



# MEAL PREP

## RECIPES







# ABOUT THIS GUIDE

## PLEASE READ

The portion sizes, macros, calorie totals etc. included in recipes may vary based on brand of ingredients, preparation methods, and/or accuracy of calculation by the creators of these recipes.

Be sure to weigh and track your own food and ingredients! We did our best to include tasty, mostly whole food meals, that are close to or below 600 calories per serving and over 30 grams of protein.

When prepping your own food, be sure to adjust ingredients and portions to fit your specific needs.

If you need help with finding your macro and calorie needs for your goals, please let us know!

If you'd like to learn more about meal prep, [click here to download our meal prep course!](#)

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DISCLAIMER: Any and all information herein is not meant to treat, prevent, or cure any illness or disease. The contents of this email and any attachments are for educational purposes only.

All macronutrient, calorie, and other nutritional information are approximations Actual results will vary based on cooking style, serving sizes, and/or brand..



# MEAL PREP TIPS

## Cooking Meats

Most muscle meats should be seared on high heat and cooked relatively quickly. The longer meat spends cooking, the more moisture it loses.

When cooking chicken breast, slicing the breast thin (and even tenderizing) keeps cook times down and increases surface area for seasonings.

Meats that are cooked low and slow are typically meats that are tougher and need time to breakdown.

Seasonings penetrate meat the longer it is left to sit on said meat. Seasoning immediately before cooking is okay but will result in less flavor. Remember to use less seasoning the longer you let your meats sit.

## Cooking Rice

Rice your rice 2-3 times by swirling in a bowl or pot and polishing the rice by squeezing it like you're grabbing a handful of sand. Let it soak for at least 15 minutes before heating.

Then, buy a rice cooker or instant pot. Just do it. Don't try to cook rice any other way.

As soon as rice is finished cooking is the time to season with lime juice and cilantro or other seasonings.

Letting rice cool creates resistant starch which is great for your gut health!

## Misc.

**Weighing your food and ingredients with a food scale is the KEY to success with meal prep**

Don't eat bland food. Seasonings are not unhealthy. In fact, in many cases, they have health benefits. Don't be afraid to season your food.

Getting good at cooking is one of the most enriching skills you could ever learn and will make your health & fitness goals much easier.

Always remember to check labels on your foods and when possible BUY LOCAL

Simpler is usually better and the best foods don't have ingredients (they are the ingredients.)



# Chicken Chow Mein

43g P | 48g C | 9g F | 455 Cal Per Serving

## Ingredients:

### Chicken marinade

- -700g chicken breast cut into strips
- -2 tsp paprika
- -1 tsp black pepper
- -2 tsp garlic powder
- -20 ml low sodium soy sauce
- -2 tsp sesame oil

### Noodles + Sauce

- -220g egg or rice noodles
- -1 tbsp minced garlic
- -1 medium red onion sliced
- -1 medium red bell pepper sliced
- -1 cup chopped green onion
- -1 cup bean sprouts
- -50ml low sodium soy sauce
- -50-60g Oyster sauce
- -(Optional) 10 ml Rice Vinegar
- -Garnish Sesame seeds + chili flakes

## Instructions:

- Slice your chicken into strips then add paprika, black pepper, garlic powder, soy sauce, and sesame oil in a bowl (marinate for 30 min for best flavor).
- Cook for 6-8 minutes on medium heat till golden brown. When cooked, set aside.
- Add onion, bell pepper, and green onions to the original pan. Stir fry for 5 minutes.
- Add minced garlic, 50 ml light soy sauce, 60g oyster sauce, 10ml rice vinegar, and cooked noodles.
- Mix well then add cooked chicken + bean sprouts.
- Garnish with sesame seeds and chili flakes.





