



RECIPE PACK

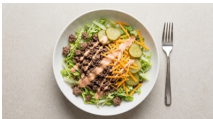
The Skip the Cook Cheat Sheet

7 dinners in 25 minutes or less

Every card has the full recipe from scratch and a Skip the cooking panel. The panel swaps in fully cooked Portside protein, so you heat the meat instead of cooking it. The times and numbers below are with that shortcut.

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WITH THE SHORTCUT

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MAKES 1 SERVING · 25 MIN FROM SCRATCH · ABOUT 15 MIN WITH THE SHORTCUT

Loaded Beef Nachos

390
CALORIES

42 g
PROTEIN

26 g
CARBS

19 g
FAT

Per serving, from scratch.
Shortcut numbers are below.

INGREDIENTS

Chips

- 1 low carb 8-inch tortilla (about 70 calories)
- 1 tsp each paprika and garlic salt
- Cooking spray

Beef OR USE THE SHORTCUT

- 4½ oz extra lean (95%) ground beef
- 1 tsp taco seasoning
- 1 tsp salsa

Toppings

- 1 oz reduced fat shredded cheddar
- ½ tomato, diced
- 1 tbsp diced red onion
- 1 tbsp diced red bell pepper or red chile
- 1 tsp dried parsley and a squeeze of lemon juice
- 2½ tbsp light sour cream

DIRECTIONS

- 1 Make the chips.** Mist the tortilla with cooking spray and cut it into strips or triangles. Toss with the paprika and garlic salt.
- 2 Crisp the chips.** Air fry at 350°F for about 3 minutes, or bake at 350°F for about 5 minutes, until crisp.
- 3 Cook the beef.** Put the beef, taco seasoning and salsa in a nonstick skillet over high heat. Stir often for about 10 minutes, until the beef reaches 160°F.
SHORTCUT: HEAT INSTEAD
- 4 Melt the cheese.** Spread the chips in an ovenproof dish. Top with the beef and cheese, then bake or air fry about 2 minutes to melt the cheese.
- 5 Make the pico.** Stir together the tomato, onion, bell pepper, parsley and lemon juice.
- 6 Finish.** Spoon the pico over the nachos and drizzle with the sour cream.



Beef Crumbles · Portside Proteins

SKIP THE COOKING

Use 3½ oz Beef Crumbles instead

They come fully cooked, so step 3 becomes a quick warmup. Thaw them in the fridge overnight. Heat them in a skillet over medium heat with the taco seasoning and salsa for 3 to 4 minutes, stirring, until they reach 165°F. Then pile them on the chips in step 4.

Per serving: 410 cal · 44 g protein · 27 g carbs · 20 g fat.



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MAKES 1 BURGER · 35 MIN FROM SCRATCH · ABOUT 15 MIN WITH THE SHORTCUT

Buffalo Ranch Chicken Burger

430

CALORIES

48 g

PROTEIN

38 g

CARBS

9 g

FAT

Per burger, from scratch.
Shortcut numbers are below.

INGREDIENTS

Chicken OR USE THE SHORTCUT

- 6 oz boneless, skinless chicken breast
- 2 tsp paprika, ½ tsp garlic salt and ½ tsp black pepper
- 2 tbsp liquid egg whites (or 1 egg white)
- ⅓ cup panko breadcrumbs

Burger

- ¼ cup buffalo style hot sauce
- 1 reduced calorie hamburger bun
- 1½ tbsp light ranch dressing

DIRECTIONS

- 1 Season the chicken.** Rub the paprika, garlic salt and pepper over both sides of the chicken.
SHORTCUT: SKIP
- 2 Bread the chicken.** Dip the chicken in the egg white, then press it into the panko to coat. **SHORTCUT: SKIP**
- 3 Cook the chicken.** Air fry at 350°F for 15 to 20 minutes, flipping halfway, until it reaches 165°F. Or bake at 400°F for about 25 minutes.
SHORTCUT: HEAT INSTEAD
- 4 Add the sauce.** Toss the chicken in the hot sauce, then air fry for 2 minutes more at the same temperature.
- 5 Build the burger.** Set the chicken on the bottom bun. Spoon on the ranch and add the top bun.



Pollo Asado · The Stuffed Burrito Co.

