

THE
BODY
TRANSFORMATION
BLUEPRINT
COOKBOOK

220 MACRO-FRIENDLY RECIPES & SMOOTHIES



BY SEAN NALEWANYJ

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INTRODUCTION



Think an effective muscle building and fat burning diet automatically has to be bland, boring and tedious to follow? Think again.

With just a bit of research and proper planning, it's perfectly possible to achieve the lean, strong and muscular physique you're after while enjoying great tasting, satisfying meals at the same time.

This detailed cookbook contains 220 delicious, macro-friendly recipes and smoothies that can be easily incorporated into your eating plan to support your bulking or cutting goals. Each recipe provides the full ingredient list in both imperial and metric measurements, calorie/macronutrient breakdown, and simple step-by-step instructions for preparing a wide variety of meals in the following categories:

- Breakfast
- Poultry
- Beef & Pork
- Fish & Seafood
- Snacks & Bars
- Desserts
- Vegan
- Smoothies

The recipes range from lower to higher calories and simpler to more complex ingredients and preparation, so there are plenty of options to choose from regardless of your individual goals, cooking experience and taste preferences.

Here are a few quick points to consider before getting started...

- The calories/macros for certain packaged food items will vary depending on which specific brand you're using, so if you're wanting to be as accurate as possible with your dietary tracking, make sure to check the labels on your foods and re-calculate the nutritional totals for the recipes to ensure that they're accurate.
- The overall calorie content of the recipes can be optionally reduced by selecting leaner/lower calorie variations of certain items (meats, dairy products, sauces, sweeteners etc.), replacing cooking oils with cooking sprays, or by decreasing the overall portion sizes. If you'd prefer to increase the calorie content instead, you can do the opposite of these steps.
- A complete section of vegan recipes has been included for those following a plant-based diet, and most of the other recipes that do include animal products can be modified using vegan substitutes as well.
- Any liquid base can be used for the smoothie recipes depending on your taste preference and calorie needs, whether it be regular milk, almond milk (or a another non-dairy substitute), or water.

Enjoy!

TABLE OF CONTENTS

BREAKFAST RECIPES

<u>Southwest Protein Scramble</u>	13
<u>Egg White & Turkey Bacon Sandwich</u>	14
<u>Mango-Pineapple Yogurt Bowl</u>	15
<u>Sweet Potato Chicken Hash Skillet</u>	16
<u>Banana-Walnut French Toast</u>	17
<u>Mexican Frittata</u>	18
<u>Lean Breakfast Burrito</u>	19
<u>Almond & Maple Protein Oatmeal</u>	20
<u>Cottage Cheese & Apples</u>	21
<u>Turkey & Avocado Omelet</u>	22
<u>Acai Protein Bowl</u>	23
<u>Overnight Banana Bread Oats</u>	24
<u>Oatmeal Raisin Quinoa Breakfast Cookies</u>	25
<u>High Protein Waffle</u>	26
<u>Coconut Cinnamon Pancake</u>	27
<u>Egg White Wrap</u>	28
<u>Homemade Muesli w/ Yogurt</u>	29
<u>Strawberry Banana Protein Muffins</u>	30
<u>Sweet Potato Omelet</u>	31
<u>Blueberry Protein Oatmeal</u>	32
<u>Vanilla Protein Latte</u>	33

POULTRY RECIPES

<u>Chicken Avocado Quesadilla</u>	35
<u>Thai Peanut Chicken</u>	36
<u>Honey Glazed Baked Garlic Chicken</u>	37
<u>Chicken & Mushroom Pizza</u>	38
<u>Chicken & Turkey Bacon Club Sandwich</u>	39
<u>Ground Turkey Lettuce Wraps</u>	40
<u>Rosemary Chicken Skewers</u>	41

<u>Spicy Sriracha Chicken Nuggets</u>	42
<u>Tangy Pineapple Chicken</u>	43
<u>Creamy Chicken Pitas</u>	44
<u>White Turkey Mac & Cheese</u>	45
<u>Flatout Chicken Fajitas</u>	46
<u>Chicken & Arugula Lasagna</u>	47
<u>Crispy Chicken Strips w/ Sweet Mustard Dip</u>	48
<u>Low Carb Chicken & Cheese Muffins</u>	49
<u>Chicken Salad Burger</u>	50
<u>Italian Chicken Meatballs</u>	51
<u>Chicken & Mushroom Risotto</u>	52
<u>Peanut Butter & Pineapple Stuffed Chicken Breasts</u>	53
<u>Creamy Parmesan Chicken</u>	54
<u>Caribbean Chicken Stir-Fry</u>	55
<u>Sweet Chicken Pancakes</u>	56
<u>Mexican Chicken Casserole</u>	57
<u>Slow Cooker Turkey & Bean Chili</u>	58

BEEF & PORK RECIPES

<u>Steak Fajitas</u>	60
<u>Beef & Veggie Stir-Fry</u>	61
<u>Tasty BBQ Beef Burgers</u>	62
<u>Pineapple Glazed Pork Tenderloin</u>	63
<u>Beef & Mushroom Pizza</u>	64
<u>Mushroom Steak</u>	65
<u>Taco Salad</u>	66
<u>Mushroom Gravy Pan-Fried Pork Chops</u>	67
<u>Buffalo Sweet Potato Sliders</u>	68
<u>Beef Quesadillas</u>	69
<u>Southern BBQ Pulled Pork</u>	70
<u>Perfect Baked Meatballs</u>	71
<u>Garden-Style Meatloaf</u>	72
<u>Ground Pork Ginger-Scallion Lettuce Wraps</u>	73
<u>Healthy Burrito Pie</u>	74
<u>Lean Beef Chili</u>	75

<u>Pork w/ Pomegranate Pan Sauce</u>	76
<u>Grilled Steak Sandwiches</u>	77
<u>Mexican Enchiladas</u>	78
<u>Roasted Pork Tenderloin Tacos</u>	79
<u>One Pot Beef Skillet</u>	80
<u>Beef Stroganoff</u>	81
<u>Jamaican Pork</u>	82
<u>Spiced Pork Tenderloin w/ Sautéed Apples</u>	83
<u>Bison Omelet Roll-Up</u>	84

FISH & SEAFOOD RECIPES

<u>Lemon Artichoke Baked Salmon</u>	86
<u>Shrimp Fajitas</u>	87
<u>Lean Crab Cakes</u>	88
<u>Grilled Halibut Steaks</u>	89
<u>Crispy Tilapia Fish Sticks</u>	90
<u>Baked Potato w/ Creamy Tuna</u>	91
<u>Sesame Salmon Burger</u>	92
<u>Shrimp Pizza</u>	93
<u>Spiced Scallops w/ Fresh Corn & Avocado</u>	94
<u>Salmon Meatball Wrap</u>	95
<u>Coconut Crusted Halibut</u>	96
<u>Smoky Tilapia Tacos</u>	97
<u>Salmon Teriyaki Stir-Fry</u>	98
<u>Seafood Risotto</u>	99
<u>Curry Shrimp On Rice</u>	100
<u>Tuna Casserole</u>	101
<u>Seared Lemon & Thyme Cod</u>	102
<u>Salmon Poke Bowl w/ Sriracha Mayo</u>	103
<u>Tuna Quesadilla</u>	104
<u>Baked Citrus Tilapia</u>	105
<u>Parmesan Crusted Baked Cod</u>	106
<u>Shrimp Ceviche</u>	107
<u>Honey Glazed Salmon</u>	108
<u>Thai Fish Cakes</u>	109

SNACKS & BAR RECIPES

<u>Simple Homemade Protein Bars</u>	111
<u>Banana Mango Protein Bars</u>	112
<u>Chocolate Chip Cookie Dough Protein Bars</u>	113
<u>Cherry Almond Protein Bars</u>	114
<u>Cookies & Cream Protein Bars</u>	115
<u>Red Velvet Protein Bars</u>	116
<u>Toasted Coconut & Vanilla Protein Bars</u>	117
<u>Raspberry Chocolate Protein Bars</u>	118
<u>White Chocolate Peppermint Protein Bars</u>	119
<u>Apple Cinnamon Protein Bars</u>	120
<u>Chocolate Peanut Butter Protein Bars</u>	121
<u>Homemade Granola</u>	122
<u>Spicy Yam Fries</u>	123
<u>Protein Popcorn Balls</u>	124
<u>Cottage Cheese Veggie Dip</u>	125
<u>Dry Roasted Edamame</u>	126
<u>Lean Mashed Potatoes</u>	127
<u>Jerky Mix</u>	128
<u>Pita Chips & Salsa</u>	129
<u>Healthy Mac & Cheese</u>	130
<u>Egg White Snack Bites</u>	131

DESSERT RECIPES

<u>Low-Cal Chocolate Protein Brownies</u>	133
<u>Chocolate Chip Mint Protein Ice Cream</u>	134
<u>Lemon Blueberry Yogurt Parfait</u>	135
<u>No-Bake Chocolate Rice Krispies Cookies</u>	136
<u>Protein Peanut Butter Cups</u>	137
<u>Fruit & Honey Crunchy Yogurt Bowl</u>	138
<u>Protein Banana Split</u>	139
<u>Protein Bread Pudding</u>	140
<u>Protein Cookie Dough</u>	141
<u>Cinnamon Roll Mug Cake</u>	142
<u>Cottage Cheese Fruit Salad</u>	143

<u>Strawberry Protein Mousse</u>	144
<u>Apple Pie Protein Cupcakes</u>	145
<u>Chocolate Protein Lava Cake</u>	147
<u>Lean Banana Cream Pie</u>	148
<u>Coconut Protein Balls</u>	149
<u>Peanut Butter Protein Cookies</u>	150
<u>Double Chocolate Frozen Yogurt</u>	151
<u>Crustless Sweet Potato Pie</u>	152
<u>Healthy Protein Banana Bread</u>	153

VEGAN RECIPES

<u>Tofu Scramble</u>	155
<u>Oatmeal Breakfast Bars</u>	156
<u>Cajun Scrambled Chickpeas w/ Zucchini</u>	157
<u>High Protein Vegan Oatmeal</u>	158
<u>Corned Bean Hash</u>	159
<u>Chocolate Almond Protein Bar</u>	160
<u>Italian-Style Spaghetti Squash w/ Tempeh</u>	161
<u>Low Fat Eggplant Lasagna</u>	162
<u>Cranberry Orange Protein Bars</u>	163
<u>Tempeh Joes</u>	164
<u>Nutty No-Bake Coconut Bars</u>	165
<u>Green Peas & Edamame Smashed w/ Mint</u>	166
<u>Tempting Tempeh Burgers</u>	167
<u>Peanut Butter Brownie Bites</u>	168
<u>Sweet Potato Black Bean Quesadillas</u>	170
<u>Teriyaki Tofu Burger</u>	171
<u>Almond Joy Protein Balls</u>	172
<u>Spicy Freekeh Chili</u>	173
<u>Quinoa Salad</u>	174
<u>Chocolate Avocado Protein Pudding</u>	175
<u>Tempeh Lettuce Wraps</u>	176
<u>Lentil Marinara Spaghetti Squash</u>	177
<u>Protein Powered Vegan “French Toast”</u>	178
<u>Portabella & Sausage Pasta w/ Spinach</u>	179

<u>Easy Protein Waffles</u>	180
<u>Chorizo Tacos</u>	181
<u>Sugar Snap Pea & Carrot Soba Noodles</u>	182
<u>Chocolate Protein Muffins</u>	184
<u>Chocolate Protein Brownies</u>	185
<u>Simple Black Bean Soup</u>	186
<u>Amaranth & Red Lentil Patties</u>	187
<u>Vegan Protein Ice Cream</u>	188
<u>Cauliflower Lentil Loaf</u>	189
<u>Chocolate Protein Cookie</u>	190
<u>Green Chili Mac & Cheese</u>	191
<u>Stuffed Eggplant w/ Fennel & White Beans</u>	192
<u>Carrot Cake Smoothie Bowl</u>	193
<u>Green Salad w/ Edamame Beets</u>	194
<u>Protein Cookie Dough Overnight Oats</u>	195

SMOOTHIE RECIPES

<u>Tropical Treat Shake</u>	197
<u>Apple Cinnamon Shake</u>	198
<u>Blueberry Banana Shake</u>	199
<u>Peanut Butter & Jelly Shake</u>	200
<u>Key Lime Pie Shake</u>	201
<u>Dark Chocolate Peppermint Shake</u>	202
<u>Orange Julius Shake</u>	203
<u>Peaches & Cream Shake</u>	204
<u>Plum Lemon Shake</u>	205
<u>Mango Blueberry Shake</u>	206
<u>Strawberry Cheesecake Shake</u>	207
<u>Coffee Banana Shake</u>	208
<u>Peachy Strawberry Shake</u>	209
<u>Almond Blast Shake</u>	210
<u>Butterscotch Pecan Shake</u>	211
<u>Apple Berry Apricot Shake</u>	212
<u>Banana Bread Shake</u>	213
<u>Peach Cobbler Shake</u>	214

<u>Cherry Vanilla Freeze Shake</u>	215
<u>Mango Coconut Shake</u>	216
<u>Peanut Butter Cup Shake</u>	217
<u>Spinach Flax Shake</u>	218
<u>Maple Cinnamon Pancake Shake</u>	219
<u>Skinny Oreo Shake</u>	220
<u>Lemon Strawberry Yogurt Shake</u>	221
<u>Root Beer Float Shake</u>	222
<u>Clean Mass Gainer Shake</u>	223
<u>Blueberry Almond Flax Shake</u>	224
<u>Pineapple Passion Shake</u>	225
<u>Creamy Caramel Vanilla Shake</u>	226
<u>Apple Spinach Pear Shake</u>	227
<u>Mixed Fruit & Hemp Seed Shake</u>	228
<u>Orange Creamsicle Shake</u>	229
<u>Creamy Banana Pistachio Shake</u>	230
<u>Chocolate Peanut Butter Banana Shake</u>	231
<u>Berry “Superfood” Shake</u>	232
<u>Banana Almond Sunflower Shake</u>	233
<u>Double Chocolate Fudge Shake</u>	234
<u>Peachy Green Shake</u>	235
<u>White Chocolate Raspberry Shake</u>	236
<u>Cinnamon Roll Shake</u>	237
<u>Grape Berry Shake</u>	238
<u>Chocolate Almond Brownie Shake</u>	239
<u>Honey Banana Shake</u>	240
<u>Spinach Peppermint Shake</u>	241
<u>Chocolate Avocado Strawberry Smoothie</u>	242

A close-up photograph of two breakfast sandwiches stacked on a white plate. The sandwiches are made with whole wheat toast, scrambled eggs, a slice of melted cheese, and a strip of cooked bacon. In the background, there are some fresh fruits, including strawberries and orange slices. The text "BREAKFAST RECIPES" is overlaid in the center of the image in a bold, white, sans-serif font with a black outline.

BREAKFAST RECIPES

SOUTHWEST PROTEIN SCRAMBLE

INGREDIENTS

- 1/2 cup (120ml) egg whites
- 1 link (100g/3.5oz) turkey sausage
- 1 small onion, diced (110g)
- 1/4 cup (40g) yellow pepper, diced
- 1/4 cup (40g) red pepper, diced
- 1 handful (20g) chopped spinach
- 1 diced tomato (125g)
- Salt and pepper to taste

INSTRUCTIONS

In a large pan, sauté onions and peppers. When onions are clear and peppers are tender, season with salt and pepper. Add chopped turkey sausage, and sauté until sausage is golden brown. Lower heat, add egg whites, and scramble. When eggs are almost done, add in tomato and spinach.

NUTRITION FACTS PER SERVING

Calories: 357

Protein: 34g

Carbs: 26g

Fat: 13g

Makes 1 Serving

EGG WHITE & TURKEY BACON SANDWICH

INGREDIENTS

- 1/2 cup (120ml) egg whites
- 2 strips (30g) lean turkey bacon
- 2 slices whole grain bread
- 1/4 cup (30g) low fat cheddar cheese, shredded
- 1/3 cup (60g) diced tomato
- Salt and pepper to taste

INSTRUCTIONS

Microwave turkey bacon strips for 3 minutes or until crisp. Set aside. Whisk together egg whites, salt and pepper. Add egg white mixture to a non-stick pan, cooking and stirring for 1-2 minutes or until egg whites are set. Spoon egg whites onto the toast. Top with cheese, turkey bacon, and diced tomatoes.

NUTRITION FACTS PER SERVING

Calories: 320

Protein: 35g

Carbs: 27g

Fat: 8g

Makes 1 Serving

MANGO-PINEAPPLE YOGURT BOWL

INGREDIENTS

- 1 cup (225g) plain fat-free Greek yogurt
- 1 tbsp (7g) unsweetened coconut flakes
- 1/4 cup (45g) pineapple, diced
- 1/4 cup (45g) mango, diced
- 2 tbsp (14g) toasted walnut pieces

INSTRUCTIONS

In a non-stick pan, toast coconut flakes over medium-high heat until golden brown. Remove and set aside. Assemble bowl by layering yogurt, pineapple chunks and mango chunks. Sprinkle with toasted coconut flakes and walnut pieces.

NUTRITION FACTS PER SERVING

Calories: 326

Protein: 26g

Carbs: 24g

Fat: 14g

Makes 1 Serving

SWEET POTATO CHICKEN HASH SKILLET

INGREDIENTS

- 8oz (225g) chicken breast, diced
- 10oz (285g) sweet potato, diced
- 4 whole eggs
- 3/4 cup (125g) onion, chopped
- 1 tbsp extra virgin olive oil
- 3/4 tsp salt
- Pinch black pepper
- 2 tsp fresh or 3/4 tsp dried thyme
- 1/2 tsp garlic powder
- 1/4 tsp paprika
- 1 tbsp fresh chopped chives

INSTRUCTIONS

Heat a non-stick skillet over medium heat. Add oil and onions to pan and cook for about 5-6 minutes until onions are golden. Add sweet potatoes and thyme, then season with salt, garlic powder, paprika and a pinch of black pepper. Stir to combine. Add 2-3 tbsp water, cover and cook sweet potatoes over a medium-low heat for about 8-12 minutes, stirring occasionally until crisp and tender. Add chopped chicken to the skillet and cook for 2 minutes, uncovered. Make 4 wide wells in the hash. Crack 1 egg into each well, season with salt and pepper and cover. Cook until the whites are set (but the yolks are still runny) for about 5-7 minutes.

NUTRITION FACTS PER SERVING

Calories: 529

Protein: 49g

Carbs: 36g

Fat: 21g

Makes 2 Servings

BANANA-WALNUT FRENCH TOAST

INGREDIENTS

- 4 slices Ezekiel bread
- 1/3 cup (80ml) egg whites
- 1 whole egg
- 1 medium banana (120g)
- 8 walnut halves (16g)
- Splash of almond milk
- 1/2 tbsp sugar-free hazelnut syrup
- 1/2 tsp vanilla extract
- Cinnamon + stevia, Splenda or other 0 calorie sweetener of choice to taste

INSTRUCTIONS

Whisk together egg whites, egg, almond milk, vanilla, hazelnut, cinnamon, and sweetener. Coat each slice of bread in the mixture. Fry in a heated non-stick pan for 2 minutes on each side, or until golden brown. Top bread with the sliced banana, walnut halves, and sugar-free syrup.

NUTRITION FACTS PER SERVING

Calories: 329

Protein: 17g

Carbs: 45g

Fat: 9g

Makes 2 Servings

MEXICAN FRITTATA

INGREDIENTS

- 4 whole eggs
- 1 cup (240ml) egg whites
- 3/4 cup (120g) green pepper, chopped
- 1¼ cup (210g) white onion, sliced
- 1 cup (180g) tomato, diced
- 1 tbsp extra virgin olive oil
- 1 packet low sodium taco seasoning

INSTRUCTIONS

Preheat oven to 400F/200C. Heat a large non-stick sauté pan on high. Sauté pepper and onion in olive oil until soft. Gradually add spices. Remove from heat. In a separate bowl, mix together eggs, egg whites and taco seasoning and pour on top of pepper and onion mixture. Sprinkle in diced tomatoes. Place pan into preheated oven and cook for 10-12 minutes. If desired, top the frittata with cheese, guacamole, or both. Hot sauce and salsa are also optional additions.

NUTRITION FACTS PER SERVING

Calories: 324

Protein: 27g

Carbs: 18g

Fat: 16g

Makes 2 Servings

LEAN BREAKFAST BURRITO

INGREDIENTS

- 1 9" (23cm) whole wheat tortilla
- 1 whole egg
- 1/2 cup (120ml) egg whites
- 1 large lettuce leaf
- 2 tbsp (35g) fat-free refried beans
- 1 tbsp (15g) low fat cheddar cheese, shredded
- 1/4 cup (60g) salsa

INSTRUCTIONS

Lightly coat a medium non-stick skillet with cooking spray and place over medium heat. Place tortilla in the skillet and warm for 30 seconds, flip and warm the other side for 30 seconds. Place warmed tortilla on a small plate. Whisk egg and egg whites together, and pour into skillet and cook, stirring occasionally until set. While eggs are cooking, place lettuce leaf on the tortilla and spread the refried beans over it. Top beans with the cooked eggs, and salsa.

NUTRITION FACTS PER SERVING

Calories: 363

Protein: 30g

Carbs: 36g

Fat: 11g

Makes 1 Serving

ALMOND & MAPLE PROTEIN OATMEAL

INGREDIENTS

- 1/4 cup (30g) oats
- 1 scoop (30g) vanilla protein powder
- 1/2 cup (125ml) unsweetened almond or coconut milk
- 1/4 cup (30g) ground almonds
- 1/4 cup (40g) chopped dates
- 1 tsp maple extract (optional)

INSTRUCTIONS

In a non-stick pot, bring milk, oats, and ground almonds to a boil. Simmer for 3-5 minutes until a thick porridge-like consistency is reached. Remove oatmeal from the heat and mix in protein powder until fully combined. Let it cool briefly, top with chopped dates and maple extract.

NUTRITION FACTS PER SERVING

Calories: 598

Protein: 38g

Carbs: 62g

Fat: 22g

Makes 1 Serving

COTTAGE CHEESE & APPLES

INGREDIENTS

- 1 cup (225g) low fat cottage cheese
- 1 medium sliced apple (140g)
- 2 tbsp (20g) raisins
- 1 tbsp (7g) slivered almonds
- Pinch of cinnamon
- 1 tsp vanilla extract

INSTRUCTIONS

Stir together cottage cheese, raisins, slivered almonds, cinnamon and vanilla extract until well mixed. Spoon into a bowl and serve with freshly sliced apples.

NUTRITION FACTS PER SERVING

Calories: 377

Protein: 26g

Carbs: 48g

Fat: 9g

Makes 1 Serving

TURKEY & AVOCADO OMELET

INGREDIENTS

- 4oz (115g) lean ground turkey
- 2 whole eggs
- 1 cup (240ml) egg whites
- 1/4 cup (55g) avocado, pureed
- 1/4 cup (15g) sun-dried tomatoes

INSTRUCTIONS

Brown ground turkey in a skillet over a medium-high heat. Drain any excess juice out of the skillet and place turkey into a bowl. Beat together whole eggs and egg whites, pour into the skillet. While eggs cook, mix the sun-dried tomatoes with ground turkey. When eggs are cooked firmly enough to flip, place ground turkey on one half of the cooked eggs. Flip the open side of the eggs over to cover ground turkey. Cook for 2-3 minutes, then flip the omelet. Cook until firm and no longer runny. Place omelet onto a plate and pour pureed avocado over top.

NUTRITION FACTS PER SERVING

Calories: 280

Protein: 38g

Carbs: 5g

Fat: 12g

Makes 2 Servings

ACAI PROTEIN BOWL

INGREDIENTS

- 1 pack (100g) frozen unsweetened acai
- 1 frozen banana (120g)
- 1/2 cup (75g) frozen blueberries
- 1/4 cup (60ml) unsweetened almond milk
- 1 scoop (30g) vanilla protein powder
- 1 tbsp (15g) natural peanut, almond or cashew butter
- 1-2 packets stevia, Splenda or other 0 calorie sweetener of choice (optional)

INSTRUCTIONS

Break acai pack up into smaller chunks and combine all ingredients in a blender. If consistency is too thick, add extra almond milk 1 tablespoon at a time until desired thickness is reached. Transfer to a bowl and include additional toppings of choice. Ideas for toppings include granola, rolled oats, fresh fruit, chia seeds, shredded coconut, sliced almonds, nut butter drizzle, honey, sugar free syrup etc. Nutritional information below is for base ingredients only.

NUTRITION FACTS PER SERVING

Calories: 452

Protein: 30g

Carbs: 47g

Fat: 16g

Makes 1 Serving

OVERNIGHT BANANA BREAD OATS

INGREDIENTS

- 1 medium banana (120g)
- 1/3 cup (40g) oats
- 1/4 cup (55g) plain low fat Greek yogurt
- 1/2 cup (120ml) unsweetened almond milk
- 1 tbsp (12g) chia seeds
- 1/2 tsp ground cinnamon
- 1 tbsp (7g) pecans
- Maple syrup, honey or zero calorie sweetener of choice (optional)

INSTRUCTIONS

In a bowl, mash half of banana. Add oats, yogurt, milk, chia seeds and cinnamon, and stir to combine. Refrigerate overnight. The next morning, top with pecans and the remaining banana. For optional added sweetness, top with syrup, honey or any other sweetener of choice.

NUTRITION FACTS PER SERVING

Calories: 469

Protein: 16g

Carbs: 63g

Fat: 17g

Makes 1 Serving

OATMEAL RAISIN QUINOA BREAKFAST COOKIES

INGREDIENTS

- 1 large banana (135g)
- 1 whole egg
- 3/4 cup (90g) oats
- 1/2 cup (95g) cooked quinoa
- 1/4 cup (35g) raisins
- 1/2 tsp vanilla extract
- 1/2 tsp salt

INSTRUCTIONS

Preheat oven to 350F/175C. In a large bowl, beat egg with a fork. Add banana and vanilla extract, and mash all together. Add oats, quinoa, raisins and salt, stirring with a spoon until well combined. Drop batter onto a greased cookie sheet, dividing into 8 cookies. Bake for 12-15 minutes, until cookies are just browning around the edges.

NUTRITION FACTS PER SERVING

Calories: 98

Protein: 3g

Carbs: 17g

Fat: 2g

Makes 8 Servings

HIGH PROTEIN WAFFLE

INGREDIENTS

- 3/4 scoop (22g) vanilla protein powder
- 1 whole egg
- 1/3 tsp baking powder
- 2 tbsp water
- 1 tsp coconut oil
- Dash of vanilla and/or zero calorie sweetener of choice (optional)

INSTRUCTIONS

Pour all ingredients into a bowl and blend together with a fork until smooth. Grease waffle maker and pour mixture in. Close and cook as you would any regular waffle.

