

100 muscle-building, fat-burning recipes,  
with meal plans to chisel your physique

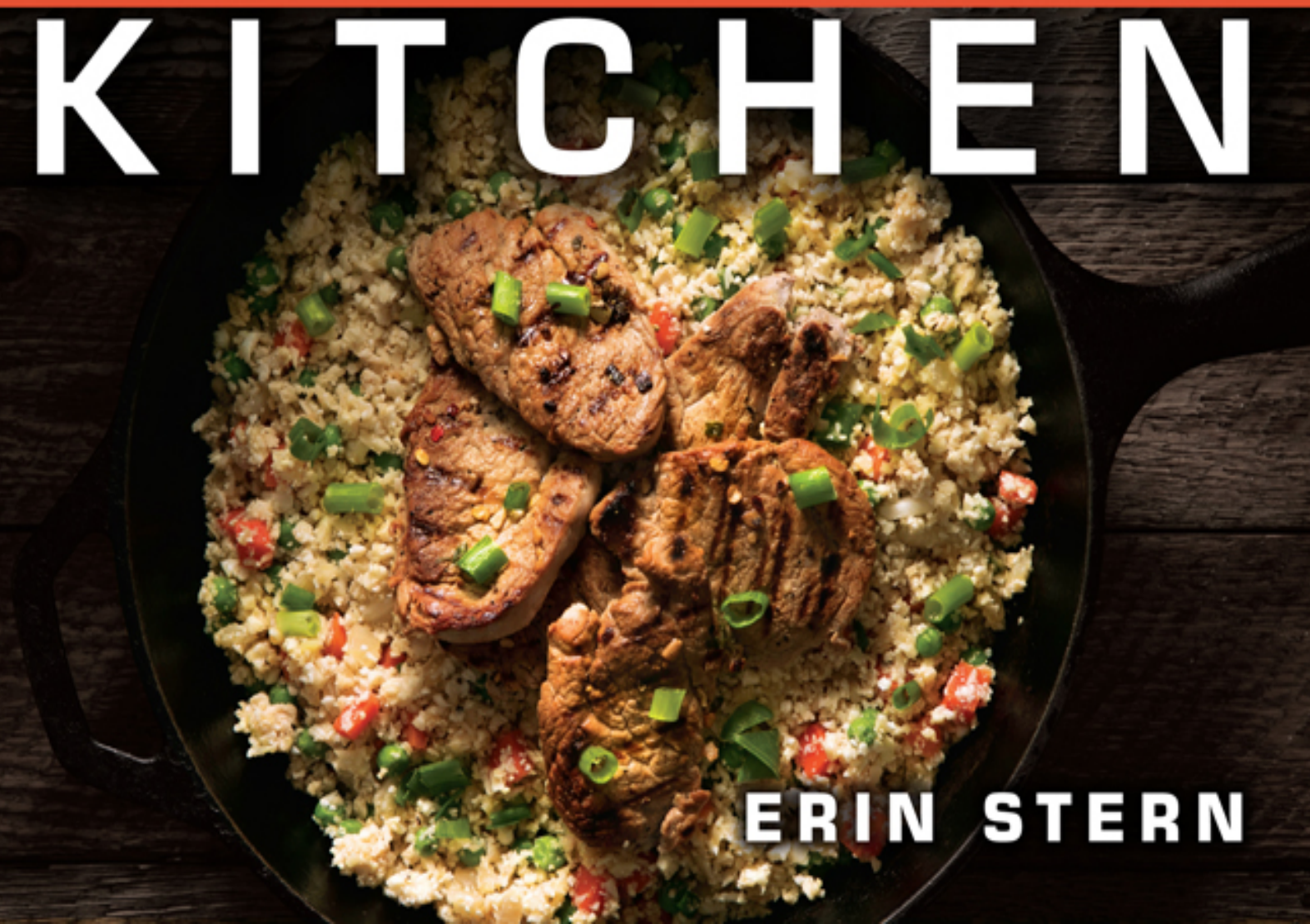
THE

**BODY**



**BUILDER'S**

**KITCHEN**



**ERIN STERN**

THE **BODY**



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# WELCOME TO THE BODYBUILDER'S KITCHEN!

When I first started training for physique competitions, I quickly realized that I couldn't follow the standard food pyramid any longer. Simply watching my overall caloric intake wasn't helping me get leaner or gain muscle. I began to research different eating styles and meal plans that included higher amounts of protein in the form of whole foods. I also learned that when we eat can be just as important as what we eat.

This book is intended to give you a foundation of recipes and meal plans to help you develop a nutrition plan that works for you, and features 100 recipes that have given me successful results. I believe that for a recipe to be successful, it must hit certain nutritional thresholds, but it also must be delicious and easy to make. So, each recipe in this book uses a minimal amount of ingredients, all of which can be found in any grocery store. Every recipe also includes key macronutrient totals for calories, protein, carbohydrates, and fat.

It's not enough to just have recipes, though. These recipes are applied in five of my favorite meal plans that will help you achieve any training goal. I think that a meal plan should be easy to follow, and we're more likely to stick with something if it isn't tedious and monotonous, so each plan is simple and gives you exactly the information you need to follow the plan each day. I include basic nutrition tips and tricks that make meal planning and meal substitutions a snap, and I've included easy-to-remember guidelines for determining macronutrient combinations and timing your meals.

I hope this book helps streamline your search for simple, delicious recipes that will take the guesswork out of setting your nutrition goals, and that it helps you find an eating plan that is right for your body. Don't be afraid to experiment with the different plans, or even to build your own plan. Whatever you do, stick with it, don't quit, and eventually you will begin to see the results you want!

Train hard ya'll!

Erin Stern

*(Author photo by Scott Harben)*



# ***THE ESSENTIALS***

*Just as any house is built by laying the foundation first, the body is built first through an understanding of how to train, how to eat, and how our bodies use the food we eat to build muscle and burn fat. This chapter lays the framework for defining your goals, eating right, and choosing a meal plan that will get the results you're seeking.*



# THE SCIENCE OF TRAINING AND NUTRITION

**Bodybuilding isn't just about lifting heavy things in the gym. It's actually a precise science that requires not only hard work in the gym, but eating the proper nutrients, and timing the delivery of those nutrients to optimize the gains your body is capable of achieving. Getting strong and ripped also requires hard work in the kitchen!**

## THE ROLE OF TRAINING

Every successful bodybuilder will tell you that in order to achieve a strong, ripped physique, you have to start by training hard and training consistently in the gym. Simply put, the harder you work, the stronger and more defined you will become. But how does that happen, and where do you start?

When we train, whether it be by pushing our bodies through strength training or through cardio training, we create physical stress that requires our bodies to heal and rebuild. The stress imposed on our muscles actually creates tiny micro tears in the muscle fibers, and those tears happen to be why we're sore after a hard training session, but they're also a sign that our bodies are becoming stronger. Our bodies have to heal that damage, and the healing response is to not only repair the existing damaged muscle fibers, but also to build brand new muscle tissue that eventually results in us growing stronger and bigger. This amazing regenerative process is why we're able to progressively lift more and heavier weight, and to see the steady improvement in our physiques that we're seeking.

Training hard is a critical component in achieving the physique you desire, but it takes time and effort, along with careful planning both in the gym and in the kitchen. Start first by defining your goals. Are you wanting to get stronger and add bulk? Or, are you looking to trim excess fat and show off

the muscle you've worked so hard to attain? Whatever your goal may be, it starts with creating a program that includes disciplined training and a precise nutrition program, both designed to maximize the benefits of your hard work. In short, as a bodybuilder there are no shortcuts to success, but as an old saying goes, the master of anything was once a beginner, so start your long-term success by developing a comprehensive training and nutrition plan. Whatever your goal may be, the hard work will be worth the effort in the end!



## **THE ROLE OF NUTRITION**

While many people might think a strong physique is just about working hard in the gym, what they may not realize is that nutrition plays a critical role in changing the body's composition. Proper bodybuilding nutrition involves choosing the right types of foods for the right meals, along with

consuming the right number of calories to meet your body's daily needs. If you meet these needs, you'll eventually be able to redefine your silhouette to your liking—not just bulk up or lose fat.

But bodybuilding nutrition isn't just about cutting calories, it's about eating the right balance of calories each day so your body can repair existing muscle and build new muscle fibers. This means your body needs a slight surplus of calories each day to use as fuel for energy and recovery. Some fad diets might have you running a caloric deficit, and while this might encourage weight loss, it has no effect on improving body composition, and it could actually result in a loss of muscle mass. Calorie restriction can also cause your metabolism to slow down, and significantly reduce energy levels. Controlling caloric intake to deliver the proper amount of calories so the body has the energy it needs to function and heal is the only proper approach.

Your body also needs the right balance of key macronutrients to heal and grow stronger. These macronutrients, which include protein, carbohydrates, and healthy fats, can help your body maximize its ability to repair, rebuild, and grow stronger. Timing is also important. By eating the right combinations of these key macronutrients at strategic intervals throughout the day, we can help our bodies heal and grow even faster.



# THE BENEFITS

The benefits of building a strong body through a carefully planned training and nutrition program are immeasurable. Here are just a few.

**IMPROVED STRENGTH** It's no secret that strength training, along with proper nutrition, burns body fat and produces strong, lean muscle to make us better able to perform virtually any task, no matter the age.

**IMPROVED SELF-ESTEEM** How we look has a direct impact on how we feel about ourselves. If we look good physically, and we feel good physically, then naturally we'll feel better about ourselves.

**MORE LEAN BODY MASS** The more muscle you have, the higher your metabolism, which means the body works harder to burn calories and keep you lean.

**FEWER INJURIES** Strength training and nutrition makes our bodies stronger, strengthens our bones and connective tissues, and improves our balance.

**IMPROVED BRAIN FUNCTION AND MOOD** Science has proven that exercise and proper nutrition both have a direct impact on improving brain function, as well as improving sleep and bettering mood.

# **BODYBUILDING NUTRITION BASICS**

**Your body is a complex system, and how you feed and fuel it has a direct impact on how effective your training can be. As a bodybuilder, there are several important processes to understand and manage in order to maximize your body's full potential for growing lean, strong muscle, and burning off excess body fat.**

## **CONTROLLING CALORIES**

Calories are essentially units of energy contained in the foods we eat, and our bodies convert those units into the energy it needs to function and heal. By controlling the number of calories you consume, and monitoring when you consume them, you can maximize the benefits from the foods you eat.

Think of your body as a furnace that needs a fairly constant supply of wood in order to keep burning. Feeding the furnace a steady flow of wood will keep the furnace burning at a level where it's not burning too hot, or being starved for fuel. Our bodies work much the same way. Eating an excess of calories can result in extra fuel that goes unused, and is eventually stored in your body as fat. Eating too few calories may mean you will not have the energy you need to perform, and hence your body is starved of the fuel it needs to function at peak efficiency. Eating just the right amount of calories at a steady pace throughout the day will mean you'll have the fuel you need to power through workouts and perform at your best. This is why eating 5 to 6 smaller meals over the course of the day helps keep your metabolic fire burning at a more consistent level, and your metabolism plays a role in this process. Metabolism is the rate and efficiency at which our bodies convert calories to energy, and while there are metabolic factors that are somewhat out of your control, including age, genetics, and current physical condition,

how you train and how you eat can have a significant impact on how efficiently your body uses the fuel that you put into it.

Our bodies also have to work harder to convert certain types of food to energy, a phenomenon known as the Thermic Effect of Food (TEF). Through TEF, because our bodies have to work even harder to metabolize proteins, our metabolism kicks into an even higher gear when we eat protein-rich foods. Conversely, when we eat foods that are high in simple carbohydrates, our bodies burn through the nutrients much more quickly and don't have to work as hard to process the calories, so the benefits of TEF aren't fully realized. By eating foods that our bodies have to work the hardest to burn, the "furnace" burns hotter and requires more fuel. If our bodies have to work harder to burn the fuel we feed them, our metabolism kicks into a higher gear.

## **MANAGING MACROS**

What we eat is just as important as how much we eat, and at the heart of every bodybuilding nutrition program are three core macronutrients that every bodybuilder needs to manage: carbohydrates, fats, and protein. Together, these nutrients form the nutritional foundation our bodies need to fuel workouts, heal damaged muscle tissue, and replenish cells. They're essential to keep us healthy and functioning at peak performance, and to build muscle and burn fat.

While simply controlling caloric intake can help with weight loss, eating the proper ratios of these key macronutrients is the real key to losing fat and gaining—and maintaining—lean, strong muscle. What type of combination should we eat prior to a workout? A macro ratio emphasizing protein and complex carbohydrates will deliver a formula of muscle-building nutrients and slow-burning energy that together will provide the perfect fuel for an effective training session. What type of macro ratio is ideal after a workout? A ratio high in protein and good fats will give our bodies a post-workout formula that emphasizes the rebuilding of new muscle tissue, while

supplying a potent nutrient boost that will help rebuild damaged muscle tissue and replenish nutrient-starved cells.

Consuming the wrong combinations of macros can have an adverse effect on training, as well. Eating meals that combine large amounts of carbohydrates with high amounts of fats can result in overloading our bodies with too many calories that we can't burn through. This can result in our bodies storing the excess nutrients and calories as body fat.

## **TIMING NUTRIENTS**

We know that what we eat is important to building a strong body, but when we eat is almost as important. Think of every meal, and every meal plan, as a formula which requires not only eating the right ratios of macronutrients, but eating those ratios at the precise times your body needs them the most. This concept, called nutrient timing, involves strategically planning which nutrients you eat before, after, and in between workouts, so you can help your body maximize the benefits from your food and your workouts. By strategically planning your macro intake around performance, recovery, and nourishment, you can reach your training goals faster because you'll be maximizing your body's ability to utilize the right nutrients when it needs them the most.

## **PRE-WORKOUT TIMING**

When we're trying to gain muscle, it's necessary for our bodies to synthesize more protein than we're breaking down, and to eat just enough calories to ensure our bodies have the fuel they need to build muscle without adding excess fat. Properly fueling the body about an hour before training is essential, and the optimum pre-workout macro combination will include a high level of complex carbs for sustained energy, high levels of protein to aid in the generation of muscle, but a relatively low level of fat.

Complex Carbs	Proteins	Fats
<b>HIGH</b>	<b>HIGH</b>	
		<b>LOW</b>

## POST-WORKOUT TIMING

After a hard workout, our bodies need to maximize the benefits of training, but also reenergize and heal. Consuming faster-digesting simple carbohydrates, such as those from bananas and grapes, within an hour of training helps quickly replenish depleted energy stores. The optimum macro formula for a post-workout recovery meal will include high levels of simple carbs for quick recovery of glycogen, high levels of protein for muscle growth, and a moderate level of fat to aid in recovery. A particularly tough training day will deplete energy and amino acids stores even faster, and might require a slightly higher intake of protein and carbs.

Simple Carbs	Proteins	Fats
<b>HIGH</b>	<b>HIGH</b>	
		<b>MEDIUM</b>

## BETWEEN WORKOUTS

Nutrient timing is also important when we're more sedentary. Our days should begin with a balanced ratio of complex carbohydrates, protein, and fats to give us a strong start and sustained energy. But while we may eat more calories during the day, we should taper our caloric intake at night, when our metabolism tends to slow down. At night there's less of a need to eat energy-rich foods, so the last snack of the day should be eaten 2 to 3 hours before going to sleep, and consist of a ratio that's high in protein, but low in carbs and fat. This will help reduce inflammation, improve recovery, and burn body fat.

# THE CORE MACRONUTRIENTS

**At the heart of any bodybuilder's nutrition plan are three core macronutrients: protein, carbohydrates, and fat. And while managing caloric intake is important, the real science behind bodybuilding nutrition begins with understanding these macros and their roles in your body's development so you can better plan your meals and optimize the benefits of the foods you eat.**

## PROTEIN

Protein is made up of amino acids and provides the foundation for building muscle and maintaining overall health. Protein's role in our bodies development is significant. It gives our cells structure, aids in tissue recovery, and contributes to the healthy production of hormones. It also increases satiety, and boosts our metabolism so our bodies can burn calories more efficiently. Protein is also the only macronutrient we're not able to store in our bodies, so a lack of dietary protein can potentially cause the body to start breaking down muscle tissue to use as energy, so it's important that we eat protein throughout the day, and in every meal. And while the average person may only need 50 to 60 grams of protein per day, a bodybuilder may need twice that amount.

The word protein, which is derived from ancient Greek, means "of prime importance," but not all forms of protein are optimal for muscle growth and maintenance. Complete proteins, which each contain around 21 amino acids, can be found in food sources such as lean meats, fish, eggs, and dairy products, and are the most complete and most efficient at building new muscle tissue.

Incomplete sources of protein contain fewer amino acids and are less efficient at giving us energy and building muscle. Many vegetarian protein sources, such as tofu and most legumes, are usually less complete and often require the supplementing of other protein sources to attain a complete

amino acid profile in the body. This should be done with caution, however, as supplementing incomplete proteins with additional protein sources can have the adverse effect of increasing carbohydrate and fat ratios beyond what our bodies need, and what remains unused can be stored in the body as fat.

Protein can also be consumed in the form of supplements, which may include powders, shakes, and bars. Supplements can bolster daily protein intake to help keep you full and fill in the gaps between meals, but they should not be considered as everyday replacements for natural protein sources. Supplements are just that—a supplement to a healthy, balanced meal plan, and their use should be limited to once per day, if possible.

**Complete protein sources:** eggs, turkey, chicken, beef, fish, shellfish, full-fat dairy, Greek yogurt, quinoa

**Incomplete protein sources:** legumes, tofu, rice, nuts, seeds



**PROTEINS** include eggs, chicken, fish, beef

## **CARBOHYDRATES**

Carbohydrates are the starches and sugars found in many food sources, such as fruits, vegetables, grains, and dairy products. They're essential for providing our bodies with energy, and are the body's primary

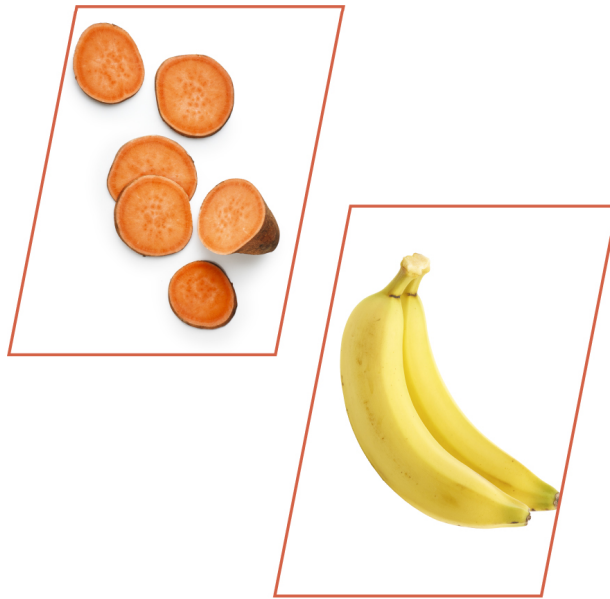
go-to source for fuel. Our bodies convert carbohydrates into glycogen, which is stored in the muscles and liver until our bodies utilize it as fuel.

There are two types of carbohydrates, and both are important for our bodies. Simple carbohydrates, which come from food sources like fruit juices, corn syrup, sugar, as well as high-sugar fruits, are converted into energy very quickly by the body. Complex carbohydrates, which are higher in fiber and come from foods that include whole grains, legumes, sweet potatoes, and lower sugar fruits, are slower to digest and can provide slower, more sustained energy.

Which carbs you eat, and when you eat them, is important. When you're training hard, your body's glycogen stores tend to be depleted quickly, so it's important to have ample fuel in your body before a workout, as well as after a workout. Since complex carbohydrates provide energy that is more prolonged and sustained, it's ideal to eat a concentration of complex carbs before a workout so your body has ample energy stores to make it through a long workout. Simple carbohydrates are ideal for a post-workout refuel because they provide quick energy that will help replenish your body's glycogen stores quickly. One gram of carbohydrates provide our bodies with 4 calories of energy.

**Simple carb sources:** high-sugar fruits (watermelon, bananas, grapes), fruit juices, vegetables, sugar

**Complex carb sources:** whole grains, legumes, sweet potatoes, low-sugar fruits (kiwi, berries, citrus fruits)



**CARBOHYDRATES** can be simple (as in a banana) or be complex (such as a sweet potato)

## **FATS**

Fats are essential for the development of a strong and healthy physique. They provide our bodies with energy, reduce inflammation, help transport essential fat-soluble vitamins to our cells, aid in maintaining healthy skin and hair, and aid in healthy cell function. One gram of fat provides our bodies with 9 calories of energy.

Good fats, often known as monounsaturated or polyunsaturated fats, come from sources that include foods like avocados, grass-fed butter, coconut oil, nuts, olive oil, and cold water, wild-caught fish. These fats are essential for the healthy functioning of our bodies, and for generating energy. They're also easier for the body to break down into fuel than less healthy fats.

Saturated fats are less healthy than good fats, and our bodies are less efficient at metabolizing them and turning them into energy. Saturated fats come primarily from sources such as some fatty red meats, and processed meats like ham and salami. As a general rule, including a small amount of saturated fat in the diet is okay, but it's best to limit the amount you consume.

Trans fats, on the other hand, are highly processed and found in fried foods, processed oils, some tropical oils, margarine, and other highly processed foods, and should be avoided altogether. They can cause spikes in cholesterol, high blood pressure, coronary artery disease, and inflammation. They're not good sources of energy, and because our bodies are not efficient at processing them, what's not processed by the body usually ends up stored as fat in the body's cells.

**Good fat sources:** avocados, tree nuts, olive oil, eggs, natural nut butters, flax seed, chia seed, oily fish (salmon, tuna), full-fat dairy

**Bad fat sources:** processed meats (ham, salami, bacon, hot dogs), deep-fried foods, margarine, commercially-made baked goods, partially hydrogenated vegetable oil, corn oil, sunflower oil



**FATS** can come from good and bad sources. The good fats are from avocados, olive oil, and tree nuts for example.

# THE BULKING AND CUTTING PHASES

**There are two primary dieting phases that are key to building a strong physique: bulking and cutting. If you think of bodybuilding in terms of sculpting, bulking is like adding clay to a sculpture—the overall shape is there, but the details may be difficult to see. Cutting, on the other hand, is like taking a chisel to the clay to reveal the distinct curves and aesthetic shape of the body. Each phase requires a unique nutritional approach to achieve the desired physical results.**

## BULKING

Bulking isn't about eating burgers, pizza, and fries, it's about consuming a slight surplus of calories in conjunction with the right mix of properly timed macronutrients. The goal of the bulking phase is to gain muscle without gaining excessive body fat.

In bodybuilding, trainees typically do either a “clean” bulk, or a “dirty” bulk. A clean bulk will require consuming a small excess of calories, but it will encourage building muscle, rather than gaining fat, and is the best way to avoid the “fluffy” look of a layer of body fat over muscle. A dirty bulk typically utilizes any kind of food, including junk foods and supplements, in order to produce a calorie surplus that will build bulk as quickly as possible. A dirty bulk might add size quickly, but most of it likely will be in the form of fat, and the more fat that's added to a physique, the harder and longer the cut needs to be in order to get rid of it. Putting on more fat during the bulking phase also means you'll have to work harder and longer during the cutting phase to take it off. A clean bulk may take longer than a dirty bulk, but it will add more quality muscle and less fat, and in the end is the fastest and most reliable way to get strong and ripped. The goal of the bulking plan

in this book is to produce a clean bulk, where excess calories are consumed in the form of whole foods, and are comprised mostly of protein and carbohydrates.



*A bulking plate has a high ratio of carbs, with moderate amounts of protein and fat*

## HOW IT'S DONE

One of the keys to the bulking phase is keeping the body in a state of protein synthesis, where it's utilizing sufficient protein supplies to build muscle, not break it down. To maintain protein synthesis during a clean bulk, your protein intake should be between 1 to 1.5g per pound of body weight to encourage the body to gain lean mass. Nutrient timing is also

important. When you're in the bulking phase, your carbohydrate intake will be high before and after training, with slower-digesting complex carbohydrates being consumed before training, and faster-digesting simple carbohydrates being consumed after training. In a clean bulking plan, the macro ratios will average 15% fats, 50% carbohydrates, and 35% protein.

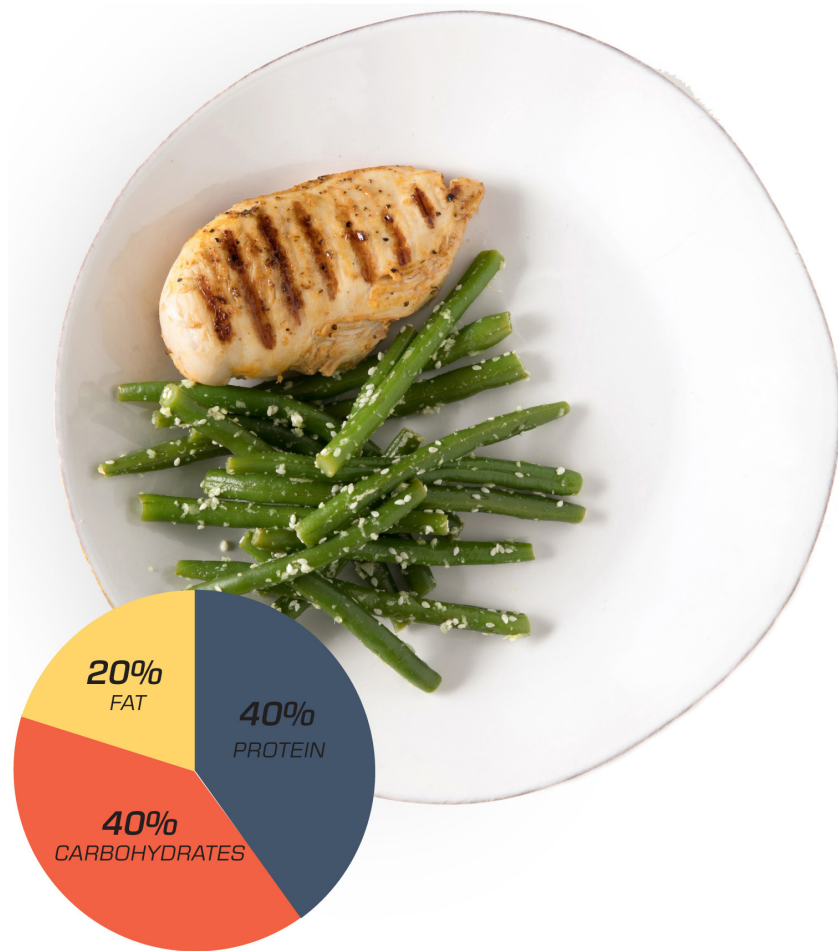
## WHAT TO EXPECT

Depending on your level of lifting experience, a bulking phase may last from a few months to more than a year. If you're a seasoned lifter, a few months may be enough time to see small changes in your physique. If you're new to lifting, you may need more time in the bulking phase to allow your body to build a foundation of muscle that won't melt away once you enter the cutting phase.

## CUTTING

The goal of the cutting phase is to trim the body of excess fat, while minimizing the loss of lean muscle. While bulking requires work in the weight room to build the muscle, cutting is achieved primarily in the kitchen through careful macronutrient manipulation.

During the cutting phase, the goal is to keep protein intake high, and to strategically plan carbohydrate-rich meals around the times when you're most active. This approach will give you the energy you need to continue to train with intensity, and still supply the nutrients necessary to replenish fuel stores in muscles for a better recovery. During this time, you'll be running a slight caloric deficit to encourage fat loss, which will reveal the hard-earned muscle that was created during the bulking phase. As opposed to the bulking phases, where you're consuming primarily carbs and protein in order to add muscle, the cutting phase is more about cutting calories and eating ample protein, while limiting carbohydrate and fat intake. During the cutting phase, your calorie intake will be decreased, and macro ratios average 20% fats/40% carbohydrates/40% protein.



*A cutting plate will include a balanced ratio of carbs and protein, with moderate fat*

## HOW IT'S DONE

As opposed to bulking, where you'll be utilizing a slight calorie surplus, the cutting phase involves utilizing a slight calorie deficit. This slight decrease in caloric intake will result in gradual fat loss, but excess deprivation during the cutting phase can lead to low energy levels and strong cravings, both of which can cause yo-yo dieting and rebounding after the cutting phase is complete. For this reason it's important to not let your calorie intake drop below your basal metabolic rate (BMR). BMR is the minimum number of calories that your body needs just to survive, and it's critical to keep your caloric intake above your BMR so your body doesn't enter a state of starvation, which means it could start burning muscle to use for energy.

## WHAT TO EXPECT

The cutting phase should last from 1 to 2 months, and no more. Staying in a cutting phase for extended periods of time can potentially result in problems like yo-yo dieting, a decreased metabolic rate, and potentially the loss of valuable muscle mass. The good news is that your metabolic rate should be high after a bulk, so reducing overall caloric intake should create noticeable physique changes within just a couple of weeks of starting a cut. You can expect to lose one pound or less per week, but your measurements may change more drastically than that as you lose more from your waist and other areas where the body tends to store excess fat.

The two main challenges you may encounter in a cutting phase are increased hunger and a possible decrease in metabolism. You can combat these challenges by increasing lean protein and vegetable servings whenever you're feeling excessively hungry. It's difficult for the body to convert protein and vegetables to body fat, and protein has a satiating effect that will help keep any cravings to a minimum.

Another way to combat some of the challenges of a cutting phase is to trick your brain. It's important to remember that we eat with our eyes first, and it's satisfying to eat from a plate full of brightly colored vegetables and richly spiced, healthy foods, so keep the foods on the plate bright, vivid, and flavorful. Another trick is to try using a smaller plate, if the plate looks sparse, your brain may think you haven't had enough food and you may feel unsatisfied. However you do it, stick to your long-range plan and never starve yourself just to get quick results.

# KETOGENIC DIETING, CARB CYCLING, AND CALORIE CYCLING

**No single plan works for any one person, and there are different ways to achieve the ultimate goals of building muscle or cutting fat. Ketogenic dieting, carb cycling, and calorie cycling are three unique nutritional approaches that can be used in place of the traditional bulking and cutting methods, and all three will yield results.**

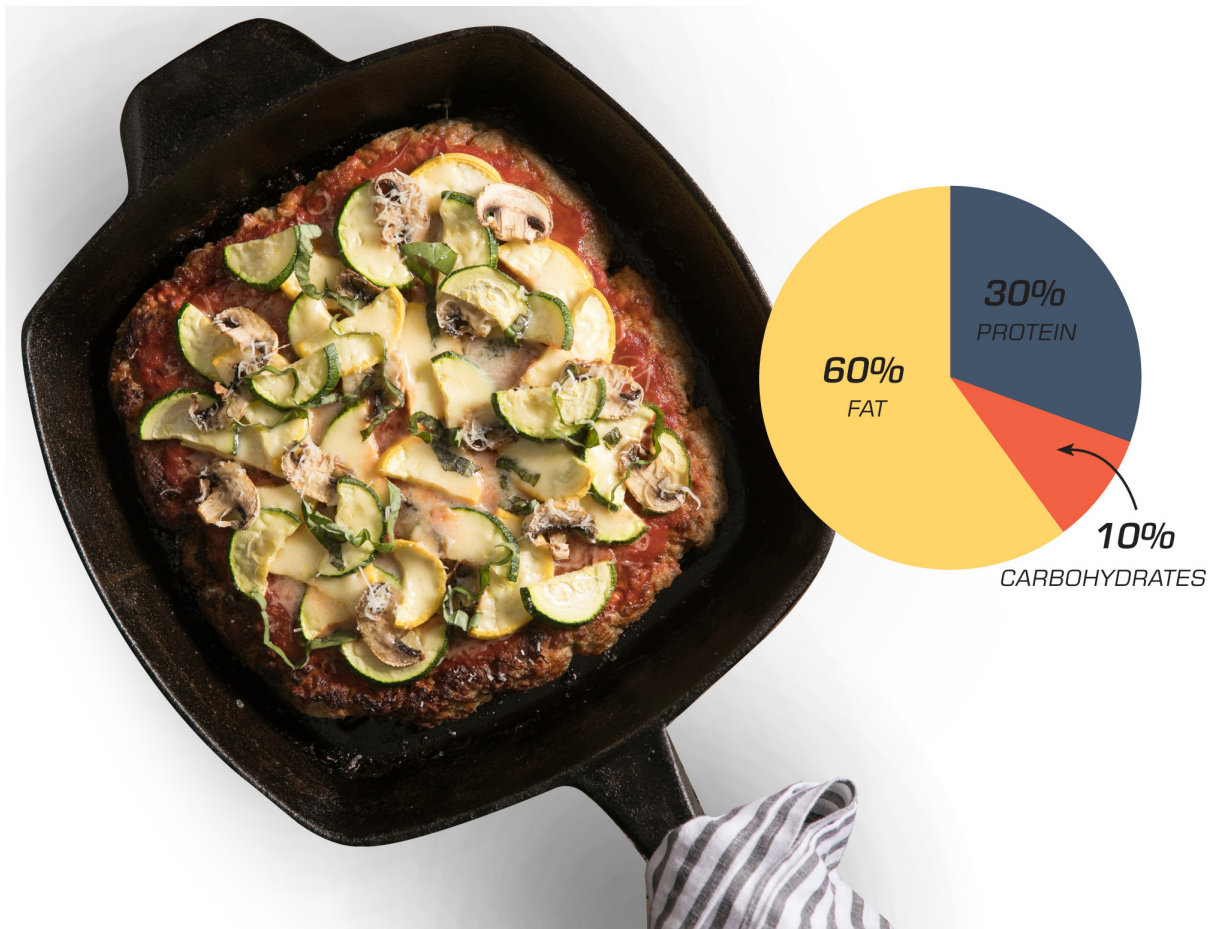
## KETOGENIC DIETING

Ketogenic dieting is a nutritional approach where the majority of calories come from eating dietary fat, while a moderate amount of calories come from protein and carbohydrate intake is very tightly restricted. A ketogenic plan is ideal for those who want to lose body fat, but may also be sensitive to carbohydrates. It's especially effective for those who need to lose 10% body fat or more.

On a ketogenic diet, the body is starved of carbohydrates, the body's normal preferred source of energy, and thus cannot produce a sufficient level of glucose to use as energy. In turn, the body begins to burn fat for energy, which produces a by-product called *ketones*, which are used for fuel in place of glucose. Once the body enters this phase, the resulting process is called *ketosis*. By keeping dietary fat intake high, protein intake moderate, and carbohydrate intake low, the body is encouraged to burn more fat for fuel. In a ketogenic plan, 60% of calories comes from fat, 30% from protein, and 10% or less from carbohydrates.

Note that an excess of ketones in the body can potentially result in a condition known as ketoacidosis, which is a potentially dangerous health

condition. If you're considering a ketogenic approach to cutting, it's best to do your research and consult with your physician before doing so.

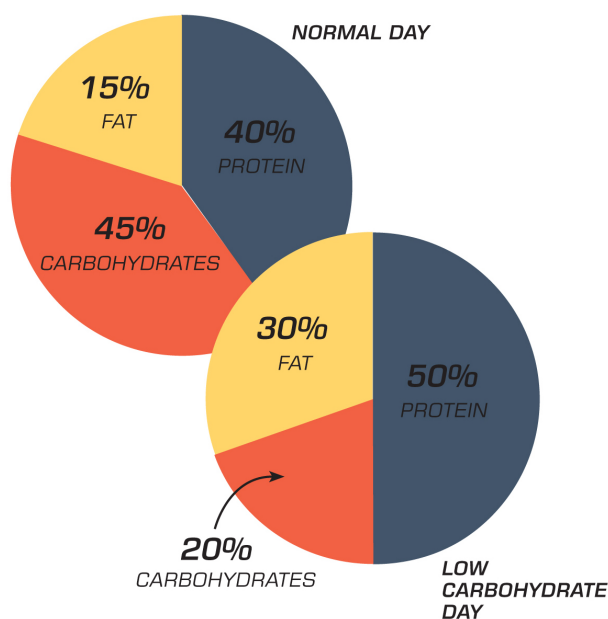


*Meatza is low in carbs and high in protein, so it's ideal for most meal plans*

## CARB CYCLING

Carb cycling is the process of consuming a normal diet of carbohydrates and a sufficient number of calories for five days out of the week, while tightly restricting carbs for the remaining two days of the week. Carb cycling can help you build lean mass and burn body fat, without having to stick to a restrictive plan seven days a week. By going low carb two days a week, you'll restrict calories without slowing down your metabolism, and without feeling deprived.

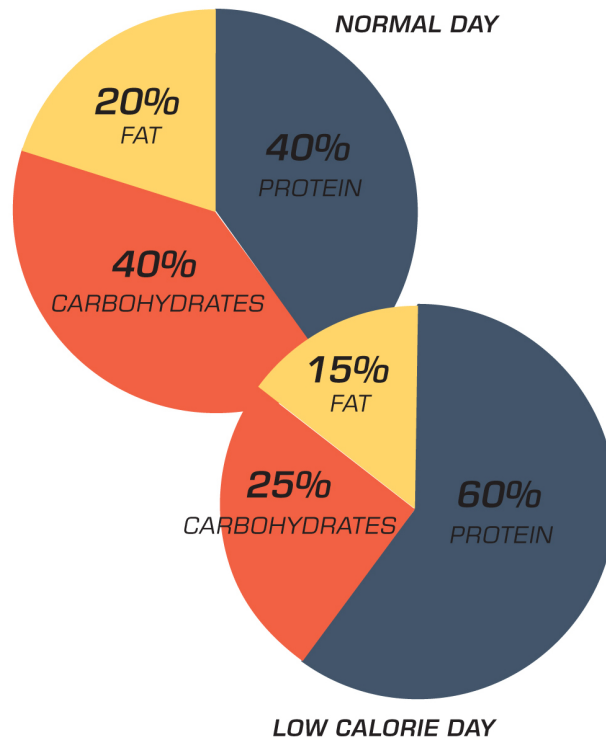
On a carb cycling plan, protein intake will remain steady for all seven days to help keep you full, but your carbohydrate intake on low days will drop to 30 to 50 grams for the entire day. Low carb days should be scheduled for days off from the gym, or on lower intensity days, because your energy reserves won't be as high since you'll be consuming fewer carbs, which means your body will have less glucose to use as energy. If you're working out on a low day, the majority of your carbohydrate intake should occur just before and just after your training sessions to maximize the fuel your body has available for energy and recovery. Average caloric ratios for a carb cycling plan are 15% from fat, 45% from carbs, and 40% from protein on a normal day, and 30% from fat, 20% from carbs, and 50% from protein on low carbohydrate days.



