



Nutrition Guide

How to use this guide!

This guide is to teach you long term sustainable eating habits. You can start by incorporating the recipes into your diet based on your taste preferences or follow the exact meal plans if you need more structure. The goal is to learn how to eat to nourish your body, meet any weight loss or other body image related goals, or just be the healthiest version of you!

Tips & Tricks for Success

- Choose Healthy liquids to put in your body! There are lots of hidden sugars and calories in coffee creamers, condiments, juices, etc.
- Want a glass of wine or beer? Do it! But think about switching out a snack for one...it's all about that balance.
- If you want to count macros & calories, see the examples below, & we recommend downloading an app that can help you track your food intake. Please note that the Meal Plans listed below are just samples. Each person's caloric baseline will be unique.
- Substitute the meal plan recipes with some of the below recipes if you don't like the meals in the meal plans!

Intuitive Eating Versus Counting Macros

Think of food tracking/counting macros as nutritional training wheels. They give you the guidance and calibration you need to achieve balance on your own. You can start by using calorie and/or macro counting to bring awareness of your current food habits. Sometimes we are eating far more or far less than we think. Tracking for a few weeks can shed light on where you are currently at and set a baseline to use moving forward.

Ultimately, the goal is to shed your training wheels—or external guides—and move towards knowing what, how much, and when to eat without tracking or monitoring. Counting calories and grams is a lot of work. And though it can be very beneficial for short periods of time, it's hard work!

This is where “internal guides” come in. Specifically, intuitive eating. These methods are critical for helping you tune into your body's appetite signals. They help you better sense when you're truly hungry and to stop eating once you're satisfied. This is a skill known as self-regulation. Your body is pretty clever. When adequately nourished, it will know when it should stop eating.

A combination of the following skills will help you balance your food intake:

- nutritional knowledge
- hunger and fullness cues
- understanding what works for you individually

Being an intuitive eater is where most of us want to be, but no one accomplishes this overnight. It's a skill that takes practice. Be patient!

What are Macro & Micro Nutrients?

Macronutrients are the nutrients that your body needs in large amounts. These are fats, carbohydrates, and protein. They each have different mechanisms in the body.

Micronutrients are the vitamins and minerals that your body needs in small amounts. They are vital to healthy development, disease prevention, and well being. With the exception of vitamin D, micronutrients are not produced in the body and must be derived from the diet.

Why are Carbohydrates, Fats, & Protein Important?

Carbohydrates are the body's primary fuel. They provide energy for your muscles and the central nervous system during movement and exercise. Carbohydrates are your brain's preferred fuel source. There are 4 calories per gram of carbohydrates. Carbohydrate sources include: starches, fiber, & sugars.

Proteins are essential in repairing and regenerating body tissues and cells, a healthy immune system, and hormone productions. There are 4 calories per gram of protein. Protein sources include beans, meats, egg whites, protein powder, & fish, and many other sources.

Fats are vital for brain health, overall cell functioning, protect the body's organs, and help you absorb vitamins and nutrients. There are 9 calories per gram of fat. Fat sources include: oils, butter, nuts, avocados, egg yolks, and fatty fish.

Intuitive Eating 101

Intuitive eating is NOT Dieting, it is the polar opposite of dieting. Instead of following rules and restricting what you eat, you trust your internal hunger, fullness and satiety cues to help you decide what and how much to eat. No food is off the table. Intuitive eating is a practice that allows you to find food freedom and remove the stress of dieting from your life for good! You can either start here OR start with macro counting and meal planning and return to intuitive eating once you've established your baseline understanding of how you currently eat. A registered dietitian is your #1 source for Intuitive Eating training.

The 10 Principles of Intuitive Eating:

1. Reject Diet Mentality
2. Honor Your Hunger
3. Make Peace with Food
4. Discover the Satisfaction Factor
5. Challenge the Food Police
6. Feel Your Fullness
7. Cope with Your Emotions with Kindness
8. Respect Your Body
9. Movement–Feel the Difference
10. Honor Your Health–Gentle Nutrition

Read more about the 10 Principles of Eating Intuitively:

<https://health.clevelandclinic.org/what-is-intuitive-eating>

<https://www.intuitiveeating.org/10-principles-of-intuitive-eating/>

How to Calculate Calories & Macro-Nutrients for Weight Loss

Example:

Step 1: Find your maintenance Calories*
Bodyweight x 14 ish

Step 2: Set a deficit
250-500 Calories

Step 3: Set your macro split
example:
45% carbs, 25% fat, 30% protein

Example: 1800 calories
 $(1800 \times .45)/4 = 200$ grams Carbs
 $(1800 \times .3)/4 = 135$ grams Protein
 $(1800 \times .25)/9 = 50$ grams Fat

Step 4: Use meal plans & recipes to tailor your diet!