# Spicy grilled Chicken Wrap

38g P | 24g C | 11g F | 347 Cal Per Serving

## Ingredients:

- -600g chicken breast cut into strips (100g cooked chicken per wrap)
- - 3-4 garlic cloves
- - 1 tbsp oregano
- - 1 tbsp paprika
- - 1 tsp onion powder
- - 1 tsp chili flakes
- - 1 tsp salt and pepper
- - 1 lemon juiced.
- - Low carb tortilla wraps
- - Shredded lettuce
- -Chopped Red Onion

## Sauce:

- - 100g fat free greek yogurt
- - 20g sriracha or any other hot sauce
- - 1 garlic clove minced
- - fresh parsley
- - 1/2 tsp salt & pepper or to taste
- - lemon juice

## Instructions:

- Slice chicken into strips or dice
- Add garlic, oregano, paprika, onion powder, chili flakes, salt & pepper to a bowl
- Add spice mix and juice of lemon to chicken. Mix well until it is fully coated.
- Cook on medium heat for 8 minutes (4 on both sides) or until cooked through.
- In a bowl add 100g fat free yogurt, sriracha, fresh garlic, chopped parsley, salt, pepper, lemon juice. Mix until completely smooth.
- Grab your low-calorie tortilla, add shredded lettuce, grilled chicken, red onion, tomato, spicy sauce (made above)
- Enjoy!





# Creamy Chicken Alfredo

51g P | 45g C | 12g F | 511 Cal Per Serving

## Ingredients:

- - 700g chicken breast (2 breasts cut into thin filets)
- - Italian herbs blend
- - 1 tbsp smoked paprika or regular paprika
- - 1 tbsp garlic powder
- - 1 tsp salt and pepper
- - 2 tsp olive oil
- - 560 g cooked pasta of choice
- - Garnish with parsley

## Alfredo Sauce:

- - 300ml low fat milk or regular milk
- - 150g light cream cheese
- - 40g parmesan
- - 1 tsp Italian herbs
- - Salt and pepper to taste
- - 3tbsp pasta water

## Instructions:

- In a bowl or baking dish, add your chicken breast and season with Italian herb, paprika, garlic powder, salt and pepper, olive oil, and mix till the color of the chicken changes.
- Alfredo sauce: in a blender add low-fat milk, light cream cheese, parmesan, Italian herbs, salt and pepper, and pasta water. Blend till smooth
- Cook chicken in a pan on high heat 3-4 minutes each side until cooked through .
- Set the chicken aside to cool covered.
- In the same pan add chopped garlic and onion, cook for two minutes and add the Alfredo sauce. - Stir until the sauce thickens.
  
- Add 560g of cooked pasta and mix.
- Enjoy!







# Creamy Garlic Beef Pasta

47g P | 51g C | 9g F | 477 Cal Per Serving

## Ingredients:

- - 600g raw lean beef
- - 250g uncooked fusilli pasta | 500g cooked weight
- - 1-3 tsp Italian herbs
- - 1 tsp paprika
- - 1 tsp salt and pepper
- - 1 tsp olive oil
- - Garnish parsley & parmesan cheese

## Sauce

- - 2 tsp olive oil
- - 3-4 garlic cloves minced
- - 1 large tomato chopped
- - 1 medium red bell pepper chopped
- - 1 tsp Italian herbs
- - 1 tsp paprika
- - 1 tsp salt and pepper
- - 150g light cream cheese
- - ½ cup pasta water

## Instructions:

- In a hot pan add oil, fresh garlic, tomato, bell pepper, Italian herbs, paprika, salt and pepper, cook for five minutes until soft.
- Add into a blender cup, with light cream cheese and pasta water. Blend until smooth.
- In the original pan, cook lean ground beef and same seasonings again. Cook for eight minutes.
- Add cooked pasta and sauce, mix well. Enjoy.