NUTRITION FACTS PER SERVING

Calories: 198

Protein: 23g

Carbs: 4g

Fat: 10g

Makes 1 Serving

COCONUT CINNAMON PANCAKE

INGREDIENTS

Pancakes:

- 4 egg whites (120ml)
- 2 tbsp (17g) coconut flour
- 1 tsp cinnamon
- 1 tsp vanilla extract

Toppings:

- 1/2 large banana, chopped (70g)
- 1/8 cup (15g) raw walnuts
- Dash cinnamon
- 1 tsp (7g) honey

INSTRUCTIONS

Preheat skillet on a medium/high heat. Pour all ingredients into a bowl and mix together until well combined. Cook as you would any other pancake, then top with banana, walnuts, cinnamon and honey.

NUTRITION FACTS PER SERVING

Calories: 345

Protein: 20g

Carbs: 37g

Fat: 13g

Makes 1 Serving

EGG WHITE WRAP

INGREDIENTS

- 5 egg whites (150ml), scrambled
- 2/5 cup (50g) low fat cheddar cheese, grated
- 1/2 onion (55g), chopped
- 1 whole wheat tortilla
- 2 tbsp (40g) salsa

INSTRUCTIONS

Add onions to a non-stick pan heated to medium-low. Add egg whites once onions have softened and cook to desired firmness, adding cheese when finished. Scoop onto tortilla. Roll to form a wrap and top with salsa.

NUTRITION FACTS PER SERVING

Calories: 384

Protein: 34g

Carbs: 35g

Fat: 12g

Makes 1 Serving

HOMEMADE MUESLI w/ YOGURT

INGREDIENTS

- 1/2 cup (60g) oats
- 1/2 scoop (15g) protein powder (*any flavor of choice*)
- 1/2 cup dried apricots (80g), finely chopped
- 1 tbsp (7g) raisins
- 1/2 tsp ground flax seed
- 1/2 tsp desiccated coconut
- 3/4 cup (170g) plain fat-free Greek yogurt

INSTRUCTIONS

Combine oats, protein powder, dried fruit, flax seed and coconut in a bowl and add yogurt to dry mix. Mix thoroughly.

NUTRITION FACTS PER SERVING

Calories: 308

Protein: 20g

Carbs: 48g

Fat: 4g

Makes 2 Servings

STRAWBERRY BANANA PROTEIN MUFFINS

INGREDIENTS

- 2 ripe medium bananas (240g), mashed
- 1 whole egg
- 1/2 cup (115g) plain fat-free Greek yogurt
- 1/4 cup (60ml) unsweetened vanilla almond milk
- 2 tsp pure vanilla extract
- 1¼ cup (160g) whole wheat flour
- 2 scoops (60g) vanilla protein powder
- 2 tbsp (15g) flax seeds
- 2 tsp baking powder
- 1/8 tsp salt
- 1 cup (165g) strawberries, sliced

INSTRUCTIONS

Preheat oven to 350F/175C. Spray a regular size 12 muffin baking pan with cooking spray and dust with flour. Do not use muffin liners. In a medium bowl, mash bananas with a fork until smooth. Add egg, yogurt, almond milk and vanilla extract. Mix with a fork until smooth and all wet ingredients are combined. In another medium bowl, add whole wheat flour, protein powder, flax seeds, baking powder and salt, then mix with a spoon until well combined. Add dry ingredients to bowl of wet ingredients and mix just enough to combine. Add strawberries and stir briefly to incorporate into mix. Distribute batter evenly among 12 muffin forms and bake for around 20 minutes or until a toothpick inserted into middle comes out clean.

NUTRITION CONTENT PER SERVING

Calories: 105

Protein: 8g

Carbs: 16g

Fat: 1g

Makes 12 Servings

SWEET POTATO OMELET

INGREDIENTS

- 3 whole eggs
- 1 baked sweet potato (130g)
- 3 slices (45g) lean turkey bacon
- 1/4 cup (30g) low fat cheese, shredded
- 1 tbsp (12g) light sour cream
- Salt and pepper to taste

INSTRUCTIONS

Peel sweet potato and mash the flesh. Reheat it in a skillet or in the microwave. Cook turkey bacon in a skillet to desired doneness. Once turkey is done, scramble eggs and pour into a non-stick skillet set to a medium heat. Cover entire skillet surface in a thin layer of egg. Let eggs set and then carefully flip it over. Spread sweet potato on one side of the eggs. Sprinkle cheese on top of sweet potato. Place bacon on top of cheese and sweet potato. Spread sour cream on top of bacon. Fold eggs in half and let sit for a minute or two. Flip omelet over and let sit for a minute or two. Add salt and pepper to taste.

NUTRITION FACTS PER SERVING

Calories: 453

Protein: 36g

Carbs: 30g

Fat: 21g

Makes 1 Serving

BLUEBERRY PROTEIN OATMEAL

INGREDIENTS

- 2/3 cup (80g) oats
- 1 scoop (30g) vanilla protein powder
- 1/3 cup (75ml) low fat milk
- 1/3 cup (75ml) water
- 1 medium banana (120g), smashed
- 1/4 tsp ground cinnamon
- Pinch of salt
- 1/3 cup (80ml) egg whites
- 1 cup (145g) blueberries

INSTRUCTIONS

Bring oats, milk, water, and banana to a boil, whisking consistently to prevent sticking. When oatmeal begins to thicken, stir in protein powder, cinnamon and salt. Whisk in egg whites quickly to prevent scrambling. Stir to incorporate and remove from the heat. Pour into bowls and top with blueberries.

NUTRITION FACTS PER SERVING

Calories: 361

Protein: 24g

Carbs: 55g

Fat: 5g

Makes 2 Servings

VANILLA PROTEIN LATTE

INGREDIENTS

- 1/2 cup (120ml) brewed coffee (hot or cold depending on preference)
- 1/2 cup (120ml) unsweetened almond or cashew milk
- 1 scoop (30g) vanilla protein powder (or other flavor of choice)

INSTRUCTIONS

In a blender, add coffee, milk and protein powder and blend until smooth. Top with cinnamon if desired.

NUTRITION FACTS PER SERVING

Calories: 143

Protein: 25g

Carbs: 4g

Fat: 3g

Makes 1 Serving



POULTRY RECIPES

CHICKEN AVOCADO QUESADILLA

INGREDIENTS

- 6oz (170g) cooked chicken breast, diced
- 1 tsp extra virgin olive oil
- 1/4 cup (40g) red pepper, sliced
- 1/4 cup (40g) green pepper, sliced
- 1/4 cup (40g) onion, sliced
- 1 large whole wheat tortilla
- 1/4 avocado (50g), thinly sliced
- 1/4 packet low sodium taco seasoning
- 2 tbsp (40g) salsa
- 1/4 cup (30g) low fat cheddar cheese, shredded

INSTRUCTIONS

Coat skillet with cooking spray and place on a medium-high heat. Add olive oil and let heat for 20 seconds. Add peppers and onions then cook until browned and tender. Add diced chicken and seasoning mix, stirring well. Remove skillet from the heat and pour chicken mixture into a bowl. Wipe the skillet clean, then place tortilla in the pan and layer chicken mixture on top, followed by salsa, avocado and cheese. Fold tortilla in half and cook until both sides are golden brown.

NUTRITION FACTS PER SERVING

Calories: 679

Protein: 68g

Carbs: 41g

Fat: 27g

Makes 1 Serving

THAI PEANUT CHICKEN

INGREDIENTS

- 8 4oz chicken thighs (110g each)
- Ground black pepper
- 3/4 cup (180g) mild salsa
- 1/3 cup (85g) natural peanut butter
- 2 tbsp lime juice
- 1 tbsp low sodium soy sauce or fish sauce
- 2 tsp (8g) grated fresh ginger
- 1/4 cup (13g) chopped fresh cilantro
- Lime wedges

INSTRUCTIONS

Season chicken with fresh ground black pepper and place in a slow cooker. In a medium bowl, combine remaining ingredients except cilantro/lime and pour over chicken. Cover and cook on low for 8 hours. Remove chicken, place on a serving platter and pour sauce over top. Garnish with cilantro and lime wedges.

NUTRITION FACTS PER SERVING

Calories: 264

Protein: 34g

Carbs: 5g

Fat: 12g

Makes 8 Servings

HONEY GLAZED BAKED GARLIC CHICKEN

INGREDIENTS

- 2 5oz chicken breasts (140g each)
- 1 tbsp (20g) honey
- 1 tbsp balsamic vinegar
- 1 chopped shallot
- 2 minced garlic cloves
- 1/2 tsp dried basil
- 1/4 tsp pepper

INSTRUCTIONS

Preheat oven to 375F/190C. Place chicken in a foil-lined baking pan. Add all ingredients to a measuring cup, mix until well combined and pour onto chicken. Bake for 20-25 minutes or until a thermometer reads 165F/74C at the thickest part of the chicken.

NUTRITION FACTS PER SERVING

Calories: 282

Protein: 44g

Carbs: 13g

Fat: 6g

Makes 2 Servings

CHICKEN & MUSHROOM PIZZA

INGREDIENTS

- 6oz (170g) cooked chicken breast, cubed or shredded
- 1 12" (30cm) whole wheat thin pizza crust
- 1/8 cup (35g) spaghetti sauce
- 1/4 cup (30g) low fat mozzarella cheese, shredded
- 3 mushrooms (45g), sliced
- 1/4 cup onion (40g), chopped

INSTRUCTIONS

Preheat oven to 425F/220C. Place pizza crust on a cookie sheet or other ovenproof pan and top with spaghetti sauce, chicken, mushrooms, onions and cheese. Bake for 8-10 minutes or until heated through.

NUTRITION FACTS PER SERVING

Calories: 663

Protein: 44g

Carbs: 88g

Fat: 15g

Makes 2 Servings

CHICKEN & TURKEY BACON CLUB SANDWICH

INGREDIENTS

- 2.5oz (70g) cooked chicken breast
- 1 tbsp (15g) plain low fat Greek yogurt
- 3 slices whole grain bread
- 1 whole boiled egg, peeled
- 1 large lettuce leaf
- 1 medium tomato (125g), sliced
- 1 tbsp (15g) dijon mustard
- 1oz (30g) cooked extra lean turkey bacon

INSTRUCTIONS

Spread yogurt onto one slice of the bread. Cut egg into four equal sized pieces and place on top. Lay down tomato slices and lettuce on top of the egg. Place another slice of bread on top and spread the mustard onto it. Lay down grilled chicken breast and turkey bacon and then top with remaining slice of bread.

NUTRITION FACTS PER SERVING

Calories: 533

Protein: 49g

Carbs: 55g

Fat: 13g

Makes 1 Serving

GROUND TURKEY LETTUCE WRAPS

INGREDIENTS

- 16oz (450g) lean ground turkey
- 1 tbsp cooking oil
- 1 medium onion (110g), diced
- 1 zucchini (200g), diced
- 8-10 mushrooms (150g), diced
- 6 cloves crushed garlic
- 1/2 cup (140ml) tomato sauce
- 1 tsp sugar
- 1/2 tsp salt
- 2 tbsp (15g) chili powder
- 24 butter lettuce leaves
- 1/2 cup (120g) light sour cream

INSTRUCTIONS

Heat a large sauté pan over a medium heat. Add oil, onion, mushrooms and zucchini to pan and cook for 3-4 minutes. Add garlic and cook for 30 more seconds. Add ground turkey and increase heat to medium-high, cooking through for about 10-12 minutes and stirring occasionally to break up meat. Add tomato sauce, sugar, chili powder and salt, stirring to combine. Remove from stove. To serve, spoon 1/4 cup turkey mixture onto one lettuce leaf and top each wrap with 1 teaspoon of sour cream.

NUTRITION FACTS PER SERVING

Calories: 319

Protein: 41g

Carbs: 14g

Fat: 11g

Makes 4 Servings

ROSEMARY CHICKEN SKEWERS

INGREDIENTS

- 3.5oz (100g) skinless chicken breast
- 1/2 tbsp rosemary, finely chopped
- 1 garlic clove, minced
- 1 tbsp lemon juice
- 1/2 tsp mustard
- 1 tsp (7g) honey
- 1/2 tsp ground pepper

INSTRUCTIONS

Cut chicken into thick strips and place into a large bowl. Add all remaining ingredients and mix well. Cover and set aside to marinate for 10 minutes. Thread chicken strips onto 2 metal skewers (or wooden skewers soaked in water). Heat a grill or grill pan to medium high heat and grill until chicken is cooked through.

NUTRITION FACTS PER SERVING

Calories: 197

Protein: 31g

Carbs: 7g

Fat: 5g

Makes 1 Serving

SPICY SRIRACHA CHICKEN NUGGETS

INGREDIENTS

- 64oz (1800g) chicken breast
- 1/2 cup (60g) oats
- 1 cup (90g) whole wheat bread crumbs
- 1/2 cup (50g) parmesan cheese, grated
- 1/2 tsp black pepper
- 4 tbsp (54g) low fat mayonnaise
- 2 whole eggs
- 3 tbsp extra virgin olive oil
- 2 tsp minced garlic
- 8 tsp (40g) Sriracha

INSTRUCTIONS

Cut chicken into small nugget sized pieces. Turn oats into oat flour by placing them in a food processor or blender. In a bowl, add oat flour, bread crumbs, parmesan and pepper, mixing until well combined. In a separate bowl, add in mayonnaise, olive oil, eggs, garlic and sriracha and mix well. Coat a baking sheet with non-stick cooking spray. Roll each piece of chicken in wet mix followed by dry mix and place onto a cooking sheet. Bake at 375F/190C for 20-25 minutes. Add more sriracha on top of each nugget before serving.

NUTRITION FACTS PER SERVING

Calories: 259

Protein: 30g

Carbs: 10g

Fat: 11g

Makes 12 Servings

TANGY PINEAPPLE CHICKEN

INGREDIENTS

- 12oz (335g) chicken breast
- 2 tbsp extra virgin olive oil
- 1 medium onion (110g), chopped
- 1 (170g) yellow pepper, diced
- 3 tbsp (45g) reduced sugar ketchup
- 2 tbsp low sodium soy sauce
- 1/2 cup (90g) cubed pineapple

INSTRUCTIONS

Heat olive oil in a pan on medium heat. Add in onions and peppers and sauté until lightly browned. Add chicken and continue to stir-fry until no longer pink inside. Combine ketchup, soy sauce and pineapple juice and add to pan. Lower heat and cover, simmering for 20 minutes. Place onto a plate and top with pineapple.

NUTRITION FACTS PER SERVING

Calories: 334

Protein: 37g

Carbs: 15g

Fat: 14g

Makes 3 Servings

CREAMY CHICKEN PITAS

INGREDIENTS

- 8oz (230g) cooked chicken breast, diced
- 1/4 cup (65g) fat-free mayonnaise
- 1 tbsp white vinegar
- 1/4 cup (55g) celery, finely chopped
- 2 tbsp (30g) dried cranberries
- 2 tbsp (14g) walnuts, finely chopped
- 2 small whole wheat pitas
- 2 cups (60g) spinach leaves

INSTRUCTIONS

Combine white vinegar and mayonnaise together. Add chicken and celery and stir until coated. Sprinkle with dried cranberries and walnuts, stirring until mixed. Spoon into whole wheat pitas. Top with spinach leaves and then serve.

NUTRITION FACTS PER SERVING

Calories: 462

Protein: 41g

Carbs: 34g

Fat: 18g

Makes 2 Servings

WHITE TURKEY MAC & CHEESE

INGREDIENTS

- 4 slices (2oz/60g) lean turkey bacon
- 4.5oz (125g) whole wheat macaroni
- 1¾ cup (395g) plain fat-free Greek yogurt
- 2oz (55g) goat cheese
- 1/2 cup (55g) low fat mozzarella
- 1 tbsp (12g) garlic paste
- Fresh chives
- Salt and pepper to taste

INSTRUCTIONS

Prepare macaroni according to packaging. Slice bacon into small pieces and cook in a non-stick skillet on medium-high heat. Reduce heat to medium and add one cup of yogurt along with goat cheese, chives, garlic paste and mozzarella. Cook until sauce reaches desired consistency. Remove from heat and add macaroni with the rest of the yogurt, mixing until well combined.

NUTRITION FACTS PER SERVING

Calories: 233

Protein: 29g

Carbs: 18g

Fat: 5g

Makes 3 Servings

FLATOUT CHICKEN FAJITAS

INGREDIENTS

- 4.5oz (125g) chicken breast, sliced
- 1 tsp extra virgin olive oil
- 2 peppers (340g), chopped
- 1 small red onion (70g), chopped
- 1 tsp fajita seasoning
- 2 original light flat breads
- 1 medium tomato (125g), diced
- Lettuce, chopped

INSTRUCTIONS

Place olive oil in a non-stick pan and heat until it begins to simmer. Add onions and peppers and stir fry until they go soft. Add in chicken breast and stir fry until cooked through. Sprinkle on fajita seasoning and fry for 1 minute. Place fajita mix into flatouts and top with lettuce and tomato. Can be served with salsa as an optional add-on.

NUTRITION FACTS PER SERVING

Calories: 307

Protein: 31g

Carbs: 30g

Fat: 7g

Makes 2 Servings

CHICKEN & ARUGULA LASAGNA

INGREDIENTS

- 16oz (450g) lean ground chicken breast
- 1 tsp extra virgin olive oil
- 1 tsp crushed red pepper flakes
- 1 clove garlic, chopped
- 1 tbsp dried basil
- 2 whole eggs
- 2 15oz (420g) containers part-skim ricotta
- 1/2 cup (50g) shredded Parmesan
- 3½ cups (980ml) prepared marinara sauce
- 12 cooked lasagna noodles
- 1 bag baby arugula (140g), steamed and drained
- Salt and pepper to taste

INSTRUCTIONS

Preheat oven to 375F/190C. Heat oil in a large skillet over medium-high heat. Season ground chicken with red pepper flakes and salt/pepper to taste. Add chicken and garlic to skillet, cooking for 5 minutes or until chicken is browned. Remove from heat and set aside. Combine basil, eggs, ricotta and Parmesan in a large bowl. Season with salt and pepper to taste. Spray a 13x9 inch baking dish with cooking spray. Spread a 1/2 cup of marinara sauce over bottom of the dish. Arrange 4 cooked noodles over sauce and top with half of the ricotta mixture, half of chicken mixture and half of arugula, then top with 1 cup of marinara. Repeat layers, ending with noodles and remaining marinara. Cover and bake for 45 minutes, letting lasagna stand for 10 minutes before serving.

NUTRITION FACTS PER SERVING

Calories: 395

Protein: 29g

Carbs: 36g

Fat: 15g

Makes 8 Servings

CHICKEN STRIPS w/ SWEET MUSTARD DIP

INGREDIENTS

Chicken Strips:

- 20oz (560g) chicken breast, sliced into strips
- 1½ cups (42g) crisp rice cereal
- 1/4 cup (40g) dried minced onion
- 1 tsp salt
- 1/2 tsp ground red pepper
- 2 egg whites (60ml)

Mustard Dip Ingredients:

- 1 tbsp (15g) plain fat-free Greek yogurt
- 1 tbsp (15g) Dijon mustard
- 1 packet stevia, Splenda or other 0 calorie sweetener of choice

INSTRUCTIONS

Preheat oven to 350F/175C. Place cereal in a bag and use a rolling pin to crush into small pieces (be careful not to turn it into a powder). Place crushed cereal in a large bowl and add onion, salt, and pepper, mixing until well combined. In a separate bowl, whisk egg whites along with 1 tablespoon of water. Pat chicken dry with a paper towel and dip each piece into egg whites, allowing the excess to run off. Place chicken into cereal mixture and press down to help it stick, coating thoroughly. Spray a baking sheet with cooking spray and place chicken onto it, baking for 8-10 minutes. As chicken bakes, mix together yogurt, mustard and sweetener to make dipping sauce.

NUTRITION FACTS PER SERVING

Calories: 319

Protein: 46g

Carbs: 18g

Fat: 7g

Makes 4 Servings

LOW CARB CHICKEN & CHEESE MUFFINS

INGREDIENTS

- 10oz (280g) cooked chicken breast, chopped
- 1/2 cup (110g) celery, chopped
- 1/4 cup (40g) red onion, chopped
- 2 whole eggs
- 1/2 tsp lemon pepper
- 2 tbsp (14g) real bacon bits
- 1/4 cup (30g) low fat cheddar cheese
- 1 tsp crushed red pepper
- 1/2 tsp garlic powder
- 1/4 tsp salt

INSTRUCTIONS

Cut chicken breast, celery and red onion into small pieces. Combine all ingredients together in a bowl and mix until well combined. Coat a muffin pan with non-stick cooking spray and evenly distribute mix into the muffin spots. Bake on 350F/175C for 30-35 minutes or until a brown tint appears.

NUTRITION FACTS PER SERVING

Calories: 125

Protein: 18g

Carbs: 2g

Fat: 5g

Makes 6 Servings

CHICKEN SALAD BURGER

INGREDIENTS

- 5oz (140g) lean ground chicken
- 2 portobello mushroom caps (170g)
- 1 tsp garlic
- 1 tsp cayenne
- 1/4 tsp salt
- Pinch of salt
- 1 large lettuce leaf
- 2 leaves red cabbage
- 3 thin tomato slices (45g)
- 1 tbsp (12g) goat cheese
- 2 small carrots (80g), sliced
- 1/2 avocado (100g), sliced

INSTRUCTIONS

Preheat oven to 375F/190C. Wash portobello mushrooms and remove stem, then dry with a paper towel. Place face down in a baking pan and season with salt and garlic. Bake in oven for 8-10 minutes. Place ground chicken into a bowl and season with salt, garlic, cumin, and cayenne. Form a hamburger patty and cook in a skillet on medium heat. Remove mushroom caps from oven and place face up on a plate to assemble burger. Add lettuce, cabbage, tomato, chicken burger patty, goat cheese, avocado, and carrots. Top burger with the other end of the mushroom cap.

NUTRITION FACTS PER SERVING

Calories: 429

Protein: 41g

Carbs: 28g

Fat: 17g

Makes 1 Serving

ITALIAN CHICKEN MEATBALLS

INGREDIENTS

- 40oz (1130g) lean ground chicken
- 3 egg whites (90ml)
- 1 cup (120g) oats
- 1 green pepper (170g), chopped
- 1 red pepper (170g), chopped
- 1 red onion (110g), chopped
- 1 tbsp minced garlic
- 1 tbsp onion flakes
- 1 tbsp dried basil
- 1 tbsp oregano
- Salt and pepper to taste

INSTRUCTIONS

Preheat oven to 375F/190C. Using your hands, combine all ingredients together in a large bowl and mix until well combined. Form 12 meatballs from the mixture. Spray a muffin tin with non-stick spray. Place a meatball in each muffin cup. Bake for about 35 minutes, or until golden brown.

NUTRITION FACTS PER SERVING

Calories: 223

Protein: 24g

Carbs: 7g

Fat: 11g

Makes 12 Servings

CHICKEN & MUSHROOM RISOTTO

INGREDIENTS

- 7oz (200g) chicken breast, chopped
- 1 cup (180g) dry Arborio rice
- 1 can (354ml) evaporated whole milk
- 1 cup (240ml) low sodium chicken stock
- 3 cups (375g) mushrooms, sliced

INSTRUCTIONS

In a deep non-stick wok, dry fry chicken breast until cooked through, then turn down to low-medium setting. Add in the sliced mushrooms, dry rice, evaporated milk and chicken stock and stir thoroughly. Continue to cook over a low-medium heat, stirring frequently until rice has absorbed all liquids and a creamy consistency is achieved.

NUTRITION FACTS PER SERVING

Calories: 580

Protein: 52g

Carbs: 48g

Fat: 20g

Makes 2 Servings

PEANUT BUTTER & PINEAPPLE STUFFED CHICKEN BREASTS

INGREDIENTS

- 4 5oz chicken breasts (140g each)
- 4 tbsp (60g) crunchy natural peanut butter
- 3 tbsp (40g) pineapple chunks, finely chopped
- Handful of thyme leaves, stems removed
- 4 large slices (2oz/55g) prosciutto di Parma
- 1 tsp extra virgin olive oil
- Salt and pepper to taste

INSTRUCTIONS

Preheat oven to 400F/205C. In a bowl, mix together peanut butter, pineapple and thyme leaves to form a paste, using some of the pineapple juice if the mixture is a bit stiff. Put chicken breasts on a board and cut a slit to form a pocket. Spoon a tablespoon of peanut butter mixture into the pocket and then smooth top side over to seal. Repeat with all four chicken breasts. Wrap each breast firmly in Parma ham, and place in a roasting dish, drizzling with olive oil, seasoning with salt and pepper and covering with remaining thyme. Bake for 25-30 minutes until golden and cooked through at an internal temperature of 165F/74C.

NUTRITION FACTS PER SERVING

Calories: 364

Protein: 50g

Carbs: 5g

Fat: 16g

Makes 4 Servings

CREAMY PARMESAN CHICKEN

INGREDIENTS

- 4 3oz chicken breasts (85g each)
- 1/4 cup (60ml) chicken broth
- 1/2 tsp minced garlic
- 1/4 cup (65g) fat-free mayonnaise
- 1/8 cup (20g) Parmesan cheese

INSTRUCTIONS

Heat up chicken broth in a pan over medium heat. Add in garlic along with chicken breasts and cook for 8-10 minutes (or until cooked through), flipping a few times throughout the process. Meanwhile, combine mayonnaise with parmesan cheese in a small bowl. Once chicken is finished, remove and place on a baking sheet and smother with sauce. Place under broiler for 1-2 minutes or until cheese is melted and chicken is slightly browned.

NUTRITION FACTS PER SERVING

Calories: 201

Protein: 28g

Carbs: 2g

Fat: 9g

Makes 4 Servings

CARIBBEAN CHICKEN STIR-FRY

INGREDIENTS

- 24oz (680g) chicken breast, cubed
- 1/3 (80ml) cup unsweetened orange juice
- 1 tbsp low sodium soy sauce
- 1 tsp ginger
- 1/2 tsp paprika
- 1/2 tsp turmeric
- 1/4 tsp cayenne pepper
- 1 green onion (15g), minced
- 1 red pepper (170g), sliced
- 1 tsp garlic
- 1 cup (60g) black beans, drained
- Salt and pepper
- 5 cups (1000g) cooked brown rice

INSTRUCTIONS

Cook chicken separately. In a small bowl, mix orange juice, soy sauce, ginger, paprika, turmeric, cayenne pepper, salt and pepper. Set aside. Heat a wok or large skillet over a high heat. Coat with cooking spray and add red pepper, garlic and green onion, stir-frying for 1 minute. Add chicken and black beans, and stir fry for another minute. Add the orange juice mixture to the wok and stir until thickened. Serve on top of rice.