- To be more accurate with your maintenance calories, it is recommended to track/count calories for a couple weeks. This formula is very generic.
- Start with a smaller deficit, then increase if need be.
- Your macro split will be unique to you, and your activity levels. Some may do better with higher fat, and lower carb, and vice versa. It may take some time and experimentation to see what your body responds to and functions best with.

Meal Plan 1

Calories: 1800

Fat: 50 grams Protein: 157 grams Carbs: 180 grams

MEAL 1

BREAKFAST

Smoothie with one medium banana or 1/2 cup frozen berries, 1 scoop protein powder, 1 cup unsweetened almond milk, water & ice to taste

MEAL 2

SNACK

Any Flavor Dannon light & Fit Yogurt
.5 oz weighed of almonds

MEAL 3

LUNCH

Salad with 1 grilled medium chicken breast, 1/4 cup cheese, 2 tbsp light dressing of choice, 1/2 cup blueberries, 2 sliced hard boiled eggs

MEAL 4

SNACK

1 cup 2% Cottage Cheese

MEAL 5

DINNER

Chicken BBQ Quesadilla: 2 low carb tortillas, 2 tbsp low sugar BBQ sauce, 1 cut up chicken breast, 1/2 cup mozzarella cheese.
Add veggies into recipe as desired.

MEAL 6

SNACK

Apple & String Cheese or 2 Tbsp PB with Apple

Meal Plan 2*

Calories: 1550

Fat: 63 grams Protein: 131 grams Carbs: 121 grams

*This plan would be best for someone more focused on weightlifting

MEAL 1

BREAKFAST

3 egg scrambled or fried
coffee + unsweetened almond milk + stevia
1 cup halved strawberries

MEAL 2

SNACK

Protein shake- either protein or powder- if this is too blah, blend it w some unsweetened almond milk and ice to make a smoothie.

MEAL 3

LUNCH

4 Morning star chicken nuggets + small amount of reduced sugar ketchup
2/3 cup Alexa sweet potato fries or tater tots

MEAL 4

SNACK

1 small gala apple and 1 stick stringed cheese

MEAL 5

DINNER

Chicken tacos:
6 oz cooked chicken breast w taco seasoning cut up
2 small corn tortillas pan warmed in a tiny bit of olive oil
2tbsp of bolthouse cilantro avocado dressing
½ avocado + sprinkling of feta
Tomatoes or lettuce on them if desired

MEAL 6

SNACK

2 quaker caramel rice cakes w 1 tbsp peanut butter spread on them

Meal Plan 3

Calories: 1700 Fat: 45 grams Protein: 157 grams Carbs: 180 grams

MEAL 1

BREAKFAST

Smoothie with one medium banana or 1/2 cup frozen berries, 1 scoop protein powder, 1 cup unsweetened almond milk, water & ice to taste

MEAL 2

SNACK

Any Flavor Dannon light & Fit Yogurt

MEAL 3

LUNCH

Asian Salad: 1/2 cup broccoli slaw, 1/4 cup mandarin oranges, 1/2 cup edamame, 6 oz chicken, 1 tbsp sliced almonds, sprinkling of sesame seeds, 2 tbsp light asian vinaigrette

MEAL 4

SNACK

1 cup 2% Cottage Cheese + 1/2 cup sliced strawberries

MEAL 5

DINNER

Taco Bowls: any amount of lettuce, 1/4 rice, 1/2 cup black beans, taco seasoned ground turkey 5 oz, 1/2 cup of corn, 2 tbsp salsa

MEAL 6

SNACK

1/4 cup ice cream, or 1/2 cup cool whip with berries

Grocery List

Date: ___/___/___

SHOPPING LIST

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NOTES :

LOW-CARB PROTEIN PANCAKE RECIPE

Ingredients:

- 4 tbsp oat flour
- 1 scoop whey protein (chocolate)
- 1c liquid egg whites

Directions

1. Mix all ingredients together in a bowl.
2. Spoon batter into a heated pan or griddle.
3. Wait a couple of minutes, until the batter bubbles and hardens around the edges, then flip.
4. Serve as-is or with your favorite low-sugar syrup.

