

ALTERNATIVE SANDWICHES

Dr.
RACHEL PAUL
PHD., RD.





Welcome! I'm so glad you're here & ready to get cooking!

All rights reserved. No part of this publication may be reproduced or transmitted in any form or by any means, electronic or mechanical, including photocopying, recording, or any other information storage and retrieval system, without the written permission of Rachel Paul. This guide is for the recipient ONLY.

The information in this guide is not meant to substitute for any dietary regimen or advice that may have been prescribed by your doctor. As with all dietary programs, you should get your doctor's approval before beginning. If you suspect you have a medical problem, I urge you to seek competent help. Keep in mind that nutritional needs vary from person to person. The information here is intended to help you make informed decisions about your eating and health. This guide is meant to be a guide for your food choices; it does not recommend you eliminate any foods from your diet in its entirety.

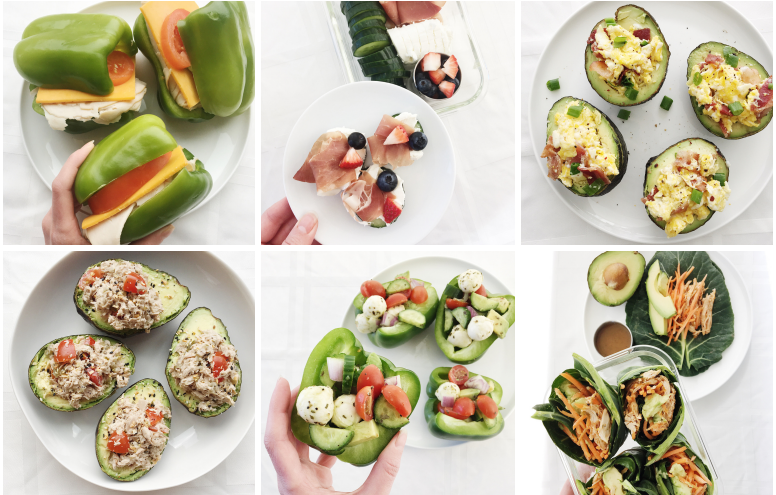


Table of Contents

Bell Pepper Sandwiches with Turkey and Cheese..... pg 1
Bell Pepper Sandwiches with Tomato Mozzarella Salad.... pg 2
Bell Pepper Sandwiches with Shrimp Avocado Salad..... pg 3
Collard Green Chicken Avocado Wrap..... pg 4
Eggs & Bacon Stuffed Avocados.... pg 5
Stuffed Avocados - Caprese Addition.... pg 6
Tuna-Stuffed Avocados.... pg 7
Cucumber Goat Cheese & Prosciutto Bites..... pg 8
Stuffed Celery with Tzatziki Grilled Chicken.... pg 9
Cucumber Lunchables with Shrimp Avocado Salad.... pg 10



Bell Pepper Sandwiches with Turkey and Cheese

Total calories: 416

Ingredients:

- Bell pepper, green (2)
- Deli slices, turkey (4 oz)
- Cheese, sliced, full fat/regular (2 oz)
- Tomato, medium (1)

Instructions:

1. Cut open bell pepper – cut into 4 pieces; scoop out seeds and remove stems.
2. Make 2 sandwiches with sandwich fixings
3. No deli turkey? Use extra cheese or tofurkey slices. No dairy? Use avocado, bacon, or tzatziki sauce



Bell Pepper Sandwiches with Tomato Mozzarella Salad

Total calories: 458

Ingredients:

- Bell pepper, green (2)
- Tomatoes, grape (1 cup)
- Onion, red (1/4)
- Avocado, small (1/2)
- Cucumber, medium (1)
- Mozzarella balls, mini (1 oz)
- Olive oil (1 Tbsp)

Instructions:

1. Slice tomatoes, cucumber, avocado, and mozz balls into small pieces
2. Mix all ingredients (except bell peppers) in a bowl
3. Cut open bell pepper, scoop out seeds and remove stems. Fill with salad.
4. Note: You could also cut up the bell pepper into smaller pieces & mix it in with the salad, if it's easier for you to eat it that way
5. No dairy? Use bacon or chicken



Bell Pepper Sandwiches with Shrimp Avocado Salad

Total calories: 469

Ingredients:

- Bell pepper, green (2)
- Cucumber, medium (1)
- Shrimp, cooked (5 oz)
- Avocado, small (1)
- Dashes: salt, pepper, red pepper flakes

Instructions:

1. Stir-fry shrimp with an oil spray, drain away any excess liquid
2. Mix all ingredients except bell pepper
3. Cut open bell pepper, scoop out seeds and remove stems.
4. Fill with salad



Collard Green Chicken Avocado Wrap

Total calories: 356

Ingredients:

