



LAZY DAY  COOKING CLUB
SEPTEMBER RECIPES

The first thing Carrie does with every single meal is **add extra veggies** — her go-tos are zucchini, bell peppers, squash, cauliflower, carrots, and broccoli. Beyond that, here's how she lowers the carbs and fat in each September recipe, and what she swaps in for the rice, pasta, or bread.

01 Creamy Ranch Chicken

- ◆ Cut the potatoes in half and replace with cauliflower florets to cut the carbs.
 - ◆ Swap the cream cheese for plain Greek yogurt (stir in after cooking so it doesn't break) for the same creamy texture with more protein and less fat.
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02 Crock Pot 3 Bean Beefy Chili

- ◆ Use a leaner cut of stew meat, or swap in 93% lean ground beef.
 - ◆ Stir a triangle of Laughing Cow cheese into your bowl for creaminess without a lot of fat.
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03 Crock Pot Balsamic Pulled Chicken Sliders

- ◆ Use a sugar-free brown sugar substitute in place of regular brown sugar.
 - ◆ Serve on Hero bagels or Hero bread instead of regular buns, or roll it into a low-carb tortilla for a wrap — all low carb, high protein, high fiber.
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04 Crock Pot Bolognese Sauce

- ◆ Use lean ground beef (93/7) or ground turkey to cut the fat.
 - ◆ Serve over zucchini noodles or roasted spaghetti squash instead of spaghetti.
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05 Crock Pot Chicken and Dumplings

- ◆ Swap the cream of chicken soup for a lighter version, or thin it with Fairlife protein milk.
 - ◆ Keep the canned biscuits, but add extra veggies to the mix for more fiber — or dice up Hero bread in place of the biscuits for the same idea with more protein and fiber built in.
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06 Crock Pot Chicken Cacciatore

- ◆ Use boneless, skinless chicken breast instead of thighs to cut the fat.
 - ◆ Serve over zucchini noodles or spaghetti squash instead of fettuccine.
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07 Crock Pot Chicken Taco Casserole

- ◆ Use plain Greek yogurt instead of regular sour cream, and go light on the cheese.
 - ◆ Swap the rice for cauliflower rice and diced zucchini, stirred in at the same step.
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08 Crock Pot Cracked Pepper Pot Roast

- ◆ Trim the chuck roast well before cooking to cut the fat.
 - ◆ Cut the potatoes in half and replace with cauliflower.
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09 Crock Pot Creamy Red Pepper Sausage Tortellini

- ◆ Use lean turkey sausage instead of regular ground sausage.
 - ◆ Swap the heavy cream for a mix of plain Greek yogurt and Fairlife protein milk.
 - ◆ Swap the tortellini for cauliflower gnocchi, or skip the pasta swap and add extra broth to turn it into a soup instead.
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10 Crock Pot French Onion Chicken Casserole

- ◆ Use a light or homemade French onion soup base to cut the sodium and fat.
 - ◆ Swap the rice for cauliflower rice and diced zucchini, stirred in at the same step.
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11 Crock Pot Green Chili Beef Casserole

- ◆ Use lean ground beef and go light on the cheese.
 - ◆ Swap the rice for cauliflower rice and diced zucchini, and cut the corn back to lower the carbs.
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12 Crock Pot Italian Chicken & Bean Soup

- ◆ Use diced chicken breast instead of a fattier cut.
 - ◆ Already low-carb and high-fiber as-is thanks to the beans — no serving swap needed.
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13 Crock Pot Korean Beef Lettuce Wraps

- ◆ Use lean ground beef (93/7) instead of regular.
 - ◆ Use a sugar-free brown sugar substitute in the sauce.
 - ◆ Swap the rice underneath for cauliflower rice.
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14 Crock Pot Mongolian Meatballs

- ◆ Swap in lean turkey or chicken meatballs instead of a beef-based frozen bag.
 - ◆ Use a sugar-free brown sugar substitute in the sauce.
 - ◆ Serve over cauliflower rice instead of regular rice.
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15 Crock Pot Pork Chops with Hominy

- ◆ Trim the pork chops well, and skip the added olive oil for the cast iron method — a light spray of cooking spray works just as well.
 - ◆ Keep the hominy portion smaller to lower the carbs.
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16 Crock Pot Red Pepper Chicken Soup

- ◆ Use diced chicken breast instead of a fattier cut.
 - ◆ Already a great low-carb, high-protein option as-is.
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17 Crock Pot Southwest Chile Lime Chicken Salad

- ◆ Swap the olive oil in the marinade for a splash of extra lime juice and chicken broth.
 - ◆ Use plain Greek yogurt as the base of the dressing instead.
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18 Crock Pot Spicy Pork Tenderloin with Rice

- ◆ Use a sugar-free brown sugar substitute in the sauce.
 - ◆ Swap the rice for cauliflower rice, diced sweet potato, or roasted squash.
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19 Crock Pot Steak & Potato Soup

- ◆ Use a leaner cut of beef and trim any visible fat before cooking.
 - ◆ Cut the potatoes in half and replace with cauliflower, and skip the flour — thicken with a spoonful of plain Greek yogurt instead.
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20 Philly Cheesesteak Sloppy Joes

- ◆ Use lean ground beef (93/7) and go light on the provolone.
 - ◆ Serve on Hero bagels or Hero bread, in a low-carb tortilla wrap, or in a lettuce wrap instead of a hamburger bun.
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