# Chicken Fajita Bowl

55g P | 46g C | 9g F | 485 calories

## Ingredients:

### Chicken:

- - 600g cubed chicken breast
- - 1 tsp onion powder
- - 1 tsp garlic powder
- - 1 tsp salt and pepper
- - 1 tbsp paprika
- - 1 tsp cumin
- - 1 tsp chili powder
- - ½ lime juice
- - (Optional corn and beans to add separate to the end)
- - Mix and let it marinate as long as you can
- - Cook for 3-4 minutes on each side on medium heat, you should get some nice sear marks then set aside

### For the green sauce (you will only use a small amount per serving):

- - 1 medium avocado (approx. 100g)
- - 100g low fat yogurt (Greek yogurt is great)
- - A good handful of fresh cilantro or parsley
- - 1 tsp garlic powder or 1 garlic clove
- - ½ tsp salt
- - 20-30 ml of water (add more if too thick)
- - Blend until smooth

### For the cilantro lime rice:

- - Cook rice using a rice cooker, instantpot or on stovetop
- - Once your rice is cooked, add chopped cilantro and lime juice while the rice is still steamy. Mix and let it sit to absorb the flavors.

## Instructions:

- First cube your chicken breast in a bowl and add garlic powder, onion powder, cumin, paprika, chili powder, salt and pepper, and ½ lime juice. Mix well until the color has changed.
- In a mixer add avocado, fat free yogurt, handful parsley, garlic, ½ lime juice, ½ tsp salt, 30ml water, blend until completely smooth and creamy.
- In a pot add rice, water, salt.
- Once cooked add fresh cilantro and lime juice, mix.
- Pan on medium heat cook chicken for four minutes until golden brown.
- Set chicken aside and add onion, bell pepper, same seasoning, cook 5 minutes.
- Serve the rice, chicken, veggies, beans, corn, extra lime, and the green sauce.
- Enjoy!







# Creamy Chicken Pasta

60g P | 48g C | 6g F | 488 Cal Per Serving

## Ingredients:

### Chicken

- - 300g cubed chicken breast (raw)
- - 1 tsp paprika
- - 1 tsp garlic
- - 1 tsp basil
- - 1 or ½ chili flakes
- - 1 tsp salt and pepper

### For the sauce

- - 1 tsp olive oil or cooking spray
- - 3-4 garlic cloves
- - 1 red bell pepper
- - 1 medium tomato
- - Salt pepper, paprika, basil
- - 100g light cream cheese
- - ½ cup pasta water
- - Fresh basil (optional)

### Pasta

- - 130g uncooked pasta or protein pasta
- - Salt (for pasta water)

## Instructions:

- Cook chicken on medium-high heat for 8 minutes until done throughout
- Add cooked pasta with sauce
- Give it a mix and simmer for 2-3 minutes
- Garnish with basil and a little parmesan (optional)
- Enjoy!



# Crispy Sweet & Sour Chicken

53g P | 49g C | 6g F | 457 Cal Per Serving

## Ingredients:

### For the crispy chicken

- - 600g cubed chicken breast
- - 1 tsp salt and pepper
- - 1 tbsp paprika
- - 1 tsp garlic powder
- - 30g corn starch
- - 1 tsp baking powder

### For the fried rice

- - 100g mixed frozen vegetables (carrots, sweet corn, peas)
- - 440g cooked basmati rice
- - 15ml soy sauce
- - 1 tbsp oyster sauce
- - 1 tbsp sesame oil (optional but recommended) (Do not over use!)
- - 2 scrambled eggs

### For the sweet and sour sauce

- - 1 tbsp crushed garlic and ginger
- - 170ml pineapple juice
- - 20ml light soy sauce
- - 15g honey
- - 30g light tomato sauce/ketchup
- - 5g corn flour mixed with 15-20 ml of water
- - Add onion and bell peppers

## Instructions:

- Add chicken to bowl
- Add salt and pepper, smoked paprika, garlic powder, corn starch, baking powder and mix before mixing into chicken and tossing until chicken is fully coated
- In a pan on medium heat add olive oil, mixed vegetables, cook for a minute then add eggs (stir till scrambled)
- Mix with vegetables.
- Add leftover cooked rice.
- Add light soy sauce, oyster sauce, sesame oil, mix.
- Cook chicken in a pan on medium heat for 8-10 minutes until golden brown.
- Set aside then in same pan add garlic and ginger, cook for a minute then add pineapple juice, soy sauce, honey, light tomato sauce, corn flour mixed with water. Mix and let thicken.
- Add chicken, onion, bell pepper.
- Plate and enjoy!