## CALORIE CYCLING

Calorie cycling is similar to carb cycling, but instead of restricting carbohydrates, you'll be restricting caloric intake for 2 days of the week, while following a balanced meal plan for the balance of the week. Calorie cycling is another way to trim body fat, while still keeping your protein intake at a level that is sufficient enough to build lean muscle and burn fat.

On low calorie days, both carbohydrates and fats are restricted, while protein intake either remains the same or is increased slightly. Increasing your protein intake by 2 to 3 ounces on the low calorie days will help improve satiety and decrease cravings. On a calorie cycling plan, the caloric ratios are 20% from fats, 40% from carbs, and 40% from protein on normal days, and 15% from fat, 25% from carbs, and 60% from protein on low calorie days.



# GETTING STARTED

What works for one person may not work for the next, which is why successful meal planning often is a process of trial and error to find what works best. Follow these simple steps to choose a plan and get started, then make adjustments to develop the plan that works for you.

## USING THE RECIPES

Each recipe includes total calories, helpful prep tips and variations, and a bar scale reflecting the amount of macronutrients contained in the recipe. One bar on the scale means the macronutrient content is low, two bars equals a moderate amount, and three bars indicates a high amount.

<i>FAT</i>	<i>HIGH</i> 15g and up	<i>MEDIUM</i> 5.1g to 14.9g	<i>LOW</i> 5g or less
<i>CARBOHYDRATES</i>	<i>HIGH</i> 25g and up	<i>MEDIUM</i> 10.1g to 24.9g	<i>LOW</i> 10g or less
<i>PROTEIN</i>	<i>HIGH</i> 25g and up	<i>MEDIUM</i> 10.1g to 24.9g	<i>LOW</i> 10g or less

# 1

## CHOOSE YOUR PLAN

Choose a plan that aligns with your goals and fits your lifestyle. The bulking and cutting plans are the most common plans and are good ways to begin. But if you have excess body fat and want to burn fat more quickly, the ketogenic plan might be the ideal way to start. The calorie cycling and carb cycling plans both offer alternatives that don't require sticking to the same formula every day of the week. Each meal plan averages between 1,300 and 2,000 calories per day, and is designed to be as simple as possible to follow, with the total calories and macro amounts listed, along with a detailed shopping list.

# 2

## CALCULATE YOUR CALORIES

The default portion sizes in the recipes are designed for a moderately active person who weighs 150 pounds. Use these calculations to determine how to adjust the meal plans and recipes to meet your daily caloric needs:

**LIGHTLY ACTIVE:** Your weight x 12

**MODERATELY ACTIVE:** Your weight x 13

**VERY ACTIVE:** Your weight x 14

(Note that in order to stay above your BMR, you should never allow your daily caloric intake to drop below 70% of your daily caloric needs.)

## 3

### **GET PREPARED**

Plan your week carefully by knocking out your shopping and prepping your meals in advance, as much as possible. While a few of the recipes in this book are best eaten fresh, the majority of the recipes can be made in advance, portioned out, and stored in the refrigerator or freezer. By planning your meals in advance, you'll be better prepared to manage your meal plan. Also, take the time to plan your nutrient intake around your workouts. If you're cognizant about eating the right nutrients at the right times, your body will build more muscle and burn more fat in less time, and will recover from workouts faster.

## 4

### **TRACK YOUR PROGRESS**

Try a plan for 1 to 2 weeks, then gauge your progress. Are you seeing results? Taking bi-weekly progress pictures is a helpful way to assess any changes in your body composition. If you find you're not gaining muscle mass, try increasing your protein intake. If you feel you're not burning the fat, try a slight decrease in the amount of calories you're consuming each day. If you find you're constantly hungry, slightly increase your protein intake with each meal. You can also add an occasional snack to help combat the cravings. The key is to stay flexible and make small adjustments as you move along.

## TIPS FOR SUCCESS

**Focus on eating nutritious, calorie-dense foods** When eating for physique composition, the quality of the food matters. Opting for single ingredient, natural foods like boneless, skinless chicken breasts, fish, oats, brown rice, apples, bananas, avocados, nuts, spinach, onions, and cucumbers means you will always be eating a diet comprised primarily of foods that are both nutritious and filling.

**Eat protein with every meal (and fill your plate)** Simply adding a large handful of spinach, a full serving of lean chicken breast, and a full serving of brown rice to a plate will create a mountain of food that will keep you full for hours, and still total only around 300 calories. Always eating ample protein and a healthy volume of food at every meal means both your belly and your brain will feel satisfied because you're eating from a full plate that contains color and a satisfying mix of flavors.

**Keep a food log to track progress** If you're struggling to make progress, a food log can help identify where adjustments might be needed. Try a meal plan for a week, log your meals, and document how you feel at various points in the day. Are you hungry at particular times of the day, or feeling too full? How is your progress at the end of the week? Are you seeing the results you expected? Which foods made you feel the most satisfied? This feedback will help you fine tune your plan.

**Avoid the scale** Weighing yourself on a scale isn't what physique development is about. A scale only shows a number that reflects weight gain or loss—not improvements in body composition. Gauge your success by how you look and feel. If you feel good and like the way you look, you're doing it right!

**Enjoy a treat meal to crush cravings** An occasional treat meal can be effective in combatting metabolism slowdown and calming cravings. A treat meal typically contains ample protein, is low in fat, but is higher in carbs to help replenish glycogen stores that may have been depleted during an extended cutting phase. A treat meal might also include an extra dessert (if you're craving sweets), or a baked potato (if you're craving carbs). The idea is to crush the cravings and boost your metabolism, while still staying on track with your plan. Treat meals should be consumed no more than once a week.

**Be patient and don't quit!** If you find a plan isn't yielding the results you desire, or the changes aren't happening as quickly as you'd like, try making small, incremental adjustments before abandoning the plan. Some people naturally gain muscle or lose fat faster than others, so hang in there and don't quit!

# 7-DAY BULKING MEAL PLAN

## THE MACRO FORMULA

**BREAKFAST:** starchy carbs, protein

**SNACK:** fruit carbs, protein

**LUNCH:** carbs, protein

**SNACK:** carbs, protein

**DINNER:** low glycemic carbs, protein

**SNACK:** protein

## SHOPPING LIST

- **STARCHES:** old-fashioned oats, cornmeal, pre-rinsed white quinoa, basmati rice, brown rice, sweet potatoes (4, large), russet potatoes (4, large), 1 15oz (420g) can chickpeas, 1 15oz (420g) can pumpkin purée (not pumpkin pie filling), 1 15oz (420g) can black beans, 1 1lb (450g) bag frozen hash browns, no-sugar-added crispy brown rice cereal, gluten-free flour, corn tortillas (8, small)
- **PROTEINS:** large eggs (1 dozen), 3 32oz (950g) containers liquid egg whites, 1 32oz (950g) container Greek yogurt, 1 16oz (450g) container 1% cottage cheese, 5lbs (2.3kg) boneless, skinless chicken breasts, 2lbs (1kg) 99% lean ground turkey breast, 2lbs (1kg) sirloin steak, 1lb (450g) lean ground beef (92/8 lean-to-fat ratio), 2lbs (1kg) pork tenderloin, 1lb (450g) lean ground bison, 2 5oz (140g) cans tuna (packed in water), 2 5oz (140g) cans salmon (packed in water), ½lb (225g) sliced deli turkey, ½lb (225g) sliced deli ham, 1 7oz (200g) package low fat shredded mozzarella cheese
- **FRUITS AND VEGETABLES:** 1 10oz (285g) package frozen blueberries, naval oranges (2, medium), white onions (2, medium), 1lb (450g) fresh broccoli, 1 6oz (170g) bag fresh baby spinach, 1 12oz (340g) bag chopped kale, 1 10oz (285g) package frozen riced cauliflower or cauliflower (1 medium), green cabbage (2, medium), watermelon (1, small), cantaloupe (1, small), avocados (2, large), spaghetti squash (2, small), zucchini (2, medium), yellow squash (2, medium), beefsteak tomatoes (2, large), 1 pint (470ml) cherry tomatoes, 1lb (450g) fresh, young asparagus, 1lb fresh Brussels sprouts, fennel bulbs (2, medium), bananas (6, medium), 1lb fresh green beans, bell peppers (4, medium), portobello mushrooms (4, large), lemons (2, small), 1 16oz (450g) bag baby carrots, 1 10oz (285g) bag shredded carrots
- **OTHER:** coconut oil, whey protein powder, powdered stevia, unflavored almond milk, almond flour, powdered peanut butter, low-sodium chicken broth, natural almond butter, unsweetened cocoa powder, jarred minced garlic, no-sugar-added tomato sauce, heavy cream

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
BREAKFAST	Southern Breakfast Casserole	Savory Apple Sage Turkey Sausages, Blueberry Muffins (2 servings)	Chicken and Polenta Breakfast Pizza	Cottage Cheese and Cantaloupe Bowl	Keto Breakfast Burritos	Crustless Quiche, Blueberry Muffins	Pumped-Up Protein Pancake
SNACKS	Oatmeal Raisin Cookie Shake	Blueberry Cheesecake Shake	Carrot Cake Shake	Golden Milk Shake	Orange Creamsicle Shake	Grilled Balsamic Watermelon and Cheese	Elvis Shake
LUNCH	Grilled Southwestern Pork Medallions, Coconut Cayenne Smashed Sweet Potatoes, Rosemary Beefsteak Tomatoes	Tex-Mex Fajitas, Zesty Zoodles	Stuffed Florentine Chicken Breasts, Fluffy Basmati Rice	Coconut Curry Shrimp (2 servings), Dumied Rice Pilaf	Shiracha Curry Coconut Chicken, Fluffy Basmati Rice	Southwestern Chicken Street Tacos, Spicy Black Beans and Quinoa	Meatza, Carb Cutter Twice-Baked Potatoes (2 servings)
SNACKS	Egg White Custards (2 servings)	Paleo Protein Crackers, Greek Yogurt Hummus	Almond Butter and Oats Bars	Greek Yogurt Hummus, Quick and Easy Egg Bites	Quick and Easy Egg Bites (2 servings)	Gains Glazed Donuts	Lean Rice Crispy Treats (2 servings)
DINNER	Bison and Portobello Sliders, Sweet Potato Medallions, Roasted Brussels Sprouts and Fennel	Slow Cooker Pulled BBQ Chicken, Cloud Bread, Herb-Roasted Vegetables	Muscle Building Meatloaf, Hasselback Sweet Potatoes, Wilted Spinach and Tomato Salad	Vietnamese-Style Pork Tenderloin, Spicy Black Beans and Quinoa, Cauliflower Fried Rice	Ginger Beef Bok Choy Stir Fry, Coconut Cayenne Smashed Sweet Potatoes, Craveable Citrus Kale Salad	Stuffed Bell Peppers, Fluffy Basmati Rice	Spicy Salmon Burgers, Crunchy Avocado Salad, Lemon Grilled Asparagus
SNACKS	Savory Rosemary Almond Bars	Golden Milk Shake	Baked Cheeseburger Bites	Quick and Easy Egg Bites (2 servings)	Baked Cheeseburger Bites	Carrot Cake Shake	Egg White Custards (2 servings)
TOTAL CALORIES	1906	2012	1981	2053	1837	1944	1888
TOTAL FAT (grams)	52.1g	67.3g	49g	36g	53.3g	38g	60.2g
TOTAL CARBS (grams)	179g	161g	179g	160g	118g	199.1g	183.6g
TOTAL PROTEIN (grams)	189g	202g	168g	255g	216g	192g	192.3g

# 7-DAY CUTTING MEAL PLAN

## THE MACRO FORMULA

**BREAKFAST:** starchy carbs, protein

**SNACK:** fats, protein

**LUNCH:** carbs, protein

**SNACK:** carbs, protein

**DINNER:** fats, protein

## SHOPPING LIST

- **STARCHES:** old-fashioned oats, pre-rinsed white quinoa, basmati rice, brown rice, sweet potatoes (6, large), russet potatoes (2, large), 1 15oz (420g) can chickpeas, 1 15oz (420g) can pumpkin purée (not pumpkin pie filling), 1 15oz (420g) can black beans
- **PROTEINS:** large eggs (1 dozen), 3 32oz (950g) containers liquid egg whites, 1 32oz (950g) container Greek yogurt, 1 16oz (450g) container 1% cottage cheese, 4lbs (1.8kg) boneless, skinless chicken breasts, 1 whole chicken (small, approximately 3lbs (1.4kg)), 1lb (450g) medium shrimp (fresh or frozen), 1lb (450g) 99% lean ground turkey breast, 2lbs (1kg) sirloin steak, 1lb (450g) lean ground beef (2/8 lean-to-fat ratio), 1lb (450g) tilapia filets (fresh or frozen), 1lb (450g) cod filets (fresh or frozen), 1lb (450g) pork tenderloin, 2 5oz (140g) cans tuna (packed in water)
- **FRUITS AND VEGETABLES:** navel oranges (2 medium), white onions (2 medium), 1lb (450g) fresh broccoli, 1 16oz (450g) bag fresh baby spinach, 1 12oz (340g) bag chopped kale, 1 10oz (285g) bag frozen riced cauliflower or cauliflower (1 medium), cabbage (2, medium), acorn squash (2, medium), watermelon, (1, small), cantaloupe (1, small), avocado (1, medium), Granny Smith apple (1, medium), zucchini (2, medium), yellow squash (2, medium), beefsteak tomatoes (2, large), 1 pint (470ml) fresh cherry tomatoes, spaghetti squash (1, large), 1lb (450g) fresh asparagus, lemons (3, medium), limes (2, medium), bananas (4, medium), 1 16oz (450g) bag baby carrots, 1 10oz (285g) bag shredded carrots
- **OTHER:** coconut oil, whey protein powder, powdered stevia, unflavored almond milk, almond flour, powdered peanut butter, low-sodium chicken broth, natural almond butter, unsweetened cocoa powder, jarred minced garlic

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
BREAKFAST	Pumped-Up Protein Pancake	Savory Apple Sage Turkey Sausages, Blueberry Muffins	Steamed Squash Custard	Overnight Mocha Oats	Chicken and Polenta Breakfast Pizza	Crispy Rice Skillet	Cottage Cheese and Cantaloupe Bowl
SNACKS	Quick and Easy Egg Bites	Greek Yogurt Hummus	Turkey and Veggie Roll-Up	Grilled Balsamic Watermelon and Cheese	Pumpkin and Oat Bars	Zesty Tuna Snack Bowl	Baked Cheeseburger Bites
LUNCH	Broth-Poached Snapper with Broccoli, Hasselback Sweet Potatoes	Tex-Mex Fajitas	Almond-Crusted Mustard Chicken, Sweet Potato Medallions	Grilled Jerk Chicken Breasts, Spicy Black Beans and Quinoa, Roasted Cabbage Steaks	Grilled Southwestern Pork Medallions, Carb Cutter Twice-Baked Potatoes	Chicken Cacciatore, Fluffy Basmati Rice	White Chicken Chili, Herb-Roasted Vegetables
SNACKS	Key Lime Shake	Carrot Cake Shake	Hulk Shake	Elvis Shake	Grilled Balsamic Watermelon and Cheese	Orange Creamside Shake	No-Bake Cocoa and Oats Bars
DINNER	Reverse-Seared Sirloin Steak, Roasted Cabbage Steaks, Curried Rice Pilaf	Ginger Soy Shrimp Skewers, Cauliflower Fried Rice, Crunchy Avocado Salad	Blackened Baked Tilapia, Lemon-Glazed Asparagus, Fluffy Basmati Rice	Slow Cooker BBQ Pulled Chicken, Wilded Sprouts and Tomato Salad, Cloud Bread	Chili Lime Salmon Pouches, Zesty Zoodles, Spicy Black Beans and Quinoa	Apple-Roasted Whole Chicken, Craveable Citrus Kale Salad, Sweet Potato Medallions	Broiled Cod with Chopped Tomatillo Salsa, Rosemary Beefsteak Tomatoes, Coconut Cayenne Smashed Sweet Potatoes
TOTAL CALORIES	1449	1401	1473	1364	1324	1371	1336
TOTAL FAT (grams)	21.1g	36g	27g	29.6g	23.6g	13.9g	30.8g
TOTAL CARBS (grams)	149.1g	125.9g	156.5g	156.5g	135.5g	142.1g	118.1g
TOTAL PROTEIN (grams)	168.6g	118.4g	162.2g	160g	139g	161.7g	117.8g

# 7-DAY KETOGENIC MEAL PLAN

## THE MACRO FORMULA

**BREAKFAST:** fats, protein

**SNACK:** fats, protein

**LUNCH:** fats, protein

**SNACK:** fats, protein

**DINNER:** fats, protein

**SNACK:** protein

## SHOPPING LIST

- **PROTEINS:** large eggs (1 dozen), 3 32oz (950g) containers liquid egg whites, 1 32oz (950g) container fat-free Greek yogurt, 1 16oz (450g) container 1% cottage cheese, 3lbs (1.4kg) boneless, skinless chicken breasts, 1lb (450g) 99% lean ground turkey breast, 2lbs (1kg) sirloin steak, 1lb (450g) grass-fed ground beef, 2lbs (1kg) pork tenderloin, 1lb (450g) medium shrimp (fresh or frozen), 1/2lb (225g) deli ham (unsliced), 2lbs (1kg) pork roast, 1lb (450g) beef roast, 4oz (110g) smoked salmon, 1lb (450g) fresh salmon filets, 1 6oz (170g) package Canadian bacon, 2 5oz (140g) cans salmon (packed in water), 4 5oz (140g) cans tuna (packed in water), 1/2lb (225g) sliced deli turkey, 1 8oz (225g) package shredded mozzarella cheese
- **FRUITS AND VEGETABLES:** white onions (2, medium), 1lb (450g) fresh broccoli, 1 16oz (450g) bag fresh baby spinach, 1 10oz (285g) package frozen riced cauliflower or cauliflower (1, medium), green cabbage (2, medium), avocados (4, large), zucchini (2, medium), yellow squash (2, medium), 1 pint (470ml) cherry tomatoes, portobello mushrooms (4, large), 1lb (450g) fresh Brussels sprouts, fennel bulbs (2, medium), lemons (2, medium), limes (2, medium)
- **OTHER:** coconut oil, almond flour, heavy cream, whey protein powder, powdered stevia, unflavored almond milk, powdered peanut butter, low-sodium chicken broth, natural almond butter, unsweetened cocoa powder, jarred minced garlic

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
BREAKFAST	Smoked Salmon Avocado Boats	Keto Breakfast Burritos	Low-Carb Pancake (keto version)	Canadian Bacon and Egg Cups	Crustless Quiche (keto version)	Steak and Egg Burrito (keto version)	Southern Breakfast Casserole (keto version)
SNACKS	Savory Rosemary Almond Bars	Paleo Protein Crackers	Quick and Easy Egg Bites	Paleo Protein Crackers	Savory Rosemary Almond Bars	Quick and Easy Egg Bites	Zesty Tuna Snack Bowl
LUNCH	Spicy Stuffed Peppers	Broiled Greek Chicken Kebabs, Crunchy Avocado Salad	Ginger Soy Shrimp Skewers (keto version), Cauliflower Fried Rice, Cloud Bread	White Chicken Chili (keto version)	Reverse-Seared Sirloin Steak, Roasted Cabbage Steaks	Spicy Salmon Burgers, Cloud Bread	Coffee-Rubbed Steaks, Rosemary Beefsteak Tomatoes
SNACKS	Guacamole Deviled Eggs	Golden Milk Shake	Coco-Choco Almond Shake	Baked Cheeseburger Bites	Golden Milk Shake	Baked Cheeseburger Bites	Choco-Cado Mousse, Quick and Easy Egg Bites
DINNER	Chili Lime Salmon Pouches, Crunchy Avocado Salad	Spinach Curry Coconut Chicken (keto version), Cloud Bread	Stuffed Florentine Chicken Breasts, Wilted Spinach and Tomato Salad	Vietnamese-Style Pork Tenderloin, Zesty Zoodles, Crunchy Avocado Salad	Muscle-Building Meatloaf, Cauliflower Fried Rice	Slow Cooker Rosemary Pot Roast, Roasted Brussels Sprouts and Fennel	Bison and Portabello Sliders (keto version)
SNACKS	Baked Cheeseburger Bites	Quick and Easy Egg Bites	Baked Cheeseburger Bites	Zesty Tuna Snack Bowl	Coco-Choco Almond Shake	Zesty Tuna Snack Bowl	Baked Cheeseburger Bites
TOTAL CALORIES	1597	1745	1713	1674	1681	1515	1615
TOTAL FAT (grams)	108.5g	110.3g	88.1g	100g	97.2g	84g	107g
TOTAL CARBS (grams)	48.2g	39.1g	54.8g	50.3g	57g	33.3g	26.2g
TOTAL PROTEIN (grams)	122.2g	151.6g	179.8g	153.7g	160g	192g	141g

# 7-DAY CALORIE CYCLING MEAL PLAN

## THE MACRO FORMULA

(NORMAL DAYS)

**BREAKFAST:** carbs, protein

**SNACK:** carbs, protein

**LUNCH:** carbs, protein

**SNACK:** fats, protein

**DINNER:** fats, protein, carbs

**SNACK:** protein

(LOW CALORIE DAYS)

**BREAKFAST:** carbs, protein

**SNACK:** carbs (half portion), protein

**LUNCH:** carbs (half portion), protein

**SNACK:** protein

**DINNER:** fats, protein, carbs

## SHOPPING LIST

- **STARCHES:** old-fashioned oats, pre-rinsed white quinoa, basmati rice, brown rice, sweet potatoes (8, large), russet potatoes (2, large), 1 15oz (420g) can chickpeas, 1 15oz (420g) can pumpkin purée (not pumpkin pie filling), 1 15oz (420g) can black beans, 1lb (450g) bag frozen hash browns, no-sugar-added crispy brown rice cereal
- **FRUITS AND VEGETABLES:** 1 12oz package frozen blueberries, navel oranges (1, medium), white onions (2, medium), 1lb (450g) fresh broccoli, ½lb (225g) bok choy, 1 16oz (450g) bag fresh baby spinach, 1 12oz (340g) bag frozen chopped kale, 1 10oz (285g) package frozen riced cauliflower or cauliflower (1, medium), green cabbage (2, medium), watermelon (1, small), avocado (1, large), spaghetti squash (2, small), zucchini (2, medium), yellow squash (2, medium), beefsteak tomatoes (2, large), lemons (2, medium), 1 pint (470ml) cherry tomatoes, 8oz (225g) button mushrooms, spaghetti squash (1, large), 1lb (450g) fresh asparagus, 1lb (450g) fresh Brussels sprouts, fennel bulbs (2 medium), bananas (6, medium), 1lb (450g) fresh green beans, bell peppers (4, large), 1 16oz (450g) bag baby carrots
- **PROTEINS:** large eggs (1 dozen), 3 32oz (950g) containers liquid egg whites, 1 32oz (950g) container Greek yogurt, 1 16oz (450g) 1% cottage cheese, 5lbs (2.3kg) boneless, skinless chicken breasts, 2lbs (1kg) 99% lean ground turkey breast, 2lbs (1kg) sirloin steak, 1lb (450g) lean ground beef (92/8 lean-to-fat ratio), 1lb (450g) tilapia filets (fresh or frozen), 1lb (450g) medium shrimp (fresh or frozen), 2lbs (1kg) pork tenderloin, 2 5oz (140g) cans tuna (packed in water), ½lb (225g) sliced deli turkey, 1 8oz (225g) package low fat shredded mozzarella cheese

- **OTHER:** coconut oil, whey protein powder, powdered stevia, unflavored almond milk, almond flour, powdered peanut butter, low-sodium chicken broth, natural almond butter, unsweetened cocoa powder, jarred minced garlic

	DAY 1	DAY 2	DAY 3	DAY 4 (LOW CALORIE)	DAY 5	DAY 6	DAY 7 (LOW CALORIE)
<b>BREAKFAST</b>	Break-the-Fast Skillet	Pumpkin Pie Protein Bowl	Overnight Mocha Oats	Savory Apple Sage Turkey Sausages	Baked Banana and Oat Bars	Savory Breakfast Oatmeal	Low-Carb Pancake
<b>SNACKS</b>	Elvis Shake	No-Bake Almond and Oat Bars	Pumpkin and Oat Bars	Key Lime Shake	Grilled Balsamic Watermelon and Cheese	Orange Creamside Shake	Turkey and Veggie Roll-Up
<b>LUNCH</b>	Slow Cooker BBQ Pulled Chicken, Fluffy Basmati Rice, Rosemary Beefsteak Tomatoes	Grilled Jerk Chicken Breasts, Spicy Black Beans and Quinoa, Roasted Brussels Sprouts and Fennel	Almond-Crusted Mustard Chicken, Sweet Potato Medallions, Herb-Roasted Vegetables	Almond-Crusted Mustard Chicken, Baked Zucchini Fries	Coconut Curry Shrimp, Curried Rice Pilaf	Grilled Southwestern Pork Medallions, Coconut Cayenne Smashed Sweet Potatoes	Pan-Seared Chicken Breasts, Fluffy Basmati Rice, Cauliflower Fried Rice
<b>SNACKS</b>	Baked Cheeseburger Bites	Guacamole Deviled Eggs	Zesty Tuna Snack Bowl	Quick and Easy Egg Bites	Paleo Protein Crackers	Pumpkin and Oat Bars	Chocolate Protein Snack Mug
<b>DINNER</b>	Spicy Stuffed Peppers, Zesty Zoodles, Sweet Potato Medallions	Ridiculously Easy Pork Roll-Ups, Craveable Citrus Kale Salad, Curried Rice Pilaf	Reverse-Seared Sirloin Steak, Fresh Veggie Stir Fry, Hasselback Sweet Potatoes	Blackened Baked Tilapia, Roasted Cabbage Steaks, Fluffy Basmati Rice	Spaghetti Squash and Meatball Boats, Spicy Black Beans and Quinoa	Coffee-Rubbed Steak, Wilted Spinach and Tomato Salad, Carb Cutter twice-Baked Potatoes	Broiled Greek Chicken Kebabs, Lemon Grilled Asparagus, Coconut Cayenne Smashed Sweet Potatoes
<b>SNACKS</b>	Guacamole Deviled Eggs	Quick and Easy Egg Bites	Lean Rice Crispy Treats	(no snack)	Cocoa and Oat Bars	Quick and Easy Egg Bites, Choco-Cado Mousse	(no snack)
<b>TOTAL CALORIES</b>	1662	1688	1660	1352	1582	1572	1331
<b>TOTAL FAT (grams)</b>	47.6g	54.5g	39.6g	33.2g	38g	29g	23g
<b>TOTAL CARBS (grams)</b>	156.4g	143g	175.2g	90.2g	160.3g	148g	123.4g
<b>TOTAL PROTEIN (grams)</b>	135.6g	159.1g	155g	179g	160.5g	176.9g	161g

# 7-DAY CARB CYCLING MEAL PLAN

## THE MACRO FORMULA

(NORMAL DAYS)

**BREAKFAST:** carbs, protein

**SNACK:** carbs, protein

**LUNCH:** carbs, protein

**SNACK:** fats, protein

**DINNER:** carbs, protein

**SNACK:** protein

(LOW CARB days)

**BREAKFAST:** fats, protein

**SNACK:** protein

**LUNCH:** fats, protein

**SNACK:** fats, protein

**DINNER:** fats, protein

**SNACK:** protein

## SHOPPING LIST

- **STARCHES:** old-fashioned oats, pre-rinsed white quinoa, basmati rice, brown rice, sweet potatoes (8, large), russet potatoes (2, large), 1 15oz (420g) can chickpeas, 1 15oz (420g) can pumpkin purée (not pumpkin pie filling), 1 15oz (420g) can black beans, corn tortillas (8, small), 1lb (450g) bag frozen hash brown potatoes, no-sugar-added crispy brown rice cereal
- **PROTEINS:** Large eggs (1 dozen), 2 32oz (950g) containers liquid egg whites, 1 32oz (950g) container fat-free Greek yogurt, 1 16oz (450g) container 1% cottage cheese, 4lbs (1.8kg) boneless, skinless chicken breasts, 2lbs (1kg) 99% lean ground turkey breast, 2lbs (1kg) sirloin steak, 1lb (450g) lean ground bison, 1lb (450g) salmon filets, 3lbs (1.4kg) pork tenderloin, 2lbs (1kg) pork roast, 1lb (450g) medium shrimp (fresh or frozen), ½lb (225g) sliced deli turkey, 1 8oz (225g) package low fat shredded mozzarella cheese, 2 5oz (140g) cans tuna (packed in water)
- **FRUITS AND VEGETABLES:** 1 12oz (340g) package frozen blueberries, naval oranges (1, medium), white onions (2, medium), 1lb (450g) fresh broccoli, 1 16oz (450g) bag fresh baby spinach, 12oz (340g) fresh kale, ½lb (225g) fresh bok choy, 8oz (225g) button mushrooms, 1 10oz (285g) package frozen riced cauliflower or cauliflower (1, medium), green cabbage (2, medium), watermelon (1, small), avocado (2, medium), zucchini (2, medium), yellow squash (2, medium), 1 pint (470ml) cherry tomatoes, spaghetti squash (1, medium), 1lb (450g) fresh asparagus, 1lb (450g) fresh Brussels sprouts, fennel bulbs (2, medium), bananas (3, medium), 1lb (450g) fresh green beans, acorn squash (4, medium), 1 16oz (450g) bag baby carrots, lemons (3, medium)

- **OTHER:** coconut oil, whey protein powder, powdered stevia, unflavored almond milk, almond flour, powdered peanut butter, low-sodium chicken broth, jarred minced garlic, unsweetened cocoa powder

	DAY 1	DAY 2	DAY 3	DAY 4 (LOW CARB)	DAY 5	DAY 6	DAY 7 (LOW CARB)
BREAKFAST	Breakfast Hash	Steamed Squash Custard	Pumpkin Pie Bowl	Keto Breakfast Burrito	Cottage Cheese and Cantaloupe Bowl	Break-the-Fast Skillet	Keto Breakfast Burrito
SNACKS	Oatmeal Raisin Cookie Shake	Carrot Cake Shake	Grilled Balsamic Watermelon and Cheese	Guacamole Deviled Eggs	Orange Creamsicle Shake	Elvis Shake	Golden Milk Shake
LUNCH	Pan-Seared Chicken Breasts, Hasselback Sweet Potatoes, Wilted Spinach and Tomato Salad	Reverse Seared Sirloin Steak, Spicy Black Beans and Quinoa	Tex-Mex Fajitas	Slow Cooker Pork Roast, Roasted Cabbage Steaks	Slow Cooker BBQ Pulled Chicken, Carb Cutter Twice-Baked Potatoes, Wilted Spinach and Tomato Salad	Vietnamese-Style Pork Tenderloin, Spicy Black Beans and Quinoa, Fresh Veggie Stir Fry	Ridiculously Easy Pork Roll-Ups, Cauliflower Fried Rice
SNACKS	Quick and Easy Egg Bites	Chocolate Protein Snack Mug	Blueberry Cheesecake Shake	Zesty Tuna Snack Bowl	Greek Yogurt Hummus, Paleo Protein Crackers	Turkey and Veggie Roll-Up	Baked Cheeseburger Bites
DINNER	Bison and Portobello Sliders, Lemon-Glazed Asparagus, Sweet Potato Medallions	Meatza, Craveable Citrus Kale Salad, Coconut Cayenne Smashed Sweet Potatoes	Grilled Southwestern Pork Medallions, Herb-Roasted Vegetables, Carb Cutter Twice-Baked Potatoes	Muscle-Building Meatloaf, Roasted Cabbage Steaks	Ginger Soy Shrimp Kebabs, Fresh Veggie Stir Fry, Canned Rice Pilaf	Chicken Hobo Dinner, Shappy Sesame Green Beans, Fluffy Bannut Rice	Chili Lime Salmon Pouches, Zesty Zoodles
SNACKS	Guacamole Deviled Eggs	Paleo Protein Crackers	Greek Yogurt Hummus	Savory Rosemary Almond Bars	Quick and Easy Egg Bites	Zesty Tuna Snack Bowl	Egg White Custards
TOTAL CALORIES	1599	1704	1657	1452	1694	1658	1466
TOTAL FAT (grams)	48g	38.5g	30.5g	80g	35.4g	27.1g	71g
TOTAL CARBS (grams)	147.6g	181.2g	220g	46.7g	171g	186.3g	38.6g
TOTAL PROTEIN (grams)	158.8g	180g	162.1g	143.7g	175.6g	189g	166.4g



# ***BREAKFASTS***

*It's the most important meal of the day, and these breakfast recipes will help energize your body and fuel you through the morning. All averaging around five ingredients each, these recipes are simple and feature a wide variety of flavors and ingredients you can find at any supermarket. And each is designed not only to please your palate, but also to provide the proper macronutrients necessary to help you reach your goals.*



# CRISPY RICE SKILLET

**This recipe, featuring hints of garlic and ginger, is an enticing mix of textures and flavors that will help knock out carb cravings. Egg whites provide satiating protein and bind the crispy rice with sweet pops of peas. Liquid aminos aid tissue repair and add a more savory flavor than plain table salt.**

*Makes 2 servings | Serving size ½ skillet*

*Prep time 10 minutes | Cook time 15 minutes*

## INGREDIENTS

2 cups liquid egg whites

½ tsp ground ginger

⅛ tsp red pepper flakes

1 tsp liquid aminos

1 cup frozen peas

2 tbsp finely chopped scallions (green parts only)

1 tsp minced garlic

1 cup cooked basmati rice

## DIRECTIONS

**1** Preheat the broiler to low. In a large bowl, make the egg mixture by whisking together the egg whites, ginger, red pepper flakes, and liquid aminos. Add the peas to the bowl, and stir well to combine. Set aside.

**2** Spray a medium cast iron skillet with non-stick cooking spray and preheat over medium heat. Add the scallions and garlic, and cook for 2 to 3 minutes until soft and fragrant.

**3** Increase the heat to medium-high, add the rice to the skillet, and use a wooden spoon to spread it into a thin, even layer. Toast for 1 to 2 minutes. Use the wooden spoon to press the rice into the skillet and toast for an additional 1 to 2 minutes, or until the rice is brown and crispy.

**4** Reduce the heat to low. Pour the egg mixture evenly over the toasted rice. Cook for 4 to 5 minutes, then transfer the skillet to the oven. Broil for 2 to 3 minutes, or until the egg whites are set. Serve hot.

#### NUTRITION FACTS

*per serving*

##### CALORIES

278

##### TOTAL FAT

0.5<sub>g</sub>

##### TOTAL CARBS

32.1<sub>g</sub>

##### PROTEIN

33.9<sub>g</sub>

#### PREP TIPS

*Any variety of leftover rice will work well for this recipe.*

*Store in an airtight container in the refrigerator for up to 5 days.*

## CHANGE IT UP

*For a crunchier texture, substitute 1 cup chopped carrots for the peas. Macros per serving will be 249 calories, 0.5g fat, 28.3g carbs, and 30.8g protein.*

# STEAMED SQUASH EGG CUSTARD

**Decadent, creamy, and rich, this satisfying breakfast treat is loaded with vitamins, resistant starch carbs, and muscle-building protein, and it also makes a beautiful presentation. The egg whites cook inside the squash and take on a custard-like consistency, while earthy spices add warmth.**

*Makes 4 servings / Serving size 1 squash*

*Prep time 10 minutes / Cook time 45 minutes*

## INGREDIENTS

4 medium acorn squash  
4 cups liquid egg whites  
4 tbsp coconut milk  
1 tbsp powdered stevia  
1 tsp ground cinnamon  
1 tsp pumpkin pie spice

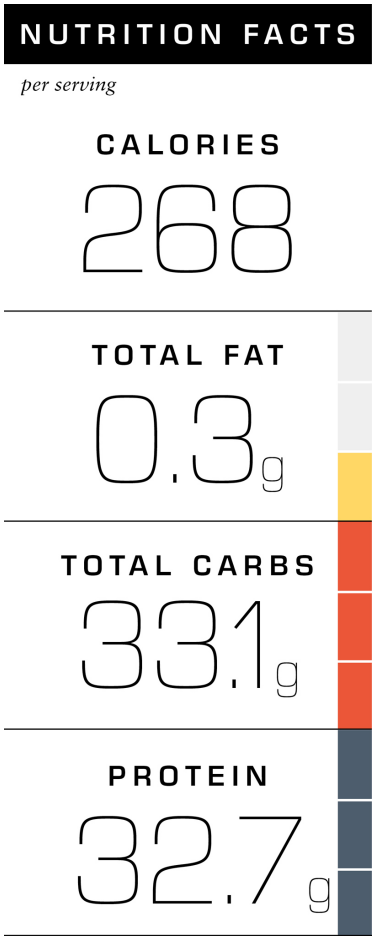
## DIRECTIONS

**1** Using a sharp knife, carefully cut a large hole around the stem of each squash. Remove the stems and reserve for later, and use a spoon to scoop out and discard the seeds.

**2** Fill the bottom of a large pot with 1 inch (2.5cm) water. Place a steaming tray in the pot, cover, and heat the water on medium-low until just simmering.

**3** In a large bowl, combine the egg whites, coconut milk, stevia, cinnamon, and pumpkin pie spice. Mix well.

- 4 Pour equal amounts of the egg mixture into each squash. Place the stems back on the squash and place them upright in the pot. Cover, and steam for 45 minutes.
- 5 Using tongs, carefully remove the squash from the pot and transfer to a plate. Allow to cool slightly before serving.



