cooked)  
3/4 cup Cream, Half & Half  
2 tsps Arrowroot Powder  
Sea Salt & Black Pepper (to taste)

### Nutrition

Amount per serving	
Calories	377
Fat	8g
Carbs	43g
Fiber	14g
Sugar	6g
Protein	35g
Cholesterol	67mg
Sodium	728mg
Vitamin A	392IU
Vitamin C	59mg
Calcium	159mg
Iron	5mg

### Directions

- 1 Heat the oil in a pot over medium-high heat. Cook the onions and garlic until soft, about five minutes.
- 2 Stir in the broth, cumin, green chilies (optional), turkey, and white beans. Bring to a boil, then lower to a simmer for 10 minutes.
- 3 In a bowl, stir together the arrowroot with a bit of the cream until dissolved. Stir the arrowroot slurry into the pot along with the remaining cream, salt, and pepper. Divide into bowls and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days or freeze if longer.

**Serving Size:** One serving equals approximately two cups of chili.

**Dairy-Free:** Use coconut milk instead of cream.

**More Flavor:** Add oregano, cilantro, or jalapeños.

**Additional Toppings:** Top with avocado slices, green onion, or shredded cheese.

**No Arrowroot Powder:** Use cornstarch or tapioca starch instead.





## Turkey & Bacon Wrap

2 servings

5 minutes

### Ingredients

2 tbsps Mayonnaise  
2 Brown Rice Tortilla  
1 head Boston Lettuce  
8 ozs Sliced Turkey Breast  
4 slices Bacon, Cooked (cut in half or chopped)  
1/2 Avocado (sliced)

### Nutrition

Amount per serving	
Calories	533
Fat	31g
Carbs	34g
Fiber	6g
Sugar	4g
Protein	27g
Cholesterol	79mg
Sodium	1631mg
Vitamin A	213IU
Vitamin C	5mg
Calcium	26mg
Iron	2mg

### Directions

1

Spread the mayonnaise on the tortilla and place the lettuce on top. Add the turkey, the bacon and the avocado. Wrap and repeat with any remaining tortillas. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days.

**Serving Size:** One serving is equal to one large wrap.

**Egg-Free:** Use an egg-free mayonnaise.

**Additional Toppings:** Add sliced tomato, seeds removed if needed.



## Turkey, Avocado & Hummus Wrap

1 serving

5 minutes

### Ingredients

2 tbsps Hummus  
1 Brown Rice Tortilla  
4 1/4 ozs Sliced Turkey Breast  
1/2 Avocado (sliced)  
Sea Salt & Black Pepper (to taste)

### Nutrition

Amount per serving	
Calories	511
Fat	27g
Carbs	43g
Fiber	11g
Sugar	5g
Protein	25g
Cholesterol	59mg
Sodium	1386mg
Vitamin A	154IU
Vitamin C	10mg
Calcium	43mg
Iron	3mg

### Directions

1

Spread the hummus on the tortilla and place the turkey and avocado on top. Season with salt and pepper. Roll the wrap tightly and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days.

**Serving Size:** One serving is equal to one large wrap.

**More Flavor:** Add some additional spices and/or herbs such as everything bagel seasoning or smoked paprika.

**Additional Toppings:** Add some shredded lettuce or tomato.

**No Turkey:** Use another type of deli meat or leftover, cooked chicken.



## Turkey & Swiss Sandwich

1 serving

5 minutes

### Ingredients

- 1 tsp Dijon Mustard
- 2 slices Gluten-Free Bread
- 2 leaves Romaine
- 1/2 Tomato (medium, thinly sliced)
- 1 1/16 ozs Swiss Cheese (sliced)
- 3 ozs Sliced Turkey Breast

### Nutrition

Amount per serving	
Calories	386
Fat	17g
Carbs	30g
Fiber	4g
Sugar	6g
Protein	26g
Cholesterol	70mg
Sodium	1158mg
Vitamin A	6022IU
Vitamin C	11mg
Calcium	330mg
Iron	2mg

### Directions

1

Spread the mustard on the bread. Add the remaining sandwich toppings. Close the sandwich and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container and enjoy within a day.

**Dairy-Free:** Omit the cheese or use dairy-free cheese slices instead.

**Additional Toppings:** Cucumber, pickles, onion, bell pepper, mayonnaise, or avocado.

**No Turkey:** Use sliced ham, chicken, or roast beef instead.





## Turkey Arugula Pinwheels

1 serving  
10 minutes

### Ingredients

- 1 1/2 ozs Cheddar Cheese (sliced)
- 2 ozs Sliced Turkey Breast
- 1/2 cup Arugula
- 1 Whole Wheat Tortilla (large)

### Nutrition

Amount per serving	
Calories	358
Fat	20g
Carbs	22g
Fiber	4g
Sugar	2g
Protein	22g
Cholesterol	69mg
Sodium	1033mg
Vitamin A	761IU
Vitamin C	2mg
Calcium	422mg
Iron	2mg

### Directions

- 1 Arrange the sliced cheese, turkey, and arugula onto the tortilla. Tightly roll up the tortilla and cut into slices. Enjoy!

### Notes

**Leftovers:** Enjoy immediately for best results or refrigerate in an airtight container for up to two days.

**Gluten-Free:** Use gluten-free tortilla.

**Dairy-Free:** Use vegan cheese, sliced pickle, or sliced bell peppers instead of cheddar cheese.

**More Flavor:** Add mustard, mayo, or horseradish.

**Additional Toppings:** Add avocado, tomato, green onions, cucumber, or carrots.