# Mexican Chicken and Rice

45g P | 47g C | 9g F | 450 Cal Per Serving

## Ingredients:

- - 750g raw chicken breasts cut into cubes
- - 2 tsp oregano
- - 1 tsp garlic powder
- - 2 tsp paprika
- - 1 tsp cumin
- - 1 tsp chili powder
- - 1 tsp salt and pepper
- - 1 whole lime juice
- - 2 tsp olive oil for cooking
- - Chopped tomato
- - 1 medium onion minced
- - 1 medium red bell pepper diced
- - 100g black beans
- - 210g washed uncooked rice
- - 1 tsp of each seasoning used previously
- - 300ml water or chicken stock for flavor
- - Garnish with chopped coriander/cilantro

## Instructions:

- Slice chicken in cubes and add oregano, garlic powder, paprika, cumin, chili powder, salt, pepper, a squeeze of lime juice. Mix until chicken is fully covered.
- Cook on medium-high heat for 6-8 minutes until cooked through.
- Set chicken aside
- Add onions and bell peppers and cook for 2 minutes then add black beans, uncooked rice, extra seasoning.
- Toast for one minute then add chopped tomato and water, cover, and simmer for 12-15 minutes.
- Add in cooked chicken and coriander, enjoy!





# Peri Peri Chicken Pasta

47g P | 46g C | 10g F | 463 Cal Per Serving

## Ingredients:

- - 700 raw chicken breasts, cubed
- - 1 tbsp oregano
- - 1 tbsp paprika
- - 1 tbsp garlic powder
- - 1 tsp chili flakes
- - 1 tsp salt and pepper
- - 2 tsp olive oil
- - 225g uncooked penne pasta or protein pasta| 500g cooked weight
- - 1 chopped onion and bell pepper
- - 100g tomato paste
- - 200ml skimmed milk
- - 100g light cream cheese
- - 100ml pasta water
- - 50-80g Nando's peri peri sauce or marinade of choice
- - Extra seasoning to taste (salt, pepper, oregano, chili flakes)
- - Fresh parsley

## Instructions:

- Slice chicken breast and season with oregano, paprika, garlic powder, chili flakes, salt, pepper, olive oil, mix well.
- Cook on medium heat for 3-4 minutes each side until cooked through
- Set chicken aside then add chopped onion and bell pepper to original pan, cook for a minute then add tomato paste, low fat milk, light cream cheese, pasta water, and Nando's peri peri sauce. Mix until thick and creamy. \*\*
- Add extra seasoning, fresh parsley, and cooked pasta, mix and garnish
- Enjoy.

\*\*[Blend cream cheese, tomato pasta, and milk for easier mix in]



# Korean Fried Chicken Burger

47g P | 66g C | 13g F | 569 Cal Per Serving

## Ingredients:

### Chicken Burger

- - 2 chicken breasts cut into halves (4 pieces-200g per piece)
- - Season both sides with salt, paprika, garlic powder and chili powder
- - 4 brioche buns (brand: Aldi-159 calories)
- - Sesame seeds for garnish

### Breading

- - 1 Egg beaten in one bowl
- - 120g crushed cornflakes (30g per burger)
- - Seasoning: paprika and garlic powder

### Creamy Slaw (Buy Slaw to save time)

- - 1 cup chopped red cabbage
- - 1 cup grated carrot
- - 15-20g light mayo
- - Season salt and black pepper

### Pickled Cucumber

- - Thinly sliced cucumber
- - 1 tbsp rice vinegar
- - 2 tbsp light soy sauce (low sodium)
- - ½ tsp chili flakes
- - ½ tsp garlic powder
- - Sesame seeds