NUTRITION FACTS PER SERVING

Calories: 622

Protein: 62g

Carbs: 71g

Fat: 10g

Makes 4 Servings

SWEET CHICKEN PANCAKES

INGREDIENTS

Pancakes:

- 1 cup (100g) oat flour (*or regular ground up oats*)
- 2 egg whites (60ml)
- 3/4 cup (180ml) skim milk

Filling:

- 14oz (400g) chicken breast, diced
- 10oz (300g) frozen spinach, thawed
- 2 tsp mustard
- 1 tbsp (20g) honey
- 2 tsp lemon juice
- 1 tbsp (7g) sultanas

INSTRUCTIONS

Combine all pancake ingredients together in a bowl and let the mix rest for 15 minutes. Divide mix into 4 portions and pour into a lightly oiled heated pan. Cook until lightly browned on each side. Keep pancakes warm in the oven on lowest setting. Sauté spinach until dry. Remove and set aside. Cook chicken until browned. Add spinach and remaining ingredients and heat through. Divide mixture between the 4 pancakes and serve.

NUTRITION FACTS PER SERVING

Calories: 331

Protein: 40g

Carbs: 27g

Fat: 7g

Makes 4 Servings

MEXICAN CHICKEN CASSEROLE

INGREDIENTS

- 2 5.5oz chicken breasts (155g each)
- 1 tsp extra virgin olive oil
- 1 medium onion (110g), chopped
- 1 clove garlic, minced
- 1 jalapeno (30g), seeded and minced
- 1 tbsp chili powder
- 1 can of stewed tomatoes (410g)
- 1 tsp cumin
- 1 tsp oregano
- 2 cups (400g) cooked brown rice

INSTRUCTIONS

Cook chicken breasts separately and dice. Preheat oven to 350F/180C. Heat oil in a large saucepan over medium heat. Add onion, garlic and jalapeno and sauté for about 3 minutes until soft. Add chili powder and mix well. Add tomatoes, cumin and oregano and simmer for about 15 minutes. Add chicken and mix well. Serve with rice.

NUTRITION FACTS PER SERVING

Calories: 505

Protein: 32g

Carbs: 74g

Fat: 9g

Makes 2 Servings

SLOW COOKER TURKEY & BEAN CHILI

INGREDIENTS

- 16oz (450g) lean ground turkey
- 1 tbsp canola oil
- 1 medium onion (110g), diced
- 3 cloves minced garlic
- 1/2 tsp salt
- 1/2 tsp pepper
- 1 15oz (450ml) can no-sugar added tomato sauce
- 1 14.5oz (400g) can diced tomatoes
- 2 15oz (425g) cans kidney beans, drained and rinsed
- 2 tbsp chili powder
- 2 tbsp dried oregano
- 1 tsp ground cumin
- 10-15 baked tortilla chips

INSTRUCTIONS

In a large non-stick skillet, add oil, ground turkey and onion. Cook for about 10 minutes until meat is no longer pink. Add garlic, salt and pepper. Cook for another minute. Transfer to a slow cooker. Stir in remaining ingredients: tomato sauce, diced tomatoes, kidney beans, chili powder, oregano and cumin. Cover and cook on low for 8 hours or until heated through. Season with additional salt to taste.

NUTRITION FACTS PER SERVING

Calories: 400

Protein: 38g

Carbs: 44g

Fat: 8g

Makes 6 Servings



**BEEF & PORK
RECIPES**

STEAK FAJITAS

INGREDIENTS

- 3.5oz (100g) lean steak, sliced
- 2 tsp fajita seasoning
- 1/3 medium red onion (35g), sliced
- 1/3 red or green pepper (55g), sliced
- 2 tbsp (20g) low fat cheddar cheese, shredded
- 2 tbsp (40g) salsa
- 1 whole wheat tortilla

INSTRUCTIONS

Sprinkle 1 teaspoon of fajita seasoning onto steak slices. Coat a skillet with cooking spray and set to medium-high heat, then add the steak. Add bell pepper and onion to other half of skillet and sprinkle with the other teaspoon of seasoning. Cook until beef has reached a desired level of doneness and veggies have softened. Place beef and vegetables into tortilla and top with salsa and cheese.

NUTRITION FACTS PER SERVING

Calories: 399

Protein: 41g

Carbs: 34g

Fat: 11g

Makes 1 Serving

BEEF & VEGGIE STIR-FRY

INGREDIENTS

- 16oz (450g) extra lean ground beef
- 3 cups (600g) cooked brown rice
- 1 cup (160g) onion, chopped
- 5 cups (455g) frozen stir-fry vegetables
- 4 tbsp low sodium soy sauce
- 1 tsp pepper
- 1 tsp garlic powder

INSTRUCTIONS

Prepare rice according to package instructions and set aside. Spray a stovetop pan with cooking spray and set over medium-high heat. Cook ground beef for 5-8 minutes until mostly browned. Add onions, stir-fry vegetables, soy sauce, pepper and garlic powder. Cook until vegetables are no longer frozen. Place stir-fry on top of rice and serve.

NUTRITION FACTS PER SERVING

Calories: 574

Protein: 41g

Carbs: 62g

Fat: 18g

Makes 4 Servings

TASTY BBQ BEEF BURGERS

INGREDIENTS

- 16oz (450g) extra lean ground beef
- 2 egg whites (60ml)
- 1/2 onion (55g), finely minced
- 2 green onions (30g), finely diced
- 1/4 cup (30g) oats
- 2 tsp Worcestershire sauce
- 1 tbsp soy sauce
- 1 tbsp barbecue sauce
- 4 whole wheat burger buns
- Lettuce
- 8 tomato slices (215g)

INSTRUCTIONS

In a large bowl, combine ground beef, egg whites, onion, green onions, oats, Worcestershire sauce and soy sauce. Mix thoroughly, form into four patties and place on a heated grill. Flip patties every few minutes until cooked to desired doneness. Brush patties with barbecue sauce. Serve on top of buns with lettuce, tomato and additional condiments of choice (reduced sugar ketchup, mustard, sriracha, low fat mayo etc.).

NUTRITION FACTS PER SERVING

Calories: 353

Protein: 40g

Carbs: 28g

Fat: 9g

Makes 4 Servings

PINEAPPLE GLAZED PORK TENDERLOIN

INGREDIENTS

- 20oz (560g) pork tenderloin
- 1 tbsp (13g) coconut oil
- 2 tsp chili powder
- 1 tsp curry powder
- 1/3 cup (80ml) water
- 2 cups (490g) frozen pineapple chunks
- Salt and pepper to taste

INSTRUCTIONS

Melt coconut oil in a large skillet over medium heat. Add chili and curry powders to skillet. When mixture begins to sizzle, mix in water. Place frozen pineapple chunks in hot pan and sauté until thawed. As pineapple continues to cook and soften, begin mashing it with a fork or spoon. Let pineapple mixture simmer until liquid has a syrup-like consistency. Brush each side of the pork pieces with liquid from pineapple mixture and sprinkle with salt and pepper. Grill over medium heat for 3-5 minutes on each side. Top each piece with 2-3 tablespoons of the pineapple mix and serve.

NUTRITION FACTS PER SERVING

Calories: 237

Protein: 32g

Carbs: 7g

Fat: 9g

Makes 5 Servings

BEEF & MUSHROOM PIZZA

INGREDIENTS

- 3.5oz (100g) extra lean ground beef
- 1 whole wheat pita
- 1 tsp extra virgin olive oil
- 2 tbsp spaghetti sauce
- 1/3 cup (40g) low fat cheddar cheese
- 1/4 cup (30g) mushrooms, sliced
- 1/4 cup (40g) green pepper, diced
- 1/4 cup (40g) red pepper, diced
- 1/4 cup (40g) onions, chopped
- Salt and pepper to taste

INSTRUCTIONS

Preheat oven to 375F/190C. Coat a pan with olive oil and brown ground beef over medium-high heat. Spread spaghetti sauce on pita. Top with beef and veggies. Sprinkle cheese on top and add salt and pepper to taste. Bake for 15 minutes or until pita bread is crusty.

NUTRITION FACTS PER SERVING

Calories: 568

Protein: 44g

Carbs: 44g

Fat: 24g

Makes 1 Serving

MUSHROOM STEAK

INGREDIENTS

- 3.5oz (100g) lean beef steak
- 1 tsp extra virgin olive oil
- 1/2 onion (55g), sliced
- 2/3 cup (85g) mushrooms, sliced
- 1/4 cup (60ml) beef stock
- 1 tsp Worcestershire sauce
- 1/2 tbsp chopped parsley

INSTRUCTIONS

Brush steak with oil on both sides and cook to desired level of doneness. Remove from heat. Add onion and mushrooms to the juices in the pan and cook for 1 minute. Add Worcestershire sauce and beef stock and bring to a boil, stirring continually until thickened. Add parsley and any juices from resting steak. Pour over steak and serve.

NUTRITION FACTS PER SERVING

Calories: 245

Protein: 33g

Carbs: 8g

Fat: 9g

Makes 1 Serving

TACO SALAD

INGREDIENTS

- 16oz (455g) extra lean ground beef
- 1 packet low sodium taco seasoning
- 1/2 cup (115g) plain fat-free Greek yogurt
- 1/2 cup (120g) salsa
- 2 10" whole wheat tortillas
- 1 medium onion (110g), diced
- 1 cup (240ml) water
- 1 head (470g) lettuce, shredded
- 2 tomatoes (250g), sliced
- 1 cup (120g) low fat cheddar cheese, shredded

INSTRUCTIONS

Cook ground beef and onions in a skillet over medium-high heat until meat is browned. Stir in seasoning mix with water and bring to a boil. Cover and simmer over medium heat for 3 minutes. Combine yogurt and salsa together in a bowl and set aside. Bake tortillas for 3-5 minutes or until golden brown. In a large bowl, combine lettuce and tomatoes. Top lettuce with meat, then layer salad with cheese and small pieces of baked tortillas. Top with yogurt/salsa mixture.

NUTRITION FACTS PER SERVING

Calories: 555

Protein: 62g

Carbs: 34g

Fat: 19g

Makes 3 Servings

MUSHROOM GRAVY PAN-FRIED PORK CHOPS

INGREDIENTS

- 4 6oz boneless pork chops (170g each)
- 1 whole egg
- 1/2 cup (65g) whole wheat flour
- 2 tsp seasoning salt
- 1 tbsp extra virgin olive oil
- 1 tbsp (14g) butter
- 1 cup (125g) button mushrooms
- 1 cup (240ml) chicken broth
- 1/4 cup (60ml) low fat milk
- Salt and pepper to taste

INSTRUCTIONS

Preheat oven to its lowest setting. Place pork chops between plastic cling wrap and flatten with a meat mallet until 1/4" thick. Whisk egg in a shallow bowl. In a separate bowl, combine flour and seasoning salt. Dip pork chops in the egg, then dredge in flour to coat. Transfer to a plate, and rest for 15 minutes. In a skillet, heat butter and olive oil over medium heat. Once butter has melted, fry pork chops for about 3-4 minutes per side until browned and cooked through. Transfer to an ovenproof dish and place in oven to keep warm. Reserve a tablespoon of pan drippings. Add mushrooms and cook until browned. Sprinkle 2 tablespoons of flour over top and stir. Cook for 1 minute. Whisk in broth and milk. Cook until thickened. Season to taste with salt and pepper. Place cooked pork chops on a serving platter and spoon gravy over top.

NUTRITION FACTS PER SERVING

Calories: 434

Protein: 54g

Carbs: 14g

Fat: 18g

Makes 4 Servings

BUFFALO SWEET POTATO SLIDERS

INGREDIENTS

Sliders:

- 6oz (170g) extra lean ground buffalo
- 1 medium sweet potato (200g)
- 1 cup spinach (30g)
- 1 tbsp BBQ Sauce (15g)

Seasoning:

- 1 tsp onion powder
- 1 tsp cayenne pepper
- 1 tsp garlic powder
- Salt and pepper to taste

INSTRUCTIONS

Preheat oven to 400F/205C. Slice sweet potato into thick pieces to make slider buns and bake for 25 minutes. Allow time to cool slightly before use. Season buffalo meat with the onion powder, cayenne pepper and garlic powder. Cook buffalo meat in a skillet on a medium-high heat until cooked through. Assemble sliders and top with BBQ sauce, spinach and salt/pepper to taste.

NUTRITION FACTS PER SERVING

Calories: 543

Protein: 48g

Carbs: 54g

Fat: 15g

Makes 1 Serving

BEEF QUESADILLAS

INGREDIENTS

- 6oz (170g) extra lean ground beef
- 2 cloves garlic, minced
- 1/2 cup (80g) onion, finely chopped
- 1 green pepper (170g), finely chopped
- 1 carrot (60g), finely shredded
- 1 cup (240ml) tomato sauce
- 4 large whole grain tortillas
- 3/4 cup (90g) low fat shredded cheese

INSTRUCTIONS

Cook ground beef in a skillet over medium-high heat. Once mostly browned, reduce heat to medium, add garlic and onion and sauté for 2-3 minutes until onion has softened. Add green pepper and carrots then sauté for another 5 minutes until vegetables are softened and beef is fully cooked. Stir in tomato sauce and remove from heat. Divide mixture among the 4 tortillas and spread to cover one half of each tortilla. Sprinkle with cheese and fold in half. Wipe skillet clean and heat tortilla for two minutes per side until golden brown.

NUTRITION FACTS PER SERVING

Calories: 702

Protein: 45g

Carbs: 72g

Fat: 26g

Makes 2 Servings

SOUTHERN BBQ PULLED PORK

INGREDIENTS

- 24oz (670g) pork tenderloin
- 3 whole garlic cloves
- 1½ tbsp smoke seasoning
- 1 small red onion (70g), thinly sliced
- 3 cups (720ml) water
- 2/3 cup (170g) BBQ sauce
- Salt and pepper to taste

INSTRUCTIONS

Stud tenderloin with cloves and rub with seasoning blend. Place roast in crock-pot or slow cooker, and cover with onions. Add 3 cups of water and slow cook for 8-10 hours. Remove pork, discard cloves, drain fat and water. Allow pork to cool, then shred by hand or with a fork. Return meat to pot and add barbecue sauce. Heat for 1-2 hours. Serve alone or on a roll.

NUTRITION FACTS PER SERVING

Calories: 382

Protein: 49g

Carbs: 24g

Fat: 10g

Makes 4 Servings

PERFECT BAKED MEATBALLS

INGREDIENTS

- 32oz (900g) extra lean ground beef
- 1 clove garlic, minced
- 1/2 tbsp salt
- 1 tbsp caraway seeds
- 1 tbsp ground paprika
- 1 tbsp ground black pepper
- 1 cup (50g) fresh parsley leaves, minced
- 1 tbsp grainy mustard (15g)
- 1 whole egg

INSTRUCTIONS

Preheat oven to 400F/205C. Cover a large baking sheet with parchment paper or aluminum foil. In a large bowl, combine garlic, salt, caraway seeds, paprika, pepper, parsley, mustard, and egg with a fork. Using hands, crumble beef into bowl and knead until everything is incorporated. Moisten your hands with water. Measure out a level tablespoon of beef and roll into a ball between palms. Line meatballs on baking sheet about 1/2-inch apart and bake for 20-25 minutes until golden brown.

NUTRITION FACTS PER SERVING

Calories: 342

Protein: 42g

Carbs: 3g

Fat: 18g

Makes 6 Servings

GARDEN-STYLE MEATLOAF

INGREDIENTS

- 24oz (670g) extra lean ground beef
- 2½ cups (280g) frozen spinach, thawed and drained
- 1 cup (120g) oats
- ½ cup (80g) onions, finely diced
- ½ cup (55g) carrots, finely shredded
- 2 egg whites (60ml), slightly beaten
- ⅓ cup (80ml) low fat milk
- 1½ tsp Italian seasoning
- ¼ tsp freshly ground pepper

INSTRUCTIONS

Preheat oven to 350F/180C. In a large bowl, mix together ground beef, spinach, oats, onion, carrot, egg whites, milk, Italian seasoning and pepper. Using your hands, mix until everything is well combined. Shape meatloaf in a large pan, such as a 9x13 baking dish or deep broiler pan. Make mixture into roughly a 9x5 rectangle. Bake for 45-50 minutes on the center rack of oven. Once meatloaf has reached medium doneness (160F/70C), juices will run clear. Let meatloaf stand for 5 minutes before slicing and serving.

NUTRITION FACTS PER SERVING

Calories: 493

Protein: 54g

Carbs: 22g

Fat: 21g

Makes 4 Servings

GROUND PORK GINGER-SCALLION LETTUCE WRAPS

INGREDIENTS

- 16oz (450g) lean ground pork
- 1 tbsp (13g) coconut oil
- 1 small red onion (70g), chopped
- 2 cloves garlic, minced
- 2 tbsp (30g) coconut manna
- 1 tbsp Thai fish sauce
- 2 tbsp fresh basil, chopped
- 2 tbsp fresh mint, chopped
- Juice of 1 lime
- 2 tbsp Hoisin sauce
- Butter or iceberg lettuce leaves

INSTRUCTIONS

Heat a large skillet over medium-high heat. Add coconut oil and onion. Sauté for 5 minutes or until onion has softened, then add pork and garlic. Using a spoon or spatula, break up pork as you sauté until just done. Stir in coconut manna, fish sauce, basil, mint and lime juice. Add salt and pepper to taste. Serve pork inside of lettuce leaves.

NUTRITION FACTS PER SERVING

Calories: 241

Protein: 22g

Carbs: 9g

Fat: 13g

Makes 4 Servings

HEALTHY BURRITO PIE

INGREDIENTS

- 24oz (670g) extra lean ground beef
- 1/2 cup (80g) red onion, diced
- 4 tbsp (30g) olives, sliced
- 4 tbsp (60g) green chilies, diced
- 1 cup (180g) tomatoes, diced
- 1 cup (240g) salsa
- 2 whole wheat tortillas
- 1 cup (60g) black beans
- 1 cup (120g) low fat cheddar cheese, shredded

INSTRUCTIONS

Heat a large stove top pan to medium-high heat, add ground beef and cook until browned. Add in red onion, olives, chilies, tomatoes and half the salsa. Mix everything until well combined and set burner to low, allowing to simmer for 15 minutes. Coat a round baking dish (at least 9") with cooking spray and add 1 tortilla to the bottom of it. Place half stove top mixture on top along with half of beans and half of cheese. Add other tortilla on top along with remaining mixture, beans, salsa and cheese. Bake at 350F/175C for 25 minutes.

NUTRITION FACTS PER SERVING

Calories: 309

Protein: 31g

Carbs: 17g

Fat: 13g

Makes 8 Servings

LEAN BEEF CHILI

INGREDIENTS

- 24oz (670g) extra lean ground beef
- 1 medium onion (110g), diced
- 1 green pepper (170g), chopped
- 3 garlic cloves, minced
- 1 tbsp (7g) chili powder
- 1 tsp turmeric
- 1 tsp oregano
- 2 cans (15oz/420g) black beans
- 2 cans (14.5oz/400g) diced tomatoes (with juice)
- 1 can (14oz/415ml) low sodium beef broth
- 1/4 tsp salt
- 1 tsp pepper

INSTRUCTIONS

In a pan, cook ground beef, pepper, onion and garlic for 5-6 minutes until almost done. Transfer mixture to a large casserole. Add chili powder, turmeric, oregano, beans, tomatoes, broth, salt and pepper and heat to a boil. Reduce heat and stir for 20 minutes until desired thickness is reached.

NUTRITION FACTS PER SERVING

Calories: 217

Protein: 27g

Carbs: 16g

Fat: 5g

Makes 9 Servings

PORK W/ POMEGRANATE PAN SAUCE

INGREDIENTS

- 4 4oz center-cut pork loin chops (110g each)
- 1/2 tsp garlic powder
- 1/2 tsp salt
- 1/2 tsp ground cumin
- 1/4 tsp black pepper
- 2 tsp extra virgin olive oil
- 1/3 cup (55g) shallots, chopped
- 3/4 cup (185ml) pomegranate juice
- 1 tbsp sugar
- 1 tbsp balsamic vinegar

INSTRUCTIONS

Preheat oven to lowest setting. Combine garlic powder, salt, pepper and cumin and sprinkle over pork chops. Heat oil in a large non-stick skillet over medium-high heat. Add pork chops for about 3 minutes on each side until cooked through. Remove and keep warm in oven. Add shallots to pan and cook for 45 seconds, stirring continually. Add juice, sugar, and vinegar and bring to a boil. Cook for 5 minutes or until slightly thick. Serve pork with sauce.

NUTRITION FACTS PER SERVING

Calories: 265

Protein: 33g

Carbs: 13g

Fat: 9g

Makes 4 Servings

GRILLED STEAK SANDWICHES

INGREDIENTS

Steak:

- 14oz (390g) sirloin steak, trimmed of fat
- 1/2 tsp garlic powder
- 1/4 tsp salt
- Black pepper

Sandwiches:

- 8oz (220g) whole wheat baguette, cut into 4 pieces
- 2 tbsp yellow mustard (30g)
- 1/4 cup (65g) fat-free mayonnaise
- 2 cups (80g) shredded romaine lettuce
- 1 large (150g) beefsteak tomato, sliced

INSTRUCTIONS

Season sirloin with garlic powder, salt and black pepper to taste. Preheat large skillet to medium-high. Spray with cooking spray and add steaks. Grill for about 3 minutes on each side to desired level of doneness. Transfer steak to a cutting board to rest for 5 minutes. Split open each piece of bread and spread each one with 1/2 tablespoon mustard and 1 tablespoon mayonnaise. Divide lettuce and tomatoes among the sandwiches. Thinly slice steak, add it to the sandwiches and serve.

NUTRITION FACTS PER SERVING

Calories: 345

Protein: 37g

Carbs: 38g

Fat: 5g

Makes 4 Servings

MEXICAN ENCHILADAS

INGREDIENTS

- 32oz/900g lean ground beef
- 1 cup (160g) onion, chopped
- 1 cup (160g) green pepper, chopped
- 2 cloves garlic, minced
- 1 tsp cumin
- 1 tsp paprika
- 1/2 tsp ground black pepper
- 15oz/425g red enchilada sauce
- 16 corn tortillas
- 1½ cups low fat cheddar cheese, shredded (180g)
- 1/4 cup cilantro

INSTRUCTIONS

Preheat oven to 350F/175C. Lightly grease a 9x13 casserole dish or baking pan. In a large skillet, brown ground beef over a medium-high heat. Drain fat and add onion, garlic, and peppers. Sauté until onion has softened and garlic is fragrant. Season with cumin, paprika, and black pepper. Remove from heat. Wrap tortillas in a damp paper towel, then heat in microwave for 20-30 seconds. Pour enchilada sauce into one medium bowl and shredded cheese into another. Dip a warm tortilla in enchilada sauce, and set in the casserole dish. Fill tortilla with 3 tablespoons of beef mixture and 1 tablespoon of cheese. Roll up and arrange in corner of the dish, seam side down. Repeat with all tortillas and beef. Pour remaining sauce over enchiladas in the pan. Sprinkle tops evenly with remaining cheese. Bake 20-25 minutes or until cheese is melted. Remove from oven and let cool 5-10 minutes before serving.

NUTRITION FACTS PER SERVING

Calories: 393
Protein: 41g
Carbs: 28g
Fat: 13g

Makes 8 Servings

ROASTED PORK TENDERLOIN TACOS

INGREDIENTS

- 16oz (450g) pork tenderloin, trimmed
- 1/2 tsp black pepper
- 1/4 tsp salt
- 1 tbsp extra virgin olive oil
- 2 tbsp Mojo marinade
- 1/2 cup (120ml) white wine vinegar
- 3 tbsp water
- 1½ tbsp (18g) sugar
- 1 cup (160g) red onion, thinly sliced
- 8 6" (15cm) corn tortillas
- 1 jalapeño pepper, cut into 16 slices (25g)
- 1 avocado (200g), cut into 16 wedges
- 4 tbsp (48g) fat-free sour cream

INSTRUCTIONS

Heat a large skillet over a medium-high heat and coat with oil. Season pork with salt and pepper. Add pork to skillet, turning to brown on all sides until cooked through. Remove and cut crosswise into 16 slices. Combine pork and mojo marinade in a medium bowl, tossing to coat the pork. Combine vinegar, 3 tablespoons of water and sugar in a small saucepan and bring to a boil. Remove from heat and add onion. Let stand for 10 minutes and drain. Working with 1 tortilla at a time, toast in pan. Arrange 2 pork slices in center of each tortilla and top with about 2 tablespoons of onion, 2 jalapeño slices, 2 avocado wedges, and 1½ teaspoons sour cream.

NUTRITION FACTS PER SERVING

Calories: 477

Protein: 37g

Carbs: 35g

Fat: 21g

Makes 4 Servings

ONE POT BEEF SKILLET

INGREDIENTS

- 10oz (280g) extra lean ground beef
- 1/2 cup (120ml) water
- 1 cup (240g) salsa
- 1 can (300ml) tomato soup
- 1 cup (140g) frozen kernel corn
- 1 cup (125g) carrots, sliced
- 1 cup (160g) onion, sliced
- 1 cup (125g) mushrooms, sliced
- 1/2 cup (60g) low fat cheddar cheese
- 1/2 clove garlic, crushed
- 2 tbsp onion flakes

INSTRUCTIONS

Brown ground beef in a large skillet over a medium heat. Add water, salsa, soup and kernel corn and simmer for 5 minutes. Add carrots, onions and mushrooms and cook for another 5 minutes. Sprinkle with cheddar cheese, crushed garlic and onion flakes. Stir before serving.

NUTRITION FACTS PER SERVING

Calories: 390

Protein: 37g

Carbs: 38g

Fat: 10g

Makes 3 Servings

BEEF STROGANOFF

INGREDIENTS

- 16oz (450g) extra lean ground beef
- 3 cups (465g) cooked whole wheat angel hair pasta
- 1/2 tbsp extra virgin olive oil
- 1 medium onion (110g), diced
- 1 cup (125g) mushrooms, sliced
- 2 cloves garlic
- 1/2 tsp salt
- 1/4 tsp pepper
- 2 tbsp (15g) flour
- 1/4 cup (60ml) skim milk
- 1 can (300ml) low fat cream of mushroom soup
- 1 cup (225g) plain fat-free Greek yogurt

INSTRUCTION

Prepare pasta according to package instructions and set aside. Brown ground beef, onions and mushrooms in an oiled skillet on a medium-high heat. Add garlic, salt and pepper and cook for another 5 minutes. Stir in milk, flour, soup and yogurt and cook for 2-3 minutes on medium-low. Serve over top of the noodles.