SKIP THE COOKING

Use 5 oz Pollo Asado instead

It comes fully cooked and already marinated in citrus and chipotle, so steps 1 to 3 go away (no breading). Thaw it in the fridge overnight. Heat it in a skillet over medium high heat for 5 to 7 minutes, turning, until it reaches 165°F. Toss it in the hot sauce, then build the burger.

Per burger: 430 cal · 39 g protein · 29 g carbs · 21 g fat. Contains soy and wheat.



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MAKES 1 QUESADILLA · 10 MIN WITH COOKED CHICKEN

Buffalo Chicken Quesadilla

390
CALORIES

55 g
PROTEIN

22 g
CARBS

14 g
FAT

Per quesadilla, from scratch.
Shortcut numbers are below.

INGREDIENTS

Chicken [OR USE THE SHORTCUT](#)

- 4 oz cooked chicken breast, shredded (about $\frac{3}{4}$ cup)
- All purpose seasoning, to taste
- 2 tbsp plus 2 tsp buffalo style hot sauce

Ranch sauce

- $\frac{1}{4}$ cup 1% cottage cheese
- 1 tsp dry ranch seasoning mix

To finish

- 1 low carb 8-inch tortilla (about 70 calories)
- 1 oz reduced fat shredded cheddar (about $\frac{1}{4}$ cup)

Dip (optional)

- $\frac{3}{2}$ tbsp 1% cottage cheese and 1 tsp dry ranch seasoning mix

DIRECTIONS

- 1 Coat the chicken.** Toss the chicken with the seasoning and hot sauce.
- 2 Make the ranch.** Blend the cottage cheese with a hand blender until thick and smooth. Stir in the ranch seasoning.
- 3 Fill.** Pile the chicken over half the tortilla. Top with the cheese and drizzle with the ranch sauce.
- 4 Fold and toast.** Fold the empty half over. Toast in a skillet over high heat for about 2 minutes per side, until golden and the filling reaches 165°F.
- 5 Make the dip.** If you want it, blend the extra cottage cheese the same way. Stir in the ranch seasoning.



Chicken Crumbles · Portside Proteins

SKIP THE COOKING

Use 4 oz Chicken Crumbles instead

They come fully cooked, so they replace the cooked chicken. Thaw them in the fridge overnight. Heat them in a skillet over medium heat for 3 to 4 minutes, stirring, until they reach 165°F. Toss them with the seasoning and hot sauce at step 1.

Per quesadilla: 440 cal · 59 g protein · 23 g carbs · 19 g fat.



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MAKES 1 SALAD · 20 MIN FROM SCRATCH · ABOUT 10 MIN WITH THE SHORTCUT

Cheeseburger Salad

420

CALORIES

38 g

PROTEIN

15 g

CARBS

23 g

FAT

Per salad, from scratch.
Shortcut numbers are below.

INGREDIENTS

Beef [OR USE THE SHORTCUT](#)

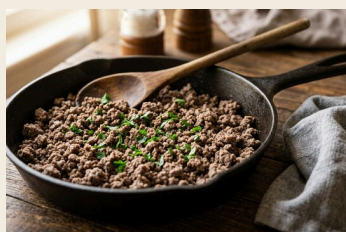
- ½ lb lean (90%) ground beef
- ½ tsp each salt and pepper

Salad

- 3 cups shredded iceberg lettuce
- 1 oz dill pickles, thinly sliced
- 2 tbsp light Thousand Island dressing or burger sauce
- ¾ oz reduced fat shredded cheddar

DIRECTIONS

- 1 Season the beef.** Mix the salt and pepper into the beef. **SHORTCUT: SKIP**
- 2 Cook the beef.** Brown it in a nonstick skillet over high heat for about 10 minutes, breaking it up, until it reaches 160°F. **SHORTCUT: HEAT INSTEAD**
- 3 Build the salad.** Put the lettuce in a large bowl and spoon the beef over it. Scatter the pickles on top.
- 4 Finish.** Drizzle the dressing over the beef and sprinkle with the cheese.



Beef Crumbles · Portside Proteins

SKIP THE COOKING

Use 4 oz Beef Crumbles instead

They come fully cooked and seasoned, so step 1 goes away and step 2 becomes a quick warmup. Thaw them in the fridge overnight. Heat them in a skillet over medium heat for 3 to 4 minutes, stirring, until they reach 165°F. Then build the salad.

Per salad: 380 cal · 42 g protein · 16 g carbs · 16 g fat.



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MAKES 2 SERVINGS · 50 MIN FROM SCRATCH · ABOUT 20 MIN WITH THE SHORTCUT

Chicken Alfredo Penne

550
CALORIES

50 g
PROTEIN

73 g
CARBS

8 g
FAT

Per serving, from scratch.
Shortcut numbers are below.

INGREDIENTS

Chicken OR USE THE SHORTCUT

- 4½ oz boneless, skinless chicken breast
- Garlic and herb seasoning
- Cooking spray

Sauce

- ¾ cup plus 2 tbsp 1% cottage cheese
- 2 light spreadable cheese wedges
- ⅓ cup fat free milk
- Dried oregano, plus garlic and herb seasoning
- ¾ oz shredded part skim mozzarella (about 3 tbsp)

Pasta

- 7 oz protein penne (or chickpea or lentil penne)
- Dried parsley (optional)

DIRECTIONS

- 1 Boil the pasta.** Cook the penne as the package directs. Save ½ cup of the cooking water before you drain it.
- 2 Blend the sauce.** Meanwhile, put the cottage cheese, cheese wedges, milk, oregano and a pinch of garlic and herb seasoning in a blender. Blend for 1 to 2 minutes, until thick and smooth.
- 3 Cook the chicken.** Season the chicken with garlic and herb seasoning. Coat a skillet with cooking spray and cook the chicken over high heat until it reaches 165°F. Set it aside. **SHORTCUT: HEAT INSTEAD**
- 4 Finish the sauce.** Turn the heat to low. Add the blended sauce and mozzarella. Stir gently for about 2 minutes, then add a splash of pasta water and stir 1 minute more.
- 5 Add the pasta.** Stir in the drained penne and cook for 1 minute. Let it simmer 1 minute more. Slice the chicken into thin strips.
- 6 Serve.** Divide the pasta between 2 plates. Top each with half the chicken and sprinkle with parsley.



Chicken Crumbles · Portside Proteins

SKIP THE COOKING

Use 4 oz Chicken Crumbles instead

They come fully cooked and seasoned with garlic, sea salt and spice, so they replace the raw chicken and its seasoning in step 3. Thaw them in the fridge overnight. Heat them in the skillet over medium heat for 3 to 4 minutes, stirring, until they reach 165°F. Spoon them over the pasta in step 6.

Per serving: 590 cal · 55 g protein · 74 g carbs · 10 g fat.

Want more protein? Use 8 oz Chicken Crumbles (4 oz per plate) and warm them the same way. **Per serving:** 710 cal · 75 g protein · 74 g carbs · 15 g fat.



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MAKES 4 MEALS · 50 MIN FROM SCRATCH · ABOUT 25 MIN WITH THE SHORTCUT

Chicken Tikka Masala

390

CALORIES

42 g

PROTEIN

42 g

CARBS

5 g

FAT

Per meal, from scratch.
Shortcut numbers are below.

INGREDIENTS

Chicken OR USE THE SHORTCUT

- 1½ lb boneless, skinless chicken breast, diced
- ½ cup plain nonfat Greek yogurt
- 4 garlic cloves, chopped
- 1 oz fresh ginger, grated (or ginger paste)
- 1 tsp each salt, garam masala, ground turmeric, paprika, ground cumin and ground coriander
- Cooking spray

Tikka masala sauce

- ½ onion, diced
- One 14.5 oz can diced tomatoes
- 3 tbsp plain nonfat Greek yogurt
- 1 tsp each of the same spices and salt

For each meal

- ¾ cup cooked white rice
- A quarter of the tikka masala
- Fresh cilantro (optional)

DIRECTIONS

- 1 Marinate the chicken.** Mix the chicken with the yogurt, garlic, ginger, salt and spices. **SHORTCUT: SKIP**
- 2 Cook the chicken.** Coat a large skillet with cooking spray and set it over high heat. Cook the chicken about 4 minutes per side, until it reaches 165°F. Move it to a plate. **SHORTCUT: HEAT INSTEAD**
- 3 Start the sauce.** Add the onion, tomatoes, yogurt and the second round of spices to the same skillet. Simmer over medium heat for 2 to 3 minutes.
- 4 Blend.** Carefully pour the hot sauce into a blender and vent the lid. Blend for 30 to 60 seconds, until smooth.
- 5 Add the chicken.** Return the sauce to the skillet over low heat. Stir in the chicken and simmer for 3 minutes.
- 6 Pack the meals.** Put ¾ cup rice in each of 4 containers and add a quarter of the tikka masala. Top with cilantro. Cover and refrigerate. Eat within 3 to 4 days.