### Sticky glaze

- - 30-40g light soy sauce
- - 1-2 tbsp Gochujang paste (optional depending how spicy you want it)
- - 20g honey
- - 10g sesame oil

## Instructions:

- Slice chicken into halves, season with smoked paprika, garlic powder, chili powder, and salt
- On a plate add crushed cornflakes, paprika, and garlic
- Dip chicken in egg wash then cover fully in crumbs
- Add cooking spray on chicken then bake in the oven for 20 minutes at 200C
- In a bowl add red cabbage, carrots, light mayo, salt, and pepper
- In a separate bowl add cucumber, soy sauce, chili flakes, garlic powder, and sesame seeds.
- In a pan for the glaze add soy sauce, rice vinegar, gochujang paste, honey, then stir and bring to a boil to thicken.
- Once chicken is done, coat with the glaze
- Grab bun. Add slaw, pickled cucumbers, crispy chicken, sesame seeds, then spicy mayo. Enjoy.





# Creamy Garlic Shrimp Linguine

47g P | 46g C | 10g F | 463 Cal Per Serving

## Ingredients:

- - 800g raw shrimp
- - 3 garlic cloves
- - 2 tsp Italian herbs
- - 1 tsp chili flakes
- - 1.5 tsp smoked paprika
- - 1 tsp salt
- - ¾ lemon juice
- - 2-3 tsp olive oil
- - 40g butter (Kerry Gold)
- - Fresh parsley
- - Lemon juice
- - 250ml milk
- - 120g light cream cheese
- - 40g parmesan
- - Extra seasoning (garlic, paprika, chili flakes, salt, Italian herbs)
- - 25ml pasta water
- - 500g cooked linguine pasta (or any pasta of your choice)
- - Handful spinach

## Instructions:

- Put shrimp into bowl and season with fresh garlic, Italian herbs, chili flakes, smoked paprika, salt, lemon juice, and olive oil. Mix well till fully coated.
- Cook on medium heat for 6 minutes until golden brown. Lower heat and add light butter, parsley, lemon. Mix and set aside.
- In the same pan add low fat milk, light cream cheese, parmesan, extra seasoning, and pasta water. Mix until thick.
- Add in cooked pasta, handful of spinach, cooked shrimp, and garnish with parsley, lemon juice, and parmesan, enjoy!







# Mac and Cheese Burritos

43g P | 45g C | 9g F | 427 Cal Per Serving

## Ingredients:

- - 400g raw chicken breast
- - Season with paprika, garlic powder, salt, and pepper
- - 300g light cream cheese
- - 40g low fat cheddar
- - 50-60ml low fat milk
- - Season with 1 tsp garlic, onion powder, paprika, pinch of salt, and pepper
- - 120g uncooked pasta or protein pasta
- - Low carb wraps

## Instructions:

- Season chicken breast with paprika, garlic powder, salt, pepper.
- In a mixer, blend light cream cheese, low fat cheddar, low fat milk, garlic and onion powder, smoked paprika, pinch of salt and pepper. Blend until completely smooth.
- On medium heat put chicken in the pan and cook for 5 minutes on each side until golden-brown. Shred the chicken once cooked.
- Cook macaroni and add the cheese sauce (made above) and the shredded chicken.
- Mix well then add to the low carb wrap, fold into a burrito. Toasting is optional. Enjoy!