NUTRITION FACTS PER SERVING

Calories: 332

Protein: 31g

Carbs: 34g

Fat: 8g

Makes 6 Servings

JAMAICAN PORK

INGREDIENTS

- 4 6oz (70g) pork chops
- 1 cup (240ml) orange juice
- 1 cup (160g) onions, chopped
- 1 green pepper (170g), diced
- 1 red pepper (170g), diced
- 1 tsp cornstarch
- 1/4 cup (60ml) apple juice
- 1 tbsp garlic, minced
- 1/4 tsp cumin
- 2 scallions (30g), minced
- 1/4 tsp salt
- 1/4 tsp pepper

INSTRUCTIONS

Coat a non-stick skillet with cooking spray and place over medium-high heat. Cook pork chops for 3 minutes on each side or until browned. Transfer pork to a plate. Add orange juice to skillet. Bring to a boil, scraping to loosen any browned bits from the bottom. Add onions and peppers, cooking for 5 minutes until softened. Place cornstarch in a small bowl. Add apple juice, garlic, cumin, pepper and salt. Add to skillet. Cook for 3 minutes, stirring until sauce thickens. Serve over pork and sprinkle with scallions.

NUTRITION FACTS PER SERVING

Calories: 362

Protein: 50g

Carbs: 18g

Fat: 10g

Makes 4 Servings

SPICED PORK TENDERLOIN w/ SAUTÉED APPLES

INGREDIENTS

- 17.5oz (500g) pork tenderloin, cut into 12 pieces
- 1/2 tsp salt
- 1/4 tsp ground coriander
- 1/4 tsp freshly ground black pepper
- 1/8 tsp ground cinnamon
- 1/8 tsp ground nutmeg
- 1 tsp extra virgin olive oil
- 2 tbsp (28g) butter
- 2 cups (360g) apple, thinly sliced
- 1/3 cup (55g) shallots, thinly sliced
- 1/4 cup (60ml) apple cider
- 1 tsp fresh thyme leaves

INSTRUCTIONS

Preheat oven to lowest setting. Heat a large skillet over a medium-high heat. Combine coriander, pepper, cinnamon, nutmeg and 1/2 teaspoon of salt and sprinkle mixture evenly over pork. Coat pan with oil and add pork. Cook for 3 minutes on each side or until desired degree of doneness. Remove pork from pan and keep warm in the oven on lowest setting. Melt butter in pan and add apple slices, shallots and sauté 4 minutes or until apple starts to brown. Add apple cider to pan and cook for 2 minutes or until apple is slightly tender. Stir in thyme leaves. Serve apple mixture with pork.

NUTRITION FACTS PER SERVING

Calories: 338

Protein: 36g

Carbs: 17g

Fat: 14g

Makes 4 Servings

BISON OMELET ROLL-UP

INGREDIENTS

- 4oz (110g) extra lean ground bison
- 1 whole egg
- 3 egg whites (90ml)
- 1 cup (30g) spinach
- 1/3 cup (55g) red pepper, diced
- 1/5 tbsp (15g) low fat mozzarella cheese, shredded

INSTRUCTIONS

Season and cook lean bison ground in nonstick skillet. In a bowl, whip eggs together with a pinch of sea salt and pepper. Set a separate nonstick skillet over medium-high heat. Pour in egg mixture and cook like a pancake. Cover skillet to allow egg to be cooked in its entirety. Remove egg "pancake" from skillet and place it on a plate. Add spinach leaves, mozzarella, bell peppers, and ground bison meat. Roll it and wrap it using plastic wrap until you are ready to eat.

NUTRITION FACTS PER SERVING

Calories: 275

Protein: 39g

Carbs: 5g

Fat: 11g

Makes 1 Serving



**FISH & SEAFOOD
RECIPES**

LEMON ARTICHOKE BAKED SALMON

INGREDIENTS

- 10oz (280g) salmon
- 1 tbsp extra virgin olive oil
- Juice of 1 lemon
- 1 tbsp white wine vinegar
- 1/4 cup onions (40g), sliced
- 1 garlic clove, minced
- 3 artichoke hearts (200g), chopped
- Salt and pepper to taste

INSTRUCTIONS

Combine olive oil, lemon and vinegar in a large bowl. Add in onions, garlic and artichokes. Place salmon in a shallow bowl or pan and top with mixture. Add salt and pepper to taste. Marinate in fridge for 1 hour. Bake salmon at 375F/190C for about 15 minutes or to desired level of doneness.

NUTRITION FACTS PER SERVING

Calories: 416

Protein: 35g

Carbs: 15g

Fat: 24g

Makes 2 Servings

SHRIMP FAJITAS

INGREDIENTS

- 24oz (680g) medium shrimp, peeled and deveined
- 8 whole wheat tortillas
- 1 red pepper (170g), thinly sliced
- 1 orange pepper (170g), thinly sliced
- 1 green pepper (170g), thinly sliced
- 1 medium onion (110g), thinly sliced
- 2 tbsp extra virgin olive oil
- 2 tbsp (12g) taco seasoning
- Juice of 2 limes

INSTRUCTIONS

Preheat oven to 375F/190C. Cut 4 sheets of foil, about 12 inches long. Divide shrimp, bell peppers and onion into 4 equal portions and add to center of each foil in a single layer. Fold up all 4 sides of each foil packet. Add olive oil, taco seasoning and lime juice and gently toss to combine. Fold sides of foil over shrimp, covering completely and sealing packets closed. Bake for 10-12 minutes. Serve with tortillas.

NUTRITION FACTS PER SERVING

Calories: 578

Protein: 51g

Carbs: 62g

Fat: 14g

Makes 4 Servings

LEAN CRAB CAKES

INGREDIENTS

- 16oz (450g) jumbo lump crab meat
- 1 whole egg, whisked
- 2 tbsp (28g) low fat mayonnaise
- 1 tbsp chopped cilantro
- 1 tsp Worcestershire sauce
- Juice of 1 lime
- 1 tsp Old Bay seasoning
- Freshly ground black pepper to taste

INSTRUCTIONS

Preheat oven to 350F/175C. In a large mixing bowl, gently combine all crab cake ingredients, making sure to not break up the lumps of crab meat too much. Form crab mixture into cakes about size of the palm of your hand. Mound crab mixture onto a parchment-lined baking sheet. Sprinkle tops of crab cakes with Old Bay seasoning and black pepper. Bake for 20-25 minutes until set and golden brown.

NUTRITION FACTS PER SERVING

Calories: 131

Protein: 24g

Carbs: 2g

Fat: 3g

Makes 4 Servings

GRILLED HALIBUT STEAKS

INGREDIENTS

- 4 5oz halibut steaks (140g each)
- 3 tbsp chicken broth
- 1/4 cup (60ml) lemon juice, freshly squeezed
- 3 tbsp extra virgin olive oil
- 1 tbsp fresh rosemary, chopped
- Salt and pepper to taste

INSTRUCTIONS

Combine chicken broth, lemon juice, olive oil and rosemary in a shallow baking dish. Add halibut, turning to coat. Marinate for 20-60 minutes in the fridge. Heat an oiled skillet on medium-high. Remove fish and season with salt and pepper. Place skin side down and cook for about 5 minutes per side, until white and flakey.

NUTRITION FACTS PER SERVING

Calories: 220

Protein: 27g

Carbs: 1g

Fat: 12g

Makes 4 Servings

CRISPY TILAPIA FISH STICKS

INGREDIENTS

- 3 4oz tilapia fillets (110g each)
- 2 whole eggs, beaten
- 1½ cups (90g) panko bread crumbs
- 1/4 cup (40g) shredded parmesan cheese
- 1 tbsp paprika
- 1/2 tsp salt
- 1/2 tsp pepper
- 1/2 tsp garlic powder

INSTRUCTIONS

Preheat oven to 450F/230C. Cut tilapia to desired size. In one bowl, whisk eggs lightly, and in another add all dry ingredients. Place fish sticks into egg mixture first, allowing excess to drip off, and place into breadcrumb mixture. Press down firmly to coat evenly. Place each fish stick on a metal rack over a baking sheet. Bake for 10 minutes and flip, then bake for another 8 minutes.

NUTRITION FACTS PER SERVING

Calories: 334

Protein: 39g

Carbs: 22g

Fat: 10g

Makes 3 Servings

BAKED POTATO W/ CREAMY TUNA

INGREDIENTS

- 3.5oz (100g) canned tuna, drained
- 1 small baked potato (140g)
- 1/2 avocado (100g)
- 1/2 red pepper (85g), finely sliced
- 1/4 cup (30g) low fat cheddar cheese, shredded
- 1 tbsp lemon juice
- Ground black pepper

INSTRUCTIONS

Drain tuna and mash it in a bowl. Mix in avocado and other ingredients until well combined. Serve topped on a baked potato.

NUTRITION FACTS PER SERVING

Calories: 514

Protein: 33g

Carbs: 46g

Fat: 22g

Makes 1 Serving

SESAME SALMON BURGER

INGREDIENTS

- 3oz (85g) canned salmon
- 1/4 cup (30g) oats
- 1 tbsp lemon juice
- 1 tsp minced ginger
- 1 tbsp low sodium soy sauce
- 1/4 cup (35g) sesame seeds
- 1/4 cup (65g) fat-free mayonnaise
- 1 tbsp extra virgin olive oil
- 3 whole wheat buns
- 1 cup (30g) spinach leaves

INSTRUCTIONS

Combine salmon, oats, lemon juice, ginger, soy sauce, and mayonnaise in a bowl, mixing until well combined. Form into patties and press sesame seeds into them. Heat oil in a large skillet over medium heat and cook patties for 2-3 minutes per side. Serve on a toasted whole wheat bun with spinach leaves and mustard if desired.

NUTRITION FACTS PER SERVING

Calories: 333

Protein: 15g

Carbs: 30g

Fat: 17g

Makes 3 Servings

SHRIMP PIZZA

INGREDIENTS

- 6oz (170g) cooked shrimp
- 1/4 cup (40g) red onions, sliced
- 1 medium tomato (125g), sliced
- 2 roasted green chilies
- 1 8" (20cm) multi-grain pizza crust
- 1/4 cup (40g) low fat feta cheese
- Fresh cilantro and lime

INSTRUCTIONS

Preheat oven to 400F/205C. Sauté or grill onions. Slice tomatoes and chilies and place them evenly on top of pizza crust with onions and shrimp. Sprinkle feta cheese on top. Bake on oven rack for 15 minutes. Remove from oven and top with cilantro and lime.

NUTRITION FACTS PER SERVING

Calories: 436

Protein: 33g

Carbs: 58g

Fat: 8g

Makes 2 Servings

SPICED SCALLOPS W/ FRESH CORN & AVOCADO

INGREDIENTS

- 6.5 oz (180g) scallops
- 1 avocado (200g), diced
- 1 tbsp fresh lime juice
- 1/4 tsp salt
- 1/4 tsp pepper
- 1 tsp ground cumin
- 2 tsp extra virgin olive oil
- 4 cups (1000g) corn
- 1 scallion (15g), chopped
- 1/4 cup (60ml) dry white wine

INSTRUCTIONS

In a small bowl, toss avocado and lime juice. Season scallops with salt, pepper and half a teaspoon of cumin. Heat oil in a large non-stick skillet over medium-high heat. Add scallops and cook for about 3 minutes until golden and cooked through. Remove scallops and set aside. Add corn, scallion, white wine and remaining cumin to skillet and cook until corn is tender, stirring continually. Transfer corn mixture onto a plate and top with scallops.

NUTRITION FACTS PER SERVING

Calories: 599

Protein: 25g

Carbs: 82g

Fat: 19g

Makes 3 Servings

SALMON MEATBALL WRAP

INGREDIENTS

- 3oz (85g) canned salmon
- 1 medium onion (110g), finely diced
- 2 egg whites (60ml)
- 1/2 cup (60g) oats
- 1/2 clove minced garlic
- 3 whole wheat pitas
- 2 cups (60g) spinach
- 1 tbsp extra virgin olive oil

INSTRUCTIONS

Add salmon, onion, egg whites, oats and garlic together in a bowl and mix until well combined. Form into small meatballs and set on a plate. Coat a skillet with olive oil and set to medium heat. Place meatballs in skillet and cook for 4-5 minutes, or until browned. Remove from skillet and place in pitas along with spinach leaves.

NUTRITION FACTS PER SERVING

Calories: 344

Protein: 18g

Carbs: 50g

Fat: 8g

Makes 3 Servings

COCONUT CRUSTED HALIBUT

INGREDIENTS

- 2 6oz halibut fillets (170g each)
- 1 tsp coconut oil
- 2 cloves garlic, minced
- 2 tsp (8g) grated fresh ginger
- 1 cup (240ml) coconut milk
- 1/2 tsp green Thai curry paste
- 1 red pepper (170g), sliced
- 2 large carrots (120g), cut into sticks
- Juice of 1 lime
- 2 tbsp (15g) dried unsweetened coconut flakes
- 4 cups (500g) green beans, steamed

INSTRUCTIONS

In a large skillet on a medium heat, cook garlic and ginger in coconut oil for about 30-60 seconds until fragrant. Add in coconut milk and curry paste. Bring to a boil, and reduce heat to a simmer. Add halibut, red pepper, and carrots. Cook for 4 minutes, flip fish, and cook for another 2-3 minutes or until fish flakes easily. Remove fish and vegetables from skillet with a slotted spoon. Allow sauce to continue to simmer for about 6-8 minutes or until thickened. Add in lime juice and spoon over fish. Top with dried coconut flakes and serve alongside green beans.

NUTRITION FACTS PER SERVING

Calories: 609

Protein: 43g

Carbs: 44g

Fat: 29g

Makes 2 Servings

SMOKY TILAPIA TACOS

INGREDIENTS

- 6 6oz tilapia fillets (170g each)
- 1 tsp garlic powder
- 1 tsp Spanish smoked paprika
- 1/4 tsp ground coriander
- 1/4 tsp freshly ground black pepper
- 3/8 tsp salt
- 1 tbsp extra virgin olive oil
- 1 tbsp fresh cilantro, finely chopped
- 2 tsp canned green chilies, chopped
- 1 avocado (200g), diced
- 12 6" (15cm) corn tortillas

INSTRUCTIONS

Preheat broiler to high. In a small bowl, mix together garlic, paprika, coriander, pepper and 1/4 teaspoon of salt. Brush fillets with oil and sprinkle with spice mixture. Place fillets on a baking sheet and broil for about 6 minutes or until fish flakes easily. Combine remaining 1/8 teaspoon salt, cilantro, chilies and avocado in a bowl and lightly mash with a fork. Heat tortillas in a pan 20 seconds on each side or until lightly toasted. Divide avocado mixture and fish among tortillas. Serve with lime wedges.

NUTRITION FACTS PER SERVING

Calories: 409

Protein: 48g

Carbs: 25g

Fat: 13g

Makes 6 Servings

SALMON TERIYAKI STIR-FRY

INGREDIENTS

- 5.5oz (155g) salmon fillet, skinless and boneless
- 1 cup (200g) cooked basmati rice
- 1 tsp extra virgin olive oil
- 1/8 cup (20g) baby corn
- 1 red pepper (170g), sliced
- 1 cup (100g) eggplant, peeled and cubed
- 1 cup (50g) bean sprouts
- 4/5 cup (50g) bok choy or broccoli
- 1 tbsp toasted sesame oil
- 2 tsp (14g) honey
- 2 tbsp lime juice
- 4 tbsp low sodium soy sauce
- 1 tbsp dried coriander
- Pinch of black pepper

INSTRUCTIONS

Prepare rice according to package instructions and set aside. Sauté corn, red pepper, eggplant, bean sprouts and bok choy in olive oil for 5 minutes. Make teriyaki sauce by combining sesame oil, honey, lime juice, soy sauce, coriander and pepper. Grill salmon fillet until cooked through and set aside. Combine rice, veggies and teriyaki sauce and cook on a high heat for about 3 minutes. Transfer to a plate and lay salmon on top of stir fry.

NUTRITION FACTS PER SERVING

Calories: 468

Protein: 25g

Carbs: 47g

Fat: 20g

Makes 2 Servings

SEAFOOD RISOTTO

INGREDIENTS

- 4oz (110g) medium shrimp
- 4oz (110g) scallops
- 2 cups (480ml) low sodium chicken broth
- 1 8oz bottle (235ml) clam juice
- 2 tsp (10g) butter
- 1/4 cup (40g) shallots, chopped
- 1/2 cup (70g) uncooked Arborio rice
- 1/4 tsp saffron threads, crushed
- 1 tbsp fresh lemon juice
- 1/2 cup (75g) grape tomatoes, halved
- 2 tbsp whipping cream
- Chopped fresh parsley (optional)

INSTRUCTIONS

Bring broth and clam juice to a simmer in a medium saucepan (do not boil). Keep warm over low heat. Melt butter in large saucepan over medium heat. Add shallots to pan and cook for 2 minutes or until tender, stirring frequently. Add rice and saffron to pan and cook for 30 seconds. Add lemon juice and cook for 15 seconds. Stir in 1/2 cup of hot broth mixture and cook for 2 minutes or until the liquid is nearly absorbed, stirring continually. Add remaining broth mixture, 1/2 cup at a time, stirring until each portion of broth is absorbed before adding the next. Stir in tomatoes and cook for 1 minute. Stir in shrimp and scallops and cook for 4 minutes or until shrimp and scallops are done, stirring occasionally. Remove from heat and stir in cream. Sprinkle with parsley if desired.

NUTRITION FACTS PER SERVING

Calories: 328

Protein: 33g

Carbs: 22g

Fat: 12g

Makes 2 Servings

CURRY SHRIMP ON RICE

INGREDIENTS

- 17.5oz (490g) large shrimp
- 2 cups (400g) cooked rice
- 1/8 tsp oregano
- 1/4 tsp salt
- 1/8 tsp curry powder
- 1/8 tsp cayenne pepper
- 1 medium (125g) tomato, sliced
- Salt and pepper to taste

INSTRUCTIONS

Prepare rice according to package instructions and then sprinkle with oregano and salt. Sprinkle shrimp with curry powder and cayenne pepper. Sauté shrimp in skillet over medium heat and then serve with rice and sliced tomatoes.

NUTRITION FACTS PER SERVING

Calories: 233

Protein: 32g

Carbs: 24g

Fat: 1g

Makes 4 Servings

TUNA CASSEROLE

INGREDIENTS

- 12.5oz (350g) canned tuna, drained
- 1 small onion (70g), chopped
- 1 stalk (55g) celery, diced
- 1 can (300ml) fat-free cream of mushroom soup
- 1¼ cup (300ml) skim milk
- 3½ cups (400g) whole wheat pasta spirals
- 3 tbsp extra virgin olive oil
- 1 cup (120g) low fat cheddar cheese, grated
- Salt and pepper to taste

INSTRUCTIONS

Preheat oven to 350F/180C. In a skillet over medium heat, sauté celery and onion in olive oil until the onions are soft. Add milk and soup, then heat gently making sure it does not boil. Season with salt and pepper, then add tuna and half of the cheddar to sauce. Turn down heat to lowest setting and cover. Meanwhile, boil raw pasta in a separate pot until it becomes al dente in texture and drain. Pour pasta into a greased ovenproof casserole dish. Add sauce to it and stir well, and then top with remaining cheese. Bake in the middle shelf of an oven for 30 minutes or until cheese starts to bubble and brown.

NUTRITION FACTS PER SERVING

Calories: 477

Protein: 35g

Carbs: 46g

Fat: 17g

Makes 4 Servings

SEARED LEMON & THYME COD

INGREDIENTS

- 10oz (280g) cod
- 2 cups (400g) cooked brown rice
- 1 tbsp extra virgin olive oil
- 3 tbsp (42g) butter
- 1/4 tsp fresh thyme, minced
- 3/4 tsp garlic, minced
- 1/2 tsp fresh lemon juice
- Salt and pepper to taste

INSTRUCTIONS

Prepare rice according to package instructions. Pat cod fillets dry with a paper towel and season with salt and pepper. Heat oil in a medium non-stick pan. Cook fillets for about 3 minutes on each side, or until they flake easily. Set fillets aside, and in the same pan, warm the butter, thyme, garlic, and lemon juice until melted. Drizzle over cod fillets and serve with rice.

NUTRITION FACTS PER SERVING

Calories: 612

Protein: 38g

Carbs: 52g

Fat: 28g

Makes 2 Servings

SALMON POKE BOWL w/ SRIRACHA MAYO

INGREDIENTS

Bowl:

- 10oz (280g) sushi-grade salmon, diced into 1/2 inch cubes
- 2 cups (400g) cooked brown rice
- 1/2 cup (125g) edamame
- 3/4 avocado (150g)
- 1/3 cup (33g) green onion, chopped
- 2 tsp sesame seeds

Sauce:

- 3 tbsp (45g) low fat mayonnaise
- 1½ tbsp low sodium soy sauce
- 1½ tbsp sriracha
- 1/2 tsp ginger, pureed
- 2 tbsp lime juice

INSTRUCTIONS

Cook rice according to package instructions and set aside. Slice up salmon into small half-inch cubes and place in a bowl. Add edamame, green onions and avocado. Pour sauce over everything and gently fold to coat. Serve poke over the rice and top with sesame seeds.

NUTRITION FACTS PER SERVING

Calories: 807

Protein: 45g

Carbs: 69g

Fat: 39g

Makes 2 Servings

TUNA QUESADILLA

INGREDIENTS

- 13oz (365g) canned tuna, drained
- 1/4 cup (65g) fat-free mayonnaise
- 1/4 cup (60g) chunky salsa
- 6 8" (20cm) flour tortillas
- 3/4 cup (90g) low fat cheddar cheese, shredded

INSTRUCTIONS

Combine tuna, mayo and salsa in a bowl and mix well. Spread 3 tortillas with tuna mixture, top with cheese, and cover with remaining tortillas. Lightly oil a non stick skillet and cook quesadillas on each side until lightly browned and cheese has melted.

NUTRITION FACTS PER SERVING

Calories: 543

Protein: 40g

Carbs: 53g

Fat: 19g

Makes 3 Servings

BAKED CITRUS TILAPIA

INGREDIENTS

- 16oz (450g) tilapia fillets
- 1/4 cup (60ml) lime or lemon juice
- 1/4 cup (60ml) orange juice
- 2 tbsp extra virgin olive oil
- 1/2 tsp salt
- Black pepper
- 2-3 tsp lemon or lime zest

INSTRUCTIONS

Preheat oven to 400F/205C. In a bowl, combine lemon or lime juice, orange juice, olive oil, salt and pepper, and lemon or lime zest. Add tilapia to marinade, coating thoroughly. Place tilapia and marinade into a baking pan and bake for about 12 minutes or until flaky.

NUTRITION FACTS PER SERVING

Calories: 222

Protein: 30g

Carbs: 3g

Fat: 10g

Makes 4 Servings

PARMESAN CRUSTED BAKED COD

INGREDIENTS

- 16oz (375g) Atlantic cod
- 1/4 cup (30g) whole wheat flour
- 1/4 tsp table salt
- 1 egg
- 2 egg whites (60ml)
- 2/3 cup (40g) panko bread crumbs
- 1/4 cup (40g) parmesan cheese, grated
- 1/2 tsp ground oregano
- 1/2 tsp ground basil, dried
- 1/4 tsp ground thyme
- 1 dash black pepper

INSTRUCTIONS

Preheat oven to 425F/220C. Line a baking sheet with foil and place a wire cooling rack on top of it. Place prepared baking sheet in oven to preheat. Pat fillets dry with a paper towel and season them with salt and pepper. In a shallow dish, stir together flour, salt, and black pepper. In a second shallow dish, whisk together egg and egg whites. In a third shallow dish, stir together panko, parmesan cheese, dried oregano, basil, and thyme. Dredge each fillet in flour, shaking off any excess. Dip fillet in egg wash, allowing excess to drip off. Gently press fillet into breadcrumbs. Spray tops generously with cooking spray. Carefully remove preheated baking sheet, and place each fillet sprayed-side down on the cooling rack. Bake for 16-18 minutes, or until just cooked through.

NUTRITION FACTS PER SERVING

Calories: 226

Protein: 29g

Carbs: 14g

Fat: 6g

Makes 4 Servings

SHRIMP CEVICHE

INGREDIENTS

- 9oz (250g) cooked large shrimp
- 1/2 cup (75g) cherry tomatoes, sliced
- 1/4 medium red onion (30g), sliced
- 1/4 cup (12g) cilantro, chopped
- 1/2 avocado (100g), chopped
- Juice of 1 lime
- Salt and pepper to taste

INSTRUCTIONS

Add all ingredients to a medium bowl and mix until well combined. Refrigerate for 2 hours before serving.

NUTRITION FACTS PER SERVING

Calories: 248

Protein: 32g

Carbs: 12g

Fat: 8g

Makes 2 Servings

HONEY GLAZED SALMON

INGREDIENTS

- 3.5oz (100g) salmon steak
- 1 tsp (7g) honey
- 1/8 cup (15g) chopped almonds

INSTRUCTIONS

Preheat oven to 350F/180C. Line sheet pan with tinfoil. Place salmon skin side down. Drizzle with honey and chopped almonds. Bake for 10-12 minutes or until flaky.

NUTRITION FACTS PER SERVING

Calories: 290

Protein: 24g

Carbs: 8g

Fat: 18g

Makes 1 Serving

THAI FISH CAKES

INGREDIENTS

- 16oz (450g) canned tuna, drained
- 1 tbsp dry coriander leaf
- 2 green onions (30g), finely chopped
- 1 tbsp (30g) Thai red curry paste
- 1 tbsp lime juice
- 1 small green chili, deseeded and finely chopped
- 2 tbsp extra virgin olive oil

INSTRUCTIONS

Combine all ingredients (except olive oil) in a food processor and pulse until well combined. Make sure to not mix too long in order to avoid a mushy consistency. Scoop out mixture and form into 8 flattened discs. Add olive oil to a non-stick frying pan and heat on high. Place fish cakes into pan and cook for about 2 minutes on each side until golden brown.

NUTRITION FACTS PER SERVING

Calories: 176

Protein: 23g

Carbs: 3g

Fat: 8g

Makes 4 Servings



SNACK & BAR RECIPES

SIMPLE HOMEMADE PROTEIN BARS

INGREDIENTS

- 2 cups (450g) low fat cottage cheese
- 3 scoops (90g) protein powder (*any flavor of choice*)
- 1/3 cup (85g) natural peanut butter
- 2 cups (240g) oats

INSTRUCTIONS

Melt peanut butter and then mix all ingredients together in a bowl. Divide mixture into 6 equal rectangles about the size of a candy bar and place each one in the middle of one square foot of plastic wrap. Fold ends under and freeze bars for about 4 hours.