NUTRITION FACTS Serving Size: 1 serving

Recipe yields: 1 serving

-Amount per serving

-Calories 453

Total Fat17g

Total Carbs17g

Protein58g

SUPER HERO CHICKEN

Ingredients

12 oz Boneless, Skinless Chicken Breast

1 tsp Honey

1 tsp Orange Juice

1 tsp Lemon Juice

Directions

1. Preheat oven to 375 degrees F.
2. Coat baking pan with Pam spray and place chicken in pan.
3. In a separate bowl, combine honey, orange juice, and lemon juice. Pour over chicken.
4. Cover pan with tin foil and bake for 10 minutes.
5. Remove pan from oven and flip chicken, then return it to the oven for another 10-15 minutes.
(For a full meal, pair chicken with green vegetables and, depending on your carbohydrate needs, a starch.)

NUTRITION FACTS

Serving Size 2 Servings

-Amount per serving

-Calories 369

Total Fat 1g

Total Carbs 10g

Protein 80g

CHILI STUFFED SWEET POTATO

Ingredients

- 6 oz extra lean Ground Turkey
- 150 g sweet potato (baked)
- $\frac{3}{4}$ roma tomato (diced)
- $\frac{1}{8}$ cup low-sodium black beans
- $\frac{1}{8}$ cup green onions
- 1 tbsp McCormick low-sodium chili seasoning
- Mrs. Dash Chipotle seasoning (optional)

Directions

1. Bake sweet potato in the oven until soft.
2. While potato cooks, set a skillet on medium heat and add ground meat and seasonings
3. When the meat is 70 percent finished, add tomatoes, onions, and beans. Mix together.
4. Reduce heat to low, cover, and cook for 5-8 minutes.
5. Slice cooked sweet potato in half and scoop out a little from the top to add chili

NUTRITION FACTS

Serving Size (1 potato) Recipe yields 1

-Amount per serving

-Calories 381

Total Fat 3 g

Total Carbs 41 g

Protein 47 g

SUN-DRIED TOMATO AND CHICKEN MEATBALLS WITH SPAGHETTI SQUASH

Meatball Ingredients

1.5 lbs Ground Chicken Thigh
3 oz Sun-dried Tomatoes
1 tbsp Sea Salt
2 tbsp Oregano
1 tbsp Basil

Spaghetti Squash Ingredients

1 Whole Spaghetti Squash
Sea Salt, Chives, Basil
1-2 tbsp Coconut Oil

Meatball Directions

1. In a bowl mix chicken, tomatoes, salt, oregano, and basil.
2. Add paper baking cups to a 12-cup muffin tin.
3. Roll mixture into meatballs and place into baking cups.
4. Bake at 350 F for 23-25 minutes.

Spaghetti Squash Directions

1. Microwave squash for a minute at 50 percent power.
2. Cut the squash lengthwise down the middle.
3. Place halves face down in a casserole dish with about an inch of water and cover with foil. (remove seeds before or after baking)
4. Bake at 375 F for 40 minutes. Then flip face up for 5 min with foil
5. Remove from oven and let cool for about 5-8 minutes.
6. Brush a fork over the squash to make thin spaghetti like strands. Add sea salt to taste, chives, basil, and 1-2 tbsp of coconut oil.
7. Use the squash as a bed for your meatballs and serve!

NUTRITION FACTS

Serving Size 12 Meatballs, Plus Squash

-Amount per serving

-Calories 1,489

Total Fat 39g

Total Carbs 115g

Protein 156.6g

SUPERCHARGED OATMEAL BOWL

Ingredient List

1/2 cup quick oats
1 cup water
1/2 cup frozen berries
3 tablespoons greek yogurt
1 tbsp honey
Sprinkle of cinnamon

Directions

1. Cook oatmeal in a pot of boiling water.
2. Put berries in the microwave for 1 minute to soften.
3. Stir yogurt into the oatmeal, then stir in the blueberries and honey. Sprinkle with cinnamon before serving.

NUTRITION FACTS

Serving Size: 1 serving Recipe yields: 1 serving

-Amount per serving

-Calories 295

Total Fat 4g

Total Carbs 59g

Protein 12g

SPICY- TEX MEX LIME CHICKEN KABOBS

Ingredients

30 oz chicken breast (raw)
Fresh chopped cilantro,
Fresh limes
Wooden skewers
3 tbsp Tapatio sauce, 1 tbsp cumin, 1 tbsp paprika, 1/2 tsp ground pepper
2 tsp cayenne pepper

Directions

1. Slice raw chicken breasts horizontally into 2-3 oz pieces.
2. In a sealable bag, add chicken breast and seasonings. Release the air from the bag, re-seal, and shake, ensuring all the chicken pieces are thoroughly covered in the sauce. Marinate in the refrigerator for at least two hours (or overnight, if desired).
3. Place wooden skewers in water for at least 30 minutes. This will prevent them from burning in case you're cooking the chicken on the grill or in the oven.
4. Remove the chicken pieces from the bag and skewer them with the wooden sticks.
5. For cooking on a stovetop grill or with a skillet, set the fire on medium heat and lightly spray your pan with coconut oil. Wait for the pan to heat before adding the chicken skewers.
6. Add the chicken skewers to the pan and cook, rotating them so all sides are cooked evenly with noticeable grill marks. Don't cover them while they cook.
7. Remove the cooked skewers from the grill. Sprinkle with lime juice and freshly chopped cilantro. Serve immediately.