**PREP TIPS**

*Make these ahead for a quick and easy breakfast when you’re in a rush. Just reheat in the microwave on high for 2 to 3 minutes.*

*Store in an airtight container in the refrigerator for up to 6 days.*

## CHANGE IT UP

*For a more savory flavor, omit the stevia, cinnamon, and pumpkin pie spice, and add 1 tsp minced garlic,  $\frac{1}{2}$  tsp ground black pepper, and  $\frac{1}{2}$  tsp salt to the filling.*



# BREAKFAST HASH

**This hearty breakfast dish features a savory blend of spicy turkey, sweet potatoes, and earthy spinach, as well as a balanced serving of lean protein, complex carbohydrates, and healthy fats. A soft-cooked egg perched on top adds creaminess, as well as an extra boost of**

**protein.**

***Makes 4 servings | Serving size  $\frac{1}{4}$  of the hash with 1 egg***

***Prep time 15 minutes | Cook time 25 minutes***

## INGREDIENTS

- 1 medium white onion, diced
- 1lb (450g) ground turkey breast
- 1 tsp ground cumin
- 1 tsp red pepper flakes
- 1 tsp paprika
- 1 tsp salt
- 2 medium sweet potatoes, peeled and cut into  $\frac{1}{2}$ -inch (1.25cm) cubes
- 2 cups fresh baby spinach
- 4 medium eggs

## DIRECTIONS

**1** Preheat the broiler to low. Spray a medium cast iron skillet with coconut oil cooking spray and place over medium heat.

**2** Add the onion to the skillet. Cook until soft and translucent, stirring frequently. Add the turkey breast, cumin, red pepper flakes, paprika, and salt. Stir well to combine, using a wooden spoon to break up the ground turkey. Cook for 6 to 8 minutes, stirring frequently, until the turkey is browned. Transfer to a large bowl and set aside.

**3** Add the sweet potatoes to the skillet and cook for 8 to 10 minutes, or until soft. Add the spinach and cook for an additional 1 to 2 minutes, or until wilted. Add the turkey and onions back to the skillet. Mix well.

**4** Make 4 divots in the hash and carefully crack an egg into each divot. Place the skillet in the oven and broil for 5 to 7 minutes, or until the eggs are set and the hash is lightly browned. Serve hot.

#### NUTRITION FACTS

*per serving*

##### CALORIES

292

##### TOTAL FAT

6.6<sub>g</sub>

##### TOTAL CARBS

23<sub>g</sub>

##### PROTEIN

35<sub>g</sub>

## PREP TIPS

*You can save money and prep time by buying frozen diced sweet potatoes. Make sure to thaw them in the refrigerator 1 day before using.*

*Portion out the servings and store in separate airtight containers in the refrigerator for up to 5 days.*

## CHANGE IT UP

*You can substitute 1lb (450g) diced chicken breast for the ground turkey breast. The macros will be the same.*



Breakfast Hash

# LOW-CARB PANCAKE

**Fluffy and slightly chewy, this pancake is low in carbs and high in fiber. Almond flour adds a nutty flavor and healthy fats, which can help keep you feeling full. This pancake cooks quickly in a hot pan, and can be topped with any no-calorie pancake syrup for a sweet breakfast treat!**

*Makes 1 serving | Serving size 1 pancake*

*Prep time 15 minutes | Cook time 12 minutes*

## INGREDIENTS

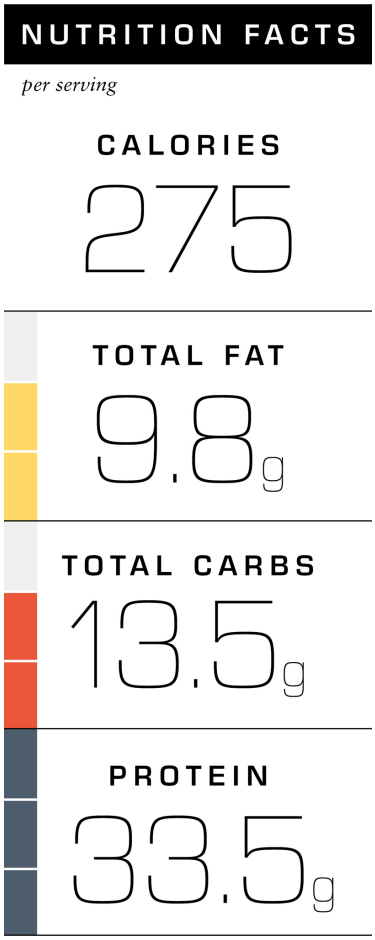
1 cup liquid egg whites  
1/3 cup unsweetened almond milk  
1/2 tsp vanilla extract  
2 tbsp coconut flour  
1/8 cup almond flour  
1/2 tsp baking powder  
1/4 tsp ground cinnamon  
1/2 tsp powdered stevia  
2 tbsp no-calorie pancake syrup (optional)

## DIRECTIONS

**1** In a medium bowl, combine the egg whites, almond milk, and vanilla extract. Stir well. In a separate medium bowl, combine the coconut flour, almond flour, baking powder, cinnamon, and stevia. Mix well.

**2** Make the batter by adding the wet ingredients to the dry ingredients. Mix well, and allow the batter to thicken for 10 minutes.

- 3** Spray a medium skillet with non-stick cooking spray and preheat over medium-high heat. Pour the batter into the hot pan, and cook until the edges are set and bubbles appear on the surface. Flip, and cook for 1 additional minute. Transfer the cooked pancake to a plate.
- 4** Drizzle with the syrup (if using). Serve warm.



**PREP TIPS**

*Double or triple this recipe for a quick and easy breakfast option.*

*Store in an airtight container in the refrigerator for up to 6 days, or in the freezer for up to 2 months.*

## CHANGE IT UP

*Make a pumpkin pancake by substituting  $\frac{1}{2}$  tsp pumpkin pie spice for the cinnamon.*

*To make this keto, top with 1 tbsp almond butter. This will add 98 calories, 9g fat, 3g carbs, and 2g protein per serving.*

# PUMPED-UP PROTEIN PANCAKE

**We eat with our eyes first, and at just 300 calories this giant, protein-packed pancake will fill an entire plate and help crush those morning hunger pangs! The egg whites help boost the protein to 30g per serving, while the coconut flour and oats add fiber to help keep you full.**

*Makes 1 serving | Serving size 1 pancake*

*Prep time 10 minutes | Cook time 12 minutes*

## INGREDIENTS

- 1 cup liquid egg whites
- ½ cup old-fashioned oats
- 1 tbsp coconut flour
- ½ tsp ground cinnamon
- ½ tsp baking powder
- 2 tbsp no-calorie pancake syrup (optional)

## DIRECTIONS

- 1** In a medium bowl, combine the egg whites, oats, coconut flour, cinnamon, and baking powder. Mix well, and allow to thicken for 5 to 10 minutes.
- 2** Spray a medium skillet with non-stick cooking spray and preheat over medium heat.
- 3** Add the batter to the hot pan, cover, and cook for 10 to 12 minutes. Transfer the cooked pancake to a plate.

4 Drizzle with the syrup (if using). Serve warm.

#### NUTRITION FACTS

*per serving*

##### CALORIES

300

##### TOTAL FAT

3.7<sub>g</sub>

##### TOTAL CARBS

36<sub>g</sub>

##### PROTEIN

30<sub>g</sub>

#### PREP TIPS

*The batter can be made ahead of time and stored in the refrigerator for up to 2 days.*

*Store the cooked pancakes in an airtight container in the refrigerator for up to 5 days.*

#### CHANGE IT UP

*Try substituting  $\frac{1}{2}$  cup quinoa flakes or 6oz (160g) cooked sweet potato for the oats. The macros will be very similar.*

# SMOKED SALMON AVOCADO BOATS

**Baking these boats enhances the silky texture and slightly sweet flavor of the avocado, which contrasts nicely with the buttery smoked salmon. Pairing the avocado and salmon with an egg, spicy chipotle powder, and earthy dill creates the perfect keto-friendly breakfast.**

*Makes 2 servings / Serving size 1 boat*

*Prep time 10 minutes / Cook time 17 minutes*

## INGREDIENTS

1 large avocado, halved lengthwise, seed removed

2oz (55g) smoked salmon, chopped

2 medium eggs

1/8 tsp chipotle powder

Pinch of salt

Pinch of ground black pepper

2 tsp chopped fresh dill

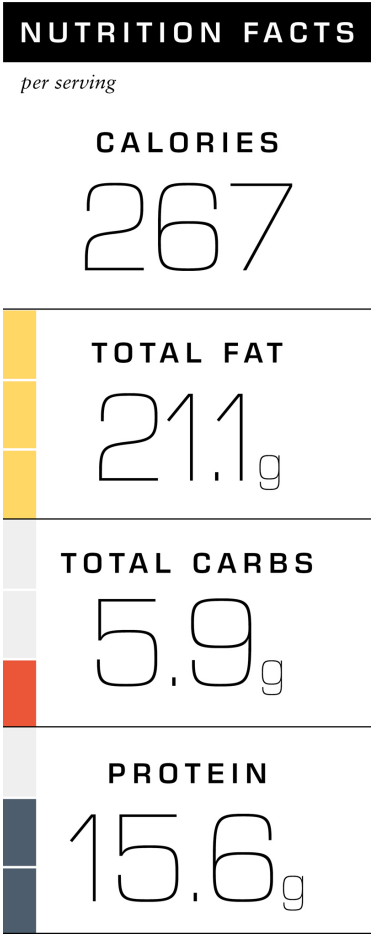
## DIRECTIONS

**1** Preheat the oven to 425°F (218°C). Line an 8 x 8in (20 x 20cm) baking dish with aluminum foil.

**2** Using a small spoon, carefully scoop out enough flesh from each avocado half to form a well large enough to hold half of the salmon and one egg.

**3** Place the avocado halves in the baking dish, flesh-side up. Carefully crack one egg into each well.

- 4 Season each avocado half with equal amounts of the salt, pepper, and chipotle powder. Bake for 15 to 17 minutes, or until the egg whites are set but the yolk is still soft.
- 5 Transfer the boats to a serving plate and top each with 1oz (25g) salmon and 1 tsp dill. Serve hot.



PREP TIPS

*You can double this recipe for easy meal prep.*

*Store in an airtight container in the refrigerator for up to 3 days. To reheat, place on a baking sheet in a 250°F (121°C) oven for 10 to 12 minutes.*

## CHANGE IT UP

*Replace the salmon with 1oz (25g) lean ground beef, and omit the dill. The macros will be about the same.*

*If you don't have fresh dill, sprinkle  $\frac{1}{8}$  tsp dried dill over each boat before baking.*

# SAVORY APPLE SAGE TURKEY SAUSAGES

**Pair this classic sweet and savory flavor combination with oats or eggs for a hearty, high-protein breakfast. You can also toss these in a wrap for lunch, or eat them on the go for a satisfying snack. Lean turkey is high in protein, and apple provides a sweet balance to the more savory flavors.**

*Makes 4 servings | Serving size 2 patties*

*Prep time 10 minutes | Cook time 10 minutes*

## INGREDIENTS

1lb (450g) ground turkey breast

¼ cup liquid egg whites

2 tbsp chopped fresh sage

1 small Granny Smith apple, cored, peeled, and finely chopped

1 tsp sea salt

½ tsp ground black pepper

½ tsp allspice

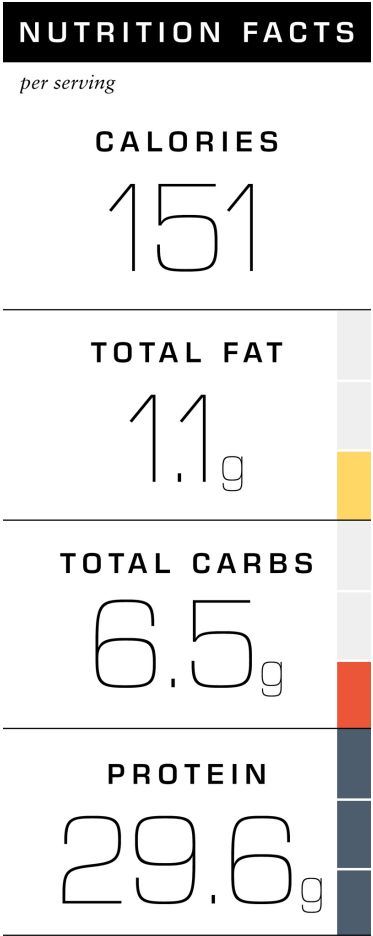
## DIRECTIONS

**1** In a large bowl, combine the turkey breast, egg whites, sage, apple, sea salt, black pepper, and allspice. Mix well to combine. (Be careful not to overmix, which can make the sausages rubbery.) Form the mixture into 8 equal-sized patties.

**2** Spray a large skillet with non-stick cooking spray and place over medium-high heat. Cook the patties for 4 to 5 minutes per side, until both sides are browned.

**3** Reduce the heat to medium-low, cover, and steam for 4 to 5 minutes, or until the internal temperature reaches 160°F (71°C).

**4** Transfer the patties to a paper towel to drain. Serve hot.



**PREP TIPS**

*You can double this recipe for easy meal prep.*

*Store the cooked patties in an airtight container in the refrigerator for up to 3 days, or in the freezer for up to 2 months.*

## CHANGE IT UP

*Make Southwestern sausages by omitting the sage, apple, and allspice, and adding  $\frac{1}{4}$  cup salsa and  $\frac{1}{2}$  tsp chili powder to the filling.*

*For a distinctive Ethiopian flavor, substitute  $\frac{1}{2}$  tsp Berbere seasoning for the allspice.*



# PUMPKIN PIE BOWL

**Creamy, spicy, a little crunchy—and ready in less than an hour! This dish has the flavors of fall, the feel of comfort food, and the protein you need to get your day going. The fiber in the pumpkin, mixed with the slower-digesting protein in Greek yogurt will help you feel full for longer.**

*Makes 1 serving | Serving size 1 bowl*

*Prep time 10 min + 30 min | Cook time none*

## INGREDIENTS

- 1 6oz (170g) container plain 2% Greek yogurt
- ½ cup canned pumpkin purée (not pumpkin pie mix)
- ½ tsp powdered stevia
- ½ tsp ground cinnamon
- ½ tsp ground ginger
- ¼ cup puffed brown rice cereal
- ¼ cup fresh strawberries, thinly sliced

## DIRECTIONS

- 1** In a medium bowl, combine the Greek yogurt, pumpkin purée, stevia, cinnamon, and ginger. Mix well to combine.
- 2** Top with the brown rice cereal and strawberry slices. Cover tightly with plastic wrap and place in the refrigerator to chill for at least 30 minutes before serving.

## NUTRITION FACTS

*per serving*

### CALORIES

266

### TOTAL FAT

5.9<sub>g</sub>

### TOTAL CARBS

30.9<sub>g</sub>

### PROTEIN

25.7<sub>g</sub>

## PREP TIPS

*This bowl can be made ahead of time and stored in the refrigerator for up to 6 days. Add the toppings just before you're ready to eat.*

## CHANGE IT UP

*You can substitute cooked sweet potato for the pumpkin purée. Make sure to thoroughly mash the sweet potato before combining it with the other ingredients.*



Pumpkin Pie Bowl

# OVERNIGHT MOCHA OATS

**Breakfast is an essential meal for maintaining a healthy body weight. These oats offer complex carbohydrates and fiber to keep you full and energize your mornings. Chia seeds promotes satiety, and coffee will boost metabolism and give you a spark of energy to get your day going.**

*Makes 1 serving | Serving size 1 jar*

*Prep time 15 min + 8 hours | Cook time none*

## INGREDIENTS

½ cup old-fashioned rolled oats

1 tbsp chia seeds

1 tbsp unsweetened cocoa powder

1 tbsp powdered stevia

½ cup plain nonfat Greek yogurt

⅓ cup pasteurized liquid egg whites

¼ cup brewed coffee, cold

## DIRECTIONS

**1** In a 12-ounce (340g) glass jar, combine the oats, chia seeds, cocoa powder, and stevia. Stir well to combine.

**2** Add the Greek yogurt, egg whites, and coffee. Tightly seal the jar and shake until all ingredients are well incorporated.

**3** Refrigerate for a minimum of 8 hours to allow the oats to soften. Serve chilled.

## NUTRITION FACTS

*per serving*

### CALORIES

300

### TOTAL FAT

5.7<sub>g</sub>

### TOTAL CARBS

43<sub>g</sub>

### PROTEIN

24.2<sub>g</sub>

## PREP TIPS

*For meal prep, these can be made ahead and stored in the refrigerator for up to 5 days.*

*Eat these cold or hot. To reheat, place in a microwave-safe bowl and microwave on high for 1 minute.*

## CHANGE IT UP

*For a little more spice, add  $\frac{1}{2}$  tsp ground cinnamon.*

*Make coco-mocha oats by substituting 2 tbsp unsweetened coconut for the chia seeds. The calories will remain the same, but the fat will increase by 2g, and the carbs will decrease by 5g.*

# BAKED BANANA AND OAT BARS

**These yummy bars, featuring sweet bananas and hearty old-fashioned oats, will provide quick and sustained energy to keep you going throughout the morning. Whey protein and egg whites boost the protein, and also hold these bars together nicely, making them easy to eat on the go.**

*Makes 4 servings / Serving size 1 bar*

*Prep time 10 minutes / Cook time 30 minutes*

## INGREDIENTS

2 medium ripe bananas, mashed

1 cup liquid egg whites

¼ cup unsweetened vanilla almond milk

1 tsp vanilla extract

1½ cups old-fashioned rolled oats

½ cup vanilla whey protein powder

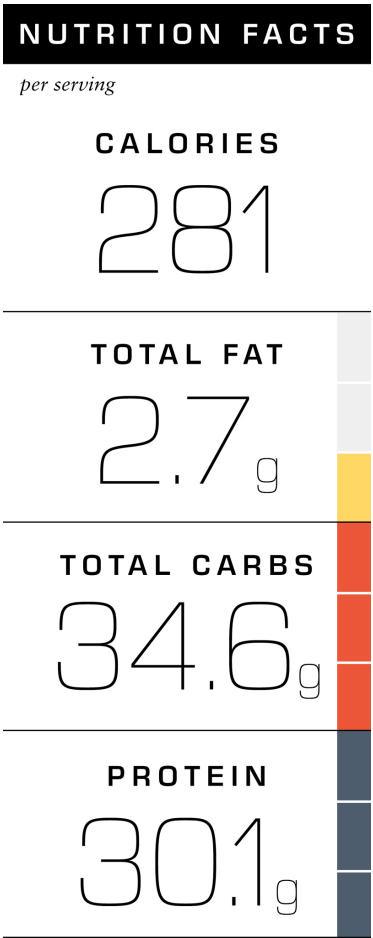
1 tsp baking powder

## DIRECTIONS

**1** Preheat the oven to 350°F (177°C). Spray an 8 x 8in (20 x 20cm) baking dish with non-stick cooking spray.

**2** In a medium bowl, combine the bananas, egg whites, almond milk, and vanilla extract. Mix well. In a separate large bowl, combine the oats, protein powder, and baking powder. Mix well.

- 3** To make the batter, add the wet ingredients to the dry ingredients. Stir well to combine.
- 4** Pour the batter into the baking dish and bake for 28 to 30 minutes, or until the top is golden brown. Cut into four equal-sized bars.



**PREP TIPS**

*You can double this recipe for easy meal prep.*

*Store in an airtight container in the refrigerator for up to 6 days, or in the freezer for up to 2 months.*

## CHANGE IT UP

*Try substituting strawberry or chocolate protein powders for the vanilla protein powder.*

*For a more decadent flavor, add  $\frac{1}{3}$  cup powdered peanut butter. This will add 45 calories, 1.5g fat, 2.7g carbs, and 5g protein per serving.*

# SOUTHERN BREAKFAST CASSEROLE

**This Southern-inspired casserole is lean on calories, but will keep you full and is loaded with flavor. Ground turkey packs in the protein, while grits and light cheddar cheese add essential carbs for your workouts. Green onions give it all a pop of color and a fresh, bright kick.**

*Makes 4 servings / Serving size 1 slice*

*Prep time 20 minutes / Cook time 27 minutes*

## INGREDIENTS

1 cup instant dry grits

1 tsp salt

1lb (450g) lean ground turkey breast

1 tsp dried sage

1 tsp dried thyme

$\frac{1}{2}$  tsp marjoram

$\frac{1}{2}$  tsp red pepper flakes

$\frac{1}{2}$  cup liquid egg whites

$\frac{1}{2}$  cup finely chopped green onion (green ends only)

$\frac{1}{4}$  cup light cheddar cheese

## DIRECTIONS

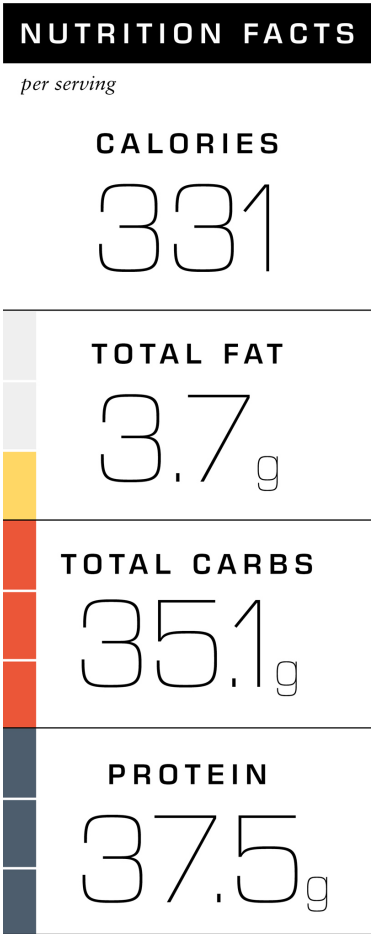
**1** Preheat the oven to 375°F (191°C). Spray a 9 x 9in (23 x 23cm) baking dish with non-stick cooking spray.

**2** In a medium stock pot, bring 4 cups of water to a boil. Add the grits and salt, and bring just to a boil. Reduce the heat to low and cook for 5 minutes, stirring frequently.

**3** Spray a medium skillet with non-stick cooking spray and place over medium heat. Add the turkey, sage, thyme, marjoram, and red pepper flakes. Cook for 4 to 5 minutes, stirring frequently.

**4** In a large glass bowl, combine the seasoned turkey, cooked grits, egg whites, green onions, and cheddar cheese. Mix well to combine. Spoon the mixture into the prepared baking dish.

**5** Bake for 25 to 27 minutes, or until the casserole is lightly browned. Cut into four equal-sized slices. Serve hot.



## PREP TIPS

*Tightly seal the slices in plastic wrap and store in the refrigerator for up to 6 days. Eat cold, or reheat on a baking sheet in a 250°F (121°C) oven for 15 minutes.*

## CHANGE IT UP

*Make it keto by replacing the grits with 4 tbsp unsalted butter, replacing the liquid egg whites with 8 large eggs, and reducing the ground turkey from 1lb (450g) to ½lb (225g). Macros will be 326 calories, 23.4g fat, 0.8g carbs, and 27.5g protein per serving.*

# KETO BREAKFAST BURRITOS

**Fresh eggs, crunchy asparagus, and gooey cheddar cheese are all wrapped in lean ham in these low-carb alternatives to traditional breakfast burritos. Asparagus adds a wonderful crunch as well as essential nutrients like vitamin K and folate. You won't miss the tortilla!**

*Makes 1 serving | Serving size 2 burritos*

*Prep time 10 minutes | Cook time 15 minutes*

## INGREDIENTS

4 1oz (25g) slices lean deli ham (97% fat free, preferably)

2 large eggs

10 thin asparagus stalks, ends trimmed, and chopped into ½-inch (1.25cm) pieces

¼ cup shredded cheddar cheese

## DIRECTIONS

**1** Preheat the oven to 400°F (204°C). Spray a small non-stick frying pan with non-stick cooking spray and place over medium heat.

**2** Crack the eggs into the pan and add the asparagus pieces. Cook for 4 to 5 minutes, stirring occasionally, until the eggs just begin to set. Sprinkle the cheese over top of the eggs and cook for 1 additional minute, or until the cheese is melted. (Do not stir.)

**3** Make the wraps by placing two slices of ham side-by-side on a plate, overlapping the edges just slightly. Repeat with the remaining slices. Divide the filling into two equal portions and spoon onto each of the wraps. Grasp the ends of each wrap and gently roll into bundles.

4 Spray an 8 x 8in (20 x 20cm) baking dish with non-stick cooking spray, and place the wraps in the dish. Bake for 6 to 8 minutes, or until the ham is lightly browned and the cheese starts to bubble. Serve hot.

#### NUTRITION FACTS

*per serving*

##### CALORIES

318

##### TOTAL FAT

20.5<sub>g</sub>

##### TOTAL CARBS

2.2<sub>g</sub>

##### PROTEIN

29.7<sub>g</sub>

#### PREP TIPS

*You can double or triple this recipe for easy meal prep. To ensure proper portions, weigh the cooled filling on a scale before adding the filling to each ham wrap.*

*Store in an airtight container in the refrigerator for up to 5 days.*

#### CHANGE IT UP

*If you don't prefer asparagus, you can substitute  $\frac{1}{4}$  cup sliced fresh button mushrooms and  $\frac{1}{4}$  cup diced tomato. The macros will be about the same.*



# CRUSTLESS QUICHE

**Just a hint of parmesan cheese adds a decadent flavor to this low-carb take on a traditional breakfast quiche. Egg whites and milk offer muscle-building protein, seasonal vegetables help keep you full, and antioxidant-rich spices add flavor without adding unnecessary calories.**

***Makes 2 servings | Serving size 1 slice***

***Prep time 10 minutes | Cook time 35 minutes***

## INGREDIENTS

- 1 cup yellow squash, thinly sliced
- 1 cup zucchini, thinly sliced
- 1 large bell pepper, seeded and thinly sliced
- 2 tsp minced garlic
- 1 tbsp dried thyme
- 1½ cups liquid egg whites
- $\frac{3}{4}$  cup 1% milk
- $\frac{3}{4}$  tsp salt
- $\frac{1}{2}$  tsp ground black pepper
- $\frac{1}{4}$  cup grated parmesan cheese

## **DIRECTIONS**

**1** Preheat the oven to 350°F (177°C). Spray a large skillet with non-stick cooking spray and place over medium heat. In a large bowl, combine the egg whites, milk, salt, black pepper, and parmesan cheese. Mix until well incorporated. Set aside.

**2** Add the squash, zucchini, bell pepper, garlic, and thyme to the pan, and cook until the vegetables are slightly softened, about 5 to 6 minutes. Set aside.

**3** Spray an 8-inch (20cm) pie dish with non-stick cooking spray. Spoon the vegetables into the pie dish, and carefully pour the egg and milk mixture over top of the vegetables.

**4** Place the pie dish on a baking sheet and bake for 30 to 35 minutes, or until the center is set. Slice into two equal-sized portions. Serve warm.

## NUTRITION FACTS

*per serving*

### CALORIES

196

### TOTAL FAT

4.1g

### TOTAL CARBS

11.2g

### PROTEIN

29.1g

## PREP TIPS

*Unflavored almond milk can be used in place of 1% milk.*

*Save time by microwaving the vegetables on high for 4 to 6 minutes, stirring frequently. Total baking time will be reduced to 20 to 25 minutes.*

*Tightly wrap the individual slices in plastic wrap and store in the refrigerator for up to 6 days.*

## CHANGE IT UP

*Make it keto by replacing the egg whites with 6 large eggs, replacing the milk with  $\frac{1}{4}$  cup heavy whipping cream, and adding  $\frac{1}{2}$  cup grated parmesan cheese. The macros per serving will be 225 calories, 16.6g fat, 3.4g carbs, and 15.6g protein.*



Crustless Quiche

# SAVORY BREAKFAST OATMEAL

**These oats take on a savory spin when topped with fiery sriracha scrambled eggs. Sesame seeds add crunch, while scallions add bright pops of flavor. The oats pack complex carbohydrates and soluble fiber, while the egg whites help keep you full and provide muscle-building protein.**

*Makes 1 serving | Serving size 1 bowl*

*Prep time 10 minutes | Cook time 10 minutes*

## INGREDIENTS

1 cup low-sodium chicken broth

½ cup old-fashioned rolled oats

1 cup liquid egg whites

2 tsp sriracha hot chili sauce

1 scallion, thinly sliced

½ tsp sesame seeds

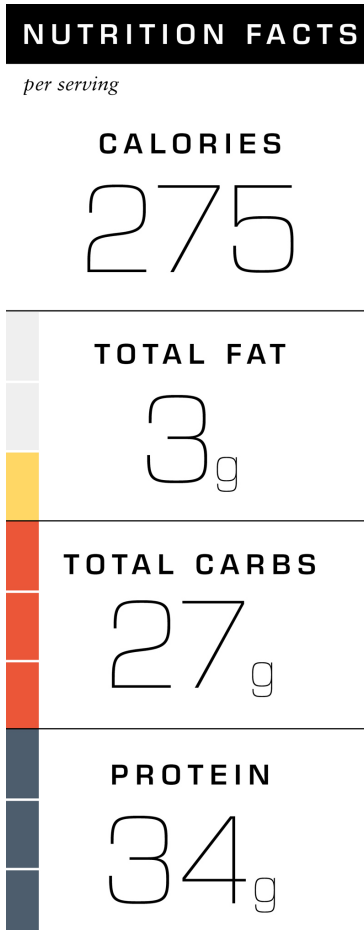
Pinch of salt

## DIRECTIONS

**1** Spray a small saucepan with non-stick cooking spray and place over medium-high heat. Add the chicken broth and oats, bring just to a boil. Reduce the heat to low and simmer for 5 minutes, stirring occasionally.

**2** While the oats cook, spray a small skillet with non-stick cooking spray and place over medium heat. Add the egg whites and cook until the whites are nearly cooked through, then add the sriracha sauce and stir to evenly distribute. Continue cooking until the whites are firm, stirring occasionally.

**3** Transfer the cooked oats to a serving bowl and top with the eggs. Sprinkle the scallions and sesame seeds over top, and season with a pinch of salt. Serve hot.



## PREP TIPS

*This also can be prepared in the microwave. Add the oats and chicken broth to a microwave-safe bowl, and cook on high for 2 to 3 minutes, stirring every 30 to 45 seconds.*

*Store the egg and oatmeal mixture in an airtight container in the refrigerator for up to 4 days. Top with the sesame seeds and scallions just before serving.*

## CHANGE IT UP

*For a different flavor and an extra probiotic boost, omit the sriracha and add 2 tbsp kimchi to the bowl after the oats and eggs are cooked. This will add about 15 calories per serving.*

# CANADIAN BACON AND EGG CUPS

**These portable bacon and egg cups are a quick and satisfying breakfast treat. Canadian bacon has a similar flavor profile to regular bacon, but contains more protein and less fat. Eggs are rich in healthy monounsaturated and polyunsaturated fats, and will help keep you full for longer.**

*Makes 6 servings / Serving size 1 cup*

*Prep time 10 minutes / Cook time 20 minutes*

## INGREDIENTS

6 large eggs

12 slices nitrate-free Canadian bacon

Pinch of salt

Pinch of ground black pepper

## DIRECTIONS

**1** Preheat the oven to 350°F (177°C). Spray a large muffin tin with non-stick cooking spray. Place 2 slices of Canadian bacon into each tin and shape them into cups.

**2** Crack one egg into each cup, and season with equal amounts of salt and black pepper.

**3** Bake for 18 to 20 minutes, or until the centers of the eggs are set and firm. (For creamier yolks, bake just until the centers of the yolks are set.) Serve warm.

## NUTRITION FACTS

*per serving*

### CALORIES

264

### TOTAL FAT

12.6<sub>g</sub>

### TOTAL CARBS

2.8<sub>g</sub>

### PROTEIN

34.6<sub>g</sub>

## PREP TIPS

*Store in an airtight container in the refrigerator for up to 6 days, or in the freezer for up to 2 months.*

*To reheat unfrozen cups, place on a baking sheet in a 250°F (121°C) oven for 10 to 12 minutes.*

## CHANGE IT UP

*For a zestier flavor, add 1 tbsp grated parmesan cheese to the top of each cup before baking. This will add 20 calories, 1g fat, 2g carbs, and 1g protein to each serving.*

*Spice it up! Top each cup with a slice of fresh jalapeno. This has no impact on the macros.*

# COTTAGE CHEESE AND CANTALOUPE BOWL

**Sweet, juicy cantaloupe is the vessel for this protein-packed treat. Cottage cheese adds creaminess and contains casein, which helps make it a slower digesting protein. Slivered almonds add crunch and healthy fats, while warming cinnamon helps regulate blood sugar levels.**

*Makes 2 servings / Serving size 1 bowl*

*Prep time 10 minutes / Cook time none*

## INGREDIENTS

1 small cantaloupe  
2 cups 1% cottage cheese  
2 tbsp slivered almonds  
 $\frac{1}{8}$  tsp ground cinnamon

## DIRECTIONS

- 1** To create the bowls, slice the cantaloupe in half crosswise, and use a spoon to scoop out the seeds of each half.
- 2** Add 1 cup cottage cheese to each cantaloupe bowl and top each with 1 tbsp slivered almonds and a pinch of cinnamon. Serve immediately.

## NUTRITION FACTS

*per serving*

### CALORIES

314

### TOTAL FAT

6.7<sub>g</sub>

### TOTAL CARBS

32<sub>g</sub>

### PROTEIN

31.9<sub>g</sub>

## PREP TIPS

*This is best prepared and served immediately.*

*Tightly wrap any unprepared cantaloupe in plastic wrap and store in the refrigerator for up to 2 days.*

## CHANGE IT UP

*For a sweeter flavor, sprinkle 1 tsp powdered stevia over top of each bowl.*

*For a nuttier flavor, substitute 2 tbsp pumpkin seeds for the slivered almonds. The macros will remain the same.*

# CHICKEN AND POLENTA BREAKFAST PIZZA

**The crust of this pizza is made from polenta, a coarsely ground corn meal which contains complex carbs that will help keep you fueled throughout the day. Cooking the polenta in chicken broth imparts a rich, savory taste, which is accented by lean chicken breast, spinach, and mushrooms.**

*Makes 4 servings / Serving size 1 slice*

*Prep time 10 minutes / Cook time 35 minutes*

## INGREDIENTS

- 1 cup dried polenta
- 3 cups low-sodium chicken broth
- 1 tsp salt
- 1lb (450g) ground chicken breast
- 1 tsp garlic powder
- 1 tsp dried oregano
- 2 cups fresh baby spinach
- 1 cup button mushrooms, thinly sliced

## DIRECTIONS

**1** Preheat the oven to 425°F (218°C). In a large saucepan over high heat, bring the chicken broth to a boil. Reduce the heat to medium and gradually add the polenta to the pan, whisking constantly. Add ½ tsp salt and continue to whisk until the polenta starts to thicken.

**2** Spray an 8 x 8in (20 x 20cm) baking dish with non-stick cooking spray. Spread the polenta mixture evenly across the prepared baking dish. Bake

for 28 to 30 minutes.

**3** While the crust is baking, spray a large skillet with non-stick cooking spray and place over medium heat. Add the ground chicken, and season with the garlic powder, oregano, and the remaining  $\frac{1}{2}$  tsp of salt. Cook for 8 to 10 minutes, stirring occasionally, and using a wooden spoon to break up the chicken.

**4** Add the spinach and mushrooms to the pan. Cook for an additional 2 to 3 minutes, stirring constantly, until the spinach is wilted, the mushrooms are soft, and all of the liquid has cooked off.

**5** Top the baked crust with the chicken, mushroom, and spinach mixture, making sure the mixture is evenly distributed across the crust. Place the pizza in the oven and bake for 4 to 5 minutes, or until the toppings are lightly browned. Cut into four equal-sized slices. Serve hot.

## NUTRITION FACTS

*per serving*

### CALORIES

295

### TOTAL FAT

3.2<sub>g</sub>

### TOTAL CARBS

33.1<sub>g</sub>

### PROTEIN

30.1<sub>g</sub>

## PREP TIPS

*Store in an airtight container in the refrigerator for up to 3 days. To reheat, place on a baking sheet in a 250°F (121°C) oven for 15 minutes.*

*The unbaked crust can be prepared ahead of time. Tightly seal in plastic wrap and store in the refrigerator for up to 4 days.*



# BLUEBERRY MUFFINS

**Store-bought muffins may be convenient, but they're loaded with fat and sugar. This simple version pumps up the protein, while giving you the goodness of whole-grain oats and antioxidant-rich blueberries. A touch of butter gives just enough flavor and moisture to make these muffins feel like a treat!**

*Makes 12 servings / Serving size 1 muffin*

*Prep time 10 minutes / Cook time 25 minutes*

## INGREDIENTS

1 cup old-fashioned rolled oats

$\frac{2}{3}$  cup gluten-free or all purpose flour

$\frac{1}{2}$  cup vanilla whey protein powder

1 tsp ground cinnamon

1 tsp baking powder

1 tsp baking soda

$\frac{1}{4}$  cup powdered stevia

$\frac{1}{3}$  cup liquid egg whites

1 cup unsweetened applesauce (preferably cinnamon flavored)

$\frac{1}{4}$  cup butter, softened

$\frac{3}{4}$  cup unsweetened almond milk

1 tsp vanilla extract

1 cup fresh blueberries

## **DIRECTIONS**

**1** Preheat the oven to 400°F (204°C). Spray a large muffin tin with non-stick cooking spray.

**2** In a large bowl, combine the oats, flour, protein powder, cinnamon, baking powder, baking soda, and stevia. Mix well.

**3** In a separate medium bowl, combine the egg whites, applesauce, butter, almond milk, and vanilla extract. Mix well.

**4** Make the batter by adding the wet ingredients to the dry ingredients, and mixing until the ingredients are just incorporated. Gently fold in the blueberries, being careful not to crush them. Fill each muffin tin cup to two-thirds full with the batter.