NUTRITIONAL FACTS PER SERVING

Calories: 364

Protein: 30g

Carbs: 34g

Fat: 12g

Makes 6 Servings

BANANA MANGO PROTEIN BARS

INGREDIENTS

- 1½ scoops (45g) banana protein powder
- 1/4 cup (25g) oat flour (*or regular ground up oats*)
- 1/4 cup (35g) coconut flour
- 1/2 cup (120ml) unsweetened almond milk
- 4 squares (40g) dark chocolate
- 1/4 cup (20g) freeze-dried mango

INSTRUCTIONS

Microwave chocolate in 10-15 second increments until barely melted and stir until fully melted. Mix rest of the remaining ingredients together and shape into 4 equal bars. If mix is too dry, add more milk or water a teaspoon at a time. If they're too wet or sticky, add more oat flour and/or coconut flour. Once all bars are shaped, dip them in the melted chocolate using your hands or a spatula and transfer them to freezer for 20 minutes or fridge for a couple of hours.

NUTRITION FACTS PER SERVING

Calories: 183

Protein: 11g

Carbs: 19g

Fat: 7g

Makes 4 Servings

CHOCOLATE CHIP COOKIE DOUGH PROTEIN BARS

INGREDIENTS

- 1 scoop (30g) vanilla protein powder
- 2 tbsp (30g) natural peanut butter
- 1 tsp agave syrup or honey
- 2 tsp water
- 1 square (10g) dark chocolate, chopped
- 1/2 tbsp (4g) coconut flour

INSTRUCTIONS

Using a spatula, mix all above ingredients together except for water. Add water one teaspoon at a time until a doughy consistency is achieved. Shape into 4 small bars and place in fridge for a couple of hours or until firm.

NUTRITION FACTS PER SERVING

Calories: 110

Protein: 8g

Carbs: 6g

Fat: 6g

Makes 4 Servings

CHERRY ALMOND PROTEIN BARS

INGREDIENTS

- 5 scoops (150g) vanilla protein powder
- 1/2 cup (115g) egg beaters
- 1/2 cup (60g) ground almonds
- 1/4 cup (25g) slivered almonds
- 1½ cups (205g) frozen dark sweet cherries
- 1 tbsp (20g) honey
- 2 tbsp (30g) almond butter
- 1/4 cup (60ml) water
- 1 tsp vanilla extract

INSTRUCTIONS

Preheat oven to 350F/180C. Dice and drain cherries of excess liquid. Mix cherries with remaining ingredients in a bowl. Spray a baking pan with cooking spray and pour bar mixture into pan. Bake in oven for 10-12 minutes or until cooked through.

NUTRITION FACTS PER SERVING

Calories: 276

Protein: 28g

Carbs: 14g

Fat: 12g

Makes 6 Servings

COOKIES & CREAM PROTEIN BARS

INGREDIENTS

- 1/2 cup (115g) coconut butter, softened
- 1½ tbsp (22g) cashew butter
- 2 tbsp (40g) honey
- 1 tsp vanilla extract
- 2½ scoops (75g) vanilla protein powder
- 3 tbsp (30g) dark chocolate chips

INSTRUCTIONS

Line a 6x4 baking dish or loaf pan with some parchment paper and set aside. In a large bowl, combine softened coconut butter, cashew butter, honey and vanilla extract. Stir with a spatula until fully combined and smooth. Stir in protein powder and chocolate chunks until well combined and incorporated. Pour mixture into prepared pan. Spread and press down to flatten. Cover and freeze for at least 20 minutes until fully set. Slice into 8 bars.

NUTRITION FACTS PER SERVING

Calories: 192

Protein: 10g

Carbs: 11g

Fat: 12g

Makes 8 Servings

RED VELVET PROTEIN BARS

INGREDIENTS

- 1½ scoops (45g) chocolate protein powder
- ¼ cup (65g) natural peanut, almond or cashew butter
- ¼ cup (35g) coconut flour
- ¼ cup (60ml) sugar-free maple syrup
- 3 tsp almond milk
- 2 tsp coconut oil, melted
- 2 tsp beetroot powder
- ½ tsp baking stevia

Coating:

- ¼ cup (30g) unsweetened cocoa powder
- 2 tbsp sugar-free maple syrup
- 2 tbsp (26g) coconut oil, melted

INSTRUCTIONS

In a bowl, mix together flour, protein powder, beetroot powder and stevia. In a separate bowl, mix maple syrup, almond milk, coconut oil and nut butter (microwave for 5-10 seconds for easier mixing). Add wet ingredients into dry ingredients and mix together until well combined. Press dough evenly into bottom of an 8x8 inch pan lined with parchment paper or plastic wrap. Melt all coating ingredients together and pour over dough. Place in freezer for one hour to harden. Cut into 6 bars and store in refrigerator.

NUTRITION FACTS PER SERVING

Calories: 232

Protein: 10g

Carbs: 21g

Fat: 12g

Makes 6 Servings

TOASTED COCONUT & VANILLA PROTEIN BARS

INGREDIENTS

- 2 scoops (60g) vanilla protein powder
- 1/4 cup (20g) coconut flakes
- 1/4 cup (35g) coconut flour
- 1/4 cup (60ml) skim milk
- 1oz (30g) dark chocolate

INSTRUCTIONS

Combine protein powder, coconut flour and nut butter in a bowl. Slowly add milk until dough comes together and can be shaped by hand. Melt chocolate in microwave using 10-15 second increments until chocolate begins to melt and then stir to finish melting. Coat the bars, press coconut flakes into chocolate while still warm and cover them. Place the bars in the freezer for around 30 minutes.

NUTRITION FACTS PER SERVING

Calories: 235

Protein: 19g

Carbs: 15g

Fat: 11g

Makes 3 Servings

RASPBERRY CHOCOLATE PROTEIN BARS

INGREDIENTS

- 1/2 cup (125g) natural peanut, almond or cashew butter
- 1/3 cup (115g) honey
- 1 cup (120g) oats
- 1½ scoops (45g) chocolate protein powder
- 1/4 cup (40g) flaxseeds
- 1/2 cup (60g) raspberries

INSTRUCTIONS

Mix peanut butter and honey in a small saucepan over low heat. Stir until a consistent, smooth texture is achieved. Take off heat and pour in oats, protein powder and flaxseeds, stirring until well combined. Finally, fold in raspberries. Spread into a 5x9 inch loaf pan and press down until flattened. Place in freezer for 1 hour until hardened, and then cut into 8 equal bars.

NUTRITION FACTS PER SERVING

Calories: 227

Protein: 10g

Carbs: 24g

Fat: 11g

Makes 8 Servings

WHITE CHOCOLATE PEPPERMINT PROTEIN BARS

INGREDIENTS

- 1 cup (255g) white chocolate peanut butter
- 5 scoops (150g) white chocolate protein powder
- 1/4 cup (35g) coconut flour
- 1/4 cup (85g) honey
- 1/4 cup (55g) coconut oil
- 1/4 cup (60g) crushed peppermint candies

INSTRUCTIONS

Sift together coconut flour and protein powder. In a separate bowl, melt coconut oil. Add peanut butter and honey to melted coconut oil and mix until combined. Add dry ingredients to wet ingredients and mix well. Line a dish of choice with parchment paper and evenly spread mixture into pan. Sprinkle with crushed peppermint and lightly press into top of bars. Place in refrigerator to set. Remove and cut into 8 equal bars.

NUTRITION FACTS PER SERVING

Calories: 415

Protein: 22g

Carbs: 30g

Fat: 23g

Makes 8 Servings

APPLE CINNAMON PROTEIN BARS

INGREDIENTS

- 8 scoops (240g) vanilla protein powder
- 1/2 cup (60g) oats
- 2 egg whites (60ml)
- 1/2 cup (125g) unsweetened apple sauce
- 1 large apple (230g), cubed
- 1 cup (100g) almonds, ground in blender
- 1 cup (100g) cashews, ground in blender
- 1/2 tsp cinnamon
- 1/2 tsp salt

INSTRUCTIONS

Preheat oven to 350F/180C. Mix egg whites with apple sauce and beat together. In a separate bowl, combine protein powder, cinnamon, salt, oats and ground nuts. Slowly stir egg white/apple sauce mixture into dry ingredients and then stir apple pieces in. Lightly coat a baking pan with cooking spray and transfer mixture into the pan. Bake for 10-15 minutes. Cool, cut in 6 bars and store in the fridge.

NUTRITION FACTS PER SERVING

Calories: 414

Protein: 40g

Carbs: 23g

Fat: 18g

Makes 6 Servings

CHOCOLATE PEANUT BUTTER PROTEIN BARS

INGREDIENTS

- 2 scoops (60g) chocolate protein powder
- 3 tbsp (45g) natural peanut butter
- 2 cups (240g) oats
- 5 egg whites (150ml)
- 3 medium bananas (360g)
- 1½ tbsp (30g) honey
- 1/2 cup (120ml) skim milk
- 1½ tsp cinnamon

INSTRUCTIONS

Preheat oven to 350F/180C. Place oats in a blender or food processor and pulse until they reach a flour-like texture. Place oats in a mixing bowl and add in cinnamon and protein powder. Next, add peanut butter and mix thoroughly. Mash bananas and add them to this mixture, along with honey and egg whites until well combined. Finally, add skim milk and mix once more. Pour batter into a 9x9 or 9x13 greased baking pan. Bake for 15-20 minutes, or until a toothpick comes out clean from the center. Let cool and then cut into 6 equal bars.

NUTRITION FACTS PER SERVING

Calories: 299

Protein: 18g

Carbs: 41g

Fat: 7g

Makes 6 Servings

HOMEMADE GRANOLA

INGREDIENTS

- 3 cups (360g) oats
- 1 cup (80g) unsweetened coconut flakes
- 1 cup (160g) dried fruit of your choice
- 1 cup (90g) mixed nuts or seeds of your choice
- 5 tbsp (65g) coconut oil
- 2/3 cup (160ml) pure maple syrup
- 1 tsp vanilla extract
- Pinch of salt

INSTRUCTIONS

Preheat oven to 350F/180C. In a large bowl, combine oats, coconut flakes, nut/seeds, melted coconut oil, maple syrup (sugar-free syrup can be used instead if you prefer less calories), vanilla and salt. Stir until everything is evenly coated. Spread evenly on a parchment-lined baking sheet and bake for 12 minutes. Remove from oven and stir mixture. Return it back to oven for another 12 minutes or until golden brown, keeping a close eye to ensure it doesn't burn. Remove from oven and press granola evenly with a spatula. Let cool and then add dried fruit.

NUTRITION FACTS PER SERVING

Calories: 499

Protein: 8g

Carbs: 56g

Fat: 27g

Makes 8 Servings

SPICY YAM FRIES

INGREDIENTS

Yam Fries:

- 2 medium yams or sweet potatoes (400g), cut into wedges
- 2 tbsp extra virgin olive oil
- 1 tbsp (7g) chili powder
- 1/2 tsp cumin
- 1/2 tsp garlic powder
- 1/4 tsp cayenne

Dip:

- 1/2 cup (115g) plain fat-free Greek yogurt
- 2 tbsp (23g) chipotle peppers, chopped
- 1 tsp fresh lime juice

INSTRUCTIONS

Preheat oven to 425F/220C. Toss cut yams in olive oil, cumin, chili powder, garlic powder, and cayenne. Roast for 30 minutes, turning once. While yams are roasting, mix Greek yogurt, peppers, and lime juice in a separate bowl.

NUTRITION FACTS PER SERVING

Calories: 375

Protein: 11g

Carbs: 49g

Fat: 15g

Makes 2 Servings

PROTEIN POPCORN BALLS

INGREDIENTS

- 13 cups (140g) popped popcorn
- 2 scoops (60g) protein powder (*any flavor of choice*)
- 4 tbsp (60g) chunky natural peanut butter
- 2 cups (480ml) water
- 1/2 cup (15g) Cheerios

INSTRUCTIONS

Cover a cookie sheet with a layer of foil or parchment paper. In a large mixing bowl, combine protein powder and water. Add popcorn, and slowly mix until popcorn is evenly coated with protein glaze. Warm peanut butter in microwave for about 10 seconds. Gently fold peanut butter and Cheerios into popcorn mixture. The popcorn will not stay completely puffed, so mix slowly carefully to keep it as fluffy as possible. Spoon mixture onto cookie sheet, and form into balls. Place in fridge to set.

NUTRITION FACTS PER SERVING

Calories: 216

Protein: 14g

Carbs: 22g

Fat: 8g

Makes 6 Servings

COTTAGE CHEESE VEGGIE DIP

INGREDIENTS

- 1 cup (225g) low fat cottage cheese
- 1 green onion (15g), chopped
- 2 tbsp (10g) fresh parsley, snipped
- 1 tsp dried dill
- 1/2 tsp Worcestershire sauce
- 1/8 tsp pepper
- 1 dash garlic powder

INSTRUCTIONS

Place all ingredients into a food processor bowl or blender until smooth. Cover and refrigerate for at least one hour.

NUTRITION FACTS PER SERVING

Calories: 170

Protein: 29g

Carbs: 9g

Fat: 2g

Makes 1 Serving

DRY ROASTED EDAMAME

INGREDIENTS

- 2 cups (300g) frozen shelled edamame, thawed
- 2 tsp extra virgin olive oil
- 1 tsp salt
- 1 tbsp (9g) black sesame seeds

INSTRUCTIONS

Preheat oven to 450F/230C. In a bowl, toss edamame with oil and season with salt. Transfer edamame to a baking sheet and bake for 12-15 minutes. Remove from oven and sprinkle with sesame seeds. Return to oven and bake for an additional 5 minutes.

NUTRITION FACTS PER SERVING

Calories: 245

Protein: 18g

Carbs: 14g

Fat: 13g

Makes 2 Servings

LEAN MASHED POTATOES

INGREDIENTS

- 4 medium potatoes (600g)
- 4 tbsp extra virgin olive oil
- 4 cloves fresh garlic, oven roasted until tender
- Juice of 1/2 lemon
- 1/2 cup (25g) chives, finely chopped
- 1/2 cup (25g) Italian parsley, finely chopped
- Salt and pepper to taste

INSTRUCTIONS

Bake potatoes until fork tender. Peel and mash with a fork. Add remaining ingredients while continuing to mash. Add salt and pepper to taste.

NUTRITION FACTS PER SERVING

Calories: 254

Protein: 4g

Carbs: 28g

Fat: 14g

Makes 4 Servings

JERKY MIX

INGREDIENTS

- 3 tbsp (20g) raisins
- 3 tbsp (30g) roasted pumpkin seeds
- 1oz (30g) beef jerky

INSTRUCTIONS

Chop jerky and combine with raisins and seeds to make a trail mix.

NUTRITION FACTS PER SERVING

Calories: 342

Protein: 17g

Carbs: 28g

Fat: 18g

Makes 1 Serving

PITA CHIPS & SALSA

INGREDIENTS

- 2 large whole wheat pitas
- 2 tbsp extra virgin olive oil
- 1 tsp garlic salt
- 1 tsp garlic powder
- Salt to taste

INSTRUCTIONS

Preheat oven to 350F/180C. Brush one side of each pita pocket with olive oil and sprinkle with salt, garlic salt, and garlic powder. Slice pitas into bite-sized pieces and place in oven on a non-stick tray for 15-20 minutes, or until lightly brown. Remove from oven to cool for 15-20 minutes and then serve with salsa.

NUTRITION FACTS PER SERVING

Calories: 121

Protein: 3g

Carbs: 16g

Fat: 5g

Makes 6 Servings

HEALTHY MAC & CHEESE

INGREDIENTS

- 1/3 cup (35g) dry elbow macaroni noodles
- 1/2 cup (120ml) water
- 1/8 tsp salt
- 1/8 cup (30ml) unsweetened almond milk
- 1/8 cup (30g) low fat cottage cheese
- 3 tbsp (30g) low fat cheddar cheese, shredded
- Pepper and mustard powder to taste (optional)

INSTRUCTIONS

Combine pasta noodles, water, and salt in a large microwave safe bowl. Microwave for 6 minutes, taking the bowl out and stirring every 2 minutes. Add 2 tbsp of cheddar cheese along with milk, cottage cheese and pepper/mustard powder if desired. Stir, and microwave another 2 minutes, or until cheese and cottage cheese are melted. Stir once more after removing from microwave, add the additional 1 tbsp cheddar, and stir until combined.

NUTRITION FACTS PER SERVING

Calories: 157

Protein: 12g

Carbs: 16g

Fat: 5g

Makes 1 Serving

EGG WHITE SNACK BITES

INGREDIENTS

- 10 egg whites (300ml)
- 1 whole egg
- 1 medium tomato (125g), finely chopped
- 1 medium onion (110g), finely chopped
- 1 tsp dried basil
- Salt and pepper to taste

INSTRUCTIONS

Preheat oven to 350F/180C. Whisk egg and egg whites in a medium bowl. Divide mixture among a 6-cup muffin pan. Top each cup with tomatoes, onions and basil. Sprinkle with salt and pepper and then bake for 8 minutes. Remove and let cool.

NUTRITION FACTS PER SERVING

Calories: 49

Protein: 7g

Carbs: 3g

Fat: 1g

Makes 6 Servings

A close-up photograph of a glass dessert. The glass is filled with a layered dessert. At the bottom, there is a layer of fresh blueberries. Above the blueberries is a thick layer of white cream. The top layer consists of golden-brown granola and a few dark blueberries. The background is slightly blurred, showing another similar glass. The text "DESSERT RECIPES" is overlaid in the center of the image.

**DESSERT
RECIPES**

LOW-CAL CHOCOLATE PROTEIN BROWNIES

INGREDIENTS

- 1¼ cup (280g) plain fat-free Greek yogurt
- 1 scoop (30g) chocolate protein powder
- ¼ cup (60ml) skim milk
- ½ cup (60g) cocoa powder
- ½ cup (60g) oats
- ½ cup (50g) Truvia Baking Blend
- 1 whole egg
- 1 tsp baking powder
- 1 pinch salt

INSTRUCTIONS

Preheat oven to 400F/205C. Grease a square baking dish, approximately 8x8. Combine all ingredients into a food processor or blender and blend for about 1 minute until smooth. Pour into prepared dish and bake for about 15 minutes. Allow to cool completely before cutting into 9 equal squares.

NUTRITION FACTS PER SERVING

Calories: 122

Protein: 10g

Carbs: 16g

Fat: 2g

Makes 9 Servings

CHOCOLATE CHIP MINT PROTEIN ICE CREAM

INGREDIENTS

- 2 scoops (60g) chocolate protein powder
- 4 medium bananas (480g), sliced and frozen ahead of time
- 1/4 cup (60ml) unsweetened almond milk
- 1/8 tsp peppermint or mint extract
- 2 tbsp (15g) cocoa powder
- 1/4 cup (40g) chocolate chips

INSTRUCTIONS

Place all ingredients in a large food processor or blender until mixture is light and fluffy. Line a bread tin with parchment paper, pour mixture in and smoothen out with a rubber spatula. Sprinkle on chocolate chips and then freeze for about one hour.

NUTRITION FACTS PER SERVING

Calories: 502

Protein: 29g

Carbs: 74g

Fat: 10g

Makes 2 Servings

LEMON BLUEBERRY YOGURT PARFAIT

INGREDIENTS

- 1 cup (225g) plain fat-free Greek yogurt
- 1 scoop (30g) vanilla protein powder
- Juice of 1 small lemon (2 tbsp)
- 1/2 tsp lemon zest
- 1 tsp pure vanilla extract
- 1 tbsp (20g) honey
- 1 tsp coconut sugar
- Dash of sumac
- 1/2 cup (75g) blueberries

INSTRUCTIONS

Squeeze lemon juice into the Greek yogurt and stir in protein powder until well combined. Add lemon zest, vanilla extract and honey and mix well. Sprinkle coconut sugar and sumac on top, and let sit in the fridge for at least two hours. Top with blueberries.

NUTRITION FACTS PER SERVING

Calories: 415

Protein: 50g

Carbs: 47g

Fat: 3g

Makes 1 Serving

NO-BAKE CHOCOLATE RICE KRISPIES COOKIES

INGREDIENTS

- 1/4 cup (55g) coconut oil
- 1/2 cup (130g) natural peanut butter
- 3 tbsp agave nectar
- 1/4 cup (30g) unsweetened cocoa powder
- 2 scoops (60g) chocolate protein powder
- 1½ cups (25g) puffed brown rice

INSTRUCTIONS

Line baking sheet with parchment or wax paper and set aside. In a medium saucepan, melt coconut oil on low heat. Mix in peanut butter and agave nectar and whisk together until all ingredients have melted and are combined. Add cocoa powder and whisk just enough to incorporate it with the other ingredients, and then remove from heat. Add protein powder and whisk again until mixture is smooth. Incorporate puffed brown rice and mix gently with a spatula. Immediately place mixture onto baking sheet in the shape of 12 cookies. Refrigerate for an hour or freeze for 30 minutes for cookies to set.

NUTRITION FACTS PER SERVING

Calories: 167

Protein: 7g

Carbs: 10g

Fat: 11g

Makes 12 Servings

PROTEIN PEANUT BUTTER CUPS

INGREDIENTS

- 7oz (200g) dark chocolate
- 4 tbsp (60g) natural peanut butter
- 1 tsp vanilla extract
- 1/4 tsp sugar
- 1/2 cup (120ml) unsweetened almond milk
- 1 scoop (30g) vanilla protein powder

INSTRUCTIONS

Melt chocolate in microwave in 20-30 second increments until chocolate just begins to melt, and then stir to finish melting. Fill a 24 mini muffin baking pan with mini baking cups. Drop about a teaspoon of chocolate into each cup, coating the bottom. Freeze for 15 minutes. Whisk peanut butter, vanilla extract, sugar, almond milk and protein powder in a small bowl until smooth. If necessary, add more almond milk to create a softer peanut butter like consistency. Remove muffin tray from freezer. Drop a heaping teaspoon of filling into the middle of each cup. Top each cup with 1-2 teaspoons of melted chocolate. Place in freezer for at least 30 minutes.

NUTRITION FACTS PER SERVING

Calories: 73

Protein: 2g

Carbs: 5g

Fat: 5g

Makes 24 Servings

FRUIT & HONEY CRUNCHY YOGURT BOWL

INGREDIENTS

- 1 scoop (30g) protein powder (*any flavor of choice*)
- 3/4 cup (170g) plain fat-free Greek yogurt
- 1 tbsp (20g) honey
- 1/2 cup (75g) blueberries
- 1/2 cup (75g) strawberries
- 3½ tbsp (25g) granola

INSTRUCTIONS

Add protein powder to yogurt and stir to combine. Mix in berries and granola, and top with honey.

NUTRITION FACTS PER SERVING

Calories: 497

Protein: 46g

Carbs: 58g

Fat: 9g

Makes 1 Serving

PROTEIN BANANA SPLIT

INGREDIENTS

- 1 medium banana (120g)
- 3/4 cup (170g) plain fat-free Greek yogurt
- 1/2 scoop (15g) vanilla protein powder
- 1 strawberry, chopped
- 1/4 cup (35g) blueberries
- 1 tbsp (7g) granola
- 1 tbsp (10g) dark chocolate chips

INSTRUCTIONS

Slice banana in half lengthwise and lay both sides in a bowl or on a plate. Mix together protein and Greek yogurt until well combined and spoon on top of the banana slices. Top bananas and protein mixture with berries, granola, and chocolate chips.

NUTRITION FACTS PER SERVING

Calories: 412

Protein: 34g

Carbs: 51g

Fat: 8g

Makes 1 Serving

PROTEIN BREAD PUDDING

INGREDIENTS

- 4 slices whole grain bread, dried
- 1 cup (240ml) unsweetened almond milk
- 2 egg whites (60ml)
- 1 scoop (30g) vanilla protein powder
- 1/4 cup (40g) raisins
- 1 tsp cinnamon
- 1/2 tsp nutmeg
- 1/4 tsp sea salt

INSTRUCTIONS

Preheat oven to 350F/185C. Grease a standard loaf pan or line with parchment paper. Tear or cut bread into small one inch cubes and place in a large bowl. Set aside. Whisk remaining ingredients in a separate medium bowl until fully combined. Let mixture sit at room temperature for 15 minutes to allow raisins to absorb some of the moisture. Pour mixture onto bread cubes and stir to combine. Allow mixture to sit at room temperature for an additional 15-30 minutes until the bread has absorbed most of the liquid. Transfer bread mixture to pan and bake for around 20-25 minutes until the center of the bread pudding is set but still soft. Let cool in pan on wire rack for 5 minutes before serving.

NUTRITION FACTS PER SERVING

Calories: 332

Protein: 24g

Carbs: 50g

Fat: 4g

Makes 2 Servings

PROTEIN COOKIE DOUGH

INGREDIENTS

- 1 can (15oz/425g) chickpeas
- 1 scoop (30g) vanilla protein powder
- 2 tbsp (30g) natural peanut, almond or cashew butter
- 1 tsp vanilla extract
- 1 tbsp (20g) honey
- 1/4 cup (30g) cacao nibs
- Additional stevia, Splenda or other 0 calorie sweetener of choice for taste

INSTRUCTIONS

Add chickpeas to a food processor and process until smooth. Use a rubber spatula to scrape down the sides if needed. Add protein powder, nut butter, honey, vanilla extract and additional sweetener if desired. Process until a ball of dough forms. Scape down sides again. Add cacao nibs and pulse 3 times.

NUTRITION FACTS PER SERVING

Calories: 199

Protein: 11g

Carbs: 23g

Fat: 7g

Makes 6 Servings

CINNAMON ROLL MUG CAKE

INGREDIENTS

- 1 scoop (30g) vanilla protein powder
- 1 tbsp (8g) coconut flour
- 1/4 cup (60ml) egg whites
- 1/4 cup (60ml) unsweetened almond milk
- 1/2 tsp baking powder
- 1 tsp cinnamon
- 1/4 tsp vanilla extract
- 1 tbsp (20g) honey
- Glaze: 1 tbsp (15g) coconut butter + pinch of cinnamon

INSTRUCTIONS

Spray a microwavable mug with cooking spray. Stir protein powder, baking powder, coconut flour, cinnamon and honey together until evenly combined. Add egg whites, almond milk, and vanilla extract. Add more almond milk if needed (a thick batter is the desired consistency). Microwave for 60 seconds, or until the center is cooked. Make the glaze by melting coconut butter with a pinch of cinnamon and drizzle over top.

