KORB

HEALTHY BITES

RECIPES | ISSUE 001



A WEEK OF EATING WELL

The recipes behind this week's menu. Each one makes the portions shown in your Weekly Menu Inspiration.

CRUSTLESS FRITTATA

Serves 3 (1 large slice each)

Ingredients

- 9 eggs
- ¼ cup low-fat or fat-free milk
- 2 cups baby spinach
- 1 bell pepper, diced
- ½ onion, diced
- ¼ cup shredded cheese (optional)
- ¼ tsp salt, pepper to taste
- cooking spray

Instructions

1. Heat the oven to 375°F. Coat a 10-inch oven-safe skillet with cooking spray.
2. Cook the onion and pepper over medium heat for 5 minutes. Add the spinach and stir until wilted.
3. Whisk the eggs, milk, salt, and pepper, and pour over the vegetables. Sprinkle with cheese.
4. Cook on the stove 2 to 3 minutes until the edges set, then bake 12 to 15 minutes until the center is set.
5. Cool and cut into 3 slices. Keeps in the fridge 3 to 4 days.

PROTEIN OATMEAL

Serves 1

Ingredients

- ¼ cup old-fashioned oats
- ½ cup water
- 1 scoop protein powder
- 2 to 3 Tbsp water or low-fat or fat-free milk
- 1 cup berries
- 1½ tsp peanut butter
- cinnamon

Instructions

1. Microwave the oats and water for 1½ to 2 minutes. This makes about ½ cup cooked.
2. Let it cool for 1 minute, then stir in the protein powder with the extra water or milk. Powder stirred into very hot oats can clump.
3. Top with berries, peanut butter, and cinnamon.

Serving sizes match your Weekly Menu. Make the full recipe and save the rest for later in the week.

TURKEY MEATBALLS WITH ZUCCHINI NOODLES

Serves 4 (4 meatballs, 1 cup noodles, and ½ cup sauce each)

Ingredients

- 1 lb 93% lean ground turkey
- 1 egg
- ¼ cup whole-wheat breadcrumbs
- 2 cloves garlic, minced
- 1 tsp Italian seasoning
- ¼ tsp salt, pepper to taste
- 4 medium zucchini, spiralized
- 2 tsp olive oil
- 2 cups no-sugar-added marinara

Instructions

1. Heat the oven to 400°F and line a sheet pan.
2. Mix the turkey, egg, breadcrumbs, garlic, seasoning, salt, and pepper. Roll into 16 meatballs.
3. Bake 15 to 18 minutes, until they reach 165°F inside.
4. Warm the marinara. Cook the zucchini noodles in the olive oil for 2 to 3 minutes, just until tender, so they don't get watery.
5. Serve the meatballs and sauce over the noodles. Freeze any extra meatballs.

SHEET-PAN SALMON WITH BROCCOLI

Serves 4 (3 oz salmon, 1 cup broccoli, and ½ cup quinoa each)

Ingredients

- 1 lb salmon fillet, cut into 4 pieces
- 4 cups broccoli florets
- 4 tsp olive oil
- 2 cloves garlic, minced
- 1 lemon
- ½ tsp salt, pepper to taste
- 2 cups cooked quinoa

Instructions

1. Heat the oven to 425°F.
2. Toss the broccoli with the oil, garlic, and half the salt on a sheet pan. Roast 10 minutes.
3. Push the broccoli aside and add the salmon. Season with the rest of the salt, pepper, and lemon zest.
4. Roast 10 to 12 minutes, until the salmon flakes easily or reaches 145°F.
5. Squeeze the lemon over everything and serve with the quinoa.

Makes Tuesday's dinner, with extra salmon for Wednesday's lunch.

GREEK YOGURT TUNA SALAD

Serves 1

Ingredients

- 1 tuna pouch
- 2 Tbsp plain Greek yogurt
- 1 tsp Dijon mustard
- 2 Tbsp diced celery
- squeeze of lemon
- pepper and dill
- 1 slice whole-wheat bread, toasted

Instructions

Mix everything but the bread, then spread it on the toast. Serve with celery and cucumber sticks.

LETTUCE-WRAPPED SHRIMP TACOS

Serves 4 (3 oz shrimp each)

Ingredients

- 1 lb raw shrimp, peeled and deveined
- 1 tsp chili powder
- ½ tsp cumin
- ½ tsp garlic powder
- ¼ tsp salt
- cooking spray
- 4 cups shredded cabbage or coleslaw mix
- juice of 2 limes
- 2 Tbsp chopped cilantro
- butter lettuce leaves
- salsa
- ¼ cup diced avocado

Instructions

1. Toss the cabbage with the juice of 1 lime, the cilantro, and a pinch of salt.
2. Toss the shrimp with the spices and salt.
3. Cook in a skillet coated with cooking spray over medium-high heat, 2 to 3 minutes a side, until pink. Squeeze the second lime over the top.
4. Fill lettuce leaves with shrimp, slaw, salsa, and 1 Tbsp avocado per serving.

BEEF AND BROCCOLI STIR-FRY

Serves 4 (3 oz beef, 1 cup vegetables, and ½ cup rice each)

Ingredients

- 1 lb flank or sirloin steak, thinly sliced against the grain
- 4 cups broccoli florets and snap peas
- 2 tsp sesame oil
- 2 cloves garlic, minced
- 1 Tbsp grated ginger
- ¼ cup low-sodium soy sauce
- 2 Tbsp water, plus 2 Tbsp for steaming
- 1 tsp cornstarch
- 2 cups cooked brown rice

Instructions

1. Whisk the soy sauce, 2 Tbsp water, and cornstarch in a small bowl.
2. Heat 1 tsp sesame oil in a large skillet over high heat. Cook the beef 2 to 3 minutes, then set it aside.
3. Add the other 1 tsp oil, the vegetables, garlic, ginger, and 2 Tbsp water. Cook 3 to 4 minutes, until crisp-tender.
4. Return the beef, pour in the sauce, and simmer 1 minute until glossy. Serve over the rice.



DON'T LIKE AN INGREDIENT? It's OK to substitute the protein and the veggies. Check your *Healthy Bites: What Should I Eat in a Day?* guide for recommended items and serving sizes.

HAVE EXTRA FOOD? Keep in the fridge for up to 3 to 4 days, or freeze for up to 3 months.

Questions? Call our Care Team at 888-959-7299 or email info@korbhealth.com This guide is for educational reference only. It is not medical advice. Always follow the plan your KORB provider has given you, and check with them before making changes to your diet. KORB Health Medical Texas PA | korbhealth.com © 2026 KORB Health Group, LLC.