**5** Bake for 20 to 25 minutes, or until a toothpick inserted into the middle comes out clean. Serve warm.

## NUTRITION FACTS

*per serving*

### CALORIES

135

### TOTAL FAT

5.2<sub>g</sub>

### TOTAL CARBS

14.1<sub>g</sub>

### PROTEIN

8.7<sub>g</sub>

## PREP TIPS

*Store in an airtight container at room temperature for up to 4 days, or in the refrigerator for up to 1 week. To freeze, tightly wrap individual muffins in plastic wrap and freeze for up to 2 months.*

## CHANGE IT UP

*Strawberries, raspberries, or blackberries also will work well with this recipe, and won't impact the macros.*

*Add 1 tbsp unsweetened cocoa powder to the batter for a chocolate kick that adds only a few extra calories.*



Blueberry Muffins

# BREAK-THE-FAST SKILLET

**This hearty breakfast skillet is incredibly satisfying. Browning the potatoes and onions in a cast iron skillet imparts a beautiful golden color and rich flavor, and just a touch of almond milk keeps the egg whites soft and fluffy. Tomato adds a pop of color and a potent nutrient boost.**

*Makes 4 servings / Serving size 1 slice*

*Prep time 10 minutes / Cook time 35 minutes*

## INGREDIENTS

3 cups liquid egg whites

2 tbsp plain unsweetened almond milk

1 20oz (560g) package frozen shredded hash brown potatoes, thawed

½ cup diced onion

1 tsp salt

1 tsp garlic powder

1 tsp dehydrated bell pepper flakes

1 large tomato, cut crosswise into ¼-inch (.5cm) slices

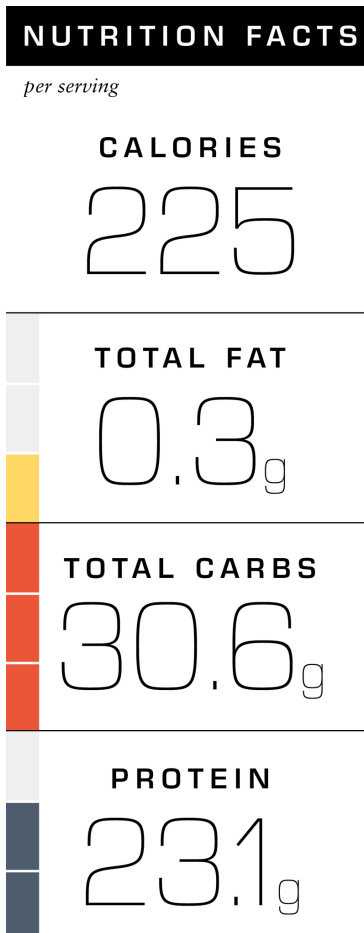
## DIRECTIONS

**1** Preheat oven to 350°F (177°C). In a medium bowl, combine the egg whites and almond milk, and stir well to combine. Set aside.

**2** Spray a large cast iron skillet with coconut oil spray and place over medium heat. Add the potatoes, onion, salt, garlic powder, and bell pepper flakes. Cook for 8 to 10 minutes, stirring frequently, until the potatoes begin to brown and the onions become soft and translucent.

**3** Pour the egg white and almond milk mixture over top of the potatoes and onions. Stir gently. Place the tomato slices over top.

**4** Bake for 20 to 25 minutes, or until the middle is set and firm. Cut into four equal-size slices. Serve warm.



## PREP TIPS

*Tightly wrap the individual slices in plastic wrap and refrigerate for up to 5 days. To reheat, place in an oven-safe dish and bake in a 250°F (121°C) oven for 10 minutes.*

## CHANGE IT UP

*For a Southwestern flavor, add ½ tsp chili powder, ½ tsp paprika, and ½ tsp cumin to the potatoes, and substitute ¼ cup salsa for the almond milk.*

# STEAK AND EGG BURRITO

**This low carb burrito features an egg wrap, instead of a tortilla, and is perfect for a quick, on-the-go breakfast. Patience in cooking the egg is the key to creating a perfect wrap. Top with any lean protein and a scoop of salsa, and you'll have a protein-packed breakfast in minutes!**

*Makes 1 serving / Serving size 1 burrito*

*Prep time 5 minutes / Cook time 12 minutes*

## INGREDIENTS

2 extra large eggs

Pinch of salt

Pinch of ground black pepper

2oz (55g) flank steak, thinly sliced

Pinch of garlic powder

1 tbsp salsa

## DIRECTIONS

**1** Spray a medium skillet with non-stick cooking spray. In a medium bowl, combine the eggs, pinch of salt, and pinch of black pepper. Whisk until the ingredients are well combined.

**2** Add the eggs to the skillet and cook over medium-high heat for 4 to 5 minutes, or until the edges are set. Using a spatula, carefully flip the eggs and cook for an additional 3 to 4 minutes, or until the eggs are fully set. Remove the wrap from the skillet and place on a plate.

**3** Add the flank steak to the skillet, season with salt, black pepper, and garlic powder, and cook for 2 to 3 minutes, or until the steak is well done.

**4** Top the egg wrap with the steak and salsa, and gently fold the edges in to form a burrito. Serve warm.

## NUTRITION FACTS

*per serving*

### CALORIES

276

### TOTAL FAT

16.2<sub>g</sub>

### TOTAL CARBS

3<sub>g</sub>

### PROTEIN

26.5<sub>g</sub>

## PREP TIPS

*You can substitute equal amounts of any leftover lean protein for the steak.*

*The egg wraps can be made ahead of time and stored in the refrigerator for up to 4 days. To store, layer the wraps in parchment paper then tightly seal in plastic wrap.*

## CHANGE IT UP

*Make it keto by adding one quarter of a sliced avocado,  $\frac{1}{4}$  tsp chipotle powder, and a squeeze of lime juice. This will add about 70 calories and 7g fat per serving.*

*Substitute 1 tbsp pico de gallo or 1 tbsp creamy dijon mustard for the salsa.*



# ***ENTRÉES***

*In terms of nutrition, lunch and dinner can be just as important as breakfast. Whether you want to maintain, lean down, or gain muscle, it's important to properly fuel your body throughout the day. The entrées in this chapter are big on flavor, but also rich in protein to help keep you full, and help your body burn calories while building new muscle.*



# STUFFED FLORENTINE CHICKEN BREASTS

**It's time to stop eating the same boring chicken recipes! Searing the chicken breasts in this dish helps seal in the juices, and the spinach, sun-dried tomatoes, and gooey mozzarella all burst with flavor. At less than 200 calories per serving, this recipe is a muscle-making winner!**

*Makes 4 servings | Serving size 5oz (140g)*

*Prep time 15 minutes | Cook time 25 minutes*

## INGREDIENTS

3 boneless, skinless chicken breasts, or approximately 1lb (450g)

$\frac{1}{2}$  tsp salt

$\frac{1}{2}$  tsp ground black pepper

$\frac{1}{2}$  tsp garlic powder

$\frac{1}{2}$  cup chopped sun-dried tomatoes

$\frac{1}{2}$  cup chopped fresh baby spinach

$\frac{1}{2}$  cup light shredded mozzarella cheese

## DIRECTIONS

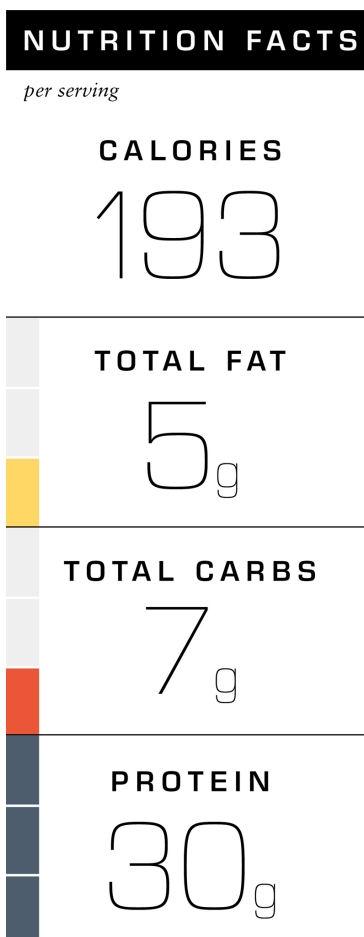
**1** Preheat oven to 350°F (177°C). Lightly spray a medium cast iron skillet with non-stick cooking spray and place over medium-high heat.

**2** Add the chicken breasts to the skillet and season with the salt, pepper, and garlic powder. Cook for 1 to 2 minutes per side, or until lightly browned.

**3** Remove the skillet from the heat and allow the breasts to rest in the skillet for 5 minutes. Once the breasts are cool enough to handle, transfer to a

cutting board and create pockets for the fillings by slicing halfway through each breast lengthwise, being careful not to slice completely through the breasts.

**4** Stuff each breast with equal amounts of the spinach, tomatoes, and cheese, and secure by inserting a toothpick through each breast. Transfer the breasts back to the skillet and bake for 20 minutes. The chicken is done when the juices run clear and the internal temperature reaches 165°F (74°C). Serve hot.



## PREP TIPS

*Store in an airtight container in the refrigerator for up to 5 days.*

## CHANGE IT UP

*For a spicier twist, sprinkle small pinches of red pepper flakes and dried oregano over each chicken breast before baking.*

# BISON AND PORTOBELLO SLIDERS

**Lean ground bison lends richness to these bite-sized burgers, and Portobello buns add rich flavor without adding loads of carbs. Dried onion flakes help bind the patties so they're easier to shape, flip, and serve, and the egg whites add more protein and help keep the burgers juicy.**

*Makes 2 servings / Serving size 2 sliders*

*Prep time 30 minutes / Cook time 15 minutes*

## INGREDIENTS

1lb (450g) lean ground bison, preferably 92/8 lean-to-fat ratio

¼ cup liquid egg whites

2 tbsp dried onion flakes

1 tsp garlic powder

½ tsp salt

½ tsp ground black pepper

4 tbsp no-sugar-added ketchup (optional)

## For the portobello buns

8 large portobello mushrooms

½ tsp salt

½ tsp ground black pepper

½ tsp garlic powder

## **DIRECTIONS**

**1** Preheat the grill to medium. In a large bowl, combine the ground bison, egg whites, onion flakes, garlic powder, salt, and black pepper. Mix until the ingredients are well incorporated. With wet hands, shape the mixture into 8 even-sized patties. Set aside.

**2** Rinse the mushrooms and pat dry with a paper towel. Remove the stems and place on a flat surface, gill-sides up. Season with the salt, black pepper, and garlic powder.

**3** Place the mushrooms on the grill, gill-sides up, and grill for 3 minutes. Flip and grill for an additional 2 to 3 minutes. Transfer to a paper towel to drain, gill-sides down.

**4** Place the bison patties on the grill, and cook for 4 to 5 minutes per side. Transfer to a plate and allow to rest for 5 minutes. Assemble the sliders by placing a bison patty between two portobello buns. Top each slider with 1 tbsp ketchup (if using). Serve warm.

## NUTRITION FACTS

*per serving*

### CALORIES

212

### TOTAL FAT

9<sub>g</sub>

### TOTAL CARBS

9.1<sub>g</sub>

### PROTEIN

27<sub>g</sub>

## PREP TIPS

*Store the burgers in an airtight container in the refrigerator for up to 5 days. Store the portobello buns in a separate airtight container for up to 4 days. Assemble just before serving.*

## CHANGE IT UP

*Make these keto by replacing the lean ground bison with ground bison with an 80/20 lean-to-fat ratio, and replacing the egg whites with one large egg. The macros per serving will be 288 calories, 22.2g fat, and 21.6g protein.*



# CHILI LIME SALMON POUCHES

**Lime adds wonderful vibrancy and a gorgeous touch of color to this dish. Chili and cilantro pair perfectly with the buttery flavor of the salmon, which is high in protein and rich in omega-3 fatty acids, which have numerous health benefits. Parchment paper makes prep and clean up easy.**

*Makes 4 servings | Serving size 4oz (110g)*

*Prep time 10 minutes | Cook time 15 minutes*

## INGREDIENTS

- 1 medium wild salmon fillet, approximately 1lb (450g)
- 2 large limes, sliced into  $\frac{1}{4}$ -inch (.5cm) slices (reserve  $\frac{1}{3}$  of each lime)
- 2 tsp chili powder
- $\frac{1}{2}$  tsp salt
- 1 tsp ground cilantro

## DIRECTIONS

- 1 Preheat the oven to 400°F (204°C). Cut a piece of parchment paper large enough to create a pouch for the salmon. Place the parchment on a large baking sheet.
- 2 Arrange enough lime slices on the parchment paper to create a bed for the salmon fillet. Place the fillet, scales-side-down, on top of the lime slices.
- 3 Squeeze the reserved lime over the fillet, discard. Season the fillet with the chili powder, salt, and cilantro. Place the remaining lime slices on top of the

filet.

**4** Fold the parchment paper over the salmon and crimp the edges to form a pouch. Bake for 15 minutes. Serve hot.

NUTRITION FACTS	
<i>per serving</i>	
CALORIES	165
TOTAL FAT	7.2 <sub>g</sub>
TOTAL CARBS	0 <sub>g</sub>
PROTEIN	25 <sub>g</sub>

## PREP TIPS

*If you don't have parchment paper, you can use aluminum foil, instead. (The salmon will steam and have a slightly softer texture.)*

*Store in an airtight container in the refrigerator for up to 2 days.*

## CHANGE IT UP

*Lemons or bitter orange can be used in place of the limes.*

*For a lighter flavor, substitute 2 tsp dried rosemary for the chili powder and cilantro.*



Chili Lime Salmon Pouches

# PAN-SEARED CHICKEN BREASTS

**Brining the chicken brings out the flavor and locks in the moisture in this protein-packed classic. Searing the breasts produces a beautiful crust, while finishing them in the oven helps keep this lean protein juicy. You can pair this flavorful chicken with just about any side dish.**

*Makes 8 servings / Serving size 4oz (110g)*

*Prep time 10 min + 4 hours / Cook time 20 minutes*

## INGREDIENTS

2 cups water  
1 tbsp apple cider vinegar  
2 tbsp sriracha hot chili sauce  
1 tbsp course ground mustard  
½ tsp ground black pepper  
2 tbsp salt  
1 tsp garlic powder  
2lbs (900g) boneless, skinless chicken breasts

## DIRECTIONS

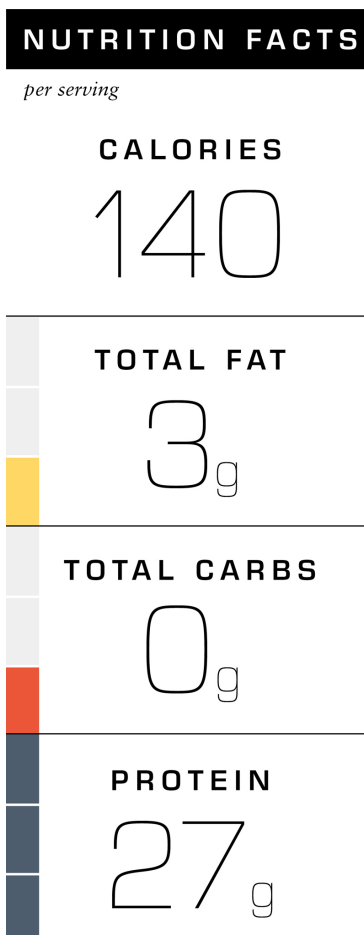
**1** Preheat the oven to 400°F (204°C). Make the brine by combining the water, vinegar, sriracha sauce, mustard, black pepper, salt, and garlic powder in a large glass bowl. Mix well to combine.

**2** Add the chicken breasts to the bowl, ensuring the brine covers the chicken completely. (Add more water to cover the chicken, if needed.) Tightly cover

the bowl with plastic wrap and place in the refrigerator to brine for a minimum of 4 hours (or up to 12 hours).

**3** Spray a large cast iron grill pan with coconut oil cooking spray and preheat over medium-high heat. Remove the chicken from the brine and rinse under cool water to remove any excess salt.

**4** Place the chicken on the pre-heated grill pan. Sear for 3 to 4 minutes per side, then place in the oven to bake for an additional 8 to 10 minutes. The chicken is done when the juices run clear and the internal temperature reaches 165°F (74°C).



## PREP TIPS

*You can double this recipe for easy meal prep.*

*Store in an airtight container in the refrigerator for up to 5 days.*

## CHANGE IT UP

*For a spicier flavor, season the chicken with  $\frac{1}{2}$  tsp cayenne pepper powder,  $\frac{1}{2}$  tsp paprika, and  $\frac{1}{2}$  tsp dried thyme.*

# APPLE-ROASTED WHOLE CHICKEN

**Turning up the heat during the last 15 minutes of baking helps seal in the juices and crisp the skin to produce this photo-worthy bird. Most meal plans will call for a 50/50 serving of breast and thighs, with the skin removed. Keto plan followers can have the crispy skin and dark meat.**

*Makes 8 servings | Serving size 4oz (110g)*

*Prep time 10 minutes | Cook time 1 hour*

## INGREDIENTS

1 tsp salt

1 tsp garlic powder

1 tsp ground black pepper

1 small chicken, approximately 2½ to 3lbs (1.2 to 1.4kg), giblets removed

1 medium Granny Smith apple

Coconut oil cooking spray

## DIRECTIONS

**1** Preheat the oven to 350°F (177°C). Make the rub by combining the salt, garlic powder, and black pepper in a small bowl.

**2** Place the chicken in a large roasting pan. Insert the apple into the cavity, and season the outside of the chicken with half of the rub. Place the chicken in the oven and roast for 45 minutes.

**3** After 45 minutes, increase the oven temperature to 400°F (204°C). Remove the chicken from the oven, lightly spray with coconut oil spray, and season with the remaining rub.

**4** Bake for an additional 15 minutes, or until the internal temperature reaches 165°F (74°C) and the juices run clear when the chicken is pierced with a sharp knife. Slice and serve hot.

#### NUTRITION FACTS

*per serving*

##### CALORIES

151

##### TOTAL FAT

4.2<sub>g</sub>

##### TOTAL CARBS

0<sub>g</sub>

##### PROTEIN

26.4<sub>g</sub>

### PREP TIPS

*Whole chickens tend to be less expensive than chicken breasts. If you're watching your budget, this recipe goes a long way.*

*Store in an airtight container in the refrigerator for up to 6 days.*

### CHANGE IT UP

*For a bolder flavor, coat the chicken with 3 tbsp mustard before baking, and omit the cooking spray. Or, season with ½ tsp of chipotle powder.*

# GINGER SOY SHRIMP SKEWERS

**Spicy, salty, pungent, and a bit sweet, these skewers hit all the right flavor notes. And, with a cook time of less than 6 minutes, you can prep these ahead and throw a protein-rich meal together in a snap. Shrimp is high in selenium and B12, which can help fight free radicals.**

*Makes 4 servings / Serving size 4oz (110g)*

*Prep time 10 min + 1 hour / Cook time 6 minutes*

## INGREDIENTS

1 tsp minced garlic

½ tsp red chili flakes

¼ tsp powdered stevia

3 tbsp soy sauce

½ tsp ground ginger

½ tsp salt

½ tsp ground black pepper

1 pound medium shrimp, peeled, deveined, and tails removed

1 medium lime, sliced into quarters (for serving)

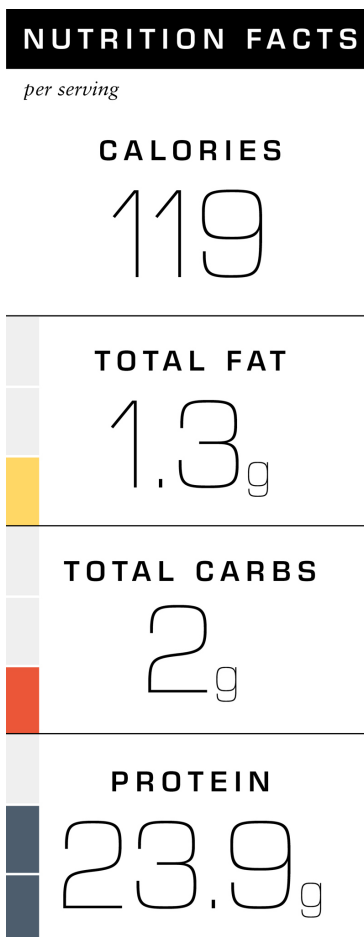
## DIRECTIONS

**1** In a large, sealable freezer bag, combine the garlic, chili flakes, stevia, soy sauce, ginger, salt, and black pepper. Add the shrimp to the bag, seal, and rotate the bag ensuring all of the shrimp are coated with the marinade. Place in the refrigerator to marinate for up to 1 hour.

**2** Set the broiler to low. Thread the shrimp onto skewers, ensuring they line up evenly and lay flat. (If you're using wood skewers, soak them in water for 20 minutes prior to using.)

**3** Line a 9 x 13in (23 x 33cm) sheet pan with aluminum foil, and arrange the skewers on the pan. Broil for 2 to 3 minutes, or until the shrimp just begin to turn opaque.

**4** Flip the skewers and broil for an additional 2 to 3 minutes, or until the shrimp are opaque. Transfer the skewers to a serving plate and garnish with the lime wedges. Serve warm.



## PREP TIPS

*Fresh-frozen shrimp are much less expensive than fresh shrimp, and can be kept frozen for several months.*

*Store in an airtight container in the refrigerator for 1 day. (Cooked shrimp is best consumed immediately.)*

## CHANGE IT UP

*Make these keto by adding  $\frac{1}{4}$  cup olive oil to the marinade. The macros will be 239 calories, 14.8g fat, 2g carbs, and 23.9g protein per serving.*

# SRIRACHA CURRY COCONUT CHICKEN

**This bold dish is full of flavor and is made with simple, everyday ingredients. Steaming the chicken locks in the flavor and keeps it sumptuously juicy. Sriracha and coconut milk balance the smooth and spicy flavors, and aromatic curry adds warmth and contains beneficial antioxidant compounds.**

*Makes 8 servings | Serving size 4oz (110g)*

*Prep time 10 minutes | Cook time 15 minutes*

## INGREDIENTS

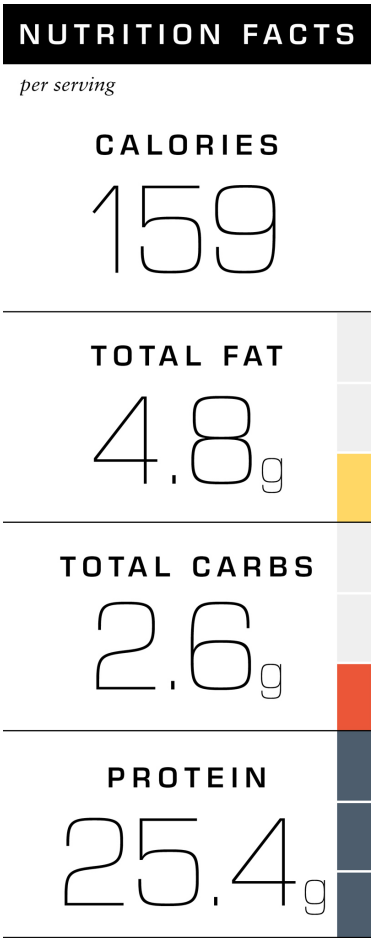
1 cup light coconut milk  
½ cup sriracha hot chili sauce  
1 tbsp lime juice  
1 tbsp curry powder (Vindaloo is preferred)  
½ tsp salt  
½ tsp ground black pepper  
2lbs (900g) boneless, skinless chicken breasts

## DIRECTIONS

**1** In a large bowl, combine the coconut milk, sriracha sauce, lime juice, curry powder, salt, and black pepper. Mix well. Add the chicken breasts to the bowl, and toss thoroughly to coat the chicken with the sauce.

**2** Spray a medium skillet with non-stick cooking spray and place over medium heat. Add the chicken breasts and cook for 1 to 2 minutes per side, or until the chicken begins to brown.

- 3** Add the sauce to the skillet, cover, and cook for an additional 10 minutes, flipping the chicken breasts halfway through the cooking time.
- 4** Adjust the heat to medium-high, uncover, and cook the breasts for an additional 2 to 3 minutes per side, or until the sauce begins to caramelize. The chicken is done when the internal temperature reaches 160°F (71°C) and the juices run clear. Serve hot.



**PREP TIPS**

*Store the cooled chicken and sauce in an airtight container in the refrigerator for up to 7 days.*

## CHANGE IT UP

*Make it keto by replacing the chicken breasts with 2lbs (1kg) bone-in chicken thighs, and replacing the light coconut milk with 1 cup full-fat coconut milk. The macros will be 244 calories, 14.5g fat, 1.6g carbs, and 25.6g protein per serving.*

# BROILED COD

## WITH CHARRED TOMATILLO SALSA

**This quick and easy entrée features lightly seasoned cod and a tart and citrusy charred tomatillo salsa. Serrano chiles deliver a punch of heat and nice burst of flavor. Earthy cilantro, onions, and lime all add bright flavors to complement this mild and meaty fish.**

*Makes 2 servings | Serving size 4oz (110g) fish, 3 tbsp salsa*

*Prep time 10 minutes | Cook time 15 minutes*

### INGREDIENTS

5 large tomatillos, stems and husks removed  
2 serrano chiles, stems and seeds removed, chopped  
2 tbsp diced white onion  
¼ cup roughly chopped fresh cilantro  
½ tsp lime juice  
½ tsp salt  
½ lb (225g) cod fillets (fresh or frozen)  
½ tsp garlic powder  
½ tsp salt  
½ tsp ground black pepper

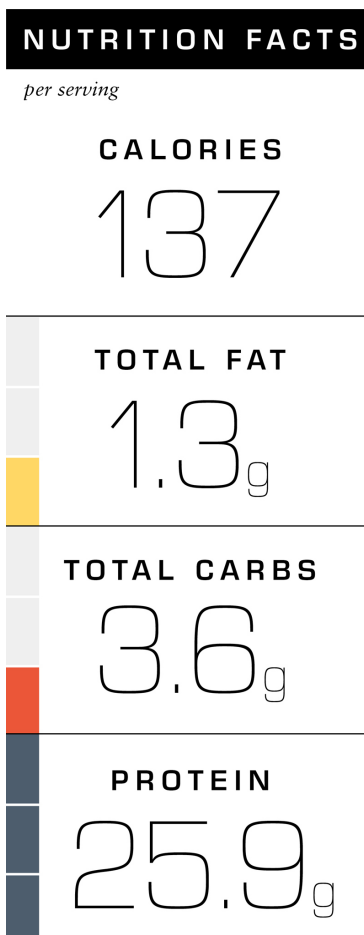
### DIRECTIONS

**1** Preheat the broiler to low. Line a small baking pan with aluminum foil and place the tomatillos and serrano chiles in the pan. Place the pan on the top oven rack and roast for 6 to 8 minutes, flipping the tomatillos and chiles halfway through the cooking process. Roast until nicely charred.

**2** Add the tomatillos, chiles, onion, cilantro, lime juice, and salt to a blender. Pulse in 10 second intervals until a smooth consistency is achieved. Set aside.

**3** Spray a small baking pan with non-stick cooking spray. Place the cod in the pan and season with the garlic powder, salt, and black pepper. Broil for 3 to 4 minutes per side, until the fish is lightly browned and can be flaked with a fork.

**4** Transfer the baked cod to a serving platter and spoon the tomatillo salsa over top. Serve hot.



## PREP TIPS

*Save money by purchasing frozen cod fillets instead of fresh. Thaw in the refrigerator 1 day before cooking.*

*Store in an airtight container in the refrigerator for up to 2 days.*

## CHANGE IT UP

*You can substitute tilapia, haddock, or roughy for the cod. The macros will be very similar.*

# CHICKEN HOBO DINNER

**Cut down on prep time with this easy dinner that's ready in less than 45 minutes. Sweet bell peppers and onions provide an antioxidant boost and season the chicken as it cooks. The cooking process steams the veggies and seals in the flavors in this lighter version of a campfire favorite.**

*Makes 4 servings / Serving size 1 pouch*

*Prep time 15 minutes / Cook time 25 minutes*

## INGREDIENTS

1lb (450g) boneless, skinless chicken breasts, cut into 1-inch (2.5cm) strips

2 large bell peppers, ribs and seeds removed, sliced into ½-inch (1.25cm) strips

1 red onion, sliced crosswise and into ½-inch (1.25cm) slices

1 tsp chili powder

1 tsp ground cumin

1 tsp garlic powder

1 tsp salt

## DIRECTIONS

**1** Preheat the oven to 400°F (204°C). Lightly spray four 12 x 12in (30 x 30cm) squares of aluminum foil with non-stick cooking spray. In a large bowl, combine the chicken strips, peppers, and onions. Set aside.

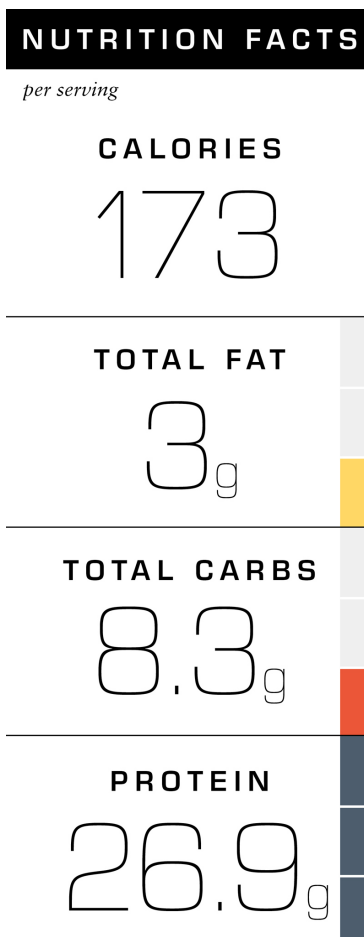
**2** Make the seasoning mix by combining the chili powder, cumin, garlic powder, and salt in a small bowl. Mix well.

**3** Add the seasoning mix to the chicken, peppers, and onions. Toss thoroughly to coat the chicken and peppers with the seasoning.

**4** Place equal amounts of the chicken, peppers, and onions onto each foil square. Grasp the corners of the squares, gather the edges at the middle, and crimp tightly together to form pouches.

**5** Place the pouches on a large baking sheet and bake for 23 to 25 minutes, or until the juices from the chicken run clear and the internal temperature reaches 165°F (74°C).

**6** Remove the pouches from the oven and allow to cool for 10 minutes before serving. (Use caution when opening the pouches, as the steam will be very hot.)



## PREP TIPS

*Remove the chicken from the pouches and store in an airtight container in the refrigerator for up to 5 days.*



# SPICY STUFFED PEPPERS

Sweet bell peppers and a savory, and slightly spicy beef and onion filling are the stars in this hearty entrée that's ready in less than 30 minutes. Salsa provides an extra kick of flavor without adding lots of excess calories. A quick dip in boiling water ensures that the bell peppers stay tender and flavorful.

*Makes 4 servings | Serving size 1 pepper*

*Prep time 5 minutes | Cook time 20 minutes*

## INGREDIENTS

4 medium bell peppers, tops, pith, and seeds removed

1lb (450g) lean ground beef (preferably 92/8 lean-to-fat ratio)

1 cup finely chopped onion

1 tsp celery salt

$\frac{1}{2}$  tsp garlic powder

$\frac{1}{8}$  tsp cayenne pepper

6 tbsp salsa

## DIRECTIONS

**1** Preheat the oven to 350°F (177°C). Fill a medium stockpot with water to three-quarters full, and bring to a rolling boil.

**2** Place the peppers in the pot, bottom-sides up. Boil for 5 minutes, then transfer the peppers to a paper towel to drain, bottom-sides down, for 5 minutes. Set aside.

**3** In a medium non-stick skillet, combine the ground beef, onion, celery salt, garlic powder, and cayenne pepper. Cook over medium-high heat for 4 to 6 minutes, stirring frequently, until the ground beef is browned throughout and the onions are soft and translucent. Add 2 tbsp salsa and stir. Remove the pan from the heat and drain off any excess fat.

**4** Spray a large baking sheet with non-stick cooking spray. Place the peppers, top-sides up, on the baking sheet. Divide the filling into 4 equal-sized portions and spoon the portions into the peppers. Top each pepper with 1 tbsp salsa.

**5** Bake the peppers for 15 minutes, then transfer to a serving platter. Serve hot.

#### NUTRITION FACTS

*per serving*

##### CALORIES

239

##### TOTAL FAT

9.6<sub>g</sub>

##### TOTAL CARBS

18.2<sub>g</sub>

##### PROTEIN

23.9<sub>g</sub>

## PREP TIPS

*Store the cooled peppers in an airtight container in the refrigerator for up to 5 days.*

## CHANGE IT UP

*Try substituting different varieties of salsa, such as salsa verde or pico de gallo, or for an even bigger punch of heat try a hot habanero salsa.*



Spicy Stuffed Peppers

# BROILED GREEK CHICKEN KABOBS

**Bold Mediterranean flavors come together in this tangy and spicy chicken dish that's low in fat and high in muscle-building protein. Broiling the chicken seals in the flavor and browns it to perfection, and the bite-sized cubes store well and are perfect as leftovers for quick weekday meals.**

*Makes 4 servings / Serving size 4oz (110g) or 1 kabob*

*Prep time 15 min + 30 min / Cook time 15 minutes*

## INGREDIENTS

1 tbsp minced garlic  
2 tbsp dried oregano  
1 tsp crushed red pepper flakes  
1 tsp ground black pepper  
½ tsp salt  
½ cup low-sodium chicken broth  
¼ cup lemon juice  
1lb (450g) boneless, skinless chicken breasts

## DIRECTIONS

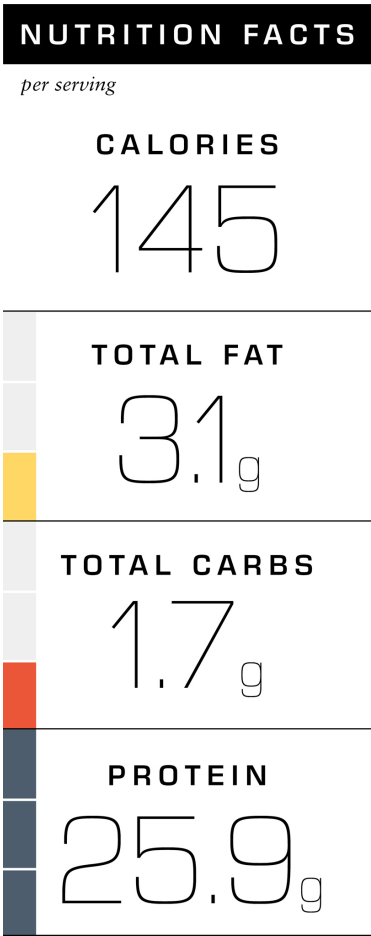
**1** Preheat the broiler to low. Spray a 9 x 13in (23 x 33cm) baking pan with non-stick cooking spray.

**2** Make the marinade by combining the garlic, oregano, red pepper flakes, black pepper, salt, chicken broth, and lemon juice in a large glass bowl. Mix well to combine.

**3** Using a fork, pierce the chicken breasts on all sides, then cut the breasts into ½-inch (1.25cm) cubes. Add the cubes to the bowl with the marinade, tightly cover with plastic wrap, and place in the refrigerator to marinate for 30 minutes.

**4** Carefully thread the chicken cubes onto metal skewers, and place the skewers in the baking pan.

**5** Broil for 12 to 16 minutes, flipping the skewers halfway through the cooking process. The chicken is done when the juices run clear and the internal temperature reaches 165°F (74°C). Serve hot.



**PREP TIPS**

*Remove the chicken from the skewers and store in an airtight container in the refrigerator for up to 5 days.*

## CHANGE IT UP

*For a brighter flavor, substitute 1 tbsp dried parsley for the oregano.*

# ALMOND-CRUSTED MUSTARD CHICKEN

**Almond flour and egg whites are the secret ingredients for making this chicken crunchy and keeping it juicy. Almonds are rich in vitamins, fiber, and protein, and can help burn fat and control hunger. Dijon mustard adds a tangy kick, and also helps tenderize the chicken.**

*Makes 4 servings | Serving size 5oz (140g) or 3 strips*

*Prep time 15 minutes | Cook time 25 minutes*

## INGREDIENTS

¼ cup liquid egg whites

3 tbsp Dijon mustard

1 cup almond flour

½ tsp paprika

½ tsp dried tarragon

½ tsp ground black pepper

½ tsp salt

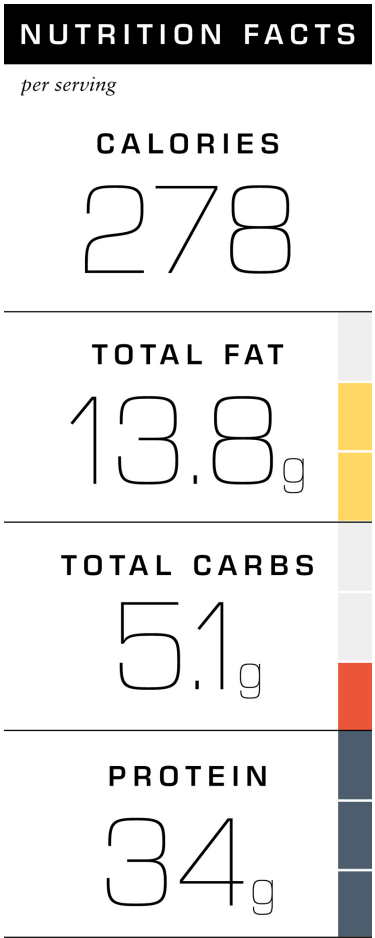
1lb (450g) boneless, skinless chicken breasts, cut into 2-inch (5cm) strips

## DIRECTIONS

**1** Preheat the oven to 400°F (204°C). Line a large baking sheet with aluminum foil.

**2** In a small bowl, whisk together the egg whites and mustard. In a separate shallow baking dish, combine the almond flour, paprika, tarragon, black pepper, and salt.