NUTRITION FACTS PER SERVING

Calories: 386

Protein: 33g

Carbs: 32g

Fat: 14g

Makes 1 Serving

COTTAGE CHEESE FRUIT SALAD

INGREDIENTS

- 1 can (14oz/400ml) unsweetened coconut milk
- 1 tbsp maple syrup
- 1/2 tsp vanilla extract
- 1 cup (225g) low fat cottage cheese
- 1 scoop (30g) vanilla protein powder
- 1 package naturally flavored orange gelatin
- 2 large oranges (370g), peeled and cut
- 1 cup (180g) pineapple, chopped
- 1/2 cup (65g) walnuts, chopped

INSTRUCTIONS

Refrigerate can of coconut milk and scrape just the solid top layer into bowl of a blender or food processor. Add maple syrup and vanilla and blend on high until it fluffs up into a creamy texture. Set aside. In a large bowl, whisk together cottage cheese, powdered gelatin and protein powder. Stir the fruit and walnuts into mixture until well combined. Gently transfer whipped coconut topping into the bowl, and fold in.

NUTRITION FACTS PER SERVING

Calories: 301

Protein: 17g

Carbs: 29g

Fat: 13g

Makes 4 Servings

STRAWBERRY PROTEIN MOUSSE

INGREDIENTS

- 1 scoop (30g) strawberry protein powder
- 1 cup (225g) low fat cottage cheese
- 1/2 pouch sugar-free Jell-O
- 1/2 cup (75g) strawberries, chopped

INSTRUCTIONS

Mix 10 ounces (295ml) of boiling water with half pouch of sugar-free Jell-O. Allow to cool for 10 minutes. Once cooled, add cottage cheese and protein powder to a blender with Jell-O mix and then blend for 1 minute. Once blended, add in strawberries and refrigerate for 6 hours.

NUTRITION FACTS PER SERVING

Calories: 375

Protein: 49g

Carbs: 29g

Fat: 7g

Makes 1 Serving

APPLE PIE PROTEIN CUPCAKES

INGREDIENTS

Cupcakes:

- 1 cup (120g) oats
- 1 cup (120g) almond flour
- 2 scoops (60g) vanilla protein powder
- 1/2 cup (95g) coconut sugar
- 1/2 cup (50g) extra virgin coconut oil
- 4 whole eggs
- 1 tbsp (12g) baking powder
- 1 medium apple (140g), finely chopped or grated
- 1 tbsp (7g) cinnamon
- 1 tbsp (7g) nutmeg
- 1/4 cup (60ml) unsweetened almond milk

Frosting:

- 2½ scoops (75g) vanilla protein powder
- 2/3 cup (150g) plain low fat Greek yogurt
- 4 tbsp (60ml) low fat milk

INSTRUCTIONS

Preheat oven to 350F/180C. Add all ingredients into a bowl and combine into a smooth cake batter. Equally divide mixture between 10 muffin cases and bake for 15-20 minutes until cooked through. For the frosting, combine protein powder and yogurt in a small mixing bowl. Slowly add in milk until you reach your desired frosting consistency. If frosting is too thin, add more protein powder. Once cupcakes have completely cooled, add frosting on top with a spoon.

NUTRITIONAL FACTS PER SERVING

Calories: 353

Protein: 18g

Carbs: 23g

Fat: 21g

Makes 10 Servings

CHOCOLATE PROTEIN LAVA CAKE

INGREDIENTS

- 2/5 cup (95ml) unsweetened almond milk
- 1 scoop (30g) chocolate protein powder
- 1/2 cup (125g) unsweetened apple sauce
- 1/2 cup (60g) oats
- 1 tbsp stevia, Splenda or other 0 calorie sweetener of choice
- 1/2 tbsp (7g) coconut oil
- 2 tbsp (15g) cocoa powder
- 1 tsp instant coffee
- 1 tsp vanilla extract
- 1/2 tsp salt
- 1 tsp baking powder
- 1 tbsp (10g) chocolate chips
- 2 tbsp sugar-free strawberry jelly

INSTRUCTIONS

Turn oats into flour using a food processor or blender. Add all other ingredients (aside from chocolate chips and jelly) into a bowl and mix until well combined. Coat two 1 cup ramekins with non-stick cooking spray and fill each one about half way. Add half a tablespoon of chocolate chips and 1 tablespoon of jelly to the center of each one. Evenly distribute rest of the cake mixture into each ramekin. Bake at 350F/175C for 13-16 minutes. Cakes can be optionally topped with strawberries and/or sugar free chocolate syrup.

NUTRITION FACTS PER SERVING

Calories: 269

Protein: 16g

Carbs: 31g

Fat: 9g

Makes 2 Servings

LEAN BANANA CREAM PIE

INGREDIENTS

- 1 ready 9" (20cm) low fat pie shell
- 2 (4oz/96g) boxes Jell-O sugar-free banana cream pudding mix
- 2½ cups (360ml) low fat milk
- 2 scoops (60g) vanilla protein powder
- 1 medium banana (120g), sliced into chunks
- 1/2 cup (40g) sugar-free Cool Whip

INSTRUCTIONS

In a large bowl, add pudding mix, protein powder and milk and whisk well. Fold in bananas and then pour mixture into pie crust. Put top on pie and refrigerate for at least 2 hours. Spread cool whip onto pie before serving.

NUTRITION FACTS PER SERVING

Calories: 259

Protein: 10g

Carbs: 30g

Fat: 11g

Makes 8 Servings

COCONUT PROTEIN BALLS

INGREDIENTS

- 3 cups (480g) pitted dates
- 4 scoops (120g) vanilla protein powder
- 1/4 cup (40g) chocolate chips
- 1½ cups (150g) almonds
- 2 tbsp (15g) unsweetened cocoa powder
- 1/2 cup (120ml) warm water
- 1 cup (80g) unsweetened coconut flakes

INSTRUCTIONS

Combine dates, almonds and water in a food processor and grind into small chunks. Pour into a mixing bowl along with protein powder, carob chips and cocoa powder, and mix all ingredients together with a spatula until well combined. Add more water if mixture is too dry. Roll into 32 balls and coat with coconut flakes.

NUTRITION FACTS PER SERVING

Calories: 134

Protein: 5g

Carbs: 15g

Fat: 6g

Makes 32 Servings

PEANUT BUTTER PROTEIN COOKIES

INGREDIENTS

- 3/4 cup (190g) natural peanut butter, softened
- 2 egg whites (60ml)
- 3/4 cup (20g) stevia or other 0 calorie sweetener of choice
- 1 scoop (30g) vanilla protein powder
- 1 tsp cinnamon

INSTRUCTIONS

Preheat oven to 350F/180C. Place ingredients into bowl and stir well. Spray non-stick cooking spray onto a baking sheet. Shape dough into round cookies and bake for about 10 minutes.

NUTRITION FACTS PER SERVING

Calories: 146

Protein: 9g

Carbs: 5g

Fat: 10g

Makes 10 Servings

DOUBLE CHOCOLATE FROZEN YOGURT

INGREDIENTS

- 1 cup (225g) plain low fat Greek yogurt
- 1 cup (240ml) unsweetened almond milk
- 1 scoop (30g) chocolate protein powder
- 1 tbsp vanilla extract
- 1/4 tsp salt
- 1/4 cup (40g) chocolate chips
- 2-4 packets of stevia, Splenda or other 0 calorie sweetener of choice to taste

INSTRUCTIONS

Combine all ingredients in a bowl except for chocolate chips. Place into fridge for at least 2 hours, covered. Either freeze according to ice cream maker's instructions (adding in chocolate chips as it churns), or if you don't have an ice cream maker, simply freeze in a shallow container after mixing in chocolate chips, stirring every 30 minutes until desired texture is achieved.

NUTRITION FACTS PER SERVING

Calories: 584

Protein: 52g

Carbs: 40g

Fat: 24g

Makes 1 Serving

CRUSTLESS SWEET POTATO PIE

INGREDIENTS

- 3 medium skinned/cooked/mashed sweet potatoes (390g)
- 1/2 cup (120ml) skim milk
- 2 scoops (60g) vanilla protein powder
- 1/2 cup (125g) natural unsweetened apple sauce
- 1 tsp vanilla essence
- 1/4 tsp nutmeg
- 2 whole eggs

INSTRUCTIONS

Combine the mashed sweet potatoes with eggs, apple sauce, vanilla, milk, protein powder and nutmeg and mix well. Grease a 9-inch (23cm) non-stick spring form pan with cooking spray. Pour mixture into prepared pan and bake on the middle shelf of an oven for 1 hour or until knife comes out clean. Allow to cool naturally and then slice into quarters.

NUTRITION FACTS PER SERVING

Calories: 187

Protein: 17g

Carbs: 23g

Fat: 3g

Makes 4 Servings

HEALTHY PROTEIN BANANA BREAD

INGREDIENTS

- 3 medium bananas (360g), mashed
- 1½ scoops (45g) vanilla protein powder
- 2/5 cup (55g) coconut flour
- 2 whole eggs
- 4 egg whites (120ml)
- 1 tsp baking powder
- 4 tbsp (60g) calorie free maple syrup
- 2 tsp cinnamon
- 4 tbsp (30g) crushed walnuts

INSTRUCTIONS

Preheat oven to 350F/175C. Add all ingredients to a medium sized bowl (except for walnuts) and mix until well combined. Cover a normal sized loaf pan with parchment paper and coat with baking spray. Mix walnuts in and add batter to the pan, baking for about 40 minutes until a toothpick inserted into center comes out clean.

NUTRITION FACTS PER SERVING

Calories: 111

Protein: 7g

Carbs: 14g

Fat: 3g

Makes 10 Servings

A close-up photograph of a bowl of vegan burrito bowl. The bowl is filled with a variety of ingredients: a base of white rice, topped with black beans, sliced sweet potato, avocado, and a fresh salsa made of tomatoes, onions, and cilantro. A lime wedge is placed on the left side of the bowl. The bowl is set on a green and white patterned cloth. In the background, there are more tomatoes and a green pepper.

VEGAN RECIPES

TOFU SCRAMBLE

INGREDIENTS

- 1 block (16oz/450g) firm or extra-firm tofu, drained
- 1/2 tsp onion powder
- 1/2 tsp garlic powder
- 1 tbsp (6g) nutritional yeast
- 1/2 small white onion (35g), diced
- 1 cup (30g) spinach
- 1/2 cup (80g) bell pepper, diced
- Salt and pepper to taste

INSTRUCTIONS

In a non-stick skillet over medium-high heat, sauté onion for 2-3 minutes. Add in bell peppers and sauté for another minute or so. Crumble tofu into pan. Stir in onion along with garlic powder and nutritional yeast. Stir continually until excess water has cooked out of the tofu. Stir in spinach and cook until just wilted. Add salt and pepper to taste. Sprinkle with vegan cheese as an optional add-on.

NUTRITION FACTS PER SERVING

Calories: 244

Protein: 25g

Carbs: 9g

Fat: 12g

Makes 2 Servings

OATMEAL BREAKFAST BARS

INGREDIENTS

- 2 cups (240g) oats
- 1 cup (100g) oat flour (*or regular ground up oats*)
- 1 cup (160g) packed currants or other dried fruit
- 1 cup (240ml) apple juice or orange juice
- 1/4 cup (50g) white or brown sugar
- 1/2 tsp cinnamon
- 1/2 tsp salt
- 1/2 cup (120ml) flaxseed oil
- 1/4 cup (30g) sesame seeds

INSTRUCTIONS

Preheat oven to 375F/190C. Oil a 9x13 pan. Combine all ingredients in a bowl and mix until well combined. Place mixture into pan and spread evenly. Bake for 30 minutes. Remove from oven and cut into squares while still warm. Wait until the bars cool before removing from pan.

NUTRITIONAL FACTS PER SERVING

Calories: 248

Protein: 4g

Carbs: 31g

Fat: 12g

Makes 12 Servings

CAJUN SCRAMBLED CHICKPEAS w/ ZUCCHINI

INGREDIENTS

- 3 cups (700g) cooked chickpeas
- 1 medium red onion (110g), thinly sliced
- 1 medium zucchini (200g), sliced into thin half-moons
- 1 tbsp Cajun spice blend, or more to taste
- 1 tbsp chopped fresh thyme, plus more for garnish

INSTRUCTIONS

Mash chickpeas in a medium bowl with fork. Heat a large oiled skillet over medium-high, add onion, and sauté for about 5 minutes. Add zucchini and cook another 5 minutes. Stir in chickpeas, Cajun spice, and thyme. Cook 5 minutes, adding up to 1/4 cup water if mixture seems too dry. Serve garnished with sprinkling of thyme.

NUTRITIONAL FACTS PER SERVING

Calories: 204

Protein: 10g

Carbs: 32g

Fat: 4g

Makes 4 Servings

HIGH PROTEIN VEGAN OATMEAL

INGREDIENTS

- 1/4 cup (30g) oats
- 1 cup (240ml) water
- 1/2 medium apple (70g), chopped
- 1 tsp cinnamon
- 3 tbsp (40g) hemp hearts
- 1 tbsp (12g) chia seeds
- 1/2 scoop (15g) vegan protein powder (*any flavor of choice*)
- 1/4 tsp vanilla extract
- 1 tsp maple syrup

INSTRUCTIONS

Add water and dry oats to a small pot and simmer for 10 minutes. Add in all other ingredients (except for honey), mixing well and heating through. Simmer to desired consistency, transfer to a bowl and top with honey.

NUTRITIONAL FACTS PER SERVING

Calories: 445

Protein: 27g

Carbs: 37g

Fat: 21g

Makes 1 Serving

CORNED BEAN HASH

INGREDIENTS

- 1 cup (185g) cooked kidney beans, mostly mashed
- 2 tbsp sunflower oil
- 1 cup (160g) onion, diced
- 1 cup (230g) potatoes, diced into 1/2" inch chunks
- 1/4 cup (60g) tahini
- 1-2 tbsp low sodium soy sauce
- 1/4 tsp black pepper
- 1/4 tsp garlic powder
- 1 tbsp water

INSTRUCTIONS

Heat oil in a cast iron skillet on medium-high heat. Add chopped onions and cook until they soften and brown slightly. Lightly mash kidney beans before adding to skillet along with potato, tahini, soy sauce and water. Stir to combine. Cover and cook on medium heat for about 15-20 minutes (or until potatoes soften), stirring occasionally to prevent sticking. Remove the cover and cook several more minutes on each side until both sides are brown and crispy.

NUTRITIONAL FACTS PER SERVING

Calories: 365

Protein: 11g

Carbs: 33g

Fat: 21g

Makes 3 Servings

CHOCOLATE ALMOND PROTEIN BAR

INGREDIENTS

- 1 cup (100g) almonds
- 1/4 tsp salt
- 1 tsp cinnamon
- 1½ cups (180g) oats
- 6 scoops (180g) vegan vanilla protein powder
- 1/3 cup (80ml) maple syrup
- 1/4 cup (40g) vegan chocolate chips

INSTRUCTIONS

Prepare an 8x8 square pan by lining it with parchment paper. Measure out 1/4 cup (40g) of the almonds, chop, and set aside for the topping. In a food processor, pour in remaining almonds and salt. Process into an almond butter. Add oats, protein powder, cinnamon, and maple syrup, and process until smooth. Press mixture into pan using the back of a spoon. Top with chopped almonds, pressing those into bars. Place chocolate chips in a small glass bowl and microwave until melted. Drizzle chocolate over bars and allow to set in the fridge for 20 minutes before cutting into 8 pieces.

NUTRITION

Calories: 333

Protein: 24g

Carbs: 30g

Fat: 13g

Makes 8 Servings

ITALIAN-STYLE SPAGHETTI SQUASH W/ TEMPEH

INGREDIENTS

- 12oz (340g) tempeh, cut into small cubes
- 2 tbsp low sodium tamari
- 1/4 cup (60ml) mirin
- 2 cloves garlic, finely chopped
- 1 spaghetti squash (40oz/1130g), halved lengthwise and seeded
- 1 tbsp extra virgin olive oil
- 1 jar (25oz/700g) pasta sauce
- 2 cups (140g) small broccoli florets
- 1 cup (30g) packed baby spinach

INSTRUCTIONS

Preheat oven to 375F/190C. In a medium bowl, gently toss together tempeh, tamari, mirin and garlic, then set aside to let marinate for 30 minutes. Arrange squash halves, cut sides down, in a large baking dish. Pour 1/2 cup water into dish and bake for 30-45 minutes until just tender, then remove from oven. Heat oil in a large skillet over medium-high heat. Drain tempeh, then add to skillet and cook until golden brown. Heat pasta sauce in a medium pot over medium heat until hot throughout, add broccoli and cook until just tender. Stir in spinach and remove pot from heat. Using a fork, scrape spaghetti squash onto a serving platter. Spoon hot pasta sauce and broccoli over squash and top with tempeh.

NUTRITIONAL FACTS PER SERVING

Calories: 424

Protein: 23g

Carbs: 38g

Fat: 20g

Makes 4 Servings

LOW FAT EGGPLANT LASAGNA

INGREDIENTS

- 1 medium eggplant (400g), diced
- 1 tbsp extra virgin olive oil
- 1 clove garlic, minced
- 2 10oz (275g) packages frozen chopped spinach, thawed
- 1 64oz (1750g) jar tomato sauce
- 1 pound (450g) lasagna noodles

INSTRUCTIONS

Preheat oven to 375F/190C. Heat olive oil in a medium skillet over medium heat. Sauté garlic for 2 minutes, then add eggplant. Cover frying pan and cook until eggplant is just tender for about 5-7 minutes. Cover bottom of a 9x13 baking pan with 2 cups of tomato sauce, then cover tomato sauce with 4 or 5 uncooked noodles. Cover this with a thin layer of sauce, then add cooked eggplant and another thin layer of sauce. Add another layer of noodles followed by a thin layer of sauce, then spinach and another thin layer of sauce. Add remaining noodles and sauce. Cover tightly with foil and bake for 45-50 minutes. Noodles are cooked when they can be pierced with a fork.

NUTRITIONAL FACTS PER SERVING

Calories: 285

Protein: 13g

Carbs: 47g

Fat: 5g

Makes 6 servings

CRANBERRY ORANGE PROTEIN BARS

INGREDIENTS

- 1 cup (120g) oats
- 1/2 cup (130g) natural nut or seed butter
- 1 1/3 cups (320ml) almond milk
- 5 scoops (150g) vanilla vegan protein powder
- 1/3 cup (55g) dried cranberries
- 2 tsp finely grated orange zest

INSTRUCTIONS

Line an 8x8 baking pan with foil and spray with non-stick cooking spray. In a food processor, process oats into a fine powder. Add nut/seed butter and milk to processor jug and pulse until mixture is smooth. Add protein powder and pulse until well incorporated, stopping to scrape sides and bottom of bowl once or twice with a rubber spatula. Stir in cranberries and orange zest. Transfer mixture to prepared pan. Place a large piece of wax paper or plastic wrap atop bar mixture and use it to spread and flatten mixture evenly. Cover and refrigerate overnight until very firm. Using liner, lift mixture from pan and transfer to a cutting board. Uncover and cut into 8 bars.

NUTRITION

Calories: 247

Protein: 19g

Carbs: 18g

Fat: 11g

Makes 8 Servings

TEMPEH JOES

INGREDIENTS

- 1 8oz (225g) package tempeh
- 1 cup (230g) canned chickpeas, rinsed
- 1 tbsp extra virgin olive oil
- 3/4 cup (120g) onions, chopped
- 4 garlic cloves, minced
- 1 cup (160g) green peppers, chopped
- 1 can (410g) diced tomatoes
- 2 tbsp (15g) chili powder
- 1/2 tsp paprika
- 1/4 tsp cumin
- 4 whole grain buns

INSTRUCTION

Mash chickpeas and set aside. Slice tempeh into 1-inch thick slices and stir-fry in a pan coated with cooking spray for approximately 10 minutes. Remove tempeh from pan and cut into small pieces. In a large pan over medium heat, add olive oil, onions and garlic, stirring frequently. Once onions and garlic are fragrant, add peppers, mashed chickpeas and tempeh, stirring frequently for 5 minutes. Add diced tomatoes, chili powder, paprika, and cumin. Turn heat up to medium-high and stir frequently for approximately 5 more minutes. Place tempeh joe mix on toasted buns.

NUTRITIONAL FACTS PER SERVING

Calories: 377

Protein: 21g

Carbs: 44g

Fat: 13g

Makes 4 Servings

NUTTY NO-BAKE COCONUT BARS

INGREDIENTS

- 10 dates (240g)
- 1/2 cup (65g) pecans
- 2 scoops (60g) chocolate vegan protein powder
- 1/4 cup (55g) coconut oil
- 2 tbsp (15g) shredded coconut
- 1/4 cup (40g) vegan chocolate chips

INSTRUCTIONS

Blend dates, pecans, protein powder, and coconut oil in a food processor or blender until smooth, scraping the sides as needed. Remove from blender and mix into a bowl with coconut flakes until coconut is evenly distributed. Flatten into a parchment paper-lined 9x5 pan and place in the freezer for 35 minutes. Remove and cut into 8 even pieces. Melt chocolate in the microwave and drizzle over squares. Refrigerate for about 15 minutes until chocolate firms.

NUTRITIONAL FACTS PER SERVING

Calories: 250

Protein: 4g

Carbs: 27g

Fat: 14g

Makes 8 Servings

GREEN PEAS & EDAMAME SMASHED w/ MINT

INGREDIENTS

- 3²/₃ cups (550g) sweet peas
- 3 cups (450g) edamame
- 1/2 tsp garlic powder
- Juice of 1 lemon
- 1 scallion (15g), sliced
- 5-6 fresh mint leaves, chopped
- 1/4 cup (60ml) extra virgin olive oil
- Salt and pepper to taste

INSTRUCTIONS

Add peas and edamame to a food processor and puree. In a small oiled skillet over medium heat, add garlic and cook until fragrant. Reduce heat to low and add pureed pea/edamame mixture along with lemon juice, scallion, mint, salt and pepper and mix thoroughly. Transfer to a plate, drizzle with olive oil and serve.

NUTRITIONAL FACTS PER SERVING

Calories: 401

Protein: 22g

Carbs: 31g

Fat: 21g

Makes 4 Servings

TEMPTING TEMPEH BURGERS

INGREDIENTS

- 16oz (450g) tempeh
- 1/4 cup (60ml) low sodium soy sauce
- 2 tbsp sake or white wine
- 1/4 cup (60ml) pineapple juice
- 1 tbsp (20g) fresh ginger, grated
- 2 garlic cloves, minced
- 1 pinch red pepper flakes
- 1/2 tsp white pepper
- 4 whole grain buns

INSTRUCTIONS

Cut each block of tempeh horizontally into 2 even square slices to get 4 burgers. Combine all other ingredients together in a bowl, add in tempeh and set aside to marinate for 15-20 minutes, turning occasionally. Heat an oiled skillet to medium-high and cook tempeh for 4-5 minutes or until golden brown. Serve on toasted buns with additional condiments of choice.

NUTRITIONAL FACTS PER SERVING

Calories: 397

Protein: 29g

Carbs: 31g

Fat: 13g

Makes 4 Servings

PEANUT BUTTER BROWNIE BITES

INGREDIENTS

Brownies:

- 1/2 cup (65g) whole wheat flour
- 2 scoops (60g) vanilla vegan protein powder
- 2/3 cup (160g) raw sugar
- 1/2 cup (60g) unsweetened cocoa powder
- 1/2 tsp baking powder
- 1/2 tsp salt
- 1 medium banana (120g)
- 1/2 cup (120ml) extra virgin olive oil
- 1 tsp pure vanilla extract
- 1/4 cup (40g) vegan dark chocolate chips

Peanut Butter Swirl:

- 1/4 cup (65g) natural peanut butter
- 1 tbsp (13g) coconut oil
- 1 tbsp maple syrup
- 1 tsp vanilla

INSTRUCTIONS

Preheat oven to 350F/180C. Spray a 24 slot mini muffin tin with cooking spray. In a large bowl, stir flour, protein powder, sugar, cocoa powder, baking powder and salt together and set aside. Mash banana in a large bowl and then stir in olive oil, vanilla, and chocolate chips. Add dry ingredients to wet and mix until batter becomes thick and well combined. Use a spoon to fill each of muffin wells just to the top. In a small ceramic bowl, mix peanut butter, coconut oil, maple syrup and vanilla and then microwave for 15-20 seconds until slightly softened. Add a dollop of peanut butter mixture to top of each brownie bite. Bake for 15 minutes. Allow to cool for 10 minutes before moving to a cooling rack.

NUTRITIONAL FACTS PER SERVING

Calories: 140

Protein: 4g

Carbs: 13g

Fat: 8g

Makes 24 Servings

SWEET POTATO BLACK BEAN QUESADILLAS

INGREDIENTS

- 8 whole grain tortillas
- 1 can (425g) black beans, drained
- 1 medium baked sweet potato (130g)
- 1 tbsp (7g) chili powder
- 1 tbsp (7g) ground cumin
- 1 tsp tamari
- 1 medium red onion (110g), diced
- 1/4 cup (30g) vegan cheddar cheese
- 2 avocados (400g)

INSTRUCTIONS

Place drained beans into a mixing bowl and mash. Cut sweet potato into chunks and add along with cumin, chili powder and tamari. Stir everything gently to combine. Heat an oiled skillet over medium and place one tortilla in pan, topping it with 1/4 of bean mixture and spreading it out almost to the edge. Add onion and a small amount of vegan cheese. Cover with another tortilla and press down lightly. Cook until tortilla is golden brown, then flip and cook again until golden brown. Repeat with rest of tortillas. Cut into quarters and serve warm with sliced avocado, using salsa as a dipping sauce.

NUTRITIONAL FACTS PER SERVING

Calories: 632

Protein: 21g

Carbs: 83g

Fat: 24g

Makes 4 Servings

TERIYAKI TOFU BURGER

INGREDIENTS

- 6oz (170g) firm tofu
- 1 tbsp teriyaki sauce
- 1 tbsp Sriracha
- 1 tsp crushed red pepper flakes
- 1 medium red onion (110g), sliced
- 1/4 cup (30g) carrots, shredded
- 2 large lettuce leaves
- 2 whole wheat buns

INSTRUCTIONS

Cut tofu into square slices to make burger patties. Combine teriyaki sauce, Sriracha and chili flakes in a bowl and allow tofu to marinate for 15-20 minutes. Spray a skillet with cooking spray and place over medium-high heat. Sauté red onion until caramelized and set aside. Place tofu in the pan, cooking for 3-4 minutes on each side. Transfer tofu to toasted buns and top with lettuce, shredded carrots and onion.