NUTRITION FACTS

Serving Size (2 skewers) Yields 5 servings

-Amount per serving

-Calories 180

Total Fat 2 g

Total Carbs 0 g

Protein 39 g

Early Riser Breakfast

Ingredients

- 6 egg whites
- 2-3 thick asparagus spears, sliced
- 1/2 cup cooked brown rice and quinoa mix (or cooked oatmeal)
- 1 sweet mini red bell pepper, sliced
- Garlic, pepper and pinch of sea salt
- 1/2 pink grapefruit
- 1 scoop Dymatize ISO whey protein

Directions

1. Set oven to 405 F.
2. Lightly spray a cast iron skillet with coconut oil or olive oil.
3. Add cooked brown rice and quinoa to the skillet.
4. Pour in egg whites, and then add asparagus strips and pieces and bell pepper slices.
5. Bake in the oven for 15-18 minutes (or until eggs are cooked).

NUTRITION FACTS

Amount per serving

Calories 407

Total Fat 2 g

Total Carb 46 g

Protein 52

Berry Burst Morning Flapjack

Ingredients

- 1/3 cup oats
- 2 tbsp light almond milk
- 1 scoop whey protein (vanilla)
- 1 whole egg
- 3 egg whites
- 1/3 cup blueberries or sliced strawberries

Directions

1. Mix all ingredients together in a bowl.
2. Spoon batter into a heated pan or griddle.
3. Wait a couple of minutes, until the batter bubbles and hardens around the edges, then flip.
4. Serve as-is or with your favorite low-sugar syrup.

NUTRITION FACTS

Serving Size: 1 serving (Recipe yields 1 serving)

-Amount per serving

-Calories 394

Total Fat 8g

Total Carb 23g

Protein 54g



PEANUT BUTTER AND RAISIN OATMEAL

Ingredients

- 1/2 cup oats
- 3/4 cup water or unsweetened almond milk
- 1/2 cup egg whites
- 1/2 scoop whey protein (cinnamon swirl)
- 1 tbsp cinnamon raisin peanut butter
- 1/2 banana

Directions

1. Prepare oats with milk or water in the microwave or on the stove—whichever you prefer.
2. Stir in egg whites and cook until the oats have become thick and creamy. (1-2 minutes)
3. Remove from heat and allow to cool slightly before stirring in the whey protein and cinnamon raisin peanut butter. Top with 1/2 a sliced banana.

NOTE If you don't have premade cinnamon raisin peanut butter, simply mix together peanut butter, raisins, cinnamon, and a sweetener of your choice.

NUTRITION FACTS

Serving Size: 1 serving Recipe yields: 1 serving

-Amount per serving

-Calories 431

Total Fat 12g

Total Carbs 49g

Protein 37g

PROTEIN-PACKED SOUTHWEST SCRAMBLE

Ingredients

4 egg whites
1 link turkey sausage
1 small diced yellow onion
1/4 cup diced yellow bell pepper
1/4 cup diced red bell pepper
1 handful chopped spinach
1 diced tomato
Salt and pepper to taste

Directions

1. In a large pan with oil saute onions and peppers
2. When the onions are clear and peppers are tender, season with salt and pepper.
3. Add chopped turkey sausage, cook until brown
4. Lower heat, add egg whites, and scramble.
5. When eggs are almost done, add in tomato and spinach. Enjoy with a piece of whole grain toast for a complete and nutritious meal!

NUTRITION FACTS

Amount per recipe

Calories 180

Total Fat 5 g

Total Carbs 12 g

Protein 23 g

RISE 'N' SHINE PIZZA

Ingredients

- 1 small Whole Wheat Pita
- 1 whole egg and 3 Egg Whites
- 1/4 cup Low-fat Mozzarella Cheese
- 1/2 cup diced Mushrooms, Onions, and Peppers
- 1 Green Onion, sliced
- 2 sliced Turkey Bacon
- 1/2 tbsp. Olive Oil

Directions

1. Whisk eggs and add diced vegetables.
2. Bend edges of the pita to create a bowl.
3. Brush both sides with olive oil and place on the grill, dome side down.
4. Cook for 30-60 seconds or until golden and then flip.
5. Pour egg mixture into the pita.
6. Cook for 1-2 minutes or until eggs are nearly cooked.
7. Add chopped turkey bacon slices, cheese, and green onion.
8. Cook until cheese is melted and eat up!