# Buffalo Chicken Burritos

63g P | 31g C | 9g F | 500 Cal Per Serving

## Ingredients:

- - 1 cup cottage cheese (Low fat)
- - ¼ buffalo sauce (Franks)
- - 2oz reduced fat cream cheese
- - 1 tbsp ranch seasoning
- - 24oz chicken breast
- - Garlic salt
- - Smoked paprika
- - Onion powder
- - ½ cup white rice (dry)
- - 1 cup chicken bone broth
- - Cilantro
- - ½ fresh lime (juiced)
- - 1 cup fat free mozzarella
- - Fresh chives
- - 4 low carb tortillas
- - Light ranch (optional)

## Instructions:

- In a mixer, combine cottage cheese, low calorie buffalo sauce, reduced fat cream cheese, ranch seasoning, blend till smooth.
- Season chicken breast with garlic salt, smoked paprika, and onion powder until fully coated. Spray with light cooking oil and air fry for 15-20 on 375 degrees F.
- In a pot add rice, chicken broth, simmer for 15 minutes.
- Once rice is done cooking add cilantro, squeeze of fresh lime, mix until combined.
- Dice up cooked chicken, add sauce that was made above, as well as your mozzarella and fresh chives. Mix until completely coated.
- Then take a low-calorie tortilla and add a fourth of your rice to the tortilla, chicken mixture, and a drizzle of light ranch.
- Fold into a burrito. Toast on pan on low heat until golden brown, Enjoy!







# Chipotle Chicken Bacon Burritos

60g P | 10g C | 10g F | 400 Cal Per Serving

## Ingredients:

- - 1 cup cottage cheese (low fat)
- - ¼ cup enchilada sauce
- - 1 can chipotle peppers
- - 24oz chicken breast
- - Garlic salt
- - Smoked paprika
- - Onion powder
- - 1 cup fat free mozzarella
- - 4 cooked bacon strips (diced)
- - Fresh chives
- - 4 low carb tortillas

## Instructions:

- In a mixer combine cottage cheese, enchilada sauce, 1 chipotle pepper, adobo sauce, blend until smooth.
- Season chicken with garlic salt, smoked paprika, and onion powder until fully coated.
- Transfer chicken into a bowl and add half a cup of diced chipotle peppers, mix altogether and air fry for 15-20 minutes at 375 degrees F.
- Dice chicken and add to a bowl, along with the sauce, mozzarella, bacon strips chopped, fresh chives, and mix till fully combined
- Add ¼ of the filling to a low-calorie tortilla, fold into a burrito and toast on a pan on low heat. Enjoy!

- Wrap in foil and freeze or put in fridge for meal preps





Melissa's Southern

# Chicken Bacon Ranch Mac and Cheese

66g P | 43g C | 10g F | 550 Cal Per Serving

## Ingredients:

- - 1 ½ cup cottage cheese (low fat)
- - ½ cup fat free cheddar cheese
- - 1 mac and cheese packet
- - 2 tbsp ranch seasoning
- - ½ cup fat free milk
- - 24oz chicken breast
- - Protein pasta
- - Garlic salt
- - Smoked paprika
- - Onion powder
- - 3 bacon strips (diced)
- - Fresh chives and light ranch (both optional)

## Instructions:

- In a mixer combine cottage cheese, cheddar cheese, mac and cheese packet, ranch seasoning, fat free milk, blend until smooth.
- Season chicken breast with garlic salt, smoked paprika, and onion powder until fully coated. Air fry at 375 degrees for 15 minutes.
- Add cooked protein pasta into a bowl along with the sauce, diced bacon strips, diced chicken, and mix until fully combined. Top dish with bacon bits, fresh chives, and a drizzle of light ranch (optional)



Melissa's Southern





# Beef Quesoritto

65g P | 36g C | 17g F | 550 Cal Per Serving

## Ingredients:

- -24 oz lean ground beef
- - 1 taco seasoning packet
- - ¼ cup red enchilada sauce
- - 1 cup fat free cheddar cheese
- - ½ cup white rice (dry)
- - 1 cup chicken bone broth
- - Fresh cilantro
- - ½ lime (squeezed)
- - 8 low carb tortillas
- - 8 tbsp nacho cheese
- - ½ cup nonfat Greek yogurt

## Instructions:

- Add 24oz of lean ground beef to a hot pan chopping it up and add in the taco seasoning until fully mixed and cooked.
- When it is done cooking add red enchilada sauce, cheddar cheese, mix until completely combined.
- In a pot add rice and chicken broth, simmer for 15 minutes. Once done add chopped cilantro, a squeeze of fresh lime, and mix until combined.
- Add two tbsp of nacho cheese to middle of low-calorie tortilla, spread. Add another low-calorie tortilla on top and then add a quarter of cooked rice to the middle. Then add a quarter of cooked ground beef, drizzle of nonfat Greek yogurt.
- Fold edges over then add to a hot pan and toast.
- Enjoy!





# Honey Chipotle Chicken Noodles

50g P | 58g C | 7g F | 500 Cal Per Serving

## Ingredients:

- - 24 oz chicken breast
- - Garlic salt
- - Smoked paprika
- - Onion powder
- - 1 can of chipotle peppers
- - 5 tbsp honey
- - ¼ cup soy sauce
- - ¼ cup water
- - ½ tbsp sesame oil
- - 1 tbsp corn starch
- - 8 oz protein pasta (dry weight)
- - Green onions and sesame seeds (optional)

## Instructions:

- Take your chicken breast and season with garlic salt, smoked paprika, and onion powder until fully coated.
- Transfer to bowl and add one can of diced chipotle peppers, two tablespoons of honey, mix until fully coated. Stick in air fryer for 375 degrees for 15-20 minutes.
- In a mixer add half a cup of chipotle peppers, soy sauce, water, three tablespoons of honey, half a tablespoon of sesame oil, corn starch, and blend until smooth.
- Transfer sauce to a pan on medium heat for 5-10 minutes until sauce thickens.
- Boil water, add protein pasta, cook until done.
- Transfer pasta into bowl and add sauce. Mix until completely coated.
- Top noodles with cooked chicken breast, fresh green onions, and sesame seeds.
- Enjoy!







# Spinach & Tomato Omelette

40g P | 24g C | 12g F | 364 Cal Per Serving

## Ingredients:

- - 2 whole eggs
- - 3 egg whites
- - Diced tomato
- - Spinach
- - Diced white onion
- - Fat free cheddar cheese (2 servings)
- - 4oz cubed white potato
- - Seasoned salt

## Instructions:

- Add potatoes and olive oil spray to a pan on medium or medium low heat and cook for 15 minutes, flipping every 4-6 minutes. Season with seasoned salt halfway through cooking.
- Scrambled 2 whole eggs and 3 egg whites and set aside
- Add diced tomato and onion to a pan on medium heat until cooked thoroughly
- Add spinach and cook for 30 to 60 seconds
- Add eggs on top of cooked vegetables and season with salt and pepper.
- Loosen, flip, and fill with measured amount of cheese

Top with chives, light sour cream, and/or sriracha.





# Sirloin and Eggs with Berries

39g P | 14g C | 19g F | 383 Cal Per Serving

## Ingredients:

- - 4oz sirloin
- - 2 whole eggs
- - 2 egg whites
- - 1/2 to 1 cup berries (blueberry, strawberry, blackberry, raspberry)

## Instructions:

- Pat sirloin dry with a paper towel and season with montreal steak seasoning. Let rest for 5 minutes or cook immediately.
- Preheat a pan to medium high heat and cook sirloin to desired doneness (Medium rare is the correct way).
- Cook eggs in preferred style in the same pan to desired doneness
- Soak berries in cool water with a splash of apple cider vinegar and tablespoon of baking soda for 1 minute and rinse thoroughly to remove pesticides.







# Turkey Sausage Breakfast Scramble

44g P | 28 C | 29g F | 549 Cal Per Serving

## Ingredients:

- - 4oz turkey sausage
- - 3 whole eggs
- - 2 egg whites
- - 4oz sweet potato
- - Cinnamon
- - Bell pepper and onion mix

## Instructions:

- Dice sweet potatoes into 1/2" cubes and bake with light olive oil spray and cinnamon at 350 for 18-22 minutes or until soft
- Dice desired amount of red and