NUTRITIONAL FACTS PER SERVING

Calories: 238

Protein: 16g

Carbs: 30g

Fat: 6g

Makes 2 Servings

ALMOND JOY PROTEIN BALLS

INGREDIENTS

- 1 cup (100g) almonds
- 4 scoops (120g) vegan protein powder (*any flavor of choice*)
- 1/4 cup (30g) cacao powder
- 1 tbsp (4g) stevia extract
- 1/8 tsp salt
- 2 tbsp (32g) coconut oil, melted
- 5 tbsp (100g) maple syrup
- 1/2 cup (120ml) coconut milk
- 2 tsp pure vanilla extract
- 1/2 cup (40g) unsweetened coconut flakes + more for coating

INSTRUCTIONS

In a food processor, add almonds, protein powder, cacao powder, stevia extract and salt and process into a fine powder. In a small bowl, stir together coconut oil, maple syrup, coconut milk and vanilla and then add to processor until smooth dough forms. Add coconut flakes and process until combined. Scoop out 12 golf ball sized amounts of dough, roll with your hands into balls and coat in additional coconut flakes.

NUTRITIONAL FACTS PER SERVING

Calories: 191

Protein: 11g

Carbs: 12g

Fat: 11g

Makes 12 Servings

SPICY FREEKEH CHILI

INGREDIENTS

- 2 cups (420g) cooked freekeh
- 1 tbsp (13g) coconut oil
- 1 cup (160g) red onion, diced
- 2 cloves garlic, minced
- 15oz (440ml) tomato sauce
- 2 cups (480ml) vegetable broth
- 1 cup (160g) red pepper, diced
- 2 medium tomatoes (250g), diced
- 1 tsp coriander
- 1 tsp ground chipotle powder
- 1 tsp cumin
- 1 tbsp (7g) paprika
- 1 can (425g) dark kidney beans
- 1 can (425g) black beans
- 1¾ cup (315g) corn
- 1 cup (50g) cilantro

INSTRUCTIONS

Cook freekeh according to package instructions and set aside. Add coconut oil to a skillet and place on medium-high heat. Add onions and garlic. Sauté until onions become brown and translucent. Add tomato sauce, cooked freekeh, half of vegetable broth, red pepper and tomatoes along with coriander, chipotle powder, paprika and cumin. Stir well with a spatula. Add beans, corn, cilantro and remaining vegetable broth. Reduce heat and cook on medium for 8-10 minutes.

NUTRITION FACTS PER SERVING

Calories: 364
Protein: 18g
Carbs: 64g
Fat: 4g

Makes 8 Servings

QUINOA SALAD

INGREDIENTS

- 1 cup (200g) cooked quinoa
- 1 cup (160g) red pepper, sliced
- 1 cup (50g) cilantro
- 1 tbsp extra virgin olive oil
- 1/2 tsp garlic powder
- Salt and pepper to taste
- 1 cup (150g) edamame
- 1 lime

INSTRUCTIONS

Prepare quinoa according to package instructions and set aside. In a separate small saucepan, boil frozen edamame in water for 5 minutes or until fully cooked. Once quinoa and edamame are fully cooked, add all ingredients in a large bowl and mix.

NUTRITION FACTS PER SERVING

Calories: 321

Protein: 15g

Carbs: 36g

Fat: 13g

Makes 2 Servings

CHOCOLATE AVOCADO PROTEIN PUDDING

INGREDIENTS

- 1 avocado (200g)
- 2 tbsp (15g) unsweetened cocoa powder
- 1 tbsp (15ml) agave nectar
- 1/2 tsp vanilla extract
- 1-2 packets stevia, Splenda or other 0 calorie sweetener of choice
- 1/2 cup (120ml) unsweetened vanilla almond milk
- 1½ scoops (45g) vegan chocolate protein powder

INSTRUCTIONS

Add all ingredients to a blender or food processor and blend until a thick pudding-like consistency is reached. Add more milk if necessary. Cover and place in fridge for half an hour before serving.

NUTRITIONAL FACTS PER SERVING

Calories: 351

Protein: 21g

Carbs: 24g

Fat: 19g

Makes 2 Servings

TEMPEH LETTUCE WRAPS

INGREDIENTS

- 6oz (165g) tempeh
- 1 tbsp extra virgin olive oil
- 1/2 medium red pepper (85g), sliced
- 1/2 medium onion (55g), sliced
- 1 tbsp (15g) garlic, chopped
- 1 tbsp low sodium soy sauce
- 1 tsp ginger powder
- 1 tsp onion powder
- 1 head lettuce (470g)

INSTRUCTIONS

Slice tempeh into small chunks. Heat olive oil and garlic in a large pan over medium heat, then add onion, tempeh, and red pepper. Sauté for 3 minutes, then add soy sauce, ginger powder and onion powder and cook for another 2 minutes, mixing everything until well combined. Spoon mixture into lettuce leaves and serve.

NUTRITION FACTS PER SERVING

Calories: 160

Protein: 11g

Carbs: 11g

Fat: 8g

Makes 4 Servings

LENTIL MARINARA SPAGHETTI SQUASH

INGREDIENTS

- 1 medium summer squash (200g)
- 1 tbsp extra virgin olive oil
- 1 tbsp garlic, chopped
- 1 cup (200g) dried lentils
- 2 cups (400g) tomatoes, canned, stewed
- 1 cup (70g) broccoli
- 1/2 cup (80g) onion, finely chopped
- 1/2 cup (80g) red pepper, sliced
- 1 tbsp Italian seasoning
- Salt and pepper to taste

INSTRUCTIONS

Preheat oven to 400F/205C. Pierce squash with a fork multiple times and bake for 60 minutes, or until outside is softened. In a large oiled skillet over medium heat, add all other ingredients and stir to combine. Bring to a boil and then reduce to a simmer for 15 minutes. Scrape out spaghetti squash with a fork onto a plate and then top with sauce.

NUTRITION FACTS PER SERVING

Calories: 204

Protein: 10g

Carbs: 32g

Fat: 4g

Makes 4 Servings

PROTEIN POWERED VEGAN “FRENCH TOAST”

INGREDIENTS

- 1 cup (240ml) coconut milk
- 1/2 cup (50g) oat flour (*or regular ground up oats*)
- 3 scoops (90g) vanilla vegan protein powder
- 6 dates (145g)
- 1 tbsp cinnamon

INSTRUCTIONS

Preheat oven to 325F/170C. Blend all ingredients together in a food processor or blender and pour batter into 6 mini-cake moulds. A medium sized brownie tray can be used as well. Bake for one hour or until a knife inserted into the center comes out clean. Top with honey, maple syrup or calorie-free syrup if desired.

NUTRITIONAL FACTS PER SERVING

Calories: 210

Protein: 14g

Carbs: 16g

Fat: 10g

Makes 6 Servings

PORTABELLA & SAUSAGE PASTA W/ SPINACH

INGREDIENTS

- 1/2 cup (50g) dry whole wheat pasta
- 1 tbsp extra virgin olive oil
- 1 cup (125g) portabella mushrooms, sliced
- 1/2 cup (80g) onions, chopped
- 1 clove garlic, chopped
- 1/2 cup (120ml) red wine
- 4oz (110g) vegan sausage
- 2 cups (60g) spinach
- 2 tbsp balsamic vinegar
- Salt and pepper to taste

INSTRUCTIONS

Cook pasta according to package instructions and set aside. In a large oiled skillet over medium heat, sauté onion, mushrooms and garlic for 2-3 minutes until vegetables begin to shrink and brown. Add wine and vegan sausage to the pan. Cook everything together until liquid reduces to desired thickness. Combine pasta and mushroom/sausage mixture and place on top of a bed of fresh spinach. Drizzle with balsamic and add salt/pepper and any other seasonings of your choice.

NUTRITION FACTS PER SERVING

Calories: 336

Protein: 22g

Carbs: 26g

Fat: 16g

Makes 2 Servings

EASY PROTEIN WAFFLES

INGREDIENTS

- 1/2 cup (60g) oats
- 1 scoop (30g) vanilla vegan protein powder
- 2 tsp cacao powder
- 1 tsp flax meal
- 1/2 tsp baking powder
- 1/2 tsp baking soda
- 1 cup (240ml) water or plant-based milk

INSTRUCTIONS

Turn the waffle maker on to highest heat setting and spray with cooking spray. In a food processor, combine oats, protein powder, flax meal, cacao powder, baking powder, and baking soda. Pulse 2 to 3 times. Add water and process all ingredients until they are well combined and form a batter. Pour batter into hot waffle maker and wait 1 minute before closing it. Heat waffles for 6-10 minutes or until desired consistency is reached. Top with sugar free maple syrup and sliced strawberries if desired.

NUTRITIONAL FACTS PER SERVING

Calories: 340

Protein: 32g

Carbs: 35g

Fat: 8g

Makes 1 Serving

CHORIZO TACOS

INGREDIENTS

- 1 12oz package (340g) soy chorizo
- 1 tsp extra virgin olive oil
- 1/2 medium onion (55g), sliced
- 2 tsp jalapeño chili, chopped and seeded
- 1 can (450g) vegetarian refried black beans
- 12 corn tortillas, warm
- Cilantro, chopped

INSTRUCTIONS

Heat oil in a large skillet over medium heat. Add sliced onion and jalapeño, sautéing for about 10 minutes until tender. Add soy chorizo and cook until it begins to brown, stirring often. Cook beans in heavy small saucepan over low heat until heated through, stirring occasionally. Stack 2 warm tortillas for each of 6 tacos. Spread two spoons of beans over each stack, then top with chorizo mixture, dividing equally. Top with cilantro.

NUTRITION FACTS PER SERVING

Calories: 390

Protein: 19g

Carbs: 56g

Fat: 10g

Makes 4 Servings

SUGAR SNAP PEA & CARROT SOBA NOODLES

INGREDIENTS

- 6oz (170g) soba noodles
- 2 cups (300g) frozen edamame
- 10oz (280g) sugar snap peas or snow peas
- 6 medium-sized carrots (360g), peeled
- 1/2 cup (25g) chopped fresh cilantro
- 1/4 cup (35g) sesame seeds
- 1/4 cup (60ml) low sodium tamari or soy sauce
- 2 tbsp peanut oil or extra virgin olive oil
- Juice of 1 small lime
- 1 tbsp toasted sesame oil
- 1 tbsp (20g) honey
- 1 tbsp white miso
- 2 tsp freshly grated ginger
- 1 tsp chili garlic sauce or sriracha

INSTRUCTIONS

Chop peas and slice carrots. Whisk together last 8 ingredients in a small bowl until emulsified. Set aside. Bring two big pots of water to a boil. Toast sesame seeds in a small pan over medium-low heat, shaking pan frequently to prevent burning, until seeds are turning golden and starting to make popping noises. Once pots of water are boiling: In one pot, cook soba noodles according to package then drain and briefly rinse under cool water. Cook frozen edamame in other pot until warmed through, but before draining, toss peas into boiling edamame water and cook for an additional 20 seconds. Drain. Combine soba noodles, edamame, snap peas and carrots in a large serving bowl. Pour in dressing and toss with salad servers. Toss in chopped cilantro and toasted sesame seeds before serving.

NUTRITION FACTS PER SERVING

Calories: 333

Protein: 14g

Carbs: 40g

Fat: 13g

Makes 6 Servings

CHOCOLATE PROTEIN MUFFINS

INGREDIENTS

- 2 large bananas (270g), mashed
- 3 tbsp (36g) chia seeds
- 1/2 cup (120ml) water
- 1/4 cup (65g) almond butter
- 1/3 cup (40g) unsweetened natural apple sauce
- 2 scoops (60g) chocolate vegan protein powder
- 3 tbsp (22g) cacao powder
- 2 tbsp (17g) coconut flour
- 1 tsp baking powder
- 3 tbsp (40g) cacao nibs

INSTRUCTIONS

Preheat oven to 350F/180C. In a large bowl, mash bananas and add chia seeds and water, stirring well and then allowing to rest for 2-3 minutes. Add almond butter, apple sauce, protein powder, cacao powder and coconut flour, stirring well until fully incorporated. Add baking powder and cacao nibs and stir until completely combined. Divide mixture between 10 muffin liners. Bake for 25 minutes and cool on wire rack completely before serving.

NUTRITIONAL FACTS PER SERVING

Calories: 138

Protein: 8g

Carbs: 13g

Fat: 6g

Makes 10 servings

CHOCOLATE PROTEIN BROWNIES

INGREDIENTS

- 1 cup (225g) overripe banana, mashed
- 2/3 cup (170g) natural peanut, almond or cashew butter
- 1/3 cup (40g) cocoa powder
- 1½ scoops (45g) vegan chocolate protein powder
- 1 tsp pure vanilla extract
- 1/4 tsp salt
- 1/4 cup (60ml) pure maple syrup

INSTRUCTIONS

Preheat oven to 325F/160C. Line an 8x8 pan with parchment paper. Gently warm nut butter so it is easily stir-able. Combine all ingredients in a bowl, stir until completely smooth, and then spread into prepared pan. Bake on center rack for 20-25 minutes. Mixture will be undercooked when it is removed. Allow it to cool, then loosely cover with a paper towel and place in fridge overnight so that it can fully firm up without losing its fudgy texture. Cut into 12 equal pieces. Vegan chocolate chips and/or crushed walnuts can be added to the recipe if desired.

NUTRITION FACTS PER SERVING

Calories: 152

Protein: 7g

Carbs: 13g

Fat: 8g

Makes 12 Servings

SIMPLE BLACK BEAN SOUP

INGREDIENTS

- 1 medium onion (110g), diced
- 1 red pepper (170g), diced
- 2 cloves garlic, minced
- 1 tsp cumin
- 1/2 tsp dried oregano
- 1/2 tsp smoked paprika
- 1/2 tsp salt
- 3 cans black beans (425g each), drained
- 1 can diced tomatoes (400g)
- 3-4 cups (720-960ml) vegetable broth

INSTRUCTIONS

In an oiled soup pot over medium heat, sauté onion, garlic and red pepper for about 5-6 minutes until softened. Add cumin, oregano, paprika and salt and sauté for another 1-2 minutes until spices are fragrant. Add black beans, tomatoes and half of the vegetable broth and bring to a boil. Reduce heat to medium-low and simmer for 15-20 minutes. Using an immersion blender, purée to desired consistency. Alternately, you can carefully transfer half of the soup to a blender, purée, and then add it back to the pot. Thin soup with remaining broth until desired thickness.

NUTRITION FACTS PER SERVING

Calories: 330

Protein: 20g

Carbs: 58g

Fat: 2g

Makes 6 Servings

AMARANTH & RED LENTIL PATTIES

INGREDIENTS

- 1/2 cup (100g) amaranth
- 1/2 cup (100g) split red lentils
- 1/2 medium sweet potato (100g)
- 1 tsp cumin
- 1 tsp paprika
- 1/4 tsp salt
- 1/4 tsp pepper
- 1/2 cup (60g) breadcrumbs
- Juice of 1/2 a lemon
- Small handful parsley, chopped

INSTRUCTIONS

Preheat oven to 350F/180C. In a medium pot, add amaranth and red lentils together with 2 cups (480ml) of water. Bring to a boil, cover pot, and reduce to a simmer. Let cook undisturbed for 10-15 minutes until water is absorbed and amaranth and lentils are cooked. While amaranth/lentils are cooking, finely dice the sweet potato and steam or boil in a little water until soft. Lightly mash and add to amaranth/lentils along with cumin, paprika, salt and pepper. Mix in chopped parsley, lemon juice and enough breadcrumbs to be able to shape into patties. Allow mixture to cool, and then form into small patties using your hands. Transfer to a tray and bake in oven for 8-10 minutes until golden brown.

NUTRITION FACTS PER SERVING

Calories: 339

Protein: 16g

Carbs: 62g

Fat: 3g

Makes 3 Servings

VEGAN PROTEIN ICE CREAM

INGREDIENTS

- 1 cup (240ml) unsweetened almond milk
- 1 scoop (30g) vegan protein powder (*any flavor of choice*)
- 1 tbsp (7g) unsweetened cocoa powder
- 1 packet stevia, Splenda or other 0 calorie sweetener of choice
- 1/4 tsp vanilla extract

INSTRUCTIONS

Combine all ingredients in a glass measuring cup and whisk vigorously until completely combined and no clumps remain. Pour into pre-frozen canister of your ice cream maker and prepare according to your machine. Best eaten immediately. Alternatively, pour the mixture into an ice cube tray and freeze until solid. Remove from tray and blend in the blender with additional almond milk to reach your desire texture.

NUTRITION FACTS PER SERVING

Calories: 177

Protein: 26g

Carbs: 7g

Fat: 5g

Makes 1 Serving

CAULIFLOWER LENTIL LOAF

INGREDIENTS

- 1 cup (200g) cooked brown lentils
- 3 cups (300g) raw riced cauliflower
- 1 cup (160g) sweet onion, chopped
- 2 cups (320g) bell pepper, chopped
- 2 tbsp (12g) nutritional yeast
- 1 tsp minced garlic
- 1 tsp Dijon mustard
- 1/2 tsp smoked paprika
- 1/2 tsp cumin
- 1/4 tsp black pepper
- 1/4 tsp chipotle powder
- 1/3 cup (80ml) unsweetened ketchup
- 1 tsp liquid smoke

INSTRUCTIONS

Preheat oven to 400F/205C. Cook lentils according to package instructions and set aside. Rice cauliflower in a food processor then squeeze with a towel to release excess water. Sauté chopped onion and pepper in a skillet until softened. Add lentils, cauliflower, onions and peppers along with nutritional yeast, garlic, mustard, paprika, cumin, pepper and chipotle powder to a large food processor and process until well combined. Line a 9x5 loaf pan with parchment paper and press loaf mixture into the pan, smoothing out the top. In a small bowl, mix ketchup and liquid smoke together and then spread it evenly over top of the pressed loaf. Bake loaf in oven for 40-45 minutes.

NUTRITION FACTS PER SERVING

Calories: 515

Protein: 34g

Carbs: 88g

Fat: 3g

Makes 2 Servings

CHOCOLATE PROTEIN COOKIE

INGREDIENTS

- 1 scoop (30g) chocolate vegan protein powder
- 2 tbsp (15g) oat flour (*or regular ground up oats*)
- 1 tbsp (7g) unsweetened cocoa powder
- 1 tbsp (15g) coconut sugar
- 1/2 tbsp flax meal
- 1/4 tsp baking soda
- 1/8 tsp salt
- 3 tbsp (35g) unsweetened apple sauce
- 2-3 tbsp (30-45ml) unsweetened almond milk
- 1 tbsp (15g) natural peanut or almond butter
- 1/4 tsp vanilla extract
- 1 tbsp (10g) vegan chocolate chips

INSTRUCTIONS

Preheat oven to 350F/180C. Line a baking sheet with parchment paper. In a medium bowl, whisk all dry ingredients until combined. In a small bowl, add apple sauce, 2 tablespoons almond milk, nut butter and vanilla. Stir until fully mixed together. Place in the microwave for 10-15 seconds to make it easier to stir if necessary. Pour wet ingredients into dry ingredients. Stir until a dough comes together, adding a tablespoon or two more of almond milk if it is too dry. Fold in chocolate chips. Form a ball in your hands with the dough and place on lined baking sheet. Bake for 13-16 minutes depending on desired cookie texture.

NUTRITION FACTS PER SERVING

Calories: 433

Protein: 31g

Carbs: 39g

Fat: 17g

Makes 1 Serving

GREEN CHILI MAC & CHEESE

INGREDIENTS

- 2½ cups (280g) large macaroni shells
- 1/2 white onion (55g), diced
- 3-4 cloves garlic, minced
- 1 cup (130g) raw cashews, soaked overnight, then drained
- 1½ cups (360ml) vegetable broth
- 1 tbsp (7g) cornstarch
- 1/2 tsp cumin
- 3/4 tsp chili powder
- 2 tbsp (12g) nutritional yeast
- 1 4oz can (120g) diced chilies

INSTRUCTIONS

Prepare macaroni according to package instructions and set aside. In a medium skillet over medium heat, sauté onions and garlic. Season with salt and pepper, cook until softened and set aside. Add onions and garlic to a blender along with cashews, vegetable broth, cornstarch, cumin, chili powder, nutritional yeast and half of the chilies, blending until smooth. Add mixture to a pot and cook on low, stirring frequently until slightly thickened. Add in the macaroni noodles along with remaining chilies and stir until well combined. Transfer to a bowl and serve. Tortilla chips can be crushed and sprinkled on top as an optional add-on, along with fresh cilantro.

NUTRITION FACTS PER SERVING

Calories: 351

Protein: 14g

Carbs: 40g

Fat: 15g

Makes 4 Servings

STUFFED EGGPLANT W/ FENNEL & WHITE BEANS

INGREDIENTS

- 2 medium eggplants (800g)
- 2 tbsp + 1 tsp extra virgin olive oil
- 1 fennel bulb (225g), thinly sliced
- 1 tsp oregano
- 1 tsp thyme
- 1 tsp garlic powder
- 1/4 tsp salt
- 1 can white beans/cannellini beans (425g), rinsed and drained
- 15 grape tomatoes (420g), sliced in half
- 1 tbsp balsamic vinegar

INSTRUCTIONS

Preheat oven to 400F/205C. Line a baking sheet with parchment paper. Slice eggplants lengthwise and score flesh in a diamond pattern without poking the skin. Brush 1 tablespoon of olive oil on each eggplant half and place them cut side down on the parchment paper. Bake for 30 minutes, or until eggplant is tender. Heat remaining teaspoon of olive oil in a large non-stick skillet. Add fennel, oregano, thyme, garlic powder and salt and cook over medium-high heat for 5 minutes until it starts to brown. Add 1/2 cup (120ml) water and continue cooking for another 5 minutes, until fennel starts to soften. Add beans, tomatoes and vinegar and cook for an additional 5 minutes. Top roasted eggplant with fennel/bean mixture and serve.

NUTRITION FACTS PER SERVING

Calories: 257

Protein: 9g

Carbs: 35g

Fat: 9g

Makes 4 Servings

CARROT CAKE SMOOTHIE BOWL

INGREDIENTS

Smoothie:

- 3/4 scoop (22g) vanilla vegan protein powder
- 1 small frozen banana (100g)
- 1 cup (240ml) unsweetened almond milk
- 1 cup (200g) ice
- 1/2 tsp cinnamon

Toppings:

- 1 tbsp (10g) chopped walnuts
- 2 tbsp (14g) raisins
- 1/3 cup (20g) shredded carrots

INSTRUCTIONS

Combine smoothie ingredients in blender and blend until creamy. Pour into a bowl and top with carrot cake toppings.

NUTRITION FACTS PER SERVING

Calories: 353

Protein: 22g

Carbs: 46g

Fat: 9g

Makes 1 Serving

GREEN SALAD W/ EDAMAME BEETS

INGREDIENTS

- 2 cups (150g) mixed salad greens
- 1 cup (150g) shelled edamame
- 1/2 medium raw beet (50g), peeled and shredded
- 1½ tbsp (22ml) red wine vinegar
- 1 tbsp chopped fresh cilantro
- 2 tsp extra virgin olive oil
- Salt and pepper to taste

INSTRUCTIONS

Arrange greens, edamame and beet on a large plate. Whisk vinegar, cilantro, oil, salt and pepper in a small bowl until emulsified. Drizzle over the salad.

NUTRITION FACTS PER SERVING

Calories: 317

Protein: 21g

Carbs: 20g

Fat: 17g

Makes 1 Serving

PROTEIN COOKIE DOUGH OVERNIGHT OATS

INGREDIENTS

- 1/2 cup (60g) oats
- 1 tbsp (12g) chia seeds
- 1 tbsp (10g) buckwheat groats
- 1 tbsp pure maple syrup
- 1/2 scoop (15g) vegan vanilla protein powder
- 3/4 cup (180ml) unsweetened vanilla almond milk
- 1 tbsp (15g) natural peanut, almond or cashew butter
- 2 tbsp (20g) vegan chocolate chips

INSTRUCTIONS

Mix oats, chia seeds, groats, protein powder and almond milk together in a bowl until well combined. Place into fridge and leave overnight. In the morning, before eating, stir in nut butter and chocolate chips and drizzle with maple syrup.

NUTRITION FACTS PER SERVING

Calories: 320

Protein: 18g

Carbs: 35g

Fat: 12g

Makes 2 Servings



SMOOTHIE RECIPES

TROPICAL TREAT SHAKE

INGREDIENTS

- 1 scoop (30g) protein powder (vanilla, strawberry or banana)
- 1/2 cup (120ml) unsweetened pineapple juice
- 1 large banana (135g)
- 2 tbsp (24g) low fat sour cream
- 1 tsp coconut extract
- 1/2 (120ml) cup water
- Ice as needed

* Additional sweetener if desired

* Water to thin if necessary

INSTRUCTIONS

Combine all ingredients into a blender and blend for approx. 15-30 seconds on high.

NUTRITION FACTS PER SERVING

Calories: 418

Protein: 27g

Carbs: 64g

Fat: 6g

Makes 1 Serving

APPLE CINNAMON SHAKE

INGREDIENTS

- 1½ scoops (45g) vanilla protein powder
- 1½ cups (360ml) unsweetened almond milk
- 1 medium apple (140g)
- 1 cup (30g) spinach
- 2 tbsp (20g) almonds
- 1/4 cup (30g) oats
- Cinnamon to taste
- Ice as needed

* Additional sweetener if desired

* Water to thin if necessary

INSTRUCTIONS

Combine all ingredients into a blender and blend for approx. 15-30 seconds on high.

NUTRITION FACTS PER SERVING

Calories: 474

Protein: 44g

Carbs: 43g

Fat: 14g

Makes 1 Serving

BLUEBERRY BANANA SHAKE

INGREDIENTS

- 1½ scoops (45g) vanilla protein powder
- 1 cup (145g) blueberries
- 1/2 medium banana (60g)
- 2 tbsp (20g) walnuts
- 2 tbsp (12g) oats
- 1 tbsp (12g) chia seeds
- Ice as needed

* Additional sweetener if desired

* Water to thin if necessary

INSTRUCTIONS

Combine all ingredients into a blender and blend for approx. 15-30 seconds on high.

NUTRITION FACTS PER SERVING

Calories: 524

Protein: 43g

Carbs: 52g

Fat: 16g

Makes 1 Serving

PEANUT BUTTER & JELLY SHAKE

INGREDIENTS

- 1 scoop (30g) strawberry protein powder
- 1 cup (150g) frozen strawberries
- 2 tbsp (30g) natural peanut butter
- 1 tbsp (12g) strawberry 100% fruit spread
- 3/4 cup (180ml) unsweetened vanilla almond milk
- Ice as needed

* Additional sweetener if desired

* Water to thin if necessary

INSTRUCTIONS

Combine all ingredients into a blender and blend for approx. 15-30 seconds on high.