- Leafy greens, collards, raw (1/2 cup)
- Chicken breast, boneless, skinless, raw (5 oz)
- Avocado, small (1/2)
- Carrots, baby (1/2 cup)
- Peanut sauce (2 Tbsp)

Instructions:

1. Slice chicken.
2. Spray a pan with an oil spray. Cook chicken for ~10 minutes, flipping pieces occasionally. Use an instant-read thermometer to make sure chicken gets to 165 degrees internally.
3. Remove thick part of stem from collards. Place one on top of the other in the opposite direction (so that you're using 2 leaves per wrap)
4. Place 1/2 the amount of chicken, avocado, shredded (julienned) carrots, and peanut sauce in the middle of each wrap (so making 2 wraps)
5. Roll up like a burrito – fold in the sides, and then roll up from the bottom; cut in half! Dip into peanut sauce
6. No chicken? Use tuna! Note: I like Whole Food's Peanut Sauce best, but any store will have their own version!



Eggs & Bacon Stuffed Avocado

Total calories: 465

Ingredients:

- Avocado, small (1)
- Egg, large (2)
- Uncured bacon, slice (2)
- Dash: oregano, pepper

Instructions:

1. Cut bacon into small pieces. Fry bacon in a pan on stove top, by cooking on low heat & turning pieces every few minutes. Alternatively, you can cook bacon in the microwave or in the oven (~20 minutes at 400 degrees) if you prefer.
2. Spray a separate pan with an oil spray. Crack in egg & scramble on medium heat, until cooked through to desired consistency.
3. Cut avocado in half, fill with eggs & bacon, and seasonings.
4. No bacon? Use soy or turkey bacon, or a little cheese.



Stuffed Avocados Caprese Edition

Total calories: 573

Ingredients:

- Avocado, small (1)
- Tomatoes, grape (1/2 cup)
- Mozzarella balls, mini (4 oz)
- Dash: salt, pepper, oregano, basil

Instructions:

1. Slice mozzarella balls and tomatoes in halves
2. Cut avocado in half, remove pit, scoop in salad
3. Top with seasonings & drizzle with glaze



Tuna-Stuffed Avocados

Total calories: 435

Ingredients:

- Avocado, small (1)
- Tuna, canned (1 can) (1)
- Mayonnaise, light (1 Tbsp)
- Tomatoes, grape (1 cup)

Instructions:

1. Mix tomatoes (cut into eighths), tuna, and mayo.
2. Cut avocado in half, remove pit, scoop in salad.



Cucumber Goat Cheese & Prosciutto Bites

Total calories: 428

Ingredients:

- Cucumber, small (1)
- Cheese, goat (2 oz)
- Prosciutto (2 oz)
- Blueberries, fresh (1 cup)

Instructions:

1. Slice cucumbers into coin shapes.
2. Top with cheese, prosciutto, and berries.
3. If you'd prefer 1/2 cup of blueberries and 1/2 cup of strawberries, that's fine!
4. No prosciutto? Use additional cheese. No dairy? Use a dairy-free brand or additional prosciutto.



Stuffed Celery with Tzatziki Grilled Chicken

Total calories: 390

Ingredients:

- Celery stalks, chopped in half (2 cups)
- Chicken breast, boneless, skinless, raw (5 oz)
- Uncured bacon, slice (2)
- Tzatziki sauce (2 Tbsp)

Instructions:

1. Fry bacon on the stove top or bake in the oven. Cut into small pieces.
2. Cut chicken breast into small pieces, stir-fry on stove top with an oil spray for ~10 minutes total, mixing frequently. Check that chicken gets to 165 degrees internally (use an instant-read thermometer).
3. Chop chicken into small pieces; combine with bacon and tzatziki sauce.
4. Notes: no chicken? Use tofu or tuna. If you'd prefer turkey or soy bacon - use those!



Cucumber "Lunchables" with Shrimp Avocado Salad

Total calories: 331

Ingredients:

- Cucumber, medium (1)
- Tomatoes, grape (1 cup)
- Avocado, small (1/2)
- Shrimp, cooked (5 oz)
- Dash: garlic salt

Instructions:

1. Slice cucumber into coin shapes.
2. Spray a pan with an oil spray. Stir fry shrimp ~8 minutes, until cooked through, on medium heat. Cut shrimp, tomatoes, and avocado into small pieces.
3. Combine and season with garlic salt.
4. Top onto cucumbers.

Dr.
RACHEL PAUL
PHD., RD.



Next Steps!

I'd love for you to join me
in **Best Body**

Join my weight loss & getting lean program where you learn my long-term success strategies. Receive a new meal plan each week, and get accountability from our incredible support group on Facebook.

As Seen In:

