

# **FIT MOM DIET'S**

## **BUDGET FRIENDLY MEALS**

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### **PASTA**

**Whole Wheat pasta with Ground Turkey, Marinara, Fresh Mozzarella**

### **SOFT TACOS**

**Ground Turkey with Taco Seasoning, Corn Tortillas, Lettuce, Cheese, Greek Yogurt, Salsa**

### **TACO SALAD**

**Lettuce, Veggies, Black Beans, Ground Turkey, Salsa, Sour Cream**

### **BREAKFAST BURRITOS**

**Whole Wheat Tortillas, Ground Turkey, Eggs, Potatoes Roasted, Cheese, Salsa**

### **STIR FRY**

**Rice , Ground Turkey, Veggies, Garlic, Ginger, Soy Sauce**

### **EASY CROCK POT TURKEY CHILI**

**Give our EASY CROCKPOT TURKEY CHILI Recipe a Try!**