NUTRITION FACTS PER SERVING

Calories: 493

Protein: 33g

Carbs: 43g

Fat: 21g

Makes 1 Serving

KEY LIME PIE SHAKE

INGREDIENTS

- 1½ scoops (45g) vanilla protein powder
- 1 cup (240ml) unsweetened almond milk
- 1 medium banana (120g)
- 1 tbsp key lime juice
- Zest of 1 key lime
- 1 tsp maple syrup
- 1 tbsp (15g) plain low fat Greek yogurt
- 1 tbsp crushed graham crackers
- Ice as needed

* Additional sweetener if desired

* Water to thin if necessary

INSTRUCTIONS

Combine all ingredients into a blender and blend for approx. 15-30 seconds on high.

NUTRITION FACTS PER SERVING

Calories: 386

Protein: 40g

Carbs: 43g

Fat: 6g

Makes 1 Serving

DARK CHOCOLATE PEPPERMINT SHAKE

INGREDIENTS

- 1 scoop (30g) chocolate protein powder
- 1 large banana (135g)
- 1 cup (240ml) unsweetened almond milk
- 2 tbsp (15g) cocoa powder
- 1/2 tsp pure peppermint extract
- 1 tbsp (10g) dark chocolate chips
- Ice as needed

* Additional sweetener if desired

* Water to thin if necessary

INSTRUCTIONS

Combine all ingredients into a blender and blend for approx. 15-30 seconds on high.

NUTRITION FACTS PER SERVING

Calories: 399

Protein: 29g

Carbs: 46g

Fat: 11g

Makes 1 Serving

ORANGE JULIUS SHAKE

INGREDIENTS

- 1½ scoops (45g) vanilla protein powder
- 1 cup (240ml) orange juice
- 1 tbsp vanilla extract
- 1/2 medium banana (60g)
- 3 frozen strawberries (30g)
- Ice as needed

* Additional sweetener if desired

* Water to thin if necessary

INSTRUCTIONS

Combine all ingredients into a blender and blend for approx. 15-30 seconds on high.

NUTRITION FACTS PER SERVING

Calories: 384

Protein: 39g

Carbs: 48g

Fat: 4g

Makes 1 Serving

PEACHES & CREAM SHAKE

INGREDIENTS

- 1 scoop (30g) vanilla protein powder
- 1½ cups (255g) peaches, sliced
- 1/4 cup (55g) plain fat-free Greek yogurt
- 1/2 cup (120ml) orange juice
- Ice as needed

* Additional sweetener if desired

* Water to thin if necessary

INSTRUCTIONS

Combine all ingredients into a blender and blend for approx. 15-30 seconds on high.

NUTRITION FACTS PER SERVING

Calories: 307

Protein: 31g

Carbs: 39g

Fat: 3g

Makes 1 Serving

PLUM LEMON SHAKE

INGREDIENTS

- 1 scoop (30g) vanilla protein powder
- 1 cup (240ml) unsweetened almond milk
- 1 ripe plum (65g), pitted
- Juice of 1 lemon
- Ice as needed

* Additional sweetener if desired

* Water to thin if necessary

INSTRUCTIONS

Combine all ingredients into a blender and blend for approx. 15-30 seconds on high.

NUTRITION FACTS PER SERVING

Calories: 209

Protein: 26g

Carbs: 15g

Fat: 5g

Makes 1 Serving

MANGO BLUEBERRY SHAKE

INGREDIENTS

- 1½ scoops (45g) vanilla protein powder
- 1 cup (240ml) unsweetened almond milk
- 1/2 cup (75g) frozen blueberries
- 1/2 cup (80g) frozen mango
- 1 tbsp (12g) chia seeds
- Ice as needed

* Additional sweetener if desired

* Water to thin if necessary

INSTRUCTIONS

Combine all ingredients into a blender and blend for approx. 15-30 seconds on high.

NUTRITION FACTS PER SERVING

Calories: 406

Protein: 40g

Carbs: 39g

Fat: 10g

Makes 1 Serving

STRAWBERRY CHEESECAKE SHAKE

INGREDIENTS

- 1 scoop (30g) strawberry protein
- 1 cup (240ml) skim milk
- 8 frozen strawberries (90g)
- 4 tbsp (50g) low fat sour cream
- Ice as needed

* Additional sweetener if desired

* Water to thin if necessary

INSTRUCTIONS

Combine all ingredients into a blender and blend for approx. 15-30 seconds on high.

NUTRITION FACTS PER SERVING

Calories: 330

Protein: 34g

Carbs: 26g

Fat: 10g

Makes 1 Serving

COFFEE BANANA SHAKE

INGREDIENTS

- 1 scoop (30g) chocolate protein
- 1 cup (240ml) chilled brewed coffee
- 1 large banana (135g)
- 2 tsp (14g) honey
- 1/4 tsp grated nutmeg
- Ice as needed

* Additional sweetener if desired

* Water to thin if necessary

INSTRUCTIONS

Combine all ingredients into a blender and blend for approx. 15-30 seconds on high.

NUTRITION FACTS PER SERVING

Calories: 319

Protein: 26g

Carbs: 47g

Fat: 3g

Makes 1 Serving

PEACHY STRAWBERRY SHAKE

INGREDIENTS

- 1 scoop (30g) vanilla protein powder
- 3/4 cup (110g) frozen strawberries
- 1/2 cup (100g) frozen sliced peaches
- 1 cup (240ml) unsweetened coconut milk
- 1/2 tsp vanilla extract
- 1 tbsp (20g) honey
- Ice as needed

* Additional sweetener if desired

* Water to thin if necessary

INSTRUCTIONS

Combine all ingredients into a blender and blend for approx. 15-30 seconds on high.

NUTRITION FACTS PER SERVING

Calories: 343

Protein: 26g

Carbs: 44g

Fat: 7g

Makes 1 Serving

ALMOND BLAST SHAKE

INGREDIENTS

- 1½ scoops (45g) vanilla protein powder
- 1 cup (240ml) skim milk
- 1/2 cup (60g) oats
- 1/4 cup (40g) raisins
- 1 tbsp (15g) almond butter
- Ice as needed

* Additional sweetener if desired

* Water to thin if necessary

INSTRUCTIONS

Combine all ingredients into a blender and blend for approx. 15-30 seconds on high.

NUTRITION FACTS PER SERVING

Calories: 639

Protein: 54g

Carbs: 72g

Fat: 15g

Makes 1 Serving

BUTTERSCOTCH PECAN SHAKE

INGREDIENTS

- 1 scoop (30g) vanilla protein powder
- 1 cup (240ml) unsweetened almond milk
- 2 tbsp sugar free butterscotch pudding mix
- 1/4 cup (30g) pecans
- Ice as needed

* Additional sweetener if desired

* Water to thin if necessary

INSTRUCTIONS

Combine all ingredients into a blender and blend for approx. 15-30 seconds on high.

NUTRITION FACTS PER SERVING

Calories: 359

Protein: 28g

Carbs: 10g

Fat: 23g

Makes 1 Serving

APPLE BERRY APRICOT SHAKE

INGREDIENTS

- 1 scoop (30g) vanilla protein powder
- 1 cup (240ml) unsweetened almond milk
- 1/2 medium apple (70g)
- 1/2 cup (70g) frozen mixed berries
- 1 medium apricot (35g)
- Ice as needed

* Additional sweetener if desired

* Water to thin if necessary

INSTRUCTIONS

Combine all ingredients into a blender and blend for approx. 15-30 seconds on high.

NUTRITION FACTS PER SERVING

Calories: 265

Protein: 27g

Carbs: 28g

Fat: 5g

Makes 1 Serving

BANANA BREAD SHAKE

INGREDIENTS

- 1½ scoops (45g) vanilla protein powder
- 1 cup (240ml) unsweetened almond milk
- 1 large banana (135g)
- 1/2 cup (115g) cooked oatmeal
- 1/2 cup (20g) bran flakes
- Ice as needed

* Additional sweetener if desired

* Water to thin if necessary

INSTRUCTIONS

Combine all ingredients into a blender and blend for approx. 15-30 seconds on high.

NUTRITION FACTS PER SERVING

Calories: 512

Protein: 43g

Carbs: 67g

Fat: 8g

Makes 1 Serving

PEACH COBBLER SHAKE

INGREDIENTS

- 1 scoop (30g) vanilla protein powder
- 1 cup (240ml) unsweetened almond milk
- 1/2 can (215g) sliced peaches, drained
- 1 packet Quaker Maple & Brown Sugar Instant Oatmeal
- Ice as needed

* Additional sweetener if desired

* Water to thin if necessary

INSTRUCTIONS

Combine all ingredients into a blender and blend for approx. 15-30 seconds on high.

NUTRITION FACTS PER SERVING

Calories: 487

Protein: 30g

Carbs: 76g

Fat: 7g

Makes 1 Serving

CHERRY VANILLA FREEZE SHAKE

INGREDIENTS

- 1 scoop (30g) vanilla protein powder
- 1 cup (240ml) cherry sugar-free Kool-Aid
- 6 cherries (50g)
- 1 scoop (50g) ice cream
- Ice as needed

* Additional sweetener if desired

* Water to thin if necessary

INSTRUCTIONS

Combine all ingredients into a blender and blend for approx. 15-30 seconds on high.

NUTRITION FACTS PER SERVING

Calories: 228

Protein: 26g

Carbs: 22g

Fat: 4g

Makes 1 Serving

MANGO COCONUT SHAKE

INGREDIENTS

- 1 scoop (30g) vanilla protein powder
- 1 cup (160g) frozen mango chunks
- 1 cup (240ml) unsweetened coconut milk
- 1/2 cup (115g) plain low fat Greek yogurt
- 1/4 tsp cinnamon
- Ice as needed

* Additional sweetener if desired

* Water to thin if necessary

INSTRUCTIONS

Combine all ingredients into a blender and blend for approx. 15-30 seconds on high.

NUTRITION FACTS PER SERVING

Calories: 315

Protein: 34g

Carbs: 29g

Fat: 7g

Makes 1 Serving

PEANUT BUTTER CUP SHAKE

INGREDIENTS

- 1½ scoops (45g) chocolate protein powder
- 1 cup (240ml) skim milk
- 1/4 cup (30g) oats
- 2 tbsp (30g) natural peanut butter
- 2 tbsp sugar-free hazelnut creamer
- Ice as needed

* Additional sweetener if desired

* Water to thin if necessary

INSTRUCTIONS

Combine all ingredients into a blender and blend for approx. 15-30 seconds on high.

NUTRITION FACTS PER SERVING

Calories: 620

Protein: 54g

Carbs: 47g

Fat: 24g

Makes 1 Serving

SPINACH FLAX SHAKE

INGREDIENTS

- 1 scoop (30g) vanilla protein powder
- 1 cup (240ml) unsweetened almond milk
- 1 handful (30g) baby spinach
- 1/4 cup (40g) frozen mango chunks
- 1/4 cup (40g) frozen pineapple
- 1/2 medium banana (60g)
- 1 tbsp (7g) flax meal
- 1 tbsp (12g) chia seeds
- Ice as needed

* Additional sweetener if desired

* Water to thin if necessary

INSTRUCTIONS

Combine all ingredients into a blender and blend for approx. 15-30 seconds on high.

NUTRITION FACTS PER SERVING

Calories: 372

Protein: 30g

Carbs: 36g

Fat: 12g

Makes 1 Serving

MAPLE CINNAMON PANCAKE SHAKE

INGREDIENTS

- 1 scoop (30g) vanilla protein powder
- 1 cup (240ml) skim milk
- 1/2 cup (60g) oats
- 1/4 tbsp cinnamon
- 1 tbsp sugar free maple syrup
- Ice as needed

* Additional sweetener if desired

* Water to thin if necessary

INSTRUCTIONS

Combine all ingredients into a blender and blend for approx. 15-30 seconds on high.

NUTRITION FACTS PER SERVING

Calories: 381

Protein: 38g

Carbs: 46g

Fat: 5g

Makes 1 Serving

SKINNY OREO SHAKE

INGREDIENTS

- 1/2 cup (115g) fat-free cottage cheese
- 1/2 cup (120ml) skim milk
- 2 Oreo cookies
- 1 tsp vanilla extract
- Ice as needed

* Additional sweetener if desired

* Water to thin if necessary

INSTRUCTIONS

Combine all ingredients into a blender and blend for approx. 15-30 seconds on high.

NUTRITION FACTS PER SERVING

Calories: 233

Protein: 18g

Carbs: 29g

Fat: 5g

Makes 1 Serving

LEMON STRAWBERRY YOGURT SHAKE

INGREDIENTS

- 1 scoop (30g) vanilla protein powder
- 1 cup (225g) fat-free vanilla Greek yogurt
- 1 cup (240ml) light orange juice
- 1½ cups (225g) strawberries
- 1 tbsp lemon juice
- 1/2 tsp lemon zest
- Ice as needed

* Additional sweetener if desired

* Water to thin if necessary

INSTRUCTIONS

Combine all ingredients into a blender and blend for approx. 15-30 seconds on high.

NUTRITION FACTS PER SERVING

Calories: 423

Protein: 45g

Carbs: 54g

Fat: 3g

Makes 1 Serving

ROOT BEER FLOAT SHAKE

INGREDIENTS

- 1 scoop (30g) vanilla protein powder
- 1 cup (240ml) diet root beer
- 1/2 cup (115g) plain fat-free Greek yogurt
- Ice as needed

* Additional sweetener if desired

* Water to thin if necessary

INSTRUCTIONS

Combine all ingredients into a blender and blend for approx. 15-30 seconds on high.

NUTRITION FACTS PER SERVING

Calories: 178

Protein: 33g

Carbs: 7g

Fat: 2g

Makes 1 Serving

CLEAN MASS GAINER SHAKE

INGREDIENTS

- 2 scoops (60g) chocolate protein powder
- 1 cup (240ml) skim milk
- 1/2 cup (60g) oats
- 1 large banana (135g)
- 2 tbsp (30g) peanut butter
- 1 pinch cinnamon
- Ice as needed

* Additional sweetener if desired

* Water to thin if necessary

INSTRUCTIONS

Combine all ingredients into a blender and blend for approx. 15-30 seconds on high.

NUTRITION FACTS PER SERVING

Calories: 832

Protein: 70g

Carbs: 84g

Fat: 24g

Makes 1 Serving

BLUEBERRY ALMOND FLAX SHAKE

INGREDIENTS

- 1 scoop (30g) vanilla protein powder
- 1 cup (240ml) unsweetened almond milk
- 1 cup (150g) frozen blueberries
- 2 tsp (5g) flax seeds
- 2 tbsp (15g) almonds
- Ice as needed

* Additional sweetener if desired

* Water to thin if necessary

INSTRUCTIONS

Combine all ingredients into a blender and blend for approx. 15-30 seconds on high.

NUTRITION FACTS PER SERVING

Calories: 403

Protein: 30g

Carbs: 37g

Fat: 15g

Makes 1 Serving

PINEAPPLE PASSION SHAKE

INGREDIENTS

- 1 scoop (30g) vanilla protein powder
- 1/2 cup (115g) low fat vanilla Greek yogurt
- 1/2 cup (120ml) unsweetened almond milk
- 1 cup (160g) frozen pineapple chunks
- 4 large strawberries (40g)
- Ice as needed

* Additional sweetener if desired

* Water to thin if necessary

INSTRUCTIONS

Combine all ingredients into a blender and blend for approx. 15-30 seconds on high.

NUTRITION FACTS PER SERVING

Calories: 263

Protein: 34g

Carbs: 25g

Fat: 3g

Makes 1 Serving

CREAMY CARAMEL VANILLA SHAKE

INGREDIENTS

- 1 scoop (30g) vanilla protein powder
- 1 cup (240ml) unsweetened almond milk
- 3/4 cup (115g) frozen strawberries
- 1/2 medium banana (60g)
- 4 tbsp (60g) plain fat-free Greek vanilla yogurt
- 1 tbsp (15g) natural peanut butter
- 2 tbsp sugar-free caramel cream topping
- Ice as needed

* Additional sweetener if desired

* Water to thin if necessary

INSTRUCTIONS

Combine all ingredients into a blender and blend for approx. 15-30 seconds on high.

NUTRITION FACTS PER SERVING

Calories: 513

Protein: 36g

Carbs: 63g

Fat: 13g

Makes 1 Serving

APPLE SPINACH PEAR SHAKE

INGREDIENTS

- 1 scoop (30g) vanilla protein powder
- 1 cup (240ml) unsweetened almond milk
- 1 cup (30g) spinach
- 1 snack size cup (125g) unsweetened apple sauce
- 1/2 medium pear (80g)
- Handful (10g) cilantro
- Ice as needed

* Additional sweetener if desired

* Water to thin if necessary

INSTRUCTIONS

Combine all ingredients into a blender and blend for approx.. 15-30 seconds on high.

NUTRITION FACTS PER SERVING

Calories: 281

Protein: 27g

Carbs: 32g

Fat: 5g

Makes 1 Serving

MIXED FRUIT & HEMP SEED SHAKE

INGREDIENTS

- 1 scoop (30g) vanilla protein powder
- 1 cup (240ml) unsweetened almond milk
- 1/2 medium orange (65g)
- 1/2 medium banana (60g)
- 1/2 cup (75g) strawberries
- 1 tsp hemp seeds
- Ice as needed

* Additional sweetener if desired

* Water to thin if necessary

INSTRUCTIONS

Combine all ingredients into a blender and blend for approx. 15-30 seconds on high.

NUTRITION FACTS PER SERVING

Calories: 303

Protein: 28g

Carbs: 32g

Fat: 7g

Makes 1 Serving

ORANGE CREAMSICLE SHAKE

INGREDIENTS

- 2 scoops (60g) vanilla protein powder
- 1/2 cup (120ml) unsweetened almond milk
- 1/2 cup (120ml) water
- 3oz (85g) frozen orange juice concentrate
- 1/2 frozen medium banana (60g)
- 1 tsp (7g) honey
- 1 tsp orange zest (optional)
- Ice as needed

* Additional sweetener if desired

* Water to thin if necessary

INSTRUCTIONS

Combine all ingredients into a blender and blend for approx. 15-30 seconds on high.

NUTRITION FACTS PER SERVING

Calories: 530

Protein: 52g

Carbs: 67g

Fat: 6g

Makes 1 Serving

CREAMY BANANA PISTACHIO SHAKE

INGREDIENTS

- 1 scoop (30g) vanilla protein powder
- 3/4 cup (180ml) skim milk
- 1 small banana (100g)
- 1/4 cup (30g) pistachio nuts
- 1 tsp (7g) honey
- Ice as needed

* Additional sweetener if desired

* Water to thin if necessary

INSTRUCTIONS

Combine all ingredients into a blender and blend for approx. 15-30 seconds on high.

NUTRITION FACTS PER SERVING

Calories: 501

Protein: 38g

Carbs: 49g

Fat: 17g

Makes 1 Serving

CHOCOLATE PEANUT BUTTER BANANA SHAKE

INGREDIENTS

- 2 scoops (60g) chocolate protein powder
- 1 cup (240ml) skim milk
- 1/2 cup (50g) slivered almonds
- 1 tbsp (15g) peanut butter
- 1/2 medium banana (60g)
- 1 tbsp (20g) honey
- Ice as needed

* Additional sweetener if desired

* Water to thin if necessary

INSTRUCTIONS

Combine all ingredients into a blender and blend for approx. 15-30 seconds on high.

NUTRITION FACTS PER SERVING

Calories: 899

Protein: 63g

Carbs: 65g

Fat: 43g

Makes 1 Serving

BERRY “SUPERFOOD” SHAKE

INGREDIENTS

- 1 scoop (30g) chocolate protein powder
- 1/2 cup (70g) frozen cherries
- 1 cup (240ml) water
- 1/2 cup (70g) raw beets
- 1/2 cup (75g) frozen strawberries
- 1/2 cup (75g) frozen blueberries
- 1/2 medium banana (60g)
- 1 tbsp (7g) ground flaxseed
- Ice as needed

* Additional sweetener if desired

* Water to thin if necessary

INSTRUCTIONS

Combine all ingredients into a blender and blend for approx. 15-30 seconds on high.

NUTRITION FACTS PER SERVING

Calories: 418

Protein: 29g

Carbs: 62g

Fat: 6g

Makes 1 Serving

BANANA ALMOND SUNFLOWER SHAKE

INGREDIENTS

- 1½ scoops (45g) vanilla protein powder
- 1 cup (240ml) unsweetened almond milk
- 1 large banana (135g)
- 1 tbsp (7g) sunflower seeds
- 1 tbsp (7g) almonds
- Ice as needed

* Additional sweetener if desired

* Water to thin if necessary

INSTRUCTIONS

Combine all ingredients into a blender and blend for approx. 15-30 seconds on high.

NUTRITION FACTS PER SERVING

Calories: 441

Protein: 41g

Carbs: 40g

Fat: 13g

Makes 1 Serving

DOUBLE CHOCOLATE FUDGE SHAKE

INGREDIENTS

- 2 scoops (60g) chocolate protein powder
- 1 cup (240ml) unsweetened almond milk
- 2 tbsp (15g) chocolate fudge sugar free pudding mix
- 1 tbsp (10g) chocolate chips
- Ice as needed

* Additional sweetener if desired

* Water to thin if necessary

INSTRUCTIONS

Combine all ingredients into a blender and blend for approx. 15-30 seconds on high.

NUTRITION FACTS PER SERVING

Calories: 362

Protein: 50g

Carbs: 18g

Fat: 10g

Makes 1 Serving

PEACHY GREEN SHAKE

INGREDIENTS

- 1½ scoops (45g) vanilla protein powder
- 1 cup (240ml) unsweetened almond milk
- 1 cup (160g) frozen peaches
- 1/2 cup (80g) frozen pineapple
- 1/2 medium banana (60g)
- 2 cups (135g) kale
- 1 tbsp (7g) ground flaxseeds
- Ice as needed

* Additional sweetener if desired

* Water to thin if necessary

INSTRUCTIONS

Combine all ingredients into a blender and blend for approx. 15-30 seconds on high.

NUTRITION FACTS PER SERVING

Calories: 429

Protein: 41g

Carbs: 46g

Fat: 9g

Makes 1 Serving

WHITE CHOCOLATE RASPBERRY SHAKE

INGREDIENTS

- 1½ scoops (45g) vanilla protein powder
- 1 cup (240ml) unsweetened coconut milk
- ¾ cup (90g) frozen raspberries
- 1 tbsp (12g) chia seeds
- 1 tbsp (10g) white chocolate chips
- Ice as needed

* Additional sweetener if desired

* Water to thin if necessary

INSTRUCTIONS

Combine all ingredients into a blender and blend for approx. 15-30 seconds on high.

NUTRITION FACTS PER SERVING

Calories: 451

Protein: 41g

Carbs: 38g

Fat: 15g

Makes 1 Serving

CINNAMON ROLL SHAKE

INGREDIENTS

- 1½ scoops (45g) vanilla protein powder
- 1 cup (240ml) skim milk
- 1 tbsp (7g) sugar-free instant vanilla pudding
- 1/4 tsp cinnamon
- 1/4 tsp vanilla extract
- 1/2 tsp butter-flavor extract
- Ice as needed

* Additional sweetener if desired

* Water to thin if necessary

INSTRUCTIONS

Combine all ingredients into a blender and blend for approx. 15-30 seconds on high.

NUTRITION FACTS PER SERVING

Calories: 275

Protein: 44g

Carbs: 18g

Fat: 3g

Makes 1 Serving

GRAPE BERRY SHAKE

INGREDIENTS

- 1½ scoops (45g) vanilla protein powder
- 1 tsp (4g) chia seeds
- 1½ cups (240g) seedless red or purple grapes
- 1/2 cup (75g) frozen blueberries
- 1 tsp flaxseed oil
- 1/2 cup (120ml) water
- Ice as needed

* Additional sweetener if desired

* Water to thin if necessary

INSTRUCTIONS

Combine all ingredients into a blender and blend for approx. 15-30 seconds on high.

NUTRITION FACTS PER SERVING

Calories: 486

Protein: 39g

Carbs: 60g

Fat: 10g

Makes 1 Serving

CHOCOLATE ALMOND BROWNIE SHAKE

INGREDIENTS

- 1 scoop (30g) chocolate protein powder
- 1 cup (240ml) low fat milk
- 1/2 Clif Chocolate Brownie bar (35g)
- 1/4 cup (25g) almonds
- Ice as needed

* Additional sweetener if desired

* Water to thin if necessary

INSTRUCTIONS

Combine all ingredients into a blender and blend for approx. 15-30 seconds on high.

NUTRITION FACTS PER SERVING

Calories: 595

Protein: 44g

Carbs: 44g

Fat: 27g

Makes 1 Serving

HONEY BANANA SHAKE

INGREDIENTS

- 1 scoop (30g) vanilla protein powder
- 1 cup (240ml) unsweetened almond milk
- 3/4 cup (170g) plain low fat Greek yogurt
- 1 medium banana (120g)
- 1 tsp flaxseed oil
- 2 tsp (14g) honey
- Ice as needed

* Additional sweetener if desired

* Water to thin if necessary

INSTRUCTIONS

Combine all ingredients into a blender and blend for approx. 15-30 seconds on high.

NUTRITION FACTS PER SERVING

Calories: 462

Protein: 44g

Carbs: 49g

Fat: 10g

Makes 1 Serving

SPINACH PEPPERMINT SHAKE

INGREDIENTS

- 1 scoop (30g) chocolate protein powder
- 1 cup (240ml) unsweetened almond milk
- 1 tbsp (7g) ground flaxseeds
- 1 tbsp (12g) chia seeds
- 1 medium banana (120g)
- 1/2 cup (15g) spinach
- 1 drop peppermint essential oil
- Ice as needed

* Additional sweetener if desired

* Water to thin if necessary

INSTRUCTIONS

Combine all ingredients into a blender and blend for approx. 15-30 seconds on high.

NUTRITION FACTS PER SERVING

Calories: 362

Protein: 30g

Carbs: 38g

Fat: 10g

Makes 1 Serving

CHOCOLATE AVOCADO STRAWBERRY SHAKE

INGREDIENTS

- 1 scoop (30g) chocolate protein powder
- 1 cup (240ml) unsweetened almond milk
- 1/2 cup (75g) frozen strawberries
- 1/2 avocado (100g)
- 1/2 tsp vanilla extract
- 1 tsp honey
- Ice as needed

* Additional sweetener if desired

* Water to thin if necessary

INSTRUCTIONS

Combine all ingredients into a blender and blend for approx. 15-30 seconds on high.

NUTRITION FACTS PER SERVING

Calories: 408

Protein: 28g

Carbs: 29g

Fat: 20g