



fresh
steps
MEAL SYSTEM

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PASTA RECIPES



Introduction

Our Meal Starters serve as the foundation for any meal- they contain essential vitamins, minerals and an appropriate balance of protein, carbohydrate and fats. Our Smoothie, Soup, Pasta and Egg Meal Starters truly are your kitchen training wheels. Simply pair with fresh ingredients as part of any recipe to create a healthy portion-controlled meal to leave you satisfied. Although the foundation of your meal, Meal Starters are only part of the story. It is the grocery ingredients and spices that you pair which round out a balanced meal.

Superfoods

While the addition of fresh ingredients, specifically fruits and vegetables, are of critical importance, so too is the type of produce selected. Eating a diet rich in vitamins, minerals and antioxidants is an important habit of a healthy lifestyle. Nutrient-dense foods or **superfoods** not only make you feel great, but they may even reduce your risk of certain chronic health conditions while providing multiple health benefits. For this reason, we have highlighted the **superfoods** part of each recipe to keep you informed! While there are many foods that can be described as super, it is important to understand that there is no single food that holds the key to good health or disease prevention. The key instead lies with a nutrient dense diet filled with delicious ingredients highlighted in these recipes!





Pasta Recipes



Chicken Piccata with Fusilli

INGREDIENTS

- Proti-VLC Fusilli, 1 pouch
- ½ cup, Low Sodium Chicken Stock
- ¼ cup, Lemon Juice
- All Purpose Wheat Flour, for dredging
- 4oz, Skinless Chicken Breast
- 2 tsp, Garlic Minced
- 1 tbsp, Extra Virgin Olive Oil
- 1 cup, Spinach
- ½ cup, Broccoli, chopped
- 1 tsp, Capers
- 1 tsp, Onion Powder
- 1 tsp, Oregano
- 1 tsp, Basil
- Salt
- Pepper
- Water

Super Food: Spinach is loaded with tons of nutrients in a low-calorie package. Dark, leafy greens like spinach are important for skin, hair, and bone health. They also provide protein, iron, vitamins, and minerals.

DIRECTIONS

- 1 Season chicken with salt and pepper. Dredge chicken in flour and shake off excess.
- 2 Add water to the saucepan and bring to a boil for fusilli.
- 3 In a large skillet over medium high heat, add olive oil and minced garlic. When olive oil begins to sizzle, add in chicken and cook for 3 minutes. When chicken is browned, flip and cook on the other side for 3 minutes. Remove and transfer to plate.
- 4 Into the pan add the lemon juice, stock and capers. Return to stove and bring to boil, scraping up brown bits from the pan for extra flavor. Add Onion Powder, Oregano, Basil, Salt and Pepper.
- 5 Add the one pouch of fusilli to the boiling water. Let boil for 10 minutes.
- 6 Return chicken to your skillet and add both spinach and broccoli.
- 7 Remove fusilli from boiling bag and add to skillet to absorb flavor. Let simmer for 5 minutes and serve.



**Nutrition: Calories: 396 • Fat 18.5g • Total Carbs 20.3g • Fiber 5.3g • Sugar 3.2g
Net Carbs 15g • Protein 45.5g**

41% Fat, 21% Carbohydrate, 46% Protein



Caprese Pasta with Fusilli

INGREDIENTS

- Proti-VLC Fusilli, 1 pouch
- 2 Medium Roma Tomatoes
- 2 cloves of garlic
- 4 Fresh Basil Leaves
- 1 tsp Basil Dried
- 1sp Oregano Dried
- 1 tsp Parsley Dried
- 1 tsp Garlic Powder
- 1oz Fresh Mozzarella
- 2 tbsp Extra Virgin Olive Oil

Super Food: Garlic is packed with antioxidants which help protect the body from free radical damage decreasing cancer risk.

DIRECTIONS

- 1 Bring a large saucepan of salted water to a boil. Add the pouch of fusilli and cook for 10min. Drain.
- 2 Meanwhile, in a heavy large skillet, heat the olive oil over medium heat. Add the garlic, dried basil, oregano, parsley and garlic powder. Saute until fragrant, about 1 minute.
- 3 Add the tomatoes and saute until heated through about 2 minutes.
- 4 Remove the skillet from heat. Add the cheese and fresh basil and toss to coat.
- 5 Season the pasta with salt and pepper to taste. Serve and enjoy.