NUTRITION FACTS

Serving Size 1 Serving (Amount per serving)

Calories 372

Total Fat 18g

Total Carbs 23.8g

Protein 34.5g

CHICKEN AVOCADO PASTA

Ingredients (One Serving)

7 oz chicken breast
seasonings: coconut aminos, Mrs. Dash Extra Spicy
4 oz quinoa pasta (or wheat pasta)
1/3 of avocado-basil pasta sauce
Avocado-Basil Pasta Sauce
2 large avocados
1/2 cup 2% Greek yogurt
1 tbsp minced garlic
1/2 cup fresh basil (chopped)
1 lemon
sea salt & pepper

Directions

1. Remove the pits from two large avocados.
2. Pulse-blend the avocados, Greek yogurt, garlic, basil and juice from 1 lemon. Once blended and the texture is smooth, add salt and pepper to taste. If desired, add freshly chopped red onions.
3. Boil the quinoa pasta and set aside.
4. Season your chicken breast and cook in a nonstick skillet. Optional: To make the meal even heartier, add extra veggies to your pasta like bell peppers and mushrooms. Toss those in with the chicken while it cooks in the skillet.
5. Mix 1/3 of the avocado pasta sauce with the quinoa pasta, and then top with grilled chicken breast.
6. Add extra veggies like cherry tomatoes, mushrooms, and bell peppers. Top with 1 tbsp parmesan cheese, if desired.

NUTRITION FACTS

Serving Size (1 portion) Recipe yields 1

-Amount per serving

-Calories 863

Total Fat 26 g

Total Carbs 107 g

Protein 57 g



GRILLED BBQ FLANK STEAK

Ingredients

1 1/2 pounds Flank Steak
1/3 cup Low-sodium Soy Sauce
1 tsp Black Pepper
1 tsp Sesame Oil
2 tsp minced Garlic
1 tsp Sesame Seeds
1/4 cup chopped Scallions

Directions

1. In a mixing bowl, combine soy sauce, pepper, sesame oil, garlic, and sesame seeds.
2. Put mixture and flank steak in a Ziploc bag.
3. Allow to marinate in the fridge for 30 minutes.
4. Heat grill to high heat.
5. Cook flank steak for 4-5 minutes per side, or until desired temperature.
6. For a full meal, pair steak with green vegetables and, depending on your carbohydrate needs, a starch.

NUTRITION FACTS

Serving Size 2 servings

-Amount per serving

-Calories 307

Total Fat 13g

Total Carbs 6g

Protein 39g

ULTIMATE OMELET

Ingredients

4 oz Ground Turkey

3 Whole Eggs

6 Egg Whites

1/4 cup pureed Avocado

1/4 cup Sun-dried Tomatoes

1. Brown ground turkey in a skillet over medium/high heat. Once finished, drain excess juice out of the skillet and place turkey in a bowl.
2. Beat together whole eggs and egg whites. Pour eggs into skillet.
3. While eggs cook, mix sun-dried tomatoes with ground turkey.
4. When eggs are cooked firmly enough to flip, place ground turkey on one half of the cooked eggs.
5. Flip open side of eggs over to cover the ground turkey. Let cook for 2-3 minutes, then flip omelet. Cook until eggs are not runny.
6. Place omelet onto a plate and then pour pureed avocado over the top.

NUTRITION FACTS

Serving Size - Amount per serving

Calories 512

Total Fat 28g

Total Carbs 12g

Protein 53g

BREAKFAST BURRITOS

Ingredients

2 small mission low carb burritos
12 slices honey smoked turkey breast
1/4 cup of Kraft Mexican four cheese
1/4 cup of Aunt Jemima low carb/low cal syrup
5 egg whites
1 whole egg

1. Cut turkey up and put on grill.
2. Add in beat up eggs.
3. Microwave burritos for 15 seconds.
4. Place scrambled eggs on burritos.
5. Add cheese, Add syrup.
6. Roll and eat.