- 3** Dip the chicken strips in the egg white mixture, then dredge in the almond flour mixture, making sure to evenly coat the strips with the breading. Place the strips on the baking sheet.
- 4** Bake for 20 to 22 minutes, or until the juices run clear and the internal temperature reaches 165°F (74°C). Allow the chicken strips to rest for 5 minutes. Serve hot.



**PREP TIPS**

*For crunchier strips, bake the chicken on an oven-safe cooling rack, instead of a baking sheet.*

*Store in an airtight container in the refrigerator for up to 5 days. Reheat on a baking sheet in a 250°F (121°C) oven for 15 minutes.*

## CHANGE IT UP

*For a little extra heat, add  $\frac{1}{2}$  tsp chili powder to the almond flour mixture.*

*Add some brightness by sprinkling the juice of one lemon over the strips just before serving.*

# BROTH-POACHED SNAPPER WITH BROCCOLI

**This quick and easy entrée is ready in less than 30 minutes, and features flaky snapper gently poached in a light and simple lemon broth. Snapper is a delicate fish and an excellent source of lean protein. Broccoli is loaded with essential nutrients and powerful antioxidants.**

*Makes 4 servings | Serving size 4oz (110g) fish + 4oz (110) broccoli*

*Prep time 15 minutes | Cook time 10 minutes*

## INGREDIENTS

1 cup low-sodium chicken broth

½ white onion, sliced crosswise

1 lemon, sliced crosswise

1lb (450g) fresh snapper fillets, skin on

1 12oz (340g) package frozen broccoli florets, thawed

Pinch of salt

## DIRECTIONS

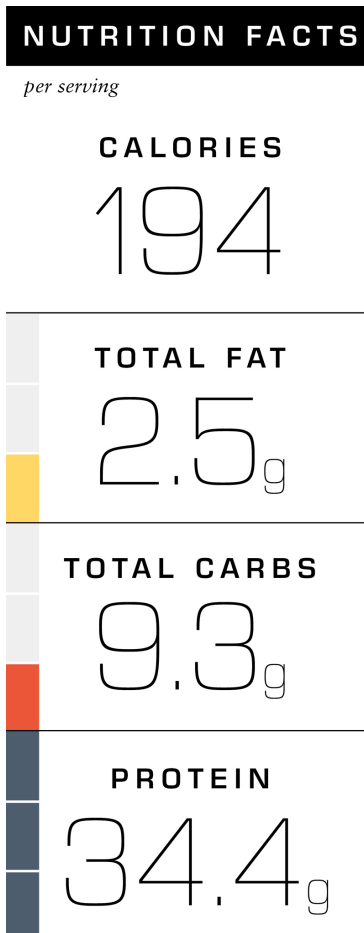
**1** In a large stock pot, combine the chicken broth, onion slices, and lemon slices. Carefully place the snapper fillets in the pot, skin-side down, making sure the fillets are partially submerged in the broth.

**2** Cover, and bring to a simmer over medium-low heat. Cook for 5 to 6 minutes, or until the fish is firm and flaky and the flesh is opaque. Using a spatula, carefully transfer the cooked fillets to a plate.

**3** Keeping the pot at a simmer, add the broccoli florets, cover, and cook for 5 minutes, or until the florets develop a bright green color and become

slightly soft.

**4** Use a slotted spoon to remove the broccoli, onion slices, and lemon slices from the pot. Discard the lemon slices, and spoon the broccoli and onions over the fillets. Season with a pinch of salt. Serve hot.



## PREP TIPS

*Frozen fillets are less expensive and can be used for this recipe. Thaw frozen fish in the refrigerator one day before cooking.*

*This recipe is best when prepared and consumed immediately, but can be stored in an airtight container in the refrigerator for 1 day.*

## CHANGE IT UP

*Other firm white fish, such as flounder, grouper, cod, or tilapia, can be substituted for the snapper. The macros will be about the same.*

# SLOW COOKER BBQ PULLED CHICKEN

**All of the flavors of the smokehouse come together in this recipe—but without all the extra fat and sugar. The chicken is slow cooked to perfection, and the sauce is a bit bold yet incredibly simple to make. The macros are clean enough that you can use this recipe for meals throughout the week.**

*Makes 4 servings | Serving size 4oz (110g)*

*Prep time 15 minutes | Cook time 4.5–8.5 hours*

## INGREDIENTS

2 cups bone broth or low-sodium chicken broth

2 tbsp dried onion flakes

1 tbsp garlic powder

2lbs (900g) boneless, skinless chicken breasts

$\frac{2}{3}$  cup no-sugar-added ketchup

$\frac{1}{2}$  cup apple cider vinegar

2 tbsp Worcestershire sauce

1 tsp paprika

1 tsp kosher salt

1 tsp ground black pepper

$\frac{1}{4}$  tsp chipotle powder (optional)

## **DIRECTIONS**

**1** In a large slow cooker, combine the broth, onion flakes, and garlic powder. Add the chicken breasts to the broth, ensuring they are completely covered in the liquid. Cover, and cook on low for 8 hours, or on high for 4 hours.

**2** After the cook time has passed, use two forks to gently shred the chicken. Adjust the heat to high and allow the chicken to cook in the broth for an additional 30 minutes.

**3** Make the sauce by combining the ketchup, vinegar, Worcestershire sauce, paprika, kosher salt, black pepper, and chipotle powder (if using) in a large bowl. Mix well to combine.

**4** Use a slotted spoon to transfer the chicken from the slow cooker to the bowl containing the sauce. Toss the chicken in the sauce to coat thoroughly. Serve warm.

## NUTRITION FACTS

*per serving*

CALORIES

152

TOTAL FAT

3<sub>g</sub>

TOTAL CARBS

2.2<sub>g</sub>

PROTEIN

26.8<sub>g</sub>

## PREP TIPS

*Store the cooled chicken and sauce in an airtight container in the refrigerator for up to 7 days.*

## CHANGE IT UP

*Make a Carolina-style sauce combining  $\frac{1}{2}$  cup plain nonfat Greek yogurt,  $\frac{1}{4}$  cup spicy Dijon mustard,  $\frac{1}{2}$  tsp salt, and  $\frac{1}{2}$  tsp dried thyme in a large bowl. The impact on the macros will be minimal.*

# SPICY SALMON BURGERS

**This easy entrée features wild-caught salmon, which is high in omega-3 fats, can help reduce inflammation, and increases mood-elevating serotonin levels. It can be assembled in less than 45 minutes for a tasty weekday dinner option that's budget-friendly and loaded with protein.**

*Makes 2 servings / Serving size 2 burgers*

*Prep time 25 minutes / Cook time 10 minutes*

## INGREDIENTS

2 5oz (140g) cans wild-caught salmon, rinsed and drained

1 tbsp lemon juice

1 large egg

1 tbsp cornmeal

1 tbsp dried onion flakes

½ tsp ground black pepper

4 tsp hot sauce (optional)

## DIRECTIONS

**1** In a medium bowl, combine the salmon, lemon juice, egg, cornmeal, onion flakes, and black pepper. Mix well, and allow to rest for 15 minutes to help the ingredients bind.

**2** Using clean hands, form the mixture into 4 equal-sized patties.

**3** Generously spray a medium non-stick frying pan with non-stick cooking spray. Cook the patties over medium-high heat for 4 to 5 minutes per side, or until the patties are lightly browned on each side.

**4** Drizzle 1 tsp hot sauce (if using) over each patty. Serve hot.

## NUTRITION FACTS

*per serving*

## CALORIES

179

TOTAL FAT

4.5g

**TOTAL CARBS**

5.2g

## PROTEIN

29.7g

## PREP TIPS

*This recipe can be doubled for easy meal prep.*

*Store in an airtight container in the refrigerator for up to 4 days.*

# CHANGE IT UP

*For a spicier burger, add ½ tsp red pepper flakes to the burger mixture.*

*For a more herbal flavor, omit the black pepper and hot sauce, and add 1 tbsp finely chopped fresh dill and 2 tbsp Dijon mustard.*

# REVERSE-SEARED SIRLOIN STEAK

**This simple, yet flavorful steak is protein-packed and contains zero carbs! The steak is cooked in the oven at low temperature to ensure even cooking, and a quick sear on the stovetop seals in the juices. The end result is a beautifully crusted steak that is moist, tender, and delicious.**

*Makes 4 servings / Serving size 4oz (120g)*

*Prep time 30 minutes / Cook time 45–60 minutes*

## INGREDIENTS

1lb (450g) sirloin steak

1 tsp salt

1 tsp ground black pepper

## DIRECTIONS

**1** Preheat the oven to 275°F (135°C). Place an oven-safe cooling rack atop a large, foil-lined baking sheet.

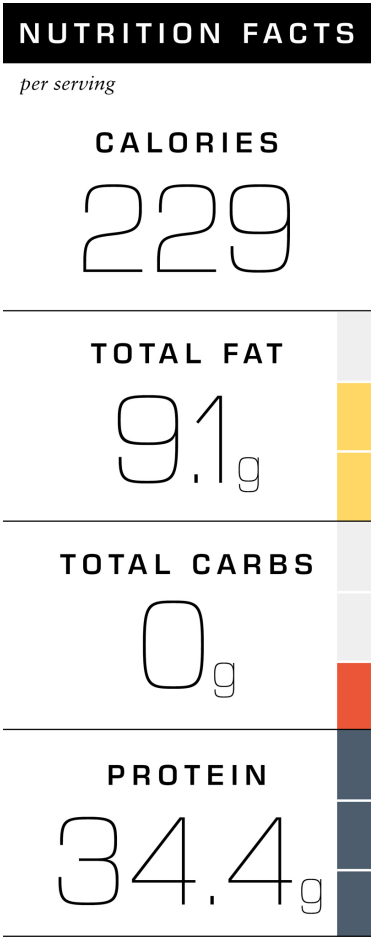
**2** Season both sides of the steak with salt and pepper, and allow to rest at room temperature for 30 minutes.

**3** Place the steak on the cooling rack and place in the oven. Bake for 30 minutes if the steak is 1 to 2 inches thick (2.5 to 5cm), or 45 minutes if the steak is 3 to 4 inches thick (7.5 to 10cm).

**4** Remove the steak from the oven and allow to rest for 15 minutes.

**5** Spray a large cast iron skillet with coconut oil cooking spray and preheat over high heat. Place the steak in the skillet and sear for approximately 1

minute per side. The steak is done when it’s pink in the middle and the internal temperature reaches 145°F (63°C). Serve hot.



PREP TIPS

Store in an airtight container in the refrigerator for up to 5 days.

CHANGE IT UP

For a Southwestern twist, season the steak with ½ tsp garlic powder, ½ tsp cumin, and ½ tsp paprika.



# VIETNAMESE- STYLE PORK TENDERLOIN

**Pork tenderloin is packed with protein and provides the perfect canvas for sweet and spicy flavors. Cooking the tenderloin on a cast iron skillet imparts a golden crust and seals in the juices. Tenderloin typically costs less per pound than chicken breasts, so it's a budget-friendly option.**

*Makes 8 servings | Serving size 4oz (110g)*

*Prep time 10 min + 4–8 hrs | Cook time 6 minutes*

## INGREDIENTS

1 tbsp powdered stevia

¼ cup green onions, finely sliced (green ends only)

3 tsp minced garlic

1 tbsp lime juice

1 tbsp fish sauce (Vietnamese or Thai)

½ tsp salt

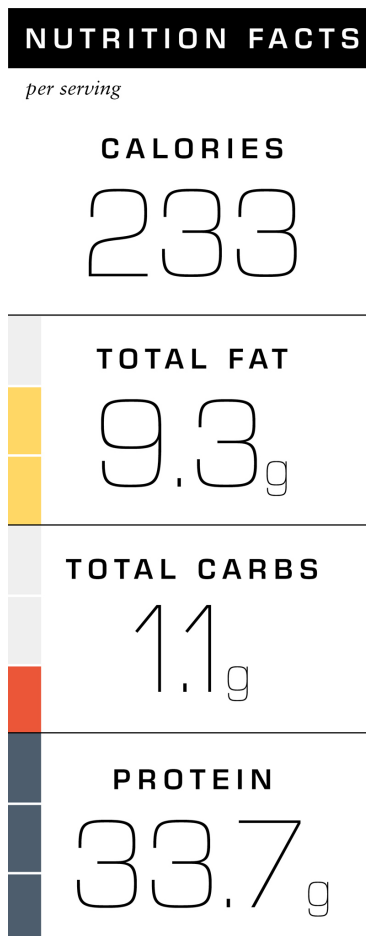
1lb (450g) pork tenderloin, trimmed, silver skin removed, and sliced crosswise into ½-inch-thick (1.25cm) medallions

## DIRECTIONS

**1** Make the marinade by combining the stevia, half the green onions, garlic, lime juice, fish sauce, and salt in a large glass bowl. Mix well. Add the tenderloin medallions to the marinade, cover tightly, and place in the refrigerator to marinate for 4 to 8 hours.

**2** Preheat a cast iron skillet over medium heat. Place the tenderloin medallions in the skillet and cook for 2 to 3 minutes per side. The meat is done when the internal temperature reaches 160°F (71°C) degrees and the juices run clear.

**3** Transfer the cooked medallions to a serving plate and garnish with the remaining green onions. Serve warm.



## PREP TIPS

*You can marinate a whole tenderloin for up to 24 hours and slice after cooking. To do so, cook in the skillet over medium heat for 20 minutes, turning frequently. Allow the whole tenderloin to rest for 5 minutes before slicing.*

*Avoid buying pre-marinated pork tenderloin, which can be loaded with preservatives and sodium.*

*Store in an airtight container in the refrigerator for up to 5 days. (Reserve the scallions and add to the reheated tenderloin just before serving.)*



Vietnamese-Style Pork Tenderloin

# TEX-MEX FAJITAS

**These fajitas are protein-packed and feature tender skirt steak, meaty mushrooms, and sweet onions. Lime adds brightness and helps tenderize the steak, and the fajita seasoning adds just the right amount of spice. Ready in less than 30 minutes, these are perfect for a weeknight meal!**

*Makes 4 servings / Serving size 2 fajitas*

*Prep time / 15 minutes / Cook time 20 minutes*

## INGREDIENTS

2 tsp chili powder

1½ tsp ground cumin

1 tsp ground paprika

½ tsp ground coriander

1 tsp salt

½ tsp ground black pepper

1lb (450g) skirt steak, cut against the grain into ¼-inch (.5cm) slices

1 cup sliced Portobello mushrooms, sliced into ½-inch (1.25cm) strips

1 medium red onion, sliced into 1-inch (2.5cm) wedges

¼ cup lime juice

8 6-inch (15.25cm) corn tortillas

¼ cup chopped fresh cilantro

½ cup salsa

## **DIRECTIONS**

**1** Preheat the oven to 400°F (204°C). Line a large baking sheet with aluminum foil.

**2** Make the seasoning mix by combining the chili powder, cumin, paprika, coriander, salt, and black pepper in a small bowl. Mix well.

**3** In a large bowl, combine the steak strips, mushrooms, onions, lime juice, and seasoning mix. Toss the ingredients, ensuring that the steak, mushrooms, and onions are thoroughly coated with the seasonings. Place the contents on the baking sheet, and bake for 20 minutes. Transfer to a serving bowl.

**4** Wrap the tortillas in aluminum foil and place them in the oven during the final 5 minutes of the baking time.

**5** Transfer the warmed tortillas to a plate. Top each tortilla with 4oz (110g) steak, 2oz (55g) vegetables, and 2 tbsp salsa. Garnish each with a pinch of cilantro. Serve warm.

## NUTRITION FACTS

*per serving*

### CALORIES

299

### TOTAL FAT

8.6<sub>g</sub>

### TOTAL CARBS

26.5<sub>g</sub>

### PROTEIN

27.9<sub>g</sub>

## PREP TIPS

*Store the cooled filling in an airtight container in the refrigerator for up to 5 days.*

## CHANGE IT UP

*Make it a bowl by omitting the corn tortillas, and adding the fillings to a bowl along with 1 cup fresh baby spinach and  $\frac{1}{2}$  cup cooked white rice. The macros will be about the same.*

# SLOW COOKER PORK ROAST

**Cooking this roast low and slow makes it fall-apart tender, and just a touch of honey, soy sauce, and ketchup create an addicting and tangy glaze. Pork is budget-friendly, high in protein, and keeps well in the fridge. Prep and assemble in the morning for a ready-made dinner in the evening.**

*Makes 8 servings / Serving size 4oz (110g)*

*Prep time 5 minutes / Cook time 3–8 hours*

## INGREDIENTS

1 cup low fat chicken broth

$\frac{1}{4}$  cup balsamic vinegar

$\frac{1}{4}$  cup light soy sauce

1 tbsp no-sugar-added ketchup

2 tbsp honey

2 tsp minced garlic

2lbs (900g) boneless pork loin, trimmed of excess fat

## DIRECTIONS

**1** In a medium bowl, combine the chicken broth, vinegar, soy sauce, ketchup, honey, and garlic. Mix well. Pour approximately  $\frac{1}{4}$  cup of the glaze into a large slow cooker.

**2** Add the pork loin to the slow cooker. Pour the remaining glaze over top of the pork, cover, and cook for 6 to 8 hours on low, or 3 to 4 hours on high.

**3** Transfer the cooked roast to a cutting board and slice crosswise into  $\frac{1}{2}$ -inch (1.25cm) slices. Serve warm.

## NUTRITION FACTS

*per serving*

### CALORIES

192

### TOTAL FAT

6.5<sub>g</sub>

### TOTAL CARBS

3.9<sub>g</sub>

### PROTEIN

27.7<sub>g</sub>

## PREP TIPS

*For easier meal prep, divide the roast into single serving portions, and seal in small zipper lock storage bags.*

*Store in an airtight container in the refrigerator for up to 5 days.*

## CHANGE IT UP

*For a more savory glaze, add 2 tbsp dried oregano.*

# COFFEE-RUBBED STEAK

**High quality steaks are prized for their fat marbling, but that fat can also add lots of unnecessary calories. The flavorful coffee rub in this recipe uses espresso powder, spices, and salt to tenderize and season the meat, while the broiling process seals in the juices. You won't miss the fat!**

*Makes 4 servings / Serving size 4oz (110g)*

*Prep time 10 min + 30 min / Cook time 15 minutes*

## INGREDIENTS

1lb (450g) sirloin or eye of round steak, trimmed of excess fat

1 tbsp instant espresso powder

1 tsp garlic powder

$\frac{1}{2}$  tsp salt

$\frac{1}{4}$  tsp ground cumin

$\frac{1}{4}$  tsp dried oregano

$\frac{1}{4}$  tsp chili powder

$\frac{1}{4}$  tsp ground black pepper

## DIRECTIONS

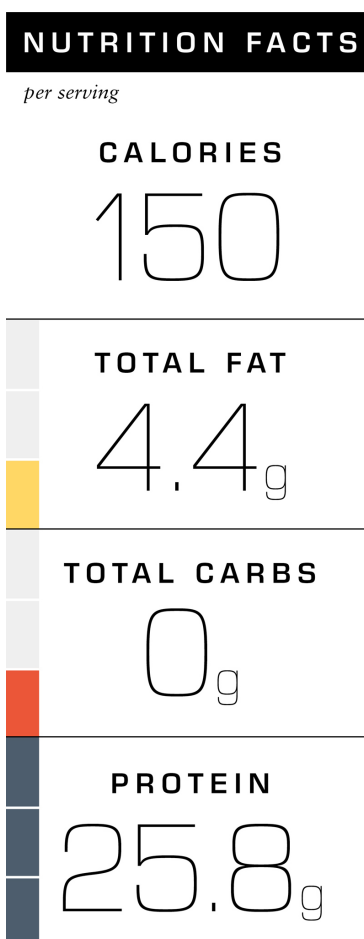
**1** Preheat the broiler to high. Line an 8 x 8in (20 x 20cm) baking pan with aluminum foil. Allow the steak to rest at room temperature for 30 minutes before patting dry with a paper towel.

**2** In a medium bowl, combine the espresso powder, garlic powder, salt, cumin, oregano, chili powder, and black pepper. Mix well.

**3** Generously season the steak with the rub, using your fingertips to gently press the rub into both sides of the steak.

**4** Place the steak in the oven and broil for 2 to 3 minutes per side for medium rare, 3 to 4 minutes per side for medium, and 4 to 5 minutes per side for medium well.

**5** Allow the steak to rest for 5 minutes before slicing against the grain, and into four equal-sized servings. Serve warm.



## PREP TIPS

*Store any unsliced steak in an airtight container in the refrigerator for up to 3 days. (Unsliced steak will retain more moisture.)*

*Store any leftover rub in an airtight jar at room temperature for up to 2 months.*

## CHANGE IT UP

*This recipe also works great on the grill. Set the grill to high heat, and cook for 3 to 5 minutes per side, depending on preferred level of doneness.*

# RIDICULOUSLY EASY PORK ROLL-UPS

**Pork provides the perfect canvas for a zesty spinach and tomato filling that is full of nutrients. The fillings also help keep you full, and keep the pork juicy and tender. These simple roll-ups are a snap to prepare, and will provide a delicious protein punch with virtually zero carbs.**

*Makes 4 servings | Serving size 4oz (110g)*

*Prep time 20 minutes | Cook time 20 minutes*

## INGREDIENTS

1lb (450g) pork tenderloin, trimmed, silver skin removed, and cut into 4 equal-sized pieces

2 large handfuls fresh baby spinach

⅓ cup no-sugar-added tomato sauce

2 tbsp minced garlic

¼ cup grated parmesan cheese

Salt and pepper to taste

## DIRECTIONS

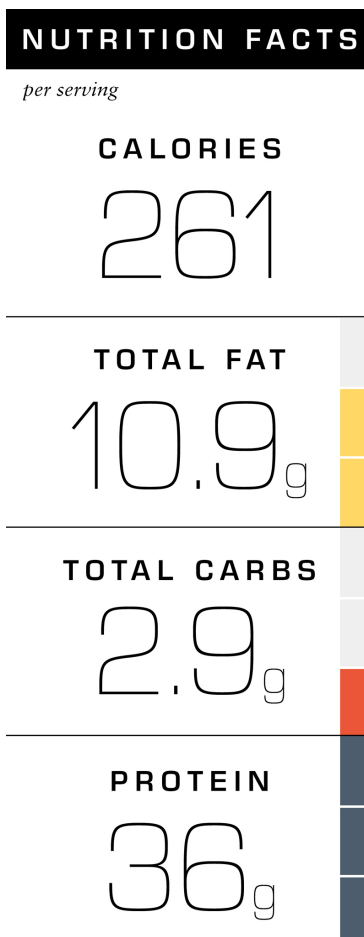
**1** Preheat the oven to 400°F (204°C). Spray a large baking sheet with non-stick cooking spray.

**2** Using a meat tenderizer or rolling pin, pound each tenderloin flat to about ¼-inch (.5cm) thickness. Place the tenderloins on the baking sheet and set aside.

**3** In a medium non-stick frying pan, combine the spinach, tomato sauce, and garlic. Cook over medium heat for 6 to 8 minutes, or until the spinach is tender. Drain.

**4** Divide the spinach mixture into even portions and spoon over top of each tenderloin. Grasp the edge of each tenderloin and roll it up, being careful to keep the ingredients inside. Secure each roll-up with a toothpick or baking twine, and season with 1 tbsp parmesan cheese.

**5** Bake for 20 minutes. The pork is done when the internal temperature reaches 145°F (63°C). Serve warm.



## PREP TIPS

*Although fresh spinach is better for this recipe, you can also use 1 cup frozen spinach that's been thawed and drained.*

*These roll-ups can be made ahead of time, stored in the refrigerator, and cooked when you're ready. Uncooked, they'll keep in the refrigerator for up to 2 days.*

# GRILLED JERK CHICKEN BREASTS

**Spice up plain old chicken with this tangy and spicy, Caribbean-inspired recipe that features classic jerk seasonings. Fresh thyme and aromatic spices form a highly aromatic spice paste, and the soy sauce and lime juice tenderize the chicken to ensure the meat stays juicy and tender.**

*Makes 4 servings | Serving size 4oz (110g)*

*Prep time 15 min + 4–6 hours | Cook time 12 minutes*

## INGREDIENTS

1 small jalapeño pepper, stem and seeds removed

½ medium red onion, roughly chopped

2 tsp minced garlic

2 tbsp fresh thyme

1 tsp ground allspice

1 tsp ground ginger

⅛ tsp ground cloves

2 tbsp light soy sauce

2 tbsp lime juice

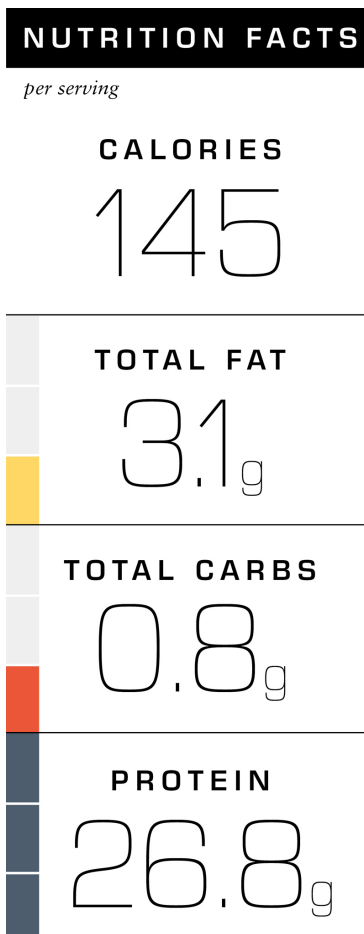
1lb (450g) boneless, skinless chicken breasts

## DIRECTIONS

**1** Combine the jalapeño, onion, garlic, thyme, allspice, ginger, cloves, soy sauce, and lime juice in a blender. Pulse until the mixture resembles a uniform paste.

**2** Spoon the mixture into a large zipper lock bag. Add the chicken breasts, and squeeze the bag to massage the seasonings into the chicken. Place in the refrigerator to marinate for 4 to 6 hours.

**3** Preheat a grill to medium. Grill the chicken for 4 to 6 minutes per side. The chicken is done when the juices run clear and the internal temperature reaches 165°F (74°C). Allow the cooked chicken to rest for 5 minutes before serving.



## PREP TIPS

*The spice paste can be made in advance and stored in the refrigerator for up to 4 days.*

*Store in an airtight container in the refrigerator for up to 6 days, or in the freezer for up to 2 months. To reheat, place on a baking sheet in a 250°F (121°C) oven for 15 minutes. (Thaw in the refrigerator 1 day before reheating.)*

## CHANGE IT UP

*For a sweeter heat, add 1 tsp stevia to the dry ingredients.*

*For more heat, only remove the stem from the jalapeño and keep the seeds intact.*

# GRILLED SOUTHWESTERN PORK MEDALLIONS

**Bursting with Southwestern flavors, these medallions can be prepared and cooked in 30 minutes, and a single serving packs in over 30 grams of protein! Pork tenderloin has a mild flavor and leanness that lends itself nicely to the zesty spices in this recipe.**

*Makes 4 servings | Serving size 4oz (110g)*

*Prep time 15 minutes | Cook time 15 minutes*

## INGREDIENTS

1lb (450g) pork tenderloin, trimmed, silver skin removed, and sliced into 2-inch-thick (5cm) medallions

1 tsp chili powder

1 tsp paprika

1 tsp garlic powder

1 tsp cumin

½ tsp dried oregano

½ tsp salt

## DIRECTIONS

**1** Prior to starting the grill, spray the grill grate with non-stick cooking spray. Preheat grill to medium.

**2** In a small bowl, combine the chili powder, paprika, garlic powder, cumin, oregano, and salt. Mix well.

**3** Sprinkle the seasoning over the medallions. Use your fingertips to gently press the seasonings into both sides of the medallions.

**4** Grill for 4 to 5 minutes per side. The medallions are done when the internal temperature reaches 145°F (63°C). Serve warm.

NUTRITION FACTS	
<i>per serving</i>	
CALORIES	
186	
<hr/>	
TOTAL FAT	
5.5 <sub>g</sub>	
<hr/>	
TOTAL CARBS	
0 <sub>g</sub>	
<hr/>	
PROTEIN	
31.9 <sub>g</sub>	

## PREP TIPS

*Store in an airtight container in the refrigerator for up to 5 days.*

## CHANGE IT UP

*Kick up the heat by adding  $\frac{1}{2}$  tsp chipotle powder to the seasoning mix.*

*For a bolder garlic flavor, increase the garlic powder to 2 tsp.*



# SOUTHWESTERN CHICKEN STREET TACOS

**Juicy chicken breast pairs with the traditional Southwestern flavors of onion, cumin, and paprika to create a quick, tasty entrée that is ready in less than 30 minutes. Corn tortillas have fewer carbs than traditional flour tortillas, and chicken breast is an excellent source of protein.**

*Makes 4 servings | Serving size 2 tacos*

*Prep time 10 minutes | Cook time 15 minutes*

## INGREDIENTS

1lb (450g) boneless, skinless chicken breasts

½ tbsp minced garlic

1 tsp ground cumin

1 tsp paprika

1 tsp salt

½ tsp ground black pepper

1 medium red onion, sliced into ¼-inch (.5cm) wedges

½ cup pico de gallo

8 small corn tortillas

1 lime, sliced into quarters

## **DIRECTIONS**

**1** Spray a medium cast iron skillet with non-stick cooking spray and place over medium-high heat. Season the chicken breasts with the garlic, cumin, paprika, salt, and black pepper.

**2** Add the chicken breasts and onion wedges to the skillet. Cook the breasts for 4 to 5 minutes per side, or until the juices run clear and the internal temperature reaches 165°F (74°C). Remove the skillet from the heat and allow the breasts to rest in the skillet for an additional 5 minutes.

**3** Transfer the onions to a bowl, then transfer the chicken breasts to a cutting board and slice into ½-inch (1.25cm) strips.

**4** Briefly place the tortillas in the hot skillet to warm. Assemble the tacos by spooning 1 tbsp salsa into each tortilla, followed by 2oz (55g) chicken, the onion wedges, and a squeeze of lime juice over top. Serve warm.

## NUTRITION FACTS

*per serving*

CALORIES

260

TOTAL FAT

4.6<sub>g</sub>

TOTAL CARBS

24.7<sub>g</sub>

PROTEIN

28.1<sub>g</sub>

## PREP TIPS

*Store the sliced chicken and onions in an airtight container in the refrigerator for up to 5 days. Assemble the tacos just before serving.*

## CHANGE IT UP

*Make these keto by substituting lettuce wraps for the tortillas, and replacing the onion wedges with avocado slices. The macros will be 309 calories, 16.6g fat, 13.5g carbs, and 28.6g protein per serving.*



Southwestern Chicken Street Tacos

# SLOW COOKER ROSEMARY POT ROAST

**The slow cooker is an absolute necessity in any bodybuilder's kitchen, and is also the secret weapon for creating this fork-tender roast. Fragrant rosemary blends beautifully with the beef and onion, and the coconut oil is the ideal choice for searing the meat at a high temperature.**

*Makes 8 servings / Serving size 4oz (110g) roast + 1/4 cup onions*

*Prep time 15 minutes / Cook time 4–8 hours*

## INGREDIENTS

1 tbsp coconut oil  
2lbs (1kg) top round steak or sirloin roast  
1 tsp sea salt  
3 tbsp chopped fresh rosemary  
2 cups bone broth  
1 medium onion, sliced into 1-inch (2.5cm) wedges

## DIRECTIONS

- 1** Add the coconut oil to a large cast iron skillet and preheat over high heat. Season the roast with the sea salt and rosemary.
- 2** Place the roast in the hot skillet and brown for 1 to 2 minutes per side, depending on the thickness of the roast.
- 3** Pour the bone broth into the slow cooker. Add the roast. Add the onion wedges, ensuring they are completely covered in the liquid.

**4** Cover. Cook on high for 4 hours, or on low for 8 hours, until the roast is tender and can easily be pulled apart with a fork. Transfer to a serving platter and slice into ½-inch (1.25cm) portions. Serve hot.

#### NUTRITION FACTS

*per serving*

##### CALORIES

222

##### TOTAL FAT

12<sub>g</sub>

##### TOTAL CARBS

1.4<sub>g</sub>

##### PROTEIN

25<sub>g</sub>

#### PREP TIPS

*Leaner cuts of beef, such as strip loin, sirloin, top round, or eye of round are usually less expensive, and all will stand up well to the longer cooking times of this recipe.*

*Store in an airtight container in the refrigerator for up to 5 days.*

#### CHANGE IT UP

*Substitute 1 tbsp Fines herbs or 1 tbsp Mediterranean herbs for the fresh rosemary.*

*For a subtle sweetness, add ½ tsp dried basil when seasoning the roast.*

*You can substitute beef broth or chicken broth for the bone broth.*

# CHICKEN CACCIATORE

**Clean eating and comfort food come together in this simpler version of an old classic. Fresh veggies, a robust tomato sauce, and tender chicken are all stars in this dish, and while this recipe features a number of pantry staples, fresh basil is used to finish the dish with a pop of flavor.**

*Makes 8 servings / Serving size 4oz (120g)*

*Prep time 10 minutes / Cook time 40 minutes*

## INGREDIENTS

1 16oz (450g) jar no-sugar-added tomato sauce

½ cup bone broth

1 cup cherry tomatoes, sliced into halves

½ white onion, diced

1 8oz (225g) can sliced mushrooms

4 tbsp minced garlic

1 tsp salt

½ tsp dried oregano

½ tsp ground black pepper

2lbs (900g) boneless, skinless chicken breasts

2 tbsp chopped fresh basil

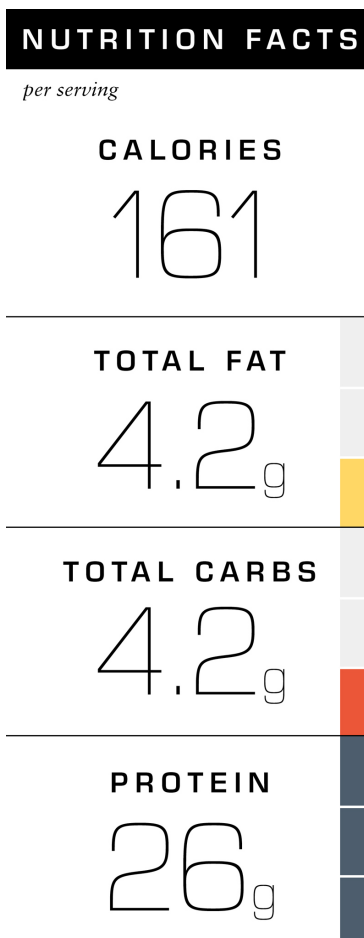
## DIRECTIONS

**1** Preheat the oven to 400°F (204°C). Spray a 9 x 13in (23 x 33cm) baking dish with non-stick cooking spray.

**2** In a large bowl, combine the tomato sauce, bone broth, cherry tomatoes, onion, mushrooms, garlic, basil, salt, oregano, and black pepper. Mix well. Pour approximately one third of the sauce into the baking dish.

**3** Add the chicken to the baking dish in a single layer. Pour the remaining sauce over the chicken, cover tightly with aluminum foil, and bake for 20 minutes.

**4** Remove the foil and bake for an additional 15 to 20 minutes. Sprinkle the basil over top. Serve hot.



## PREP TIPS

*Store in an airtight container in the refrigerator for up to one week.*

# WHITE CHICKEN CHILI

**Add the ingredients to a slow cooker in the morning and this comforting chili will be ready when you walk in the door at night. The lean chicken breast becomes pull-apart tender, green chiles and a cayenne pepper add a bit of heat, and a dollop of Greek yogurt brings a cool balance.**

*Makes 4 servings / Serving size 4oz (110g) chicken + ½ cup beans*

*Prep time 10 minutes / Cook time 3–8 hours*

## INGREDIENTS

1½ cups low fat chicken broth  
1 medium white onion, roughly chopped  
1 4oz (110g) can diced green chiles  
1 15oz (420g) can cannellini beans, drained and rinsed  
1 tsp garlic powder  
1 tsp cumin  
½ tsp dried oregano  
½ tsp dried cilantro  
⅛ tsp cayenne pepper powder  
1lb (450g) boneless, skinless chicken breasts  
4 tbsp plain, nonfat Greek yogurt

## DIRECTIONS

**1** In a large slow cooker, combine the chicken broth, onion, green chiles, cannellini beans, garlic powder, cumin, oregano, cilantro, and cayenne pepper. Stir well.

**2** Add the chicken breasts, ensuring they're completely covered in the liquid. Cook on low for 6 to 8 hours, or on high for 3 to 4 hours.

**3** To serve, transfer one 4oz (110g) chicken breast and  $\frac{1}{2}$  cup of the beans to a serving bowl. Use a fork to shred the chicken, and top each serving with 1 tbsp Greek yogurt. Serve warm.

