



WEEK 2 —Recipes

6. Garlic Chicken Pasta Primavera

Serves: 5

Ingredients

- 2½ lb chicken
- 1 lb whole-grain pasta
- 3 cups broccoli
- 1 bell pepper
- 1 cup cherry tomatoes
- 4 garlic cloves
- 2 tbsp olive oil
- ½ cup Parmesan
- ½ cup reserved pasta water
- Salt and pepper

Directions

1. Cook pasta according to package directions.
2. Season and sauté chicken until cooked through.
3. Remove chicken.
4. Add broccoli and pepper to the skillet.
5. Add garlic and tomatoes.
6. Return chicken.
7. Add pasta and pasta water.
8. Toss with Parmesan.

7. Chicken Pesto Flatbreads

Serves: 5

Ingredients

- 5 whole-grain flatbreads
- 2 cups cooked chicken
- ½ cup pesto
- 1½ cups mozzarella



- 1 cup tomatoes
- 1 cup spinach

Directions

1. Heat oven to 425°F.
 2. Spread pesto over flatbreads.
 3. Add chicken, tomatoes and spinach.
 4. Top with mozzarella.
 5. Bake 8–10 minutes.
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8. Turkey Meatballs & Marinara

Serves: 5

Ingredients

- 1½ lb lean ground turkey
- 1 egg
- ½ cup breadcrumbs
- ¼ cup Parmesan
- 2 garlic cloves
- 1 tsp Italian seasoning
- 1 jar marinara
- Salt and pepper

Directions

1. Heat oven to 400°F.
 2. Combine turkey, egg, breadcrumbs, Parmesan and seasonings.
 3. Form into 20–24 meatballs.
 4. Bake 15–18 minutes.
 5. Warm marinara.
 6. Add meatballs to sauce.
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9. Turkey Meatball Subs

Serves: 5

Ingredients

- 15–20 cooked turkey meatballs
- 5 whole-grain rolls
- 2 cups marinara
- 1½ cups mozzarella

Directions

1. Warm meatballs in marinara.
 2. Split rolls.
 3. Add meatballs and sauce.
 4. Top with mozzarella.
 5. Broil until cheese melts.
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10. Mediterranean Chicken Bowls

Serves: 5

Ingredients

- 3 cups cooked chicken
- 3 cups cooked brown rice
- 1 cucumber
- 2 tomatoes
- 3 cups greens
- 1 cup hummus
- ½ cup Greek yogurt
- Juice of 1 lemon
- 1 garlic clove
- Fresh parsley

Directions

1. Combine Greek yogurt, lemon, garlic and parsley.
2. Build bowls with rice and greens.
3. Add chicken, cucumber and tomatoes.



4. Add hummus.
5. Finish with yogurt sauce.

“You don’t have to walk this journey alone. We’re here to walk beside you—one meal, one choice, and one day at a time. This is only the beginning of our journey together. The 1PL8 Health System gives you the tools, knowledge, and confidence to build a healthier life—not for a moment, but for a lifetime. Your journey starts here. Let’s take the next step together.”

**— Chef Rich
1PL8 Health™**