NUTRITION FACTS

Serving Size - Amount per serving

Calories 700

Total Carb 15 g

Protein 74 g

ALMOND-CRUSTED WALLEYE PIKE AND ASPARAGUS

Ingredients

2 walleye or pike fillets (OR FISH OF YOUR CHOICE)

1 bunch of Asparagus

1/2 cup Almond Meal

2 tbsp Palm Oil

2 tbsp Almond Oil

Salt and Pepper

1. Directions for Fish: Preheat a skillet on medium heat.
2. Coat skillet with 1-2 tbsp of palm oil.
3. In a pie dish, add almond meal, sea salt, and pepper to your liking.
4. Coat fish with almond meal breading.
5. Pre-heat skillet; add in filets.
6. Cook 3-4 minutes on each side.
7. Directions for Asparagus: Preheat a second skillet.
8. Coat with 1-2 tbsp almond oil.
9. Add asparagus to skillet.
10. Season with sea salt and pepper.
11. Cover and cook over medium heat until sizzling, then reduce heat to low until asparagus is tender, not mushy. This takes approximately 12-20 minutes.
12. Squeeze lemon juice over both fish and asparagus when done.

NUTRITION FACTS

Serving Size - Amount per serving

Calories 1,202

Total Fat 86g

Total Carbs 33g

Protein 87g

ROASTED TURKEY WITH SWEET POTATO PUREE

Ingredients

4-pound Turkey Breast
1/4 cup Organic Balsamic Vinegar
2 tbsp Coconut Oil
2-3 tsp Organic Dijon Mustard
Sea Salt and Pepper
1 can Organic Sweet Potato Puree
1/3 cup Organic Unsweetened Applesauce
1 1/4 tbsp Cinnamon
1/2 tbsp Stevia
1/4 tsp Ground Cloves
1/2 cup Organic Seedless Raisins

1. Combine marinade ingredients in a bowl; whisk together.
2. Roll and rub turkey breast in vinaigrette.
3. Place in a Ziploc bag; pour in remaining marinade.
4. Let turkey marinade in a refrigerator for a few hours.
5. Preheat oven to 350 F
6. Bake turkey for 1 hour, then reduce the temperature to 275 F and bake 2 more hours, or until it reaches proper internal temperature (160 F).
7. Potato directions: Put all ingredients in a bowl and stir well.
8. Place in refrigerator to chill for 3-4 hours.

NUTRITION FACTS

Serving Size (4 Meals) -Amount per serving

Calories 2,964

Total Fat 107g

Total Carbs 86g

Protein 506g

PESTO SKIRT STEAK AND VEGETABLES

Ingredients

6 oz steak (Skirt Steak)
1/4 cup Olive Oil
1/4 cup Pine Nuts
1/4 cup Fresh Basil
1/2 an shallot (orGarlic Clove)
Sea Salt
1 Zucchini
1-2Red Peppers

1. Mix all pesto ingredients in a food processor.
 2. Broil or grill the skirt steak to your liking. (Be careful as you cook. Many grills and broilers cook at different speeds.)
 3. Spread 1-2 tbsp of pesto on skirt steak during the last 3-5 minutes of cooking.
 4. Separately, cut up red peppers or tear them by hand.
 5. Cut the zucchini with a spiral slicer.
 6. Serve peppers and zucchini pasta raw, or top with pesto.
- Enjoy!

NUTRITION FACTS

Serving Size -Amount per serving

Calories 1,159

Total Fat110g

Total Carbs24.8g

Protein53.8g

PROTEIN-PACKED PIZZA

Ingredients For The Crust

1/2 cup pea protein powder
unflavored
1/2 cup Liquid Egg Whites
1/8 cup Buckwheat Flour
1/2 cup Almond Milk
1 tbsp Coconut Flour

Ingredients For The Filling

1 small chopped Onion
2 chopped Garlic Cloves
2 cans of Tomatoes
1/2 cup of cheddar cheese (or grated
Mozzarella)
1 cup of ground beef (I used Grass-fed
beef)
1 tbsp Rosemary
1 tbsp Thyme
salt to taste

1. Directions For The Crust : Blend all ingredients together until you get a thick batter. Using a spoon, spread the batter onto either one or two deep-dish pans. I used two small nonstick cheesecake pans, and they worked wonderfully.
2. Bake at 320 F (160 C) for about 15 minutes or until the crust has cooked through.
3. Assembly Directions : Add toppings to the crust. I made mine by pan frying the onions and garlic until soft, letting the beef simmer until cooked, throwing in the tomatoes and spices, and reducing for 30 minutes until the sauce has thickened).
4. Bake at 320 F (160 C) for about 10 minutes or until the cheese on top has melted. Top with additional cheese if desired.

NUTRITION FACTS

Serving Size: 1 small crust (without toppings) Recipe yields 2 (without toppings)

Amount per serving

Calories 251.5

Total Fat 6g

Total Carbs 5g (3.6g fiber)

Protein 38.4g

ICE CREAM SANDWICHES

Ingredients

Low Fat Graham Crackers
Fat Free Cool Whip
Sprinkles, if desired

1. Put two tbsp. of Cool Whip between halves of a graham cracker
2. Add sprinkles, if desired
3. Place in freezer until frozen

NUTRITION FACTS

Serving Size (1) Recipe yields 1 -Amount per serving

Calories 74

Total Fat 1.4g

Total Carbs 14g

Protein 1g

PEANUT BUTTER MARSHMALLOW PROTEIN CHEESECAKE

Ingredients for the Base

3/8 cup of ground almonds
1/4 cup of peanut butter
1 tbsp of agave syrup

Ingredients for the Filling

1/2 cup of Whey Peanut Butter
Marshmallow
1/2 cup of liquid egg whites
3 small pots (170 g each) of Fage
Total 0 Percent Greek Yogurt

1. Mix all the base ingredients together and press into the bottom of a 6-8 inch nonstick springform pan.
2. Make your filling by blending whey, egg whites, and yogurt. Zero percent Greek yogurt works well because the base is already packed with healthy fats, but if you're feeling a bit indulgent and want to use 2 percent or full-fat yogurt, go for it! You could even add some ricotta for extra creaminess.
3. Pour filling on base and bake at 340 degrees for 45-50 minutes or until the center wobbles slightly but the cheesecake feels cooked on the sides. Cook time varies with this recipe, so carefully monitor. You do not want to wait until the center cooks all the way through, or it will dry up. Remove the cake while it still feels a bit "raw" in the center.
4. Set your cheesecake on the counter to cool for an hour. Then, refrigerate for at least 4-5 hours. Garnish with peanut butter, melted chocolate, nuts, or fresh fruit.

NUTRITION FACTS

Serving Size (1 slice) Recipe yields 8 -Amount per serving

Calories 181

Total Fat 9 g

Total Carbs 7 g

Protein 18 g

SMART COOKIES

Ingredients

- 1/2 cup (1 stick) corn-oil margarine, softened
- 1 tablespoon water
- 1/2 cup dark brown sugar, firmly packed
- 1/2 cup golden brown sugar, firmly packed
- 1/2 cup granulated sugar
- 2 egg whites
- 1 1/2 teaspoons vanilla extract
- 1 3/4 cups all-purpose flour
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 1/2 cup (4 ounces) mini-chocolate chips

1. Preheat oven to 350 degrees F. Line cookie sheet with parchment paper and set aside.
2. In a large bowl, cream together margarine, water and sugars with an electric mixer on a high speed for 2 minutes.
3. Add egg whites and vanilla and mix well.
4. Blend in flour, baking soda and salt.
5. Mix well. Add chocolate chips and blend thoroughly.
6. Scoop dough in rounded 1/2-teaspoonfuls and place on prepared cookie sheet about 1 inch apart.
7. Bake until deep golden brown. Cool completely and serve.

NUTRITION FACTS

Serving Size 1 cookie -Amount per serving

-Calories 64

Total Fat 3 g

Total Carbs 15 g

Protein 1 g

DOUBLE CHOCOLATE CHIP COOKIES

Ingredients

2 tbsp cashew nut butter
1/4 cup whey protein powder
1/4 almond milk
1/4 cup 100% cocoa powder
1 tbsp coconut flour
10 g 85% dark chocolate

1. In a bowl, mix all ingredients together with a spoon.
2. Bake as two "blobs," or four if you want to make smaller cookies. Use a nonstick or silicone cookie tray.
3. Bake at 325 degrees F (160 C) for about 25 minutes, or until the cookies are baked on the top and bottom but not fully cooked through. You want them gooey and soft in the center so they're chewy instead of dry.
4. Put both cookies (or one if you're not that into sharing) on a plate. Pour a glass of milk and leave them on the table for Santa!

NUTRITION FACTS

Serving Size (1 cookie) Recipe yields 2 -Amount per serving

Calories 280

Total Fat 18 g

Total Carbs 10 g

Protein 20 g

VANILLA CARAMEL PROTEIN CREPE

Ingredients

- 2 Egg Whites
- 1 cup Almond Milk
- 2/3 cup ground Oats
- 1 pinch Salt
- 1 1/2 tsp Coconut Oil
- 2 scoops BPI Vanilla Caramel Whey-HD

1. In a blender, combine egg whites, almond milk, oats, protein powder, salt and coconut oil. Process until smooth, cover, and refrigerate for 1 hour .
2. Heat skillet over medium heat and spray with Pam. Pour 1/4 cup of crepe batter into skillet, tilting to completely coat the surface. Cook for 2-5 minutes, turning once, until golden. Repeat with remaining batter.
3. Top the crepe with 1 tablespoon of Nutella and 1/2 sliced banana, and roll.