#### NUTRITION FACTS

*per serving*

##### CALORIES

221

##### TOTAL FAT

3.6<sub>g</sub>

##### TOTAL CARBS

12.4<sub>g</sub>

##### PROTEIN

33.1<sub>g</sub>

#### PREP TIPS

*Store in an airtight container in the refrigerator for up to 5 days.*

## CHANGE IT UP

*Make this keto by omitting the canned beans, and adding 2 tbsp coconut oil to the slow cooker before adding the other ingredients. One hour before serving, pour  $\frac{1}{2}$  cup heavy cream into the slow cooker and stir. Serving size will be 3oz (85g) chicken, and  $\frac{1}{2}$  cup onions and cream. The macros will be 270 calories, 18.3g fat, 2g carbs, and 19.9g protein per serving.*

# MUSCLE-BUILDING MEATLOAF

**These satisfying, personal-sized meatloaves are packed with protein and veggies. The secret ingredient is the almond flour, which holds the loaves together and helps keep them juicy. Sun-dried tomato, sweet onion, and fresh parsley all lend a wonderful depth of flavor.**

*Makes 4 servings / Serving size 1 loaf*

*Prep time 10 minutes / Cook time 35 minutes*

## INGREDIENTS

1lb (450g) lean ground beef (preferably 92/8 lean-to-fat ratio)

1 medium egg

$\frac{1}{2}$  cup chopped fresh mushrooms

$\frac{1}{3}$  cup finely chopped onion

$\frac{1}{4}$  cup finely chopped sun-dried tomatoes

$\frac{1}{4}$  cup chopped fresh parsley

$\frac{1}{2}$  tsp salt

$\frac{1}{2}$  tsp ground black pepper

$\frac{1}{3}$  cup almond flour

## DIRECTIONS

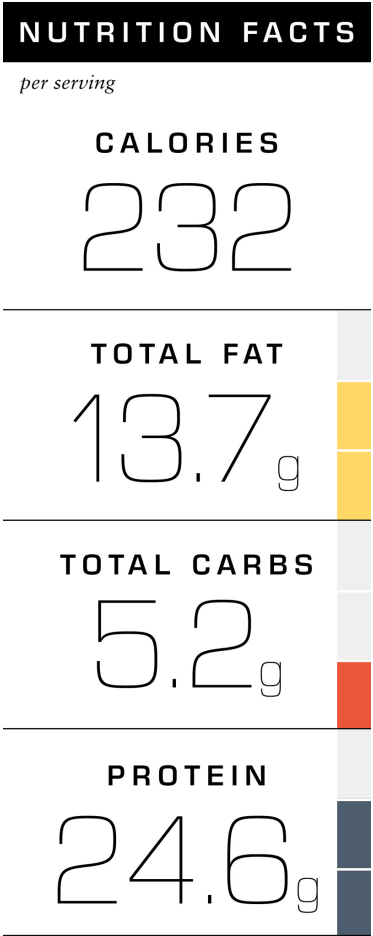
**1** Preheat the oven to 375°F (191°C). Line a 9 x 13in (23 x 33cm) baking sheet with parchment paper.

**2** In a large bowl, combine the ground beef, egg, mushrooms, onion, sun-dried tomatoes, parsley, salt, and black pepper. Mash the ingredients

together with a fork until just incorporated. Sprinkle the almond flour over top, and continue to mash until all ingredients are well incorporated.

**3** Form the mixture into 4 equal-sized, oval-shaped loaves. Place the loaves on the baking sheet, allowing at least ½-inch (1.25cm) between each loaf.

**4** Bake for 30 to 35 minutes, or until the internal temperature reaches 165°F (74°C). Serve hot.



**PREP TIPS**

*Double this recipe and freeze the cooked loaves for up to 2 months. Reheat in a 250°F (121°C) oven for 15 minutes. (Thaw the loaves in the refrigerator 1 day before reheating.)*

*Store in an airtight container in the refrigerator for up to 5 days.*

## CHANGE IT UP

*You can substitute ground chicken breast for the ground beef. The macros will be 209 calories, 7g fat, 5g carbs, and 29g protein per serving.*

# SPAGHETTI SQUASH AND MEATBALL BOATS

**This dish will have you feasting on delicious spaghetti squash and savory turkey meatballs for under 200 calories per serving. Squash is high in vitamins and loaded with fiber, so this recipe will leave you feeling full for longer. Ground turkey breast packs in the protein, with almost no added fat.**

*Makes 4 servings / Serving size 1 boat*

*Prep time 15 minutes / Cook time 1 hour*

## INGREDIENTS

2 medium spaghetti squash, halved lengthwise, seeds removed

1 tsp salt

1 tsp ground black pepper

1 cup low-sodium chicken broth

1lb (450g) lean ground turkey breast

1 tbsp liquid egg whites

1 tsp garlic powder

½ cup diced fresh tomato

¼ cup diced white onion

¼ cup diced green pepper

## DIRECTIONS

**1** Preheat the oven to 350°F (177°C). Spray a medium baking dish with non-stick cooking spray. In a small bowl, combine the tomato, onion, and green pepper. Set aside.

**2** Season the squash with  $\frac{1}{2}$  tsp salt and  $\frac{1}{2}$  tsp black pepper. Place the squash in the baking dish, flesh-side down, and fill the dish with  $\frac{1}{2}$  cup chicken broth. Bake for 40 to 50 minutes. Set aside to cool.

**3** While the squash is cooling, combine the turkey breast, egg whites, garlic powder, and the remaining salt and black pepper in a large bowl. Mix well. Use clean hands to form the mixture into 8 equal-sized meatballs.

**4** Place a large non-stick frying pan over medium-high heat. Add the meatballs and brown for 3 minutes, turning the meatballs halfway through the cooking process. Pour the remaining chicken broth into the pan, cover, and reduce the heat to low. Steam for an additional 8 to 10 minutes.

**5** Using a fork, create the “spaghetti” by scraping the flesh from the sides of the squash, being careful not to break through the outer skin of the squash.

**6** Add 2 meatballs to each squash boat and top with a spoonful of the diced vegetables. Serve hot.

## NUTRITION FACTS

*per serving*

CALORIES

180

TOTAL FAT

1.7<sub>g</sub>

TOTAL CARBS

12.8<sub>g</sub>

PROTEIN

30.6<sub>g</sub>

## PREP TIPS

*These are great for using up any leftover lean protein.*

*Store in an airtight container in the refrigerator for up to 5 days.*

# GINGER BEEF AND BOK CHOY STIR FRY

**This budget-friendly dish features crunchy bok choy, bright fresh ginger, and lean sirloin steak. A touch of coriander intensifies the ginger, while red pepper adds a subtle hint of heat. Slicing the sirloin against the grain keeps it tender, and soy sauce acts as an umami-flavored tenderizer.**

*Makes 4 servings | Serving size 4oz (110g) beef + 2oz (55g) bok choy*

*Prep time 15 minutes | Cook time 15 minutes*

## INGREDIENTS

1 tbsp fresh ginger, minced

1 tsp garlic, minced

½ cup white onion, diced

1lb (450g) beef sirloin, sliced against the grain into ¼-inch (.5cm) strips

½ tsp red pepper flakes

½ tsp ground cumin

½ tsp ground coriander

1 tbsp low sodium soy sauce (or liquid aminos)

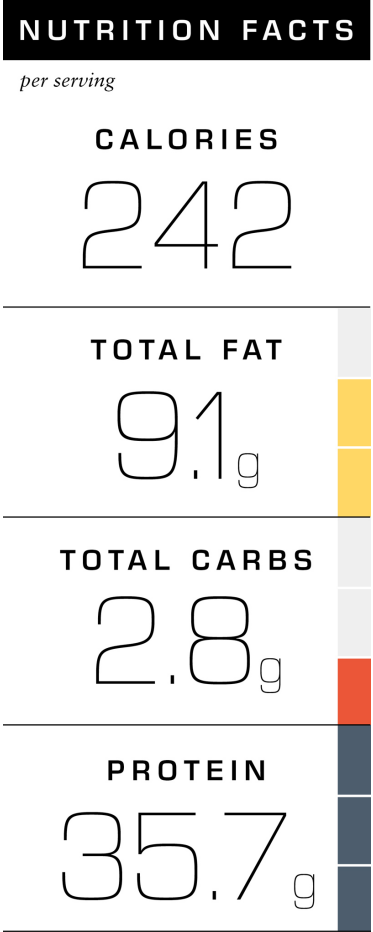
1 large bok choy stalk, washed and sliced into ½-inch (1.25cm) strips

## DIRECTIONS

**1** Generously spray a medium skillet with non-stick cooking spray and place over medium heat. Add the ginger, garlic, and onion to the skillet, and cook until the onions are soft and translucent, stirring frequently.

**2** Increase the heat to medium-high and add the sirloin strips, red pepper flakes, cumin, and coriander. Cook for 2 to 3 minutes, or until the meat is browned. Add the soy sauce, and continue to cook for an additional 1 to 2 minutes, stirring frequently.

**3** Reduce the heat to low. Add the bok choy, cover, and steam for 5 minutes. Remove the lid, and continue to cook on low for an additional 2 to 3 minutes, or until the liquid is reduced. Serve hot.



**PREP TIPS**

*Store in an airtight container in the refrigerator for up to 5 days.*

## CHANGE IT UP

*For a different taste with similar macros, substitute 2 cups shredded cabbage for the bok choy.*

*For a bit more crunch, top each serving with a small pinch of sesame seeds. This will not add any appreciable calories.*



# MEATZA

**Crush cravings with this low carb, protein-packed twist on pizza. Ground turkey provides the perfect crust, as it binds together well and holds up to a mountain of fresh veggie toppings. Tomato sauce, just a hint of parmesan cheese, and fresh chopped basil all add wonderful pops of flavor.**

***Makes 4 servings | Serving size 1 slice***

***Prep time 10 minutes | Cook time 45 minutes***

## INGREDIENTS

1lb (450g) lean ground turkey breast

¼ cup liquid egg whites

1 tsp dried oregano

1 tsp salt

1 tsp ground black pepper

1 tsp garlic powder

½ cup no-sugar-added tomato sauce

½ cup sliced fresh mushrooms

½ cup sliced zucchini

½ cup sliced yellow squash

2 tbsp roughly chopped fresh basil

2 tbsp finely grated parmesan cheese

## **DIRECTIONS**

**1** Preheat the oven to 350°F (177°C). In a large bowl, combine the ground turkey, egg whites, oregano, salt, pepper, and garlic powder. Using clean hands, mix the ingredients until well incorporated, then shape the mixture into a tight ball.

**2** Spray a medium oven-safe frying pan with non-stick cooking spray. Using wet hands, add the mixture to the pan and form the crust by using the palm of your hand to press the mixture into the bottom of the pan, and into the shape of a pizza crust that is about  $\frac{1}{2}$ -inch (1.25cm) thick.

**3** Bake the crust for 25 minutes. Remove from the oven and allow to cool for 10 minutes.

**4** Spread the tomato sauce across the top of the crust, then evenly distribute the mushrooms, zucchini, and squash over top of the sauce. Bake for 13 to 15 minutes, or until the toppings begin to brown.

**5** Remove from the oven and evenly sprinkle the basil and parmesan cheese over top. Cut into four equal-sized slices. Serve hot.

## NUTRITION FACTS

*per serving*

### CALORIES

167

### TOTAL FAT

2.8<sub>g</sub>

### TOTAL CARBS

4.8<sub>g</sub>

### PROTEIN

29.8<sub>g</sub>

## PREP TIPS

*Store in an airtight container in the refrigerator for up to 6 days.*

## CHANGE IT UP

*For a Southwest-style meatza, omit the oregano and top the crust with  $\frac{1}{2}$  cup salsa.*



Meatza

# COCONUT CURRY SHRIMP

**This Indian-inspired one pot wonder is ready in 15 minutes. The shrimp are complemented by smooth coconut and warm curry flavors, and lime awakens the palate and adds touches of acidity and brightness. This ultra low carb option is also low in fat and packed with protein.**

*Makes 4 servings / Serving size 4oz (110g)*

*Prep time 10 minutes / Cook time 5 minutes*

## INGREDIENTS

- 1 14oz (400g) can light coconut milk
- 1 tbsp fresh-squeezed lime juice
- 1 tbsp curry powder
- 2 tsp freshly grated ginger
- 1 tsp salt
- 1 tsp ground black pepper
- 1lb (450g) shrimp, peeled and deveined

## DIRECTIONS

**1** In a medium saucepan, combine the coconut milk, lime juice, curry powder, ginger, salt, and black pepper. Simmer over low heat for 8 to 10 minutes, allowing the mixture to thicken slightly.

**2** Add the shrimp to the pan and cook for an additional 3 to 5 minutes, or until the shrimp just turn opaque. (Do not overcook the shrimp, as they can become rubbery.) Serve hot.

## NUTRITION FACTS

*per serving*

### CALORIES

124

### TOTAL FAT

2.3<sub>g</sub>

### TOTAL CARBS

0.5<sub>g</sub>

### PROTEIN

23.7<sub>g</sub>

## PREP TIPS

*Cook fresh shrimp within 1 day of purchasing.*

*Store in an airtight container in the refrigerator for up to 2 days.*

## CHANGE IT UP

*For a little extra heat, add ½ tsp cayenne powder.*

*For a tangier dish with a milder shrimp flavor, marinate the shrimp in 2 tbsp lime juice for 30 minutes prior to cooking.*

*You can substitute an equal amount of cooked chicken breast for the shrimp.*

# BLACKENED BAKED TILAPIA

**New Orleans flavors come alive with this low fat, high protein version of traditional blackened tilapia. The spices are kicked up a notch to compensate for the extra fat that would be present in a more traditional version. Tilapia is a mild fish and provides a perfect canvas for the spices.**

*Makes 5 servings / Serving size 6oz (170g)*

*Prep time 25 minutes / Cook time 15 minutes*

## INGREDIENTS

- 1 tbsp paprika
- 2 tsp dried thyme
- 1 tsp cumin
- 1 tsp dried oregano
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 tsp salt
- ½ tsp ground black pepper
- ½ tsp red pepper flakes
- 2lbs (1kg) tilapia fillets (fresh or frozen)

## DIRECTIONS

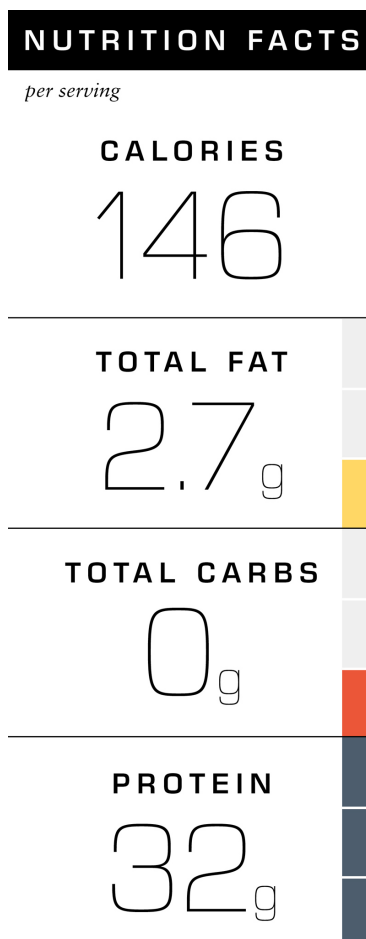
**1** Preheat the oven to 400°F (204°C). Make the rub by combining the paprika, thyme, cumin, oregano, garlic powder, onion powder, salt, black pepper, and red pepper flakes in a small bowl. Mix well.

**2** Rinse the tilapia fillets and pat dry with a paper towel. Season both sides of the fillets with the rub, using your fingers to gently press the seasonings

into both sides of the fillets. Allow the fillets to sit at room temperature for 15 minutes to allow the flavors to develop.

**3** Spray a 9 x 13in (22 x 33cm) baking pan with non-stick cooking spray. Place the fillets in the pan and lightly spray the tops with the non-stick cooking spray.

**4** Bake for 10 to 12 minutes, or until the fish is firm and flaky, and the flesh is opaque. Serve hot.



## PREP TIPS

*Tilapia is inexpensive and a muscle-building favorite, but you can also substitute any lean white fish, or equal amounts of cooked chicken breast, for the tilapia.*

*Store in an airtight container in the refrigerator for up to 5 days.*

## CHANGE IT UP

*Brighten the flavor by adding a squeeze of fresh lemon juice to the fillets just after cooking.  
If you prefer a little more heat, increase the red pepper flakes to 1 tsp.*



# ***SALADS & SIDES***

*No meal is complete without nutritious sides! Sides provide key nutrients, antioxidants, vitamins, and fiber, and also give volume to the plate, which is important since we eat with our eyes first. Sides also provide fuel for your workouts and your recovery, and help provide the energy you need throughout the day. This chapter features a wide variety of recipes, many of which can be made in advance to help make your meal prep easier.*



# ROASTED SWEET POTATO MEDALLIONS

**The roasting process brings out the sweetness in these potatoes and creates a delectable finger food that can be eaten as a side or a snack. Sweet potato is anti-inflammatory, low glycemic, and rich in vitamins—making it a great choice for replenishing energy stores and aiding recovery.**

*Makes 4 servings | Serving size 6oz (170g)*

*Prep time 10 minutes | Cook time 50 minutes*

## INGREDIENTS

2 large white or purple sweet potatoes, washed and peeled

Coconut oil cooking spray

1 tsp salt

Pinch of cinnamon

½ tsp ground chipotle powder

½ tsp paprika

## DIRECTIONS

**1** Preheat the oven to 400°F (204°C). Generously spray a 9 x 13in (23 x 33cm) baking pan with coconut oil cooking spray.

**2** Slice the potatoes crosswise into ½-inch (1.25cm) medallions. Place the medallions in a large bowl and lightly spray with coconut oil cooking spray.

**3** Season the potatoes with the salt, cinnamon, chipotle powder, and paprika. Toss to evenly distribute the spices over the potatoes. Arrange the medallions in a single layer in the baking pan.

4 Roast for 40 to 50 minutes, flipping the potatoes halfway through the cooking time. The potatoes are done when they begin to brown and become soft in the center. Serve hot.

NUTRITION FACTS	
<i>per serving</i>	
CALORIES	
150	
TOTAL FAT	0 <sub>g</sub>
TOTAL CARBS	33 <sub>g</sub>
PROTEIN	5 <sub>g</sub>

## PREP TIPS

*If you can't find white or purple sweet potatoes, you can use the yellow variety (cook up to one hour longer). Round potatoes tend to roast better than oblong.*

*Store in an airtight container in the refrigerator for up to 6 days.*

## CHANGE IT UP

*For a more savory flavor, omit the cinnamon, chipotle, and paprika, and add 1 tsp dried rosemary.*

*To enhance the sweetness of the potatoes, top the cooked medallions with 2 to 3 tsp powdered stevia.*

# COCONUT CAYENNE SMASHED SWEET POTATOES

**This powerhouse tuber fuels workouts and aids in recovery, so it's a staple in most meal plans, but it's often prepared bland and boring. However, the addition of a few simple ingredients can transform the simple sweet potato into a deliciously rich side that packs just a hint of heat.**

*Makes 6 servings / Serving size 6oz (170g)*

*Prep time 30 minutes / Cook time 1 hour*

## INGREDIENTS

2lbs (1kg) sweet potatoes, washed and ends trimmed

½ cup light coconut milk

2 tsp ground cinnamon

½ tsp ground cayenne pepper

## DIRECTIONS

**1** Preheat the oven to 400°F (204°C). Pierce the sweet potatoes with a fork and individually wrap in aluminum foil. Place directly on the oven rack and bake for 1 hour, turning the potatoes halfway through the baking time.

**2** Remove the potatoes from the oven and allow to cool for 20 minutes. Once cooled, remove the foil and peel the skin from the potatoes.

**3** In a large bowl, combine the peeled sweet potatoes, coconut milk, cinnamon, and cayenne pepper.

**4** Using a fork or immersion blender, thoroughly smash the ingredients together until a smooth consistency is achieved, and no lumps remain.

Serve warm.

NUTRITION FACTS	
<i>per serving</i>	
CALORIES	139
TOTAL FAT	0.7 g
TOTAL CARBS	31.7 g
PROTEIN	21 g

## PREP TIPS

*Save time on meal prep by baking an extra pound of sweet potatoes when you make this recipe. They will keep well in the refrigerator and can be used in other recipes.*

*Store in an airtight container in the refrigerator for up to 6 days.*

## CHANGE IT UP

*For a tangier flavor, omit the cayenne and add  $\frac{1}{2}$  cup Greek yogurt and 1 tsp ground ginger.*



# HASSELBACK SWEET POTATOES WITH SPICY CREMA

**The texture of these potatoes is totally addicting—crisp and gently browned on the edges, while the centers melt in your mouth—and the spicy crema provides a satisfying twist. The kicker is that these delicious potatoes are virtually fat free, so they’re perfect as a snack or as a meal.**

*Makes 5 servings | Serving size 6oz (170g)*

*Prep time 15 minutes | Cook time 1 hour*

## INGREDIENTS

2lbs (1kg) sweet potatoes (look for round shapes, rather than oblong)

Coconut oil cooking spray

$\frac{1}{2}$  tsp salt

### For the crema

$\frac{1}{3}$  cup nonfat Greek yogurt

3 tbsp jarred red enchilada sauce

$\frac{1}{2}$  tsp fresh-squeezed lime juice

$\frac{1}{4}$  tsp powdered stevia

## DIRECTIONS

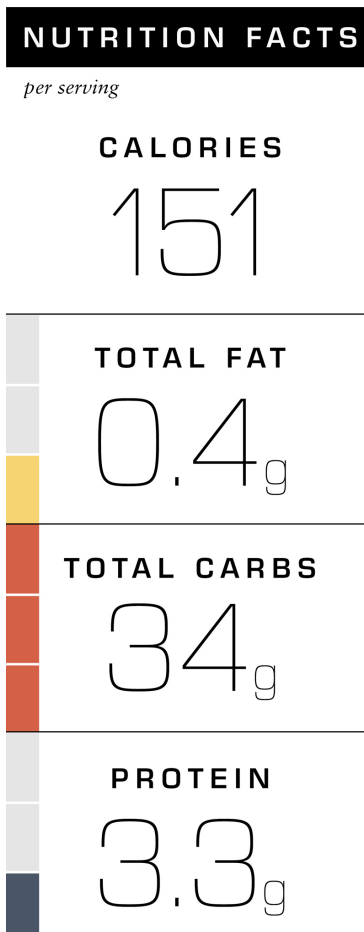
**1** Preheat the oven to 400°F (204°C). Spray a medium baking dish with coconut oil cooking spray.

**2** Slice the sweet potatoes crosswise, about three fourths of the way through. The slices should be approximately  $\frac{1}{4}$ -inch (.5cm) thick. Place the sliced sweet potatoes in the baking dish and lightly spray with the coconut oil cooking spray, and season with the salt.

**3** Tightly cover the dish with aluminum foil and bake for 45 minutes. Uncover and bake for an additional 15 minutes. Remove from the oven and allow to cool for 10 minutes.

**4** While the sweet potatoes cool, prepare the crema by combining the Greek yogurt, enchilada sauce, lime juice, and stevia in a medium bowl. Mix well to combine.

**5** Drizzle the crema over top of the potatoes. Serve warm.



## PREP TIPS

*Store the sweet potatoes in an airtight container in the refrigerator for up to one week. Store the crema in an airtight container in the refrigerator for up to 4 days. (Reserve the crema until you're ready to serve.)*

## CHANGE IT UP

*For a sweet and smoky snack with a little more heat, omit the enchilada sauce and sprinkle  $\frac{1}{2}$  tsp chipotle powder over the baked potatoes.*



Hasselback Sweet Potatoes with Spicy Crema

# SPICY BLACK BEANS AND QUINOA

**Vibrant colors and bold flavors come together in this exciting side. Quinoa provides a blank canvas for the spices, and savory chicken broth adds depth and balances nicely with sweet pops of corn. Black beans add complex carbs and fiber, and the jalapeño adds just a hint of heat.**

*Makes 8 servings / Serving size 1 cup*

*Prep time 5 minutes / Cook time 20 minutes*

## INGREDIENTS

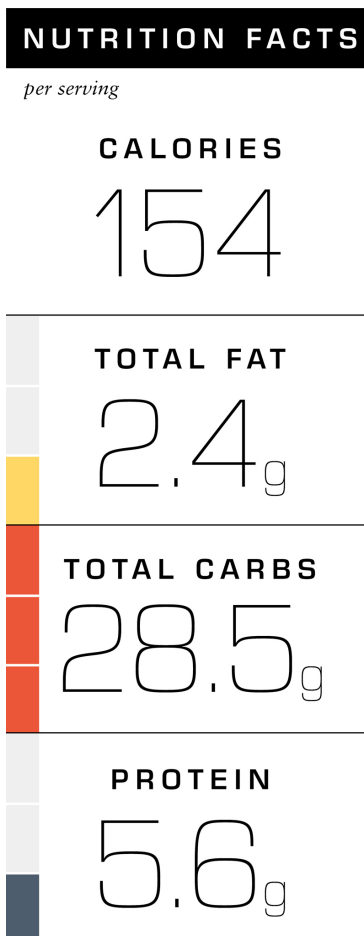
- 1 jalapeño pepper, seeds and stem removed, finely diced
- 2 tsp minced garlic
- 2 cups low fat chicken broth
- 1½ cups uncooked white quinoa, rinsed 3 to 4 times
- 1 15oz (420g) can diced fire-roasted tomatoes, not drained
- ½ tsp chipotle powder
- 1 tsp ground cumin
- 1 tsp onion powder
- 1 tsp paprika
- 1 15oz (420g) can black beans, drained and rinsed
- 1 cup frozen corn kernels

## DIRECTIONS

**1** Spray a large skillet with non-stick cooking spray and place over medium heat. Add the jalapeño and garlic to the pan and cook for 1 minute, or until the garlic starts to soften and becomes fragrant. Stir frequently.

**2** Add the chicken broth, quinoa, tomatoes, chipotle powder, cumin, onion powder, and paprika to the pan. Increase the heat to high and bring to a boil, stirring constantly. As soon as the mixture reaches a boil, reduce the heat to low, cover, and cook for 15 minutes.

**3** Add the black beans and corn. Stir, cover, and continue to cook for an additional 4 to 5 minutes, or until the quinoa is tender. Serve hot.



## PREP TIPS

*Make sure to rinse the quinoa in cold water before cooking. Rinsing removes the saponins, which can impart a bitter flavor.*

*Store in an airtight container in the refrigerator for up to one week.*

## CHANGE IT UP

*For a firmer texture and nuttier flavor, substitute 1½ cups red quinoa for the white quinoa.*

# CARB CUTTER TWICE-BAKED POTATOES

**Creative seasonings add a tangy kick to this low fat side. This recipe cuts the carbs by combining steamed cauliflower with the potato, which adds volume without adding a lot of additional calories. The result is a larger serving size with fewer overall carbs and calories.**

*Makes 4 servings | Serving size ½ potato*

*Prep time 10 minutes | Cook time 1 hour 30 min*

## INGREDIENTS

2 medium russet potatoes  
1 cup broccoli florets, chopped  
2 cups cauliflower florets  
½ cup unflavored coconut milk  
½ tbsp white vinegar  
1 tbsp dried chives  
1 tsp salt  
½ tsp ground black pepper  
8 tbsp low fat shredded cheddar cheese

## DIRECTIONS

**1** Preheat the oven to 400°F (204°C). Pierce the potatoes with a fork, individually wrap in aluminum foil, and place on the middle oven rack. Bake for 1 hour.

**2** While the potatoes bake, fill a large pot with 1 inch (2.5cm) water, and place a steamer tray in the bottom of the pot. Place the broccoli and cauliflower in the pot, cover, and steam for 10 minutes. Use a slotted spoon to remove only the broccoli to a small bowl. Steam the cauliflower for an additional 10 minutes.

**3** Remove the potatoes from the oven and allow to cool for 15 minutes. Once cooled, unwrap the potatoes and remove the foil, slice lengthwise, and use a small spoon to scoop the flesh out into a large bowl. Reserve the skins and set the bowl aside.

**4** Add the cooked cauliflower to the potato, and use a fork or immersion blender to thoroughly mash the ingredients together. Add the coconut milk, vinegar, chives, salt, and black pepper, and continue to mash until all ingredients are well incorporated and smooth texture is achieved.

**5** Scoop the cauliflower and potato mixture into the reserved skins. Top each with the broccoli and 2 tbsp cheddar cheese. Place back in the oven and bake for an additional 15 minutes. Serve hot.

## NUTRITION FACTS

*per serving*

### CALORIES

118

### TOTAL FAT

1.2<sub>g</sub>

### TOTAL CARBS

24.5<sub>g</sub>

### PROTEIN

4.4<sub>g</sub>

## PREP TIPS

*Store in an airtight container in the refrigerator for up to 5 days.*

# BAKED ZUCCHINI FRIES

**These craveable, addictive fries are full of flavor and have only 75 calories per serving! Spiced parmesan cheese forms a satisfying and flavorful crust, and zucchini is a perfect low carb substitute for potato. This simple side is perfect for weekday meals, and is ready in 30 minutes.**

*Makes 2 servings | Serving size 4 fries*

*Prep time 10 minutes | Cook time 20 minutes*

## INGREDIENTS

2 large zucchini, ends trimmed and sliced lengthwise into 8 wedges

¼ cup liquid egg whites

½ cup grated parmesan cheese

½ tsp garlic powder

½ tsp ground black pepper

## DIRECTIONS

**1** Preheat the oven to 425°F (218°C). Line a 9 x 13-inch (23 x 33cm) baking sheet with aluminum foil. Place an oven-safe cooling rack on top of the foil, and spray with non-stick cooking spray.

**2** Pour the egg whites into a small bowl. In a separate small bowl, combine the parmesan cheese, garlic powder, and black pepper. Mix well to combine.

**3** Dip the zucchini wedges in the egg whites, then dredge them in the parmesan mixture. Place the fries on the cooling rack.

**4** Bake for 18 to 20 minutes, or until the fries turn golden brown. Serve hot.

## NUTRITION FACTS

*per serving*

### CALORIES

74

### TOTAL FAT

3.3<sub>g</sub>

### TOTAL CARBS

5.1<sub>g</sub>

### PROTEIN

7.7<sub>g</sub>

## PREP TIPS

*These are best eaten fresh from the oven, but can be stored in an airtight container in the refrigerator for up to 3 days.*

*To bring back the crunch, place on a baking sheet and reheat in a 250°F (121°C) oven for 10 minutes.*

## CHANGE IT UP

*If you crave a little more heat, add  $\frac{1}{4}$  tsp cayenne pepper powder to the parmesan mixture.*

*For a more herbal flavor, add  $\frac{1}{2}$  tsp oregano to the parmesan mixture.*

# CURRIED RICE PILAF

**Simple brown rice is transformed from boring to bold in this quick and easy recipe. Onions and curry enhance the nutty notes of the rice, and turmeric complements the rich curry while adding anti-inflammatory benefits. Cooked and cooled rice is high in resistant starch, which may help burn fat.**

*Makes 4 servings / Serving size ½ cup*

*Prep time 10 minutes / Cook time 40 minutes*

## INGREDIENTS

- 1 medium white onion, diced
- 1 cup low-sodium chicken broth
- 1¼ cups water
- 1 cup uncooked brown rice
- 1 tsp curry powder
- ¼ tsp ground black pepper
- ¼ tsp ground turmeric

## DIRECTIONS

**1** Spray a large pot with non-stick cooking spray. Add the onion to the pot and cook over medium heat, stirring frequently, until the onion becomes soft and translucent.

**2** Add the broth and water, and use a wooden spoon to gently scrape the bottom of the pot to release any bits. Add the rice, curry powder, black pepper, and turmeric. Stir well.

**3** Bring the mixture to a rolling boil, stirring frequently, then reduce the heat to low, cover, and simmer until the rice is cooked, approximately 35 to 40

minutes. Fluff the rice with a fork and serve hot.

## NUTRITION FACTS

*per serving*

### CALORIES

179

### TOTAL FAT

1.6<sub>g</sub>

### TOTAL CARBS

35.7<sub>g</sub>

### PROTEIN

4<sub>g</sub>

## PREP TIPS

*This recipe can be doubled for easy meal prep.*

*Store in an airtight container in the refrigerator for up to 5 days.*

## CHANGE IT UP

*For a bolder flavor, add 1 tsp garlic powder and  $\frac{1}{4}$  tsp ground cinnamon to the rice, and top with 1 tbsp chopped fresh cilantro.*



# CAULIFLOWER “FRIED RICE”

**This delicious low-carb veggie side uses riced cauliflower in place of white rice, which is high in calories and carbs. Traditional fried rice ingredients give this dish an authentic taste and feel, but with almost zero fat and a fraction of the carbs and calories of traditional fried rice.**

***Makes 4 servings | Serving size 1½ cups***

***Prep time 10 minutes | Cook time 15 minutes***

## INGREDIENTS

1 medium cauliflower head, rinsed and cut into small florets

½ white onion, finely diced

4 large green onions, sliced and separated into green and white pieces

½ tsp garlic powder

½ tsp ground ginger

½ tsp ground black pepper

1 cup frozen peas and carrots

2 tbsp light soy sauce

¼ cup liquid egg whites

## **DIRECTIONS**

**1** In small batches, add the cauliflower florets to a food processor or blender and pulse until it resembles the size and consistency of rice, stirring often. Place the riced cauliflower in a medium bowl and set aside.

**2** Spray a large skillet with non-stick cooking spray and place over medium heat. Add the onion, green onion (white ends), garlic powder, ginger, and black pepper, and cook until the onions are soft and translucent.

**3** Add the peas and carrots, and cook for an additional 3 to 5 minutes, stirring frequently. Move the mixture to one side of the skillet and add the egg whites. Scramble the egg whites, then gently incorporate into the vegetables.

**4** Add the riced cauliflower and soy sauce, and continue to cook for an additional 3 to 5 minutes, or until the cauliflower just begins to soften. (Be careful not to overcook the cauliflower, as it can become soggy.)

**5** Transfer the rice to a serving platter and garnish with the remaining green onions. Serve hot.

## NUTRITION FACTS

*per serving*

### CALORIES

71

### TOTAL FAT

0.4<sub>g</sub>

### TOTAL CARBS

13.1<sub>g</sub>

### PROTEIN

5.9<sub>g</sub>

## PREP TIPS

*You can save prep time by buying frozen, pre-riced cauliflower.*

*Store in an airtight container in the refrigerator for up to one week.*



Cauliflower "Fried Rice"

# FLUFFY BASMATI RICE

**Rice is a staple of any bodybuilding kitchen, yet too often it's overcooked, gummy, or clumpy. This recipe will help you cook fluffy rice perfectly every time. Hearty Basmati rice holds up well to cooking and boasts a slightly nutty flavor, and avocado oil adds a delicate touch of flavor.**

*Makes 8 servings / Serving size  $\frac{3}{4}$  cup*

*Prep time 10 minutes / Cook time 30 minutes*

## INGREDIENTS

2 cups Basmati rice, rinsed and drained

4 cups water

1 tsp avocado oil

1 tsp salt

## DIRECTIONS

**1** In a large pot, combine the rice, water, avocado oil, and salt. Bring to a boil over high heat, stirring once, then cover, reduce the heat to low, and cook for 15 minutes.

**2** Remove the pot from the heat and allow the rice to rest for 15 minutes. Fluff the cooked rice with a fork. Serve hot.

## NUTRITION FACTS

*per serving*

### CALORIES

170

### TOTAL FAT

2<sub>g</sub>

### TOTAL CARBS

33.4<sub>g</sub>

### PROTEIN

3.2<sub>g</sub>

## PREP TIPS

*Store the cooled rice in an airtight container in the refrigerator for up to 6 days. To reheat, place the rice in a microwave-safe bowl, cover with a damp paper towel, and heat on high for 1 minute.*

## CHANGE IT UP

*For a richer flavor, omit the salt and substitute 2 cups chicken broth for the water.*

# ROASTED CABBAGE STEAKS

**Add volume to your plate with this easy-to-make, nutrient-packed side that's super low in calories, fat, and carbs. Roasting the cabbage mellows the flavor, while garlic adds a kick. Cabbage is high in vitamins C and K, contains anti-aging compounds, and is high in fiber to help keep you full.**

*Makes 4–6 servings | Serving size 1 steak*

*Prep time 5 minutes | Cook time 45 minutes*

## INGREDIENTS

1 medium green cabbage

2 tbsp garlic, minced

$\frac{1}{2}$  tsp salt

$\frac{1}{2}$  tsp ground black pepper

## DIRECTIONS

**1** Preheat the oven to 350°F (177°C). Line a 9 x 13in (23 x 33cm) baking sheet with aluminum foil and lightly spray with non-stick cooking spray.

**2** Slice the cabbage crosswise into  $\frac{1}{2}$ -inch-thick (1.25cm) steaks. Place the steaks on the baking sheet and lightly spray with non-stick cooking spray. Evenly spread the garlic over the steaks, and season with the salt and black pepper.

**3** Bake for 35 to 45 minutes, or until the steaks become soft and translucent and begin to brown around the edges. Serve hot.

## NUTRITION FACTS

*per serving*

### CALORIES

38

### TOTAL FAT

0.4<sub>g</sub>

### TOTAL CARBS

8.2<sub>g</sub>

### PROTEIN

2.2<sub>g</sub>

## PREP TIPS

*Store in an airtight container in the refrigerator for up to 3 days. These can be reheated, or eaten cold. (When eaten cold, they have a taste and texture similar to sauerkraut.)*

## CHANGE IT UP

*For a more umami flavor, omit the salt and spray liquid aminos evenly over the cabbage steaks. (Approximately 6 sprays has 0 calories, and adds a soy sauce-like flavor.)*

*Amp up the heat by adding  $\frac{1}{2}$  tsp red pepper flakes.*

# CLOUD BREAD

**When the carb cravings strike, strike back with this light and airy bread alternative that will satisfy those nagging cravings! The key is to whip the egg whites to a light peak, then gently fold in the egg yolks for a chewiness and crust that could easily be mistaken for the real thing!**

*Makes 3 servings / Serving size 4 pieces*

*Prep time 15 minutes / Cook time 25 minutes*

## INGREDIENTS

4 large eggs, warmed to room temperature

½ tsp cream of tartar

Pinch of salt

4 tbsp light cream cheese, softened and warmed to room temperature

## DIRECTIONS

**1** Preheat the oven to 350°F (177°C). Line two 9 x 13in (23 x 33cm) baking sheets with parchment paper.

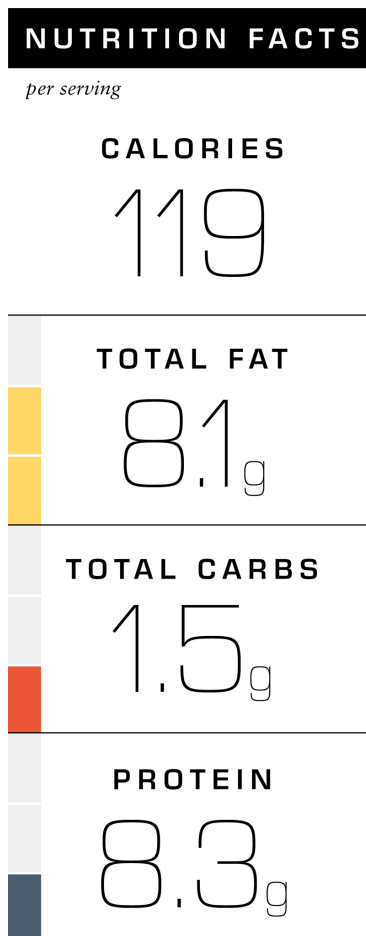
**2** Separate the egg yolks from the egg whites, placing the yolks in a medium bowl and the whites in a large glass or metal mixing bowl. (Do not use a plastic bowl for the egg whites.)