Chicken Shawarma · Zhoug

SKIP THE COOKING

Use 1 lb Chicken Shawarma instead

It comes fully cooked and already marinated with garlic, paprika and turmeric, so steps 1 and 2 go away. Thaw it in the fridge overnight. Heat it in a skillet over medium high heat for 5 to 7 minutes, turning, until it reaches 165°F, then chop it. Add the garlic and ginger to the sauce in step 3, and stir in the chicken at step 5.

Per meal: 430 cal · 36 g protein · 45 g carbs · 11 g fat.

Want more protein? Use 1 lb Chicken Crumbles. Stir them into the finished sauce at step 5 and simmer for 3 to 4 minutes, until they reach 165°F. **Per meal:** 430 cal · 45 g protein · 42 g carbs · 10 g fat.



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MAKES 4 BOWLS · 55 MIN FROM SCRATCH · ABOUT 20 MIN WITH THE SHORTCUT

Chipotle Chicken Burrito Bowls

500
CALORIES

49 g
PROTEIN

63 g
CARBS

6 g
FAT

Per bowl, from scratch.
Shortcut numbers are below.

INGREDIENTS

Chicken [OR USE THE SHORTCUT](#)

- 1½ lb boneless, skinless chicken breast, cut into 1-inch pieces
- 1 tsp each salt, garlic powder, onion powder, ground cumin, chili powder and smoked paprika
- Juice of ½ lime
- Cooking spray

Chipotle sauce

- One 5.3 oz container plain nonfat Greek yogurt
- 2 to 4 tsp adobo sauce from a can of chipotles in adobo

Pico de gallo

- 2 Roma tomatoes, diced
- 1 jalapeño, seeded and diced
- 1 small white onion, diced
- ¼ cup chopped cilantro
- Juice of 2 limes
- Salt, pepper and garlic powder

For each bowl

- ¾ cup cooked white or Mexican style rice
- 1 cup shredded romaine
- ½ cup corn kernels
- ½ cup black beans, rinsed and drained
- 4 oz cooked chicken
- A quarter of the chipotle sauce

DIRECTIONS

- 1 Season the chicken.** Toss the chicken with the six spices and the lime juice until every piece is coated.
SHORTCUT: SKIP
- 2 Make the sauce.** Stir 2 tsp of the adobo sauce into the yogurt. Taste, then add more if you want it hotter.
- 3 Make the pico.** Combine the tomatoes, jalapeño, onion and cilantro. Add the lime juice, season with salt, pepper and garlic powder, and stir.
- 4 Cook the chicken.** Coat a large skillet with cooking spray and set it over high heat. Cook the chicken about 4 minutes per side, until it reaches 165°F.
SHORTCUT: HEAT INSTEAD
- 5 Build the bowls.** Divide the rice, lettuce, corn, beans and pico between four containers. Top each with a quarter of the chicken and a quarter of the sauce.
- 6 Store.** Cover and refrigerate. Eat within 3 to 4 days. Pack the sauce separately if you want the lettuce to stay crisp.



Pollo Asado · The Stuffed Burrito Co.

SKIP THE COOKING

Use 1 lb Pollo Asado instead

It comes fully cooked and already marinated in citrus and chipotle, so steps 1 and 4 go away. Thaw it in the fridge overnight. Heat it in a skillet over medium high heat for 5 to 7 minutes, turning, until it reaches 165°F. Slice, then build the bowls.

Per bowl: 560 cal · 43 g protein · 67 g carbs · 15 g fat. Contains soy and wheat.

Want more protein? Use 1 lb Chicken Crumbles. Warm them in a skillet for 3 to 4 minutes with the step 1 spices (leave out the salt). **Per bowl:** 560 cal · 54 g protein · 63 g carbs · 11 g fat.



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