



### Healthy Recipes for Cookouts & BBQs

Summer is just around the corner! Enjoy lots of healthy recipes and substitutes for high carb/calorie at your next party, cookout, or backyard BBQ. Find these and many more recipes at [ITGdiet.com](http://ITGdiet.com)!

## Main/Protein Dishes

[BBQ Chicken](#)  
[Grilled Chicken Wings](#)  
[Bang Bang Shrimp](#)  
[Asian Ground Turkey Wraps](#)  
[Santa Fe Steak](#)  
[Sloppy Joe Stuffed Peppers](#)  
[Tuna Patties](#)

## Side Dishes

["Not" Potato Salad](#)  
[Baby Bella Bites](#)  
[Deviled Eggs](#)  
[Egg Salad](#)  
[Buffalo Cauliflower](#)

## Dips/Dressings

[Fresh Salsa](#)  
[Buffalo Chicken Dip](#)  
[Broccomole Dip](#)  
[Creole Mustard](#)  
[Hot Cajun Dressing/Dipping Sauce](#)

## Snacks/Treats

[Cinnamon Baked "Apples"](#)  
[ITG Party Mix](#)  
[Rhubarb Crisp](#)  
[Chocolate Chip Puff Cookies](#)  
[Peppermint Chocolate Trifle](#)