NUTRITION FACTS

Serving Size: 1 -Amount per serving

Calories 510

Total Fat 16g

Total Carbs 26g

Protein 50g

BANANA CHOCOLATE CHIP PROTEIN BREAD

Ingredients

- 1 scoop Chocolate Chip Cookie Dough Syntha-6
- 2 cup Oat Flour
- 3 mashed Bananas, overripe
- 1 tsp Baking Powder
- 1/2 tsp Baking Soda
- 1 Egg
- 2 Egg Whites
- 2 tbsp Stevia
- 1/4 cup Almond Milk
- Dash of Cinnamon
- 1 tbsp Cocoa Powder
- 1/4 cup Dark Chocolate Chips

1. Preheat oven to 350 degrees.
2. Mix ingredients together in a large mixing bowl.
3. Spray loaf pan with non-stick spray.
4. Pour batter into loaf pan.
5. Bake about 20 minutes, or until inserted knife comes out clean.

NUTRITION FACTS

Recipe makes 8 slices, 1 slice per serving

Calories 172

Total Fat 4g

Total Carbs 44.9g

Protein 5g

PEANUT BUTTER HONEY PROTEIN COOKIES

Ingredients

1 cup Oat Flour
2 scoops Peanut Butter Cookie Syntha-6
1 cup Natural Peanut Butter
2 tbsp Coconut Oil
5 Egg Whites
1 tsp Vanilla Extract
1/3 cup Unsweetened Applesauce
1/4 cup Honey

1. Preheat oven at 350 degrees.
2. Mix ingredients together in a large mixing bowl.
3. Roll small spoonfuls of dough into balls and place them on a pan.
4. Press with a fork on top.
5. Bake for 8-10 minutes.

NUTRITION FACTS

Recipe makes a dozen cookies, serving size is 1 cookie

Calories 287

Total Fat 15.6g

Total Carbs 25.7g

Protein 13.9g

BERRY CHOCOLATE CAKE PROTEIN MUFFINS

Ingredients

1 cup Oat Flour
2 Scoops Chocolate Cake Batter Syntha-6
2 tbsp Stevia
1/2 tsp Baking Soda
1/4 tsp Sea Salt
4 Egg Whites
1/2 cup Water
7 oz Berry Baby Food
1/2 cup Plain Non-fat Greek Yogurt
1 tsp Vanilla Extract
3 tbsp Natural Cocoa Powder
1/4 cup Dark Chocolate Chips

1. Preheat oven to 375 degrees.
2. Mix ingredients in a large mixing bowl.
3. Spray muffin tin with non-stick spray.
4. Fill with batter.
5. Bake for 20 minutes.

NUTRITION FACTS

Recipe serves 2 -Amount per serving

Calories 156

Total Fat 4.1g

Total Carbs 20.5g

Protein 9.8g

CHOCOLATE CHIP COOKIE DOUGH PROTEIN BALLS

Ingredients

- 1 scoop Chocolate Chip Cookie Dough Syntha-6
- 2 tbsp Coconut Flour
- 1 tbsp Honey
- 2 tbsp Dark Chocolate Chips
- 1/4 cup Almond Milk
- 1/2 tsp Vanilla Extract
- 1 tbsp Quinoa Flour

1. Mix ingredients together in a medium bowl until well blended.
2. Roll into small balls.
3. Place in the freezer and allow to freeze completely.
4. Thaw for 15 minutes before eating.

NUTRITION FACTS

Recipe serves 2, 3 balls per serving -Amount per serving

Calories 267

Total Fat 8.7g

Total Carbs 25.6g

Protein 14.2g

PEANUT BUTTER COOKIE BALLS

Ingredients

1 scoop Peanut Butter Cookie Syntha-6
1/4 cup Oat Flour
1/4 cup Applesauce
1/4 cup Peanut Butter
2 tbsp Dark Chocolate Chips

1. Mix ingredients together in a medium bowl until blended.
2. Roll into small balls.
3. Place in the freezer and allow to freeze completely.
4. Thaw for 15 minutes before eating.

NUTRITION FACTS

Recipe serves 2, 3 balls per serving -Amount per serving

Calories 482

Total Fat 25.7g

Total Carbs 44.2g

Protein 25.1g