**3** Add the cream of tartar to the egg whites. Using a hand mixer, beat the egg whites on high speed until they form stiff peaks that don't collapse when the mixer blade is lifted from the bowl.

**4** Add the salt and cream cheese to the egg yolks, and whisk until all ingredients are well incorporated. Use a rubber spatula to gently fold the egg yolk mixture into the egg whites.

**5** Use a  $\frac{1}{2}$  cup measuring cup to measure the batter into individual mounds on the baking sheet, maintaining at least 1 inch (2.5cm) between each mound.

**6** Bake for 20 to 25 minutes, rotating the baking sheets halfway through the baking process to ensure the bread bakes evenly. Allow the bread to cool on the baking sheets.



## PREP TIPS

*Insert sheets of parchment paper between each piece and store in an airtight container in the refrigerator for up to 7 days.*

## CHANGE IT UP

*For a richer flavor, season the unbaked batter mounds with  $\frac{1}{2}$  tsp dried rosemary,  $\frac{1}{2}$  tsp garlic powder, and 1 tsp parmesan cheese. This will add only a few calories per serving.*

# HERB-ROASTED VEGETABLES

**This dish is ideal for weekly meal prep. It's simple to make, and the leftovers taste even better the next day! The roasting process brings out the natural sweetness of the squash and carrots, while mellowing and caramelizing the onion. Zucchini and squash are both high in fiber and vitamins.**

*Makes 4 servings / Serving size 2 cups*

*Prep time 10 minutes / Cook time 30 minutes*

## INGREDIENTS

2 large zucchini squash, sliced crosswise into ½-inch (1.25cm) slices

2 large yellow squash, sliced crosswise into ½-inch (1.25cm) slices

1 cup baby carrots

1 medium red onion, sliced into 1-inch (2.5cm) wedges

Non-stick cooking spray

1 tsp garlic powder

1 tsp dried thyme

1 tsp dried parsley

1 tsp dried rosemary

1 tsp salt

## DIRECTIONS

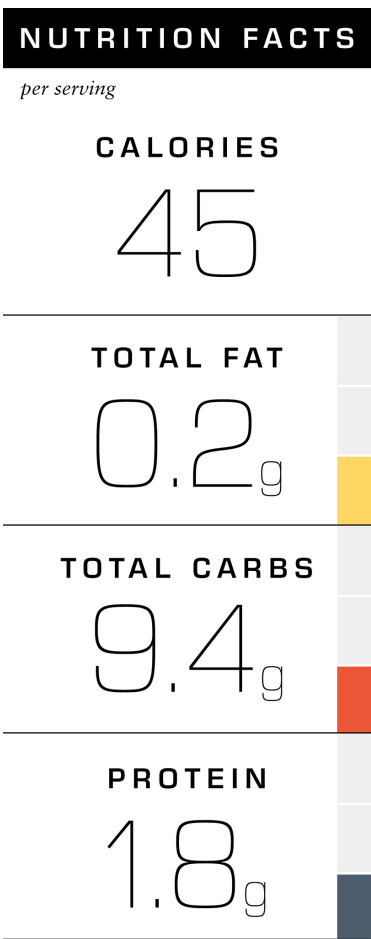
**1** Preheat the oven to 400°F (204°C). Line a large baking sheet with parchment paper.

**2** In a large bowl, combine the zucchini, squash, carrots, and onion wedges. Lightly spray the vegetables with non-stick cooking spray.

**3** Make the seasoning by combining the garlic powder, thyme, parsley, rosemary, and salt in a small bowl. Mix well. Sprinkle the seasoning mix over the vegetables and toss thoroughly to coat.

**4** Spread the vegetables in an even layer on the baking sheet. Roast for 15 minutes.

**5** Using tongs, flip the vegetables and roast for an additional 15 minutes, or until the vegetables are soft and slightly caramelized. Serve hot.



**PREP TIPS**

*The vegetables can be prepped in advance and refrigerated for up to 2 days prior to roasting. Store in an airtight container in the refrigerator for up to 6 days.*

## CHANGE IT UP

*For a heartier texture, substitute 1 cup diced eggplant for either the zucchini or the squash. The macros will be very similar.*

*You can substitute 1 cup halved Brussels sprouts for the carrots. This will not impact the macros.*



# ZESTY ZOODLES

**These noodles have the look and texture of traditional pasta, but contain only a fraction of the carbs and calories! The veggie volume will fill you up without throwing off your meal plan, and an inexpensive spiralizer is all you'll need to make these delectable, low carb noodles.**

*Makes 4 servings | Serving size 1 cup*

*Prep time 5 minutes | Cook time none*

## INGREDIENTS

- 1 tbsp olive oil mayonnaise
- 1 tsp lemon juice
- 2 tbsp large grain mustard
- $\frac{1}{2}$  tsp salt
- $\frac{1}{2}$  tsp ground black pepper
- 4 medium zucchini, washed and ends trimmed

## DIRECTIONS

- 1** In a large bowl, make the dressing by combining the mayonnaise, lemon juice, mustard, salt, and black pepper. Mix well.
- 2** Create the zoodles by running each zucchini through a spiralizer, making sure to discard the seeds. (Alternatively, you can use a julienne peeler or potato peeler to make ribbons.)
- 3** Add the zoodles to the dressing, and toss thoroughly to ensure the zoodles are fully coated in the dressing. Serve chilled, or at room temperature.

## NUTRITION FACTS

*per serving*

### CALORIES

44

### TOTAL FAT

1.1g

### TOTAL CARBS

7.6g

### PROTEIN

1.2g

## PREP TIPS

*Store in an airtight container in the refrigerator for up to 4 days.*

## CHANGE IT UP

*For a Mediterranean flavor, omit the mustard and add 1 tsp ground oregano and 1 tsp garlic powder to the dressing.*

*If you prefer the zoodles more al dente, steam for 5 minutes before tossing with the dressing.*



Zesty Zoodles

# ROSEMARY BEEFSTEAK TOMATOES

**Fragrant rosemary livens up this simple dish, and contrasts beautifully with hearty beefsteak tomatoes. Allowing the tomatoes to soak up the seasonings will make them tender and enhance their sweetness. This simple side is a snap to prepare, and is ready to serve in under 30 minutes.**

*Makes 4 servings | Serving size 4oz (110g)*

*Prep time 25 minutes | Cook time none*

## INGREDIENTS

4 medium beefsteak tomatoes, sliced into quarters, skin and seeds left intact

1 tsp chopped fresh rosemary

$\frac{1}{4}$  tsp garlic powder

$\frac{1}{4}$  tsp paprika

$\frac{1}{4}$  tsp salt

$\frac{1}{4}$  tsp ground black pepper

## DIRECTIONS

**1** In a small bowl, combine the rosemary, garlic powder, paprika, and salt. Mix well.

**2** In a large bowl, combine the tomatoes and seasonings. Gently toss to thoroughly coat the tomatoes with the seasonings.

**3** Allow the tomatoes to rest for 15 to 20 minutes to absorb the seasonings before serving. Serve at room temperature.

## NUTRITION FACTS

*per serving*

### CALORIES

26

### TOTAL FAT

0.1g

### TOTAL CARBS

5.7g

### PROTEIN

1g

## PREP TIPS

*This dish is best made and served immediately, as the tomatoes can become mealy when stored in the refrigerator.*

## CHANGE IT UP

*For a different herbal twist, substitute 1 tsp chopped fresh basil for the rosemary.*

# CITRUS KALE SALAD

**Vibrant pops of color invite you to dig into this nutrient-dense salad. Oranges add just a touch of sweetness, perfectly complementing the slightly bitter kale, which is packed with antioxidants, vitamins, and fiber. Poppy seeds add a nutty element, which pairs well with the onion.**

*Makes 4 servings / Serving size 6oz (170g)*

*Prep time 15 minutes / Cook time none*

## INGREDIENTS

2 cups kale, washed, ribs removed, and chopped into ½-inch (1.25cm) strips

½ naval orange, peeled, separated into wedges, and cut into thirds

¼ medium onion, thinly sliced

1 tsp canola oil

2 to 3 drops liquid stevia

1 tsp lime juice

1 tsp apple cider vinegar

⅛ tsp salt

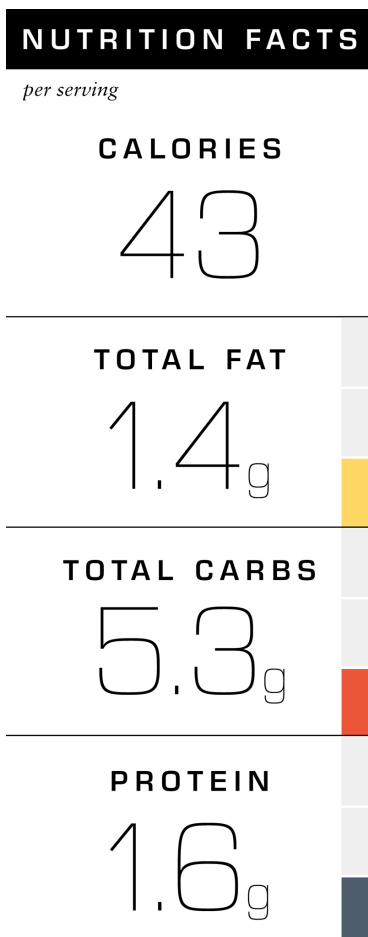
1 tsp poppy seeds

## DIRECTIONS

**1** In a large bowl, combine the kale strips, orange segments, and onion slices. Set aside.

**2** In a medium bowl, combine the canola oil, stevia, lime juice, vinegar, salt, and poppy seeds. Whisk to combine.

**3** Pour the dressing over the salad and gently toss to coat. Serve immediately.



## PREP TIPS

*You can buy pre-sliced onions and bagged kale for easier meal prep.*

*This recipe is best prepared and served fresh. The dressing can be made ahead of time and stored in an airtight container in the refrigerator for up to one week.*

## CHANGE IT UP

*Other leafy greens, such as spinach, arugula, or butter lettuce, can be substituted for the kale.  
For a tangier kick, add 1 tsp dijon mustard to the dressing.*

# WILTED SPINACH AND CHERRY TOMATO SALAD

**This simple, nutrient-dense salad features deep, vibrant greens, pops of plump red cherry tomatoes, and a light and refreshing dressing. Spinach is packed with potassium, fiber, and contains anti-inflammatory properties to help your body recover from tough workouts.**

*Makes 4 servings / Serving size 4oz (110g)*

*Prep time 5 minutes / Cook time 3 minutes*

## INGREDIENTS

1 tsp minced garlic

12 ounces fresh baby spinach

1 cup cherry tomatoes

½ tsp lemon juice

½ tsp salt

½ tsp ground black pepper

## DIRECTIONS

**1** Spray a large skillet with non-stick cooking spray and place over medium heat. Add the garlic and cook for 2 to 3 minutes, or until it begins to soften and becomes fragrant.

**2** Add the spinach to the skillet in small handfuls, tossing repeatedly for 2 to 3 minutes to ensure that the leaves are evenly cooked. Transfer the cooked spinach to a serving bowl.

**3** Add the tomatoes, lemon juice, salt, and black pepper to the spinach. Gently toss to thoroughly coat the spinach in the dressing. Serve warm.

#### NUTRITION FACTS

*per serving*

##### CALORIES

23

##### TOTAL FAT

0.3<sub>g</sub>

##### TOTAL CARBS

2.5<sub>g</sub>

##### PROTEIN

2.5<sub>g</sub>

#### PREP TIPS

*This salad is best when prepared and served fresh, as it can become mushy in the refrigerator.*

#### CHANGE IT UP

*You can substitute  $\frac{1}{2}$  cup of diced onions for the garlic. Sauté the onions in the skillet for 5 to 6 minutes, or until they become soft and translucent.*

# FRESH VEGGIE STIR FRY

**Eastern flavors and loads of fresh vegetables transform this simple stir fry into a satisfying, low calorie side. The broccoli becomes sweet and fork tender, while bok choy adds balance, and the cabbage adds fiber to keep you full. Fresh ginger brightens the flavors and aids with digestion.**

*Makes 4 servings / Serving size 2 cups*

*Prep time 5 minutes / Cook time 12 minutes*

## INGREDIENTS

2 tsp grated fresh ginger root  
2 tsp minced garlic  
2 cups roughly chopped bok choy  
1 cup broccoli florets, fresh or frozen  
3 cups shredded green cabbage  
2 tbsp light soy sauce  
½ cup sliced fresh button mushrooms  
¼ cup low-sodium chicken broth

## DIRECTIONS

**1** Spray a large frying pan with non-stick cooking spray and place over medium-high heat. Add the ginger and garlic to the pan and cook for 1 to 2 minutes, or until the garlic softens and becomes fragrant.

**2** Add the bok choy, broccoli, cabbage, and soy sauce. Cook for 2 to 3 minutes, stirring frequently.

**3** Add the sliced mushrooms and cook for an additional 2 minutes, stirring frequently.

**4** Add the chicken broth, cover, and reduce the heat to low. Steam for 4 to 5 minutes, or until the broccoli is tender and can be pierced with a knife. Serve hot.

NUTRITION FACTS	
<i>per serving</i>	
CALORIES	
34	
TOTAL FAT	
0.2 <sub>g</sub>	
TOTAL CARBS	
6 <sub>g</sub>	
PROTEIN	
3 <sub>g</sub>	

## PREP TIPS

*If using frozen broccoli florets, make sure to thaw them in the refrigerator 1 day before using. Store in an airtight container in the refrigerator for up to 6 days.*

## CHANGE IT UP

*Make this keto by adding 4 tbsp toasted sesame oil to the pan before cooking the vegetables. This will add 120 calories and 12g fat per serving.*

*For an even more filling side, omit the bok choy and use 3 cups broccoli florets. The macros will be about the same.*



# GUACAMOLE DEVILED EGGS

**This twist on deviled eggs offers heart-healthy fats, and palate-awakening flavors. Lime juice adds a surprising kick, while paprika brings color and a hint of heat. Healthy fats aid in satiety, while the egg whites provide protein and a vessel for the yolk-guacamole goodness.**

*Makes 3 servings | Serving size 4 eggs*

*Prep time 10 minutes | Cook time 10 minutes*

## INGREDIENTS

6 hard-boiled eggs, halved lengthwise

1 medium avocado

2 tsp lime juice

2 tbsp chopped fresh cilantro

1 tsp dried onion flakes

$\frac{1}{8}$  tsp garlic powder

$\frac{1}{2}$  tsp salt

$\frac{1}{2}$  tsp ground black pepper

$\frac{1}{2}$  tsp paprika

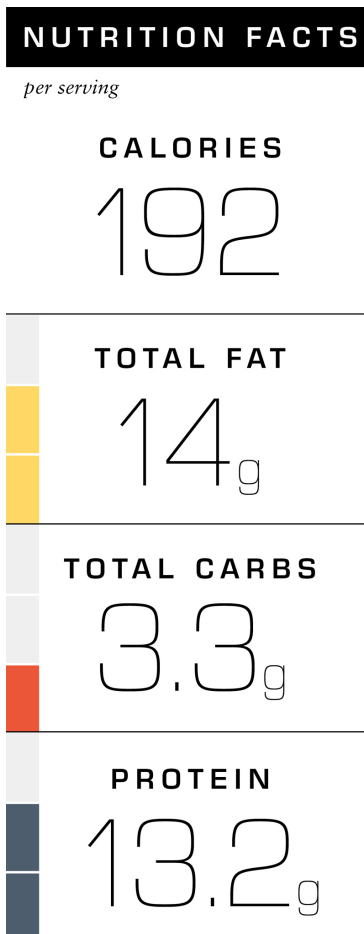
## DIRECTIONS

**1** Separate the egg yolks from the egg white halves. Place the yolks in a large bowl, and place the whites in a separate, medium bowl.

**2** Slice the avocado in half, remove the seed, and scoop the flesh into the bowl containing the yolks. Add the lime juice, cilantro, onion flakes, garlic powder, salt, and black pepper.

**3** Use a fork or potato masher to thoroughly mash the ingredients together until a smooth consistency is achieved and no lumps remain.

**4** Arrange the egg white halves on a serving platter, sliced sides up, and spoon equal amounts of the filling into each egg white half. Sprinkle the paprika over top of the eggs. Serve chilled.



## PREP TIPS

*For perfectly boiled eggs, place the eggs in a large pot of water and bring to a rolling boil. Once boiling, turn off the burner and allow the eggs to sit in the water for 10 minutes, then use a slotted spoon to transfer them to a bowl of ice water.*

*Store in an airtight container in the refrigerator for up to 3 days.*

## CHANGE IT UP

*For a punchier flavor, swap lemon juice for the lime juice, and top with  $\frac{1}{2}$  tsp chipotle powder instead of paprika.*



Guacamole Deviled Eggs

# ROASTED BRUSSELS SPROUTS AND FENNEL

**Brussels sprouts and fennel aren't at the top of everyone's list of favorite sides, but this dish will change that! Both are low in fat, and packed with beneficial nutrients and antioxidants. Roasting caramelizes the exteriors, while keeping the insides delicate and sweet.**

*Makes 4 servings / Serving size 6oz (170g)*

*Prep time 10 minutes / Cook time 30 minutes*

## INGREDIENTS

16oz (450g) Brussels sprouts, ends trimmed and halved lengthwise

2 fennel bulbs, cores removed and thinly sliced

Non-stick cooking spray

1 tbsp minced garlic

1 tsp salt

1 tsp ground black pepper

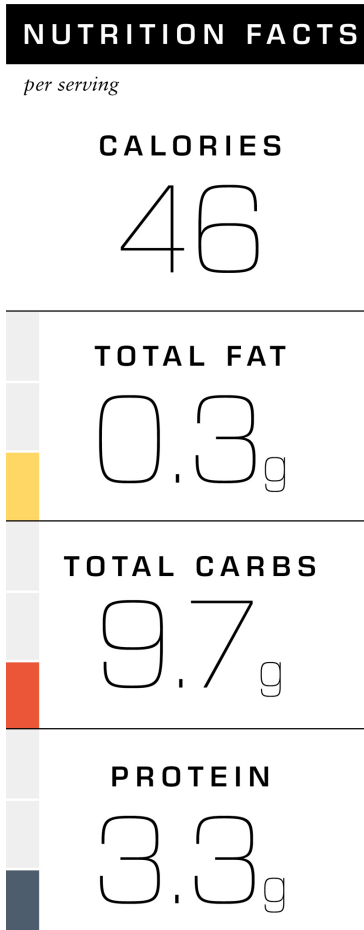
## DIRECTIONS

**1** Preheat the oven to 400°F (204°C). Line a large baking sheet with aluminum foil.

**2** In a large bowl, combine the Brussels sprouts and fennel slices, and lightly spray with non-stick cooking spray.

**3** Add the garlic, salt, and black pepper, and gently toss to coat the vegetables with the seasonings.

**4** Spread the vegetables in a single layer on the baking sheet. Roast for 25 to 30 minutes, tossing every 10 minutes to ensure the vegetables are evenly cooked. Serve hot.



## PREP TIPS

*Store in an airtight container in the refrigerator for up to 5 days.*

## CHANGE IT UP

*For even more caramelization and crunch, instead of roasting the vegetables, toss them into a preheated cast iron skillet and cook over medium heat for 10 to 15 minutes, stirring frequently.*

# LEMONY GRILLED ASPARAGUS

**Mild, earthy asparagus is jazzed up with fresh lemon, while onion and garlic add savory sharpness, and fresh lemon zest adds vibrant contrast to this dish. Asparagus is high in fiber, nutrients, and detoxifying compounds. This is a simple side that keeps well and can be made ahead for meal prep.**

*Makes 2 servings | Serving size 10 spears*

*Prep time 5 min + 30 mins | Cook time 10 minutes*

## INGREDIENTS

1 bunch young asparagus (approximately 20 spears), woody ends trimmed

Juice of 2 lemons

1 tsp lemon zest

1 tsp onion powder

1 tsp garlic powder

$\frac{1}{2}$  tsp salt

$\frac{1}{2}$  tsp ground black pepper

## DIRECTIONS

**1** In a large bowl, combine the asparagus spears and lemon juice. Toss to coat, and allow to rest at room temperature for 30 minutes.

**2** Preheat a grill to medium. Transfer the asparagus to a plate and pat dry with a paper towel. Spray the spears with non-stick cooking spray and season with the onion powder, garlic powder, salt, and black pepper.

**3** Grill the spears for 2 to 3 minutes per side, or until they form a nice char and have good caramelization. Transfer to a serving platter and garnish with the lemon zest. Serve hot.

#### NUTRITION FACTS

*per serving*

##### CALORIES

42

##### TOTAL FAT

0.3<sub>g</sub>

##### TOTAL CARBS

9.3<sub>g</sub>

##### PROTEIN

3.7<sub>g</sub>

### PREP TIPS

*You can double or triple this recipe for easy meal prep.*

*Store in an airtight container in the refrigerator for up to 5 days.*

### CHANGE IT UP

*You can also make this recipe in the oven. Move the rack to the middle, and set the oven to low broil. Place the asparagus on an aluminum foil-lined 9 x 13in (22 x 33cm) baking sheet. Broil for 6 to 8 minutes, shaking the pan every few minutes to flip the asparagus.*

# SNAPPY GINGER GREEN BEANS

**This recipe satisfies the need to snack on something crunchy, without derailing your meal plan. Blanching the beans prevents them from becoming dull and rubbery. Instead, they're crisp and refreshing, and when paired with the seasonings they're a tasty, healthy alternative to chips.**

*Makes 4 servings | Serving size 4oz (110g)*

*Prep time 15 minutes | Cook time 20 minutes*

## INGREDIENTS

- 1 cup reduced-sodium chicken broth
- 2 cups fresh green beans, rinsed and ends trimmed
- 2 tsp freshly grated ginger root
- 1 tbsp sesame seeds
- $\frac{1}{2}$  tsp salt
- 1 tsp lemon juice
- $\frac{1}{2}$  tsp minced garlic

## DIRECTIONS

- 1** In a large pot, bring the chicken broth to a low boil over medium heat.
- 2** Add the green beans to the pot and blanch for 5 to 7 minutes. With a slotted spoon, immediately transfer the beans to a large bowl filled with ice water. Set aside to cool.
- 3** In a small bowl, make the ginger sauce by combining the ginger root, sesame seeds, salt, lemon juice, and garlic. Mix well.

**4** Drain the ice water from the green beans. Pour the ginger sauce over the green beans, and toss gently to coat. Serve immediately.

## NUTRITION FACTS

*per serving*

### CALORIES

66

### TOTAL FAT

2.2<sub>g</sub>

### TOTAL CARBS

9<sub>g</sub>

### PROTEIN

2.8<sub>g</sub>

## PREP TIPS

*Always use fresh green beans for this recipe. Frozen or canned beans won't have the same snap or flavor.*

*Store in an airtight container in the refrigerator for up to 2 days.*

## CHANGE IT UP

*To reduce the fat content even more, omit the sesame seeds, ginger, and lemon, and replace with 1 tsp apple cider vinegar and ½ tsp ground black pepper.*

# CRUNCHY AVOCADO SALAD

**Creamy avocado and sweet cherry tomatoes come together in this refreshing, antioxidant-rich salad that features a satisfying crunch and just a hint of heat. The avocado and olive oil provide healthy monounsaturated fats, which can help reduce inflammation and aid recovery.**

*Makes 4 servings | Serving size 1 cup*

*Prep time 15 minutes | Cook time none*

## INGREDIENTS

2 large ripe avocados, halved lengthwise, seed removed, and cut into  $\frac{1}{2}$ -inch (1.25cm) cubes

1 cup cherry tomatoes, sliced into halves

1 seedless cucumber, cut into  $\frac{1}{2}$ -inch (1.25cm) cubes

$\frac{1}{2}$  medium red onion, finely diced

$\frac{1}{4}$  cup finely chopped fresh cilantro

2 tbsp lemon juice

$\frac{1}{2}$  tsp salt

1 tbsp olive oil

## DIRECTIONS

**1** In a large bowl, combine the avocado, tomatoes, cucumber, onion, and cilantro. Mix well.

**2** Sprinkle the lemon juice over top and season with the salt. Add the olive oil, and gently toss with a rubber spatula until all ingredients are well combined. Serve immediately.

## NUTRITION FACTS

*per serving*

### CALORIES

183

### TOTAL FAT

16.9<sub>g</sub>

### TOTAL CARBS

9.3<sub>g</sub>

### PROTEIN

2.0<sub>g</sub>

## PREP TIPS

*Store in an airtight container in the refrigerator for up to 3 days.*

## CHANGE IT UP

*If you're not a fan of cilantro, you can use 2 tbsp finely chopped parsley, instead.*



# ***SNACKS & POWER BARS***

*This chapter is full of recipe ideas to sustain you throughout the day and through your workouts. A variety of homemade power bars will give you a boost of protein, and cost just pennies to make compared to store-bought bars. And the snacks are simple to make, energy sustaining, and most importantly—they're delicious!*



# SAVORY ROSEMARY ALMOND BARS

**The aroma of fresh rosemary will fill your kitchen as these bake! These keto-friendly bars are packed with healthy fats and have just the right amount of protein for a snack, or for recovery after a hard workout. Almonds contain vitamin E, fiber, and can help keep you feeling full for longer.**

*Makes 8 servings | Serving size 1 bar*

*Prep time 10 minutes | Cook time 30 minutes*

## INGREDIENTS

2 cups whole almonds, finely chopped

2 tbsp coconut flour

½ cup almond flour

2 tbsp finely chopped fresh rosemary

1 tsp garlic powder

1 tsp onion flakes

1½ tsp salt

½ cup liquid egg whites

3 tbsp coconut oil

## DIRECTIONS

**1** Preheat the oven to 300°F (149°C). Line an 8 x 8in (20 x 20cm) baking dish with aluminum foil.

**2** In a large bowl, combine the almonds, coconut flour, almond flour, rosemary, garlic powder, onion flakes, and salt. Mix well.

**3** Add the egg whites and coconut oil. Using clean hands, mix the ingredients until they form a rough dough. Press the dough into the baking dish, ensuring the thickness is uniform throughout.

**4** Bake for 30 minutes, or until the bars are lightly browned around the edges. Slice into 8 equal-sized bars.

#### NUTRITION FACTS

*per serving*

##### CALORIES

269

##### TOTAL FAT

22.3<sub>g</sub>

##### TOTAL CARBS

7.4<sub>g</sub>

##### PROTEIN

14<sub>g</sub>

#### PREP TIPS

*Individually wrap the bars in plastic wrap and store in an airtight container at room temperature for up to 10 days.*

#### CHANGE IT UP

*For an even more savory flavor, add 1 tsp dried thyme and ½ tsp dried sage to the dough.*

# PUMPKIN AND OAT BARS

**Pricey store-bought bars often contain loads of sugar and preservatives. These spiced bars are healthier, and are great as a snack or for a post-workout refuel. Pumpkin keeps the bars moist, and oat flour adds whole grain nutrition and fiber. This bar does some heavy lifting!**

*Makes 6 servings / Serving size 1 bar*

*Prep time 10 minutes / Cook time 25 minutes*

## INGREDIENTS

1 cup oat flour

½ cup vanilla whey protein powder

1 tsp baking powder

½ tsp salt

2 tsp ground cinnamon

½ tsp allspice

½ tsp ground ginger

⅓ cup powdered stevia

⅓ cup liquid egg whites

1 cup canned pumpkin purée (not pumpkin pie mix)

1 tsp vanilla extract

## DIRECTIONS

**1** Preheat the oven to 350°F (177°C). Spray an 8 x 8in (20 x 20cm) baking pan with non-stick cooking spray.

**2** In a large bowl, combine the oat flour, protein powder, baking powder, salt, cinnamon, allspice, ginger, and stevia. Mix well.

**3** In a separate large bowl, combine the egg whites, pumpkin purée, and vanilla extract. Mix well.

**4** Make the batter by adding the wet ingredients to the dry ingredients. Mix well to combine.

**5** Pour the batter into the baking pan. Bake for 20 to 25 minutes, or until a toothpick inserted in the middle comes out clean. Slice into 6 equal-sized bars.

#### NUTRITION FACTS

*per serving*

##### CALORIES

153

##### TOTAL FAT

0.5<sub>g</sub>

##### TOTAL CARBS

24.7<sub>g</sub>

##### PROTEIN

11.9<sub>g</sub>

## PREP TIPS

*If you don't have oat flour, you can make your own by milling dry oats in a blender until they reach a flour-like consistency.*

*Individually wrap the bars in plastic wrap and store in an airtight container in the refrigerator for up to one week.*

## CHANGE IT UP

*Try substituting mashed sweet potato or squash for the pumpkin.*



# NO-BAKE ALMOND AND OATS BARS

**Creamy almond butter, hearty oats, and whey protein powder create a balanced bar that's perfect for taking off the edge. These simple-to-make bars also provide you with whole grain carbohydrates for**

**fuel, healthy fats for satiety, and a healthy boost of muscle-building protein.**

*Makes 12 servings / Serving size 1 bar*

*Prep time 10 min + 30 min / Cook time none*

## INGREDIENTS

2 cups quick oats

3 scoops whey protein powder

½ cup creamy almond butter

⅔ cup almond milk

1 tsp vanilla extract

2 tbsp powdered stevia

## DIRECTIONS

**1** In a large bowl, combine the oats, protein powder, almond butter, almond milk, vanilla extract, and stevia. Mix well until the ingredients form a dough.

**2** Press the dough into a 9 x 13in (23 x 33cm) baking pan. Place the pan in the refrigerator for 30 minutes to harden the bars.

**3** Cut into 8 equal-sized bars, and individually wrap in parchment paper. Seal the wrapped bars in a plastic storage bag.

#### NUTRITION FACTS

*per serving*

##### CALORIES

215

##### TOTAL FAT

10<sub>g</sub>

##### TOTAL CARBS

17.3<sub>g</sub>

##### PROTEIN

14.3<sub>g</sub>

#### PREP TIPS

*Store in an airtight container in the refrigerator for up to one week.*

#### CHANGE IT UP

*Punch up the flavor by adding 1 tsp cinnamon and 1 tbsp cocoa powder to the dough. These additions will add just a few calories to each bar.*



No-Bake Almond and Oats Bars

# LEAN RICE CRISPY TREATS

**This leaner version of a traditional rice crispy treat is every bit as sticky, crunchy, and chewy as the original, but with less sugar. Almond butter replaces the marshmallows, while protein powder and honey add sweetness, and help bind the bars. These are addicting, so avoid overindulging!**

*Makes 12 servings / Serving size 1 square*

*Prep time 25 minutes / Cook time none*

## INGREDIENTS

$\frac{2}{3}$  cup natural almond butter

$\frac{1}{2}$  cup raw honey

$\frac{1}{2}$  cup vanilla whey protein powder

1 tbsp ground cinnamon

3 cups toasted brown rice cereal

## DIRECTIONS

**1** In a large glass bowl, combine the almond butter and honey. Warm in the microwave on medium for 30 to 45 seconds, stir, then add the protein powder and cinnamon. Stir well.

**2** Add the brown rice cereal and gently fold it into the mixture. Pour into a 9 x 13in (23 x 33cm) baking dish and use a spoon to flatten the mixture and form a uniform surface.

**3** Place in the refrigerator to harden for 15 minutes before cutting into 12 equal-sized squares.

## NUTRITION FACTS

*per serving*

### CALORIES

183

### TOTAL FAT

8.4<sub>g</sub>

### TOTAL CARBS

20<sub>g</sub>

### PROTEIN

8.6<sub>g</sub>

## PREP TIPS

*Individually wrap the treats in plastic wrap and store in an airtight container at room temperature for 3 days, or in the refrigerator for up to 1 week. (If stored in the refrigerator, allow the bars to soften at room temperature for 15 minutes before eating.)*

## CHANGE IT UP

*Try substituting different flavors of protein powder, or substituting different nut butters, such as peanut butter or cashew butter.*

# QUICK AND EASY EGG BITES

**These bite-sized bundles of protein are a snap to make, and can be modified to fit your tastes and meal plan. You can experiment with a variety of vegetables and spices, they're easier to make and more portable than an omelet, and they store well in the refrigerator.**

*Makes 3 servings / Serving size 2 bites*

*Prep time 10 minutes / Cook time 20 minutes*

## INGREDIENTS

3 cups liquid egg whites

½ cup diced tomato

½ cup diced white onion

1 tsp salt

1 tsp ground black pepper

## DIRECTIONS

**1** Preheat the oven to 350°F (177°C). Spray a large muffin tin with non-stick cooking spray.

**2** In a large bowl, combine the egg whites, tomato, onion, salt, and black pepper. Mix well.

**3** Pour equal amounts of the egg white mixture into six muffin cups. Bake for 18 to 20 minutes, or until the centers are set and firm. Serve warm.

## NUTRITION FACTS

*per serving*

### CALORIES

136

### TOTAL FAT

0.1g

### TOTAL CARBS

3.7g

### PROTEIN

28.6g

## PREP TIPS

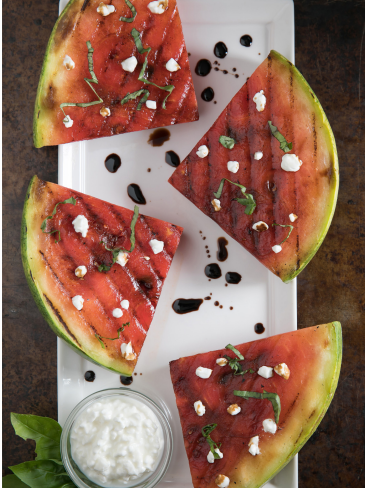
*Double this recipe and keep the muffins on hand as a quick snack.*

*Store in an airtight container in the refrigerator for up to one week.*

## CHANGE IT UP

*Make these keto by replacing the egg whites with 6 large eggs, and adding  $\frac{1}{2}$  cup shredded sharp cheddar cheese. The macros will be 223 calories, 15.7g fat, 2.6g carbs, and 16.8g protein per serving.*

*Make post-workout muffins by omitting the salt, pepper, tomatoes, and onions, and adding 1 tsp cinnamon and  $1\frac{1}{2}$  cups quick oats. Allow to sit for 15 minutes, then bake for 18 to 20 minutes. Macros will be 286 calories, 3.1g fat, 30.7g carbs, and 33.6g protein per serving.*



# GRILLED BALSAMIC MELON AND CHEESE

**This simple yet refreshing muscle-building snack creates a delightful flavor and textural contrast when the cottage cheese is paired with the grilled melon.**

**Watermelon is refreshing, hydrating, and also high in lycopene, which is a key antioxidant compound.**

*Makes 1 serving | Serving size 4 slices + 1 cup cheese*

*Prep time 5 minutes | Cook time 4 minutes*

## INGREDIENTS

4 slices watermelon, rind on, sliced into 1-inch-thick (2.5cm) triangles

1 cup 1% cottage cheese

1 tbsp roughly chopped fresh basil

1 tbsp balsamic vinegar

Coconut oil cooking spray

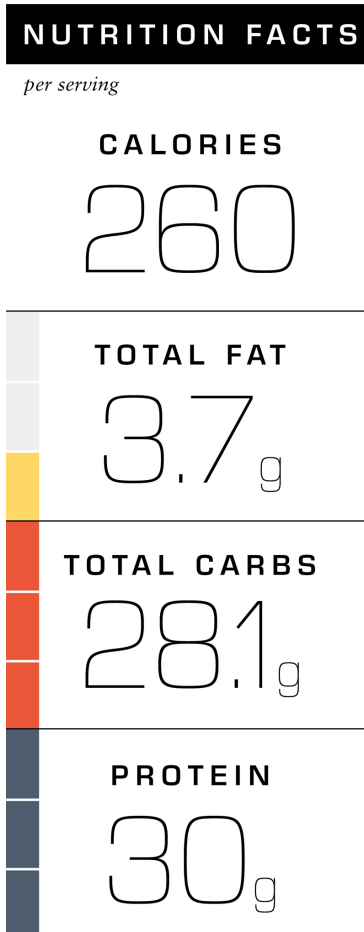
Pinch of salt

## DIRECTIONS

**1** Preheat a grill to high. Lightly spray each watermelon slice with coconut oil cooking spray, and evenly drizzle the balsamic vinegar over each watermelon slice.

**2** Grill the watermelon slices for 1 to 2 minutes per side, or until they are lightly seared and develop grill marks on each side.

**3** Transfer the watermelon slices to a plate. Lightly season the slices with the salt, and top with the basil. Add the cottage cheese to the plate. Serve chilled.