 **Calories: 397 • Fat 24.7g • Total Carbs 22.3g • Fiber 4.9g • Sugar 12g • Net Carbs 17.4g • Protein 25.4g**

56% Fat, 23% Carbohydrate, 26% Protein



Shrimp Scampi with Fusilli

INGREDIENTS

- Proti-VLC Fusilli, 1 pouch
- 3oz Large Shrimp
- 1 tbsp Extra Virgin Olive Oil
- ½ tbsp Unsalted Butter
- 1 tbsp Shallots
- 2 cloves of Garlic
- ½ tsp Black Pepper
- ½ tsp Iodized Salt
- ¼ tsp Red Pepper Flakes
- ¼ cup Low Sodium Chicken Broth
- ¼ cup Lemon Juice
- 2 tbsp Fresh Parsley
- 1 tbsp Parmesan Cheese, grated

Super Food: Astaxanthin is a reddish pigment which gives shrimp their color that belongs to the carotenoids family. Studies have shown it to lessen sun damage and prevent wrinkles.

DIRECTIONS

- 1 Bring a saucepan of water to a boil and add the pouch of fusilli pasta. Boil for 10 minutes and remove from water.
- 2 Heat the butter and olive oil in a large skillet over medium-low heat. Add the shallot and cook until beginning to soften, about 3 minutes. Add the garlic and cook 30 seconds. Add the shrimp, salt, red pepper flakes and black pepper. Sauté for 3 minutes, until the shrimp are beginning to cook.
- 3 Add the chicken broth, lemon zest and lemon juice. Bring to a boil and cook for 1 minute just until the shrimp are completely opaque and cooked through. Open the pouch of cooked fusilli and add to your skillet.
- 4 Stir in your fusilli and parsley so they are coated with the garlic-lemon sauce and heat just until warmed through.
- 5 Sprinkle with a touch of parsley and parmesan cheese. Serve warm.



Nutrition: Calories: 432 • Fat 24g • Total Carbs 17.2g • Fiber 3.3g • Sugar 2.6g • Net Carbs 13.9g Protein 40g

50% Fat, 16% Carbohydrate, 37% Protein



Asian Fried Orzo

INGREDIENTS

- Proti-VLC Orzo, 1 pouch
- 1 tbsp Extra Virgin Olive Oil
- 1 handful Spinach
- ¼ cup broccoli
- 1 tbsp Bean Sprouts
- 1 tbsp frozen shelled Edamame
- 1 tbsp Scallions, chopped
- 2 cloves Garlic
- 2 Large Eggs
- 2 tsp Low Sodium Soy Sauce
- ½ tsp Sesame Oil

Super Food: Eggs are packed with 6g of protein as well as lutein (which is good for vision) and choline (which helps preserve memory).

DIRECTIONS

- 1 Bring a saucepan of water to a boil and add the pouch of orzo pasta. Boil for 10 minutes and remove from water.
- 2 In a large skillet or wok, add olive oil over medium high heat
- 3 Add spinach, broccoli, bean sprouts and edamame. Cook, stirring occasionally, until vegetables begin to soften-- about 5 minutes.
- 4 Stir in the white part of the scallions and add garlic.
- 5 Open your pouch of cooked orzo and add it to the skillet.
- 6 Pour in both eggs and stir it together with the vegetables. Cook, stirring the mixture frequently until the egg is scrambled.
- 7 Stir in the soy sauce, green part of the scallions and the sesame oil.
- 8 Taste and adjust the seasoning.



Nutrition: Calories: 444 • Fat 26g • Total Carbs 14g • Fiber 4.4g • Sugar 1.7g • Net Carbs 9.6g Protein 35g

53% Fat, 13% Carbohydrate, 32% Protein



Chicken Mediterranean Orzo

INGREDIENTS

- Proti-VLC Orzo, 1 pouch
- 3oz Chicken Breast, No Skin
- 1 tbsp Extra Virgin Olive Oil
- ¼ cup Lemon Juice
- 4 Kalamata Olives, Pitted
- 4 Cherry Tomatoes, quartered
- ¼ cup Cucumber Peeled and Chopped
- 1 oz Feta Cheese

Super Food: Olives are a great source of Vitamin E which is a powerful antioxidant important for vision, reproduction and the health of your blood, brain and skin.

DIRECTIONS

- 1 Bring a saucepan of water to a boil and add the pouch of orzo pasta. Boil for 10 minutes and remove from water.
- 2 In a skillet, add 1 tbsp of olive oil. When heated add your chicken with a dash of salt and pepper. Heat until cooked and remove from the skillet.
- 3 While orzo and chicken cool, dice all vegetables.
- 4 In a large bowl, add your diced vegetables, cooled orzo and add half of your lemon juice.
- 5 Drizzle the olive oil over the orzo and vegetables, then add feta and salt and pepper to taste. Toss well.
- 6 Taste for salt and adjust as needed, add more lemon juice if needed.



Nutrition: Calories: 464 • Fat 27.5g • Total Carbs 18.1g • Fiber 3.3g • Sugar 5g • Net Carbs 14.8g Protein 40g

53% Fat, 16% Carbohydrate, 35% Protein



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We cannot wait to see your delicious meals!