## PREP TIPS

*This recipe is best when prepared and served fresh.*

*For meal prep, you can grill the watermelon ahead of time and store it tightly sealed in plastic wrap in the refrigerator. Add the cottage cheese and basil just before serving.*

## CHANGE IT UP

*In a pinch, you can substitute 1 tbsp light vinaigrette dressing for the salt and balsamic vinegar. Changes to the macros will be negligible.*

*Substitute 1% ricotta cheese in place of the cottage cheese. Macros will be 271 calories, 2.3g fat, 30.1g carbs, and 29.0g protein per serving.*



Grilled Balsamic Melon and Cheese

# GREEK YOGURT HUMMUS

**Silky smooth with a punch of lemon, this hummus is a light and balanced snack. Greek yogurt adds tartness, and also increases the serving size without drastically increasing the calories. Chickpeas are high in fiber and vitamins, and also a good source of vegetarian protein.**

*Makes 4 servings / Serving size ½ cup*

*Prep time 10 minutes / Cook time none*

## INGREDIENTS

2 15oz (420g) cans chickpeas, drained and rinsed

½ cup plain nonfat Greek yogurt

Juice of 1 lemon

½ tsp garlic powder

¼ tsp cumin

½ tsp paprika

¼ tsp salt

## For serving

1 small seedless cucumber, thinly sliced

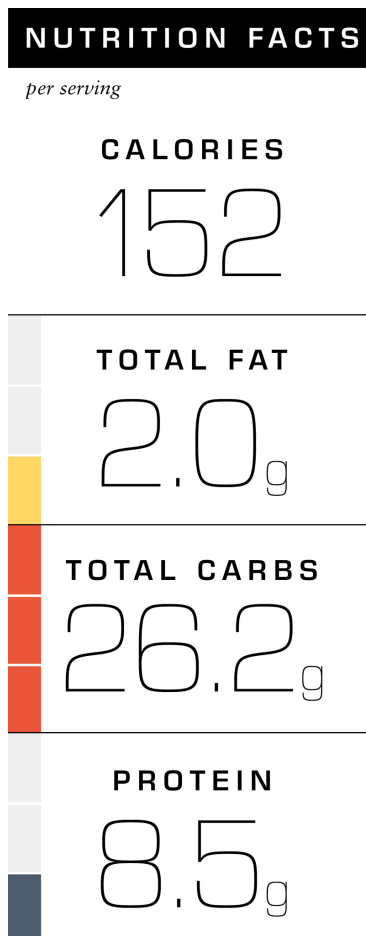
1 small carrot, peeled and sliced lengthwise into sticks

## DIRECTIONS

**1** In a blender or food processor, combine the chickpeas, Greek yogurt, lemon juice, garlic powder, cumin, paprika, and salt. Pulse at 15 second intervals until the ingredients are well incorporated and no lumps remain.

**2** Scrape the sides of the blender with a rubber spatula and blend on high for an additional 60 seconds, or until a smooth and creamy consistency is achieved. (If the hummus is too thick, add additional water, 1 tbsp at a time, until the desired consistency is reached.)

**3** Transfer to a serving bowl. Serve chilled with the carrot sticks and cucumber slices on the side.



## PREP TIPS

*Store in an airtight container in the refrigerator for up to 4 days.*

## CHANGE IT UP

*For a more aromatic twist, add ½ tsp dried parsley.*

# NO-BAKE COCOA AND OATS BARS

**This bar tastes like a dessert, but still fits the macros for most bodybuilding meal plans. The unsweetened cocoa powder offers a potent antioxidant and energy boost, and the oats and oat bran add complex carbs for energy. Pop one of these into your bag for a quick snack between meals!**

*Makes 3 servings / Serving size 1 bar*

*Prep time 10 minutes / Cook time none*

## INGREDIENTS

½ cup old-fashioned oats

½ cup oat bran

3 tbsp almond flour

3 tbsp unsweetened cocoa powder

1 tbsp powdered stevia

½ cup vanilla protein powder (whey and casein blend)

¼ cup unsweetened vanilla almond milk

1 tsp vanilla extract

## DIRECTIONS

**1** Spray a small, sealable food storage container (approximately 8 x 8in (20 x 20cm)) with non-stick cooking spray.

**2** In a medium bowl, combine the oats, oat bran, almond flour, cocoa powder, stevia, and protein powder. Mix well to combine. In a separate

medium bowl, combine the almond milk and vanilla extract. Mix well to combine.

**3** Make the batter by adding the dry ingredients to the wet ingredients. Mix the ingredients until a thick, uniform consistency is achieved.

**4** Spoon the batter into the prepared container, and use a spoon to smooth and flatten the mixture. Refrigerate for 15 minutes before slicing into 3 bars.

NUTRITION FACTS	
<i>per serving</i>	
CALORIES	
235	
TOTAL FAT	
7.1g	
TOTAL CARBS	
21.3g	
PROTEIN	
28.1g	

## PREP TIPS

*A whey and casein protein blend works best for this recipe, as the casein will absorb the almond milk and thicken the batter.*

*Individually wrap the bars in plastic wrap and store in an airtight container in the refrigerator for up to one week.*

## CHANGE IT UP

*For a more intense chocolate flavor, substitute  $\frac{1}{2}$  cup chocolate whey protein powder for the vanilla whey protein powder.*



# PALEO PROTEIN CRACKERS

**Everyone craves crunchy snacks, but all too often they're off limits on most bodybuilding meal plans. These crackers will fit into most meal plans, and will also satisfy those cravings for some crunch.**

**Flax and sesame seeds provide healthy fats and create a texture that's perfect for dipping!**

*Makes 12 servings / Serving size 2 crackers*

*Prep time 15 minutes / Cook time 25 minutes*

## INGREDIENTS

½ cup liquid egg whites

3 cups almond flour

1 cup flax meal

2 tbsp sesame seeds

1 tbsp dried parsley

1 tbsp dried tarragon

½ tbsp dried chives

½ tbsp ground thyme

1 tsp sea salt

## DIRECTIONS

**1** Preheat the oven to 350°F (177°C). Line a large baking sheet with parchment paper.

**2** In a large bowl, combine the egg whites, almond flour, flax meal, sesame seeds, parsley, tarragon, chives, thyme, and sea salt.

**3** Using clean hands, mix the ingredients until a dough is formed, then shape the dough into a ball. (If the dough is too crumbly, add more egg whites, one tablespoon at a time, until the desired consistency is reached.)

**4** Place the dough on the baking sheet. Place another sheet of parchment paper over top of the dough, and use a rolling pin to roll the dough out as thin as possible. Score the dough into 24 even-sized squares.

**5** Bake for 20 to 25 minutes, or until the crackers turn golden brown. Allow to cool, and break the crackers into even-sized pieces.

#### NUTRITION FACTS

*per serving*

##### CALORIES

220

##### TOTAL FAT

17.7<sub>g</sub>

##### TOTAL CARBS

9.2<sub>g</sub>

##### PROTEIN

9.3<sub>g</sub>

## PREP TIPS

*Store in an airtight container at room temperature for up to one week.*

## CHANGE IT UP

*Substitute pumpkin seeds for the sesame seeds. The macros will be about the same.*

*Substitute hemp hearts for the flax meal. The macros will be very similar.*



Paleo Protein Crackers

# CHOCOLATE PROTEIN SNACK MUG

**Kick those nagging sweet tooth cravings to the curb and get a shot of protein with this personal-sized mug cake that is full of chocolatey goodness. Cocoa powder satisfies the palate and provide a little kick of caffeine, while protein powder and egg whites feed the muscles.**

*Makes 1 serving | Serving size 1 mug*

*Prep time 5 minutes | Cook time 2 minutes*

## INGREDIENTS

1 tbsp unsweetened cocoa powder

1 tbsp coconut flour

$\frac{1}{4}$  cup vanilla whey protein powder

$\frac{1}{2}$  tsp baking powder

$\frac{1}{4}$  cup liquid egg whites

$\frac{1}{4}$  cup unsweetened almond milk

## DIRECTIONS

**1** In a microwave-safe, medium-sized mug, combine the cocoa powder, coconut flour, protein powder, and baking powder. Stir well.

**2** Add the egg whites and almond milk. Mix all ingredients well.

**3** Microwave on high for 1 to 2 minutes, checking every 15 seconds for doneness. The cake is done when the center is set and no longer appears shiny. (Make sure not to overcook the cake, as it can quickly become rubbery and dry.) Serve warm.

## NUTRITION FACTS

*per serving*

### CALORIES

190

### TOTAL FAT

2.1<sub>g</sub>

### TOTAL CARBS

9.2<sub>g</sub>

### PROTEIN

34.3<sub>g</sub>

## PREP TIPS

*Make the mix ahead of time by combining the cocoa powder, coconut flour, protein powder, and baking powder, and storing the mix in individual portions in zipper lock bags. When you're ready for a snack, just pour the ingredients in a mug, and add the egg whites and almond milk.*

## CHANGE IT UP

*Make a post-workout mug by using a slightly larger mug, and adding  $\frac{1}{3}$  cup quick oats to the dry ingredients, and adding an additional  $\frac{1}{4}$  cup liquid egg whites. The macros will be 287 calories, 4.5g fat, 25.6g carbs, and 37.6g protein.*

# ZESTY TUNA SNACK BOWL

**Canned tuna is an inexpensive source of protein and a great way to maximize your training budget. This low fat take on traditional tuna salad features naturally sweet vegetables, garlicky pickles, and tangy condiments that will all help keep the macros on track. You won't miss the mayo!**

*Makes 1 serving | Serving size 1 bowl*

*Prep time 10 minutes | Cook time none*

## INGREDIENTS

1 5oz (140g) can light tuna packed in water, rinsed and drained

$\frac{1}{3}$  cup diced celery

$\frac{1}{4}$  cup diced carrot

1 tsp minced garlic dill pickle

1 tsp lemon juice

1 tsp creamy Dijon mustard

$\frac{1}{4}$  cup nonfat plain Greek yogurt

## DIRECTIONS

**1** In a small glass bowl, combine the tuna, celery, carrot, pickle, lemon juice, mustard, and Greek yogurt.

**2** Stir well to incorporate all ingredients. Serve chilled.

## NUTRITION FACTS

*per serving*

### CALORIES

194

### TOTAL FAT

1.8g

### TOTAL CARBS

7.1g

### PROTEIN

37.3g

## PREP TIPS

*Store in an airtight container in the refrigerator for up to 5 days.*

## CHANGE IT UP

*For a non-dairy option, omit the Greek yogurt. This will eliminate 27 calories, 2.1g carbs, and 4.5g protein.*

*Make it keto by adding half a medium avocado to the bowl. Total macros per serving will be 324 calories, 13.8g fat, 12.1g carbs, and 38g protein.*

# TURKEY AND VEGGIE ROLL-UP

**Stave off cravings with this salty and crunchy snack that's low in fat, and ready in less than 10 minutes. Lean turkey keeps you full and delivers muscle-building protein, while juicy tomato, crunchy spinach, and crisp cucumber all come together to create a light and delicate roll.**

*Makes 1 serving | Serving size 1 roll-up*

*Prep time 10 minutes | Cook time none*

## INGREDIENTS

4oz (110g) sliced all natural deli turkey

1 large cucumber

½ cup chopped tomato

½ cup fresh baby spinach

1 tbsp creamy Dijon mustard

## DIRECTIONS

**1** Using a vegetable peeler, slice the cucumber lengthwise into long, thin strips. Arrange the cucumber strips in a row on a sheet of plastic wrap, overlapping them slightly to form a square. Place the turkey slices on top of the cucumber strips.

**2** Spread the mustard in a thin layer over the turkey. Add the spinach in a thin layer, then spoon the chopped tomato in a narrow column near one edge of the wrap.

**3** Create the roll-up by grasping the plastic wrap at the end with the tomatoes, and rolling the ingredients into a tight roll. (Make sure not to roll

the plastic wrap into the roll-up.)

**4** Discard the plastic wrap. Secure the ingredients by inserting a toothpick at each end, and carefully transferring the roll-up to a plate. Serve immediately.

NUTRITION FACTS

per serving

CALORIES

160

TOTAL FAT

1.4g

TOTAL CARBS

11.4g

PROTEIN

26.3g

## PREP TIPS

*This recipe is best prepared and served immediately, as the cucumber can become soggy quickly.*

## CHANGE IT UP

*For a little more crunch, substitute  $\frac{1}{4}$  cup thinly sliced bell peppers for the tomatoes. The macros will be the same.*

*For a milder flavor, substitute  $\frac{1}{2}$  cup butter lettuce for the spinach. Make sure to tear the butter lettuce into small pieces before placing it on the wrap.*

# BAKED CHEESEBURGER BITES

**These yummy cheeseburger bites are juicy and filled with gooey cheese. Coconut flour adds fiber and helps keep them moist, while tangy ketchup and mustard add sweet and spicy notes. These low carb bites are a snap to make and store well, so this recipe can easily be doubled for meal prep.**

*Makes 4 servings / Serving size 2 bites*

*Prep time 10 minutes / Cook time 25 minutes*

## INGREDIENTS

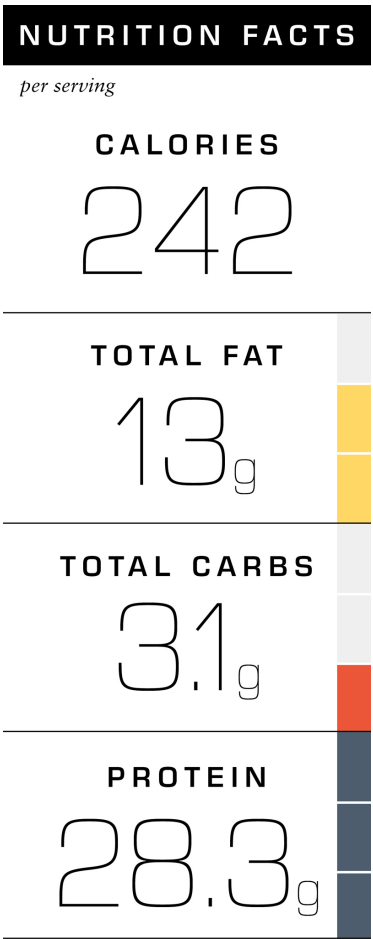
1lb (450g) lean ground sirloin  
2 tbsp coconut flour  
2 large eggs  
2 tbsp no-sugar-added ketchup  
2 tsp spicy brown mustard  
½ cup low-fat shredded mozzarella cheese  
¼ cup diced white onion

## DIRECTIONS

**1** Preheat oven to 350°F (177°C). Spray an 8-cup muffin tin with non-stick cooking spray.

**2** In a large bowl, combine the ground sirloin, coconut flour, eggs, ketchup, mustard, mozzarella cheese, and onion. Mix the ingredients until just incorporated. (Do not over mix, as the burgers can become tough.)

3 Spoon equal amounts of the mixture into the muffin cups. Bake for 20 minutes, or until the internal temperature reaches 160°F (71°C). Serve hot.



PREP TIPS

Store in an airtight container in the refrigerator for up to 5 days, or in the freezer for up to 2 months. To reheat, place the thawed bites on a baking sheet and heat in a 250°F (121°C) oven for 10 minutes.



# ***SHAKES & DESSERTS***

*The quickest and easiest way to ensure effective post-workout nutrition and recovery is through protein shakes. But the recipes in this chapter go well beyond just adding protein powder to water, and instead will have you looking forward to breaking out the blender! And no meal is complete without dessert! The dessert recipes in this chapter will help crush cravings, but still keep you on track toward meeting your training goals.*



# CARROT CAKE SHAKE

**Greek yogurt and banana make up the creamy base of this shake. Cardamom's citrus scent intensifies the carrot flavor, while ginger adds a sweet heat.**

*Makes 1 serving | Serving size 16oz (450g)*

*Prep time 10 minutes | Cook time none*

## INGREDIENTS

1 cup shredded carrots  
½ cup unsweetened vanilla almond milk  
½ cup plain nonfat Greek yogurt  
3 tbsp vanilla whey protein powder  
½ medium frozen banana  
⅛ tsp ground cardamom  
¼ tsp ground ginger  
¼ tsp ground cinnamon  
1 tsp powdered stevia

## DIRECTIONS

**1** Place the carrots in a microwave-safe dish, cover with a damp paper towel, and microwave on high for 1 minute. Allow to cool for 5 minutes.

**2** Combine all ingredients in a blender. Blend on high for one minute. Scrape the sides of the blender with a rubber spatula, and blend on high for 1 additional minute. Transfer to a glass and serve immediately.

## NUTRITION FACTS

*per serving*

**CALORIES**

290

**PROTEIN**

33.4<sub>g</sub>

**FAT**

1.7<sub>g</sub>

**CARBS**

37.2<sub>g</sub>



# ELVIS SHAKE

**Channel “The King” with this recipe, except here Elvis has a six pack and trains six days a week. Powdered peanut butter and banana will rock your taste buds, without racking up the calories.**

*Makes 1 serving | Serving size 12oz (340g)*

*Prep time 10 minutes | Cook time none*

## INGREDIENTS

½ medium banana

¼ cup powdered peanut butter

1 cup unsweetened almond milk

¼ cup vanilla whey protein powder

½ tsp vanilla extract

½ tsp powdered stevia

1 cup crushed ice

## DIRECTIONS

**1** Combine the banana, powdered peanut butter, almond milk, protein powder, vanilla, stevia, and ice in a blender. Blend on low for 30 seconds.

**2** Scrape the sides of the blender with a rubber spatula. Blend on high for an additional 30 seconds to 1 minute, or until the ice is crushed and the shake is smooth and creamy. Transfer to a glass and serve immediately.

## NUTRITION FACTS

*per serving*

**CALORIES**

260

**PROTEIN**

34.1<sub>g</sub>

**FAT**

4.9<sub>g</sub>

**CARBS**

23<sub>g</sub>

### PREP TIPS

*For a thicker shake, omit the ice and use a frozen banana (make sure to peel and slice the banana before freezing).*

# GOLDEN MILK SHAKE

**Golden milk is touted for its anti-inflammatory, digestive, and recovery benefits. MCTs (medium-chain triglycerides) from the coconut oil provide energy.**

*Makes 1 serving | Serving size 10oz (285g)*

*Prep time 10 minutes | Cook time none*

## INGREDIENTS

1 cup unsweetened vanilla coconut milk

$\frac{1}{4}$  cup vanilla whey protein powder

$\frac{1}{2}$  cup 2% low sodium cottage cheese

$\frac{1}{2}$  tbsp coconut oil

1 tsp ground ginger

$\frac{1}{2}$  tsp ground turmeric

$\frac{1}{2}$  tsp ground cinnamon

$\frac{1}{4}$  tsp ground black pepper

2 tsp powdered stevia

$\frac{1}{2}$  cup crushed ice

## DIRECTIONS

**1** Combine the coconut milk, protein powder, cottage cheese, coconut oil, ginger, turmeric, cinnamon, black pepper, stevia, and ice in a blender. Blend on low for 30 seconds, or until the ingredients are well incorporated.

**2** Scrape the sides of the blender with a rubber spatula. Blend on high for one additional minute, or until the shake is smooth and creamy. Transfer to a glass and serve immediately.

# NUTRITION FACTS

*per serving*

**CALORIES**

294

**PROTEIN**

34<sub>g</sub>

**FAT**

13.8<sub>g</sub>

**CARBS**

11<sub>g</sub>

# KEY LIME SHAKE

**Tart lime, coconut, and vanilla flavors give this shake a delectable tropical flavor. You'll reap the nutritional benefits of a full serving of spinach, but you won't taste it at all!**

*Makes 1 serving | Serving size 14oz (400g)*

*Prep time 5 minutes | Cook time none*

## INGREDIENTS

½ cup nonfat plain Greek yogurt

3 tbsp vanilla whey protein powder

2 tbsp lime juice

1 cup unsweetened vanilla coconut milk

2 tsp powdered stevia

1 cup fresh baby spinach

½ cup crushed ice

## DIRECTIONS

**1** Combine the Greek yogurt, protein powder, lime juice, coconut milk, stevia, spinach, and ice in a blender. Blend on low for 1 minute.

**2** Scrape the sides of the blender with a rubber spatula. Blend on high for an additional 30 seconds to 1 minute, or until the shake is smooth and creamy. Transfer to a glass and serve immediately.

## NUTRITION FACTS

*per serving*

**CALORIES**

222

**PROTEIN**

31.9<sub>g</sub>

**FAT**

4.6<sub>g</sub>

**CARBS**

14.1<sub>g</sub>



# BLUEBERRY CHEESECAKE SHAKE

**Juicy blueberries combine with tart Greek yogurt to create a shake that tastes like a decadent dessert. The Greek yogurt, protein powder, and almond milk all power the protein up to over 30g per serving. This shake is delicious when made with virtually any type of sweet berry.**

*Makes 1 serving | Serving size 12oz (340g)*

*Prep time 10 minutes | Cook time none*

## INGREDIENTS

- 1 cup blueberries (fresh or frozen)
- $\frac{1}{4}$  cup vanilla whey protein powder
- $\frac{1}{2}$  cup fat free plain Greek yogurt
- $\frac{1}{2}$  tsp vanilla extract
- $\frac{1}{2}$  cup unsweetened almond milk
- 1 cup crushed ice

## DIRECTIONS

- 1 Combine the blueberries, protein powder, Greek yogurt, vanilla extract, almond milk, and ice in a blender. Pulse for 15 second intervals until the ingredients are well incorporated.
- 2 Scrape the sides of the blender with a rubber spatula. Blend on high for 1 additional minute, or until the ice is crushed and the shake is smooth and

creamy. Transfer to a glass and serve immediately.

NUTRITION FACTS	
<i>per serving</i>	
CALORIES	266
TOTAL FAT	1.3 <sub>g</sub>
TOTAL CARBS	32 <sub>g</sub>
PROTEIN	32.5 <sub>g</sub>

## PREP TIPS

*Buy frozen fruit in bulk and store it in your freezer. Frozen fruit is often just as delicious as fresh, and is usually less expensive. Most fresh fruit also freezes well.*

## CHANGE IT UP

*Make a strawberry cheesecake shake by substituting 1 cup strawberries for the blueberries, and adding ½ tsp lemon juice.*

*For a post-workout shake, add ½ banana. The macros will be 319 calories, 3.49g fat, 45.48g carbs, and 33.1g protein per serving.*



Blueberry Cheesecake Shake

# ORANGE CREAMSICLE SHAKE

**This tart and sweet shake is elevated by juicy orange and a touch of orange zest, while Greek yogurt adds protein and creates an ice cream-like consistency.**

*Makes 1 serving | Serving size 14oz (400g)*

*Prep time 10 minutes | Cook time none*

## INGREDIENTS

1 tsp orange zest

1 orange, peeled and cut into segments, seeds and pith removed

¼ cup vanilla whey protein powder

½ cup nonfat plain Greek yogurt

½ cup unsweetened vanilla almond milk

½ tsp vanilla extract

2 tsp powdered stevia

½ cup crushed ice

## DIRECTIONS

**1** Combine the orange zest, orange segments, protein powder, Greek yogurt, almond milk, vanilla extract, stevia, and ice in a blender. Blend on low for 30 seconds.

**2** Scrape the sides of the blender with a rubber spatula. Blend on high for an additional 1 to 2 minutes, or until the shake is smooth and creamy. Transfer to a glass and serve immediately.

# NUTRITION FACTS

*per serving*

**CALORIES**

247

**PROTEIN**

32.7<sub>g</sub>

**FAT**

1.3<sub>g</sub>

**CARBS**

26.9<sub>g</sub>

# COCO-CHOCO ALMOND SHAKE

**This shake is more satisfying than a candy bar! Healthy fats from the almond butter and coconut keep the carbs low, and antioxidant-rich cocoa powder provides an extra boost of energy.**

*Makes 1 serving | Serving size 14oz (400g)*

*Prep time 10 minutes | Cook time none*

## INGREDIENTS

- 1 cup unsweetened vanilla almond milk
- ¼ cup chocolate whey protein powder
- 1 tbsp almond butter
- 1 tbsp unsweetened cocoa powder
- 2 tbsp unsweetened shredded coconut
- 3 tsp powdered stevia
- 1 tbsp slivered almonds

## DIRECTIONS

- 1 Combine the almond milk, protein powder, almond butter, cocoa powder, coconut, and stevia in a blender. Blend on high for 30 seconds.
- 2 Scrape the sides of the blender with a rubber spatula, and blend on high for 1 additional minute.
- 3 Transfer to a glass and top with the slivered almonds. Serve immediately.

# NUTRITION FACTS

*per serving*

**CALORIES**

328

**PROTEIN**

30.6<sub>g</sub>

**FAT**

20.9<sub>g</sub>

**CARBS**

9.5<sub>g</sub>

# HULK SHAKE

**Smash cravings with this green powerhouse! Fiber from the spinach will keep you feeling full, and a touch of tart lemon juice adds balance to the sweet banana.**

*Makes 1 serving | Serving size 12oz (340g)*

*Prep time 5 minutes | Cook time none*

## INGREDIENTS

1 cup unsweetened vanilla almond milk

2 cups fresh baby spinach

1 tsp lemon juice

1 medium banana, frozen

$\frac{1}{4}$  cup vanilla whey protein powder

1 tsp powdered stevia

$\frac{1}{2}$  tsp ground cinnamon

## DIRECTIONS

**1** Add the almond milk, spinach, lemon juice, and banana to a blender. Blend on high for 1 minute.

**2** Scrape the sides of the blender with a rubber spatula. Add the protein powder, stevia, and cinnamon. Blend for 1 minute, or until the shake is smooth and creamy. Transfer to a glass and serve immediately.

## NUTRITION FACTS

*per serving*

**CALORIES**

259

**PROTEIN**

29<sub>g</sub>

**FAT**

31<sub>g</sub>

**CARBS**

31.2<sub>g</sub>

### PREP TIPS

*This shake can be made ahead and refrigerated for up to 2 days.*

# OATMEAL RAISIN COOKIE PROTEIN SHAKE

**A cookie in shake form? Yes! Replenish glycogen stores and calm your sweet tooth with this shake. Fast-digesting and complex carbs will provide you with instant fuel and sustained energy.**

*Makes 1 serving | Serving size 16oz (450g)*

*Prep time 10 minutes | Cook time none*

## INGREDIENTS

$\frac{1}{2}$  banana

1 cup unsweetened almond milk

$\frac{1}{4}$  cup old-fashioned oats

$\frac{1}{4}$  cup vanilla or chocolate protein powder

1 tbsp raisins

$\frac{1}{2}$  tsp ground cinnamon

1 cup crushed ice (optional)

## DIRECTIONS

**1** Place the banana, almond milk, oats, protein powder, raisins, cinnamon, and ice into a blender. (If you are using a frozen banana, you can omit the ice.) Blend on low for 30 seconds to 1 minute.

**2** Scrape the sides of the blender with a rubber spatula. Blend on high for one additional minute, or until the shake looks uniform in texture and color. Transfer to a glass and serve immediately.

## NUTRITION FACTS

*per serving*

**CALORIES**

277

**PROTEIN**

29.1<sub>g</sub>

**FAT**

2.9<sub>g</sub>

**CARBS**

34.8<sub>g</sub>

### PREP TIPS

*For a thicker shake, use  $\frac{1}{2}$  frozen banana. (Make sure to peel and slice the banana before freezing.)*



# CHOCO-CADO MOUSSE

**Cocoa powder and avocado pair up to create a velvety, decadent mousse. Avocado provides healthy fats and anti-inflammatory benefits, while cocoa powder gives the mousse a boost of antioxidants. The richness of the cocoa powder is the star—while the avocado provides creaminess.**

*Makes 4 servings | Serving size 3oz (85g)*

*Prep time 10 minutes | Cook time none*

## INGREDIENTS

2 medium avocados, halved lengthwise, seeds removed

$\frac{1}{3}$  cup unsweetened cocoa powder

1 tsp vanilla extract

Pinch of salt

$\frac{1}{4}$  cup powdered stevia

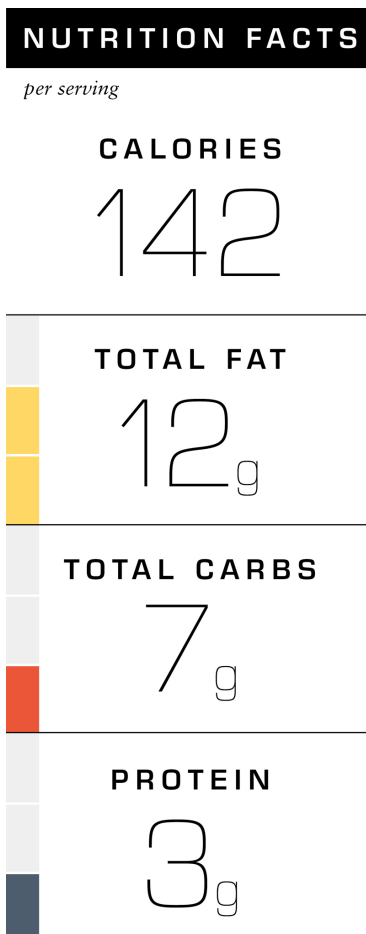
$\frac{1}{2}$  cup unsweetened coconut milk

## DIRECTIONS

**1** Using a spoon, scoop the avocado flesh into a blender. Add the cocoa powder, vanilla extract, salt, and stevia.

**2** With the lid off, begin blending the ingredients on low while simultaneously adding the coconut milk in a steady stream. Continue blending until all ingredients are well incorporated.

**3** Scrape the sides of the blender with a rubber spatula. Cover, and blend on high for an additional 30 seconds to 1 minute, or until a smooth and creamy texture is achieved. Serve chilled.



## PREP TIPS

*This is best when prepared and served immediately, but will keep in an airtight container in the refrigerator for up to 2 days.*

## CHANGE IT UP

*For a spicier twist, add ½ tsp ground chipotle powder.*



Choco-Cado Mousse

# EGG WHITE CUSTARDS

**This satisfyingly creamy dessert is reminiscent of flan, but with a fraction of the calories and sugar. The egg whites still add a custard-like texture, but without the yolks. This low-fat treat can be whipped up in less than an hour, so it's a great option for when sweet cravings strike.**

*Makes 2 servings / Serving size 2 ramekins*

*Prep time 10 minutes / Cook time 40 minutes*

## INGREDIENTS

1 cup liquid egg whites  
 $\frac{3}{4}$  cup nonfat dry milk powder  
3 tsp powdered stevia  
 $\frac{1}{2}$  tsp vanilla extract  
2 cups unsweetened vanilla almond milk  
 $\frac{1}{2}$  tsp ground cinnamon  
 $\frac{1}{8}$  tsp ground nutmeg

## DIRECTIONS

- 1** Preheat the oven to 350°F (177°C). Fill a large glass casserole dish with 1 inch (2.5cm) of water. Spray 4 large ramekins with non-stick cooking spray.
- 2** In a large bowl, combine the egg whites, milk powder, stevia, vanilla extract, and almond milk. Mix until well incorporated.
- 3** Pour equal amounts of the mixture into each ramekin. Sprinkle equal amounts of the cinnamon and nutmeg over top of each ramekin.

**4** Place the ramekins in the casserole dish and carefully place the casserole dish in the oven. Bake for 35 to 40 minutes, or until the middles of the custards are set. (Use caution when removing the casserole dish from the oven.) Serve warm.

#### NUTRITION FACTS

*per serving*

##### CALORIES

135

##### TOTAL FAT

3.8<sub>g</sub>

##### TOTAL CARBS

6<sub>g</sub>

##### PROTEIN

18.5<sub>g</sub>

#### PREP TIPS

*Cover the cooled ramekins with plastic wrap and store in the refrigerator for up to 6 days.*

#### CHANGE IT UP

*For a chocolatey twist, add 1 tbsp unsweetened cocoa powder and 1 tsp powdered stevia to the custard mix. This will add only 3 calories to each serving.*

*For an added indulgence, top the cooked custards with 1 tbsp finely chopped almonds. This will add 56 calories, 5g fat, 2g carbs, and 2g protein per serving.*

# GAINS GLAZED DONUTS

**You'll make sweet gains with these low-carb, protein-glazed donuts! Coconut flour gives them a cake-like texture, and the proteins will all be digested at different speeds, so you can enjoy these as a snack or even after a workout. These are perfect for a sweet protein boost.**

*Makes 4 servings / Serving size 4 donuts*

*Prep time 10 minutes / Cook time 12 minutes*

## INGREDIENTS

1 cup vanilla protein powder (whey and casein blend)

$\frac{1}{3}$  cup coconut flour

2 tsp baking powder

$\frac{1}{2}$  tsp ground cinnamon

1 tbsp powdered stevia

pinch of salt

2 tbsp coconut oil, melted

3 tbsp liquid egg whites

1 tsp vanilla extract

$\frac{1}{3}$  cup unsweetened almond milk

## For the glaze

$\frac{1}{4}$  almond milk

$\frac{1}{3}$  cup vanilla whey protein powder

## **DIRECTIONS**

**1** Preheat the oven to 350°F (177°C). Spray a donut pan with non-stick cooking spray.

**2** In a large bowl, combine the protein powder, coconut flour, baking powder, cinnamon, stevia, and salt. Mix well. In a separate medium bowl, combine the coconut oil, egg whites, vanilla extract, and almond milk. Mix well.

**3** Make the batter by adding the wet ingredients to the dry ingredients. Mix until all ingredients form a smooth, pourable batter. (If the batter is too thick, add more almond milk, 1 tbsp at a time, until the desired consistency is achieved.)

**4** Pour the batter into four donut cups. Bake for 9 to 12 minutes. The donuts are done when a toothpick inserted in the middle comes out clean. Remove the donuts from the pan and place on a cooling rack. Repeat the steps with the remaining batter.

**5** Make the glaze by combining the almond milk and protein powder in a small bowl. Mix thoroughly, and allow to thicken for 5 minutes.

**6** Drizzle the glaze over the cooled donuts. Serve warm.

## NUTRITION FACTS

*per serving*

CALORIES

237

TOTAL FAT

5.8<sub>g</sub>

TOTAL CARBS

14.3<sub>g</sub>

PROTEIN

31.3<sub>g</sub>

## PREP TIPS

*Store in an airtight container at room temperature for up to 6 days.*

# RECIPE CHOOSERS

## BREAKFASTS

Crispy Rice Skillet  
Steamed Squash Egg Custard  
Breakfast Hash  
Low-Carb Pancake  
Pumped-Up Protein Pancake  
Smoked Salmon Avocado Boats  
Savory Apple Sage Turkey Sausage  
Pumpkin Pie Bowl  
Overnight Mocha Oats  
Baked Banana and Oat Bars  
Southern Breakfast Casserole  
Keto Breakfast Burritos  
Crustless Quiche  
Savory Breakfast Oatmeal  
Canadian Bacon and Egg Cups  
Cottage Cheese and Cantaloupe Bowl  
Chicken and Polenta Breakfast Pizza  
Blueberry Muffins  
Break-the-Fast Skillet  
Steak and Egg Burrito

## ENTRÉES

Stuffed Florentine Chicken Breasts  
Bison and Portobello Sliders

Chili Lime Salmon Pouches  
Pan-Seared Chicken Breasts  
Apple-Roasted Whole Chicken  
Ginger Soy Shrimp Skewers  
Sriracha Curry Coconut Chicken  
Broiled Cod with Charred Tomatillo Salsa  
Chicken Hobo Dinner  
Spicy Stuffed Peppers  
Broiled Greek Chicken Kabobs  
Almond-Crusted Mustard Chicken  
Broth-Poached Snapper with Broccoli  
Slow Cooker BBQ Pulled Chicken  
Spicy Salmon Burgers  
Reverse-Seared Sirloin Steak  
Vietnamese-Style Pork Tenderloin  
Tex-Mex Fajitas  
Slow Cooker Pork Roast  
Coffee-Rubbed Steak  
Ridiculously Easy Pork Roll-Ups  
Grilled Jerk Chicken Breasts  
Grilled Southwestern Pork Medallions  
Southwestern Chicken Street Tacos  
Slow Cooker Rosemary Pot Roast  
Chicken Cacciatore  
White Chicken Chili  
Muscle-Building Meatloaf  
Spaghetti Squash and Meatball Boats  
Ginger Beef and Bok Choy Stir Fry  
Meatza  
Coconut Curry Shrimp

Blackened Baked Tilapia

## SALADS & SIDES

Roasted Sweet Potato Medallions

Coconut Cayenne Smashed Sweet Potatoes

Hasselback Sweet Potatoes

Spicy Black Beans and Quinoa

Carb Cutter Twice-Baked Potatoes

Baked Zucchini Fries

Curried Rice Pilaf

Cauliflower “Fried Rice”

Fluffy Basmati Rice

Roasted Cabbage Steaks

Cloud Bread

Herb-Roasted Vegetables

Zesty Zoodles

Rosemary Beefsteak Tomatoes

Citrus Kale Salad

Wilted Spinach and Cherry Tomato Salad

Fresh Veggie Stir Fry

Guacamole Deviled Eggs

Roasted Brussels Sprouts and Fennel

Lemony Grilled Asparagus

Snappy Ginger Green Beans

Crunchy Avocado Salad

## SNACKS & POWER BARS

Savory Rosemary Almond Bars

Pumpkin and Oat Bars  
No-Bake Almond and Oats Bars  
Lean Rice Crispy Treats  
Quick and Easy Egg Bites  
Grilled Balsamic Melon and Cheese  
Greek Yogurt Hummus  
No-Bake Cocoa and Oats Bars  
Paleo Protein Crackers  
Chocolate Protein Snack Mug  
Zesty Tuna Snack Bowl  
Turkey and Veggie Roll-Up  
Baked Cheeseburger Bites

## SHAKES & DESSERTS

Carrot Cake Shake  
Elvis Shake  
Golden Milk Shake  
Key Lime Shake  
Blueberry Cheesecake Shake  
Orange Creamsicle Shake  
Coco-Choco Almond Shake  
Hulk Shake  
Oatmeal Raisin Cookie Protein Shake  
Choco-Cado Mousse  
Egg White Custards  
Gains Glazed Donuts

## AUTHOR'S ACKNOWLEDGMENTS

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Becky Batchelor created the most stunning and easy-to-read layouts for each page. Without her artistic touch, the book would just be words on paper.

Lastly, I want to thank my parents for being my taste testers and for giving me honest feedback.

## ABOUT THE AUTHOR

**Erin Stern** is a professional bodybuilder and two-time Ms. Figure Olympia who has won 14 IFBB (International Federation of Bodybuilding and Fitness) titles, including the 2012 Arnold Classic Europe. She has been featured on over 20 fitness and bodybuilding magazine covers, and has created training programs that have helped thousands of people reach their fitness and bodybuilding goals. Her mission is to empower, educate, and enrich the lives of people through fitness and healthy living. Find Erin online at [www.erinstern.com](http://www.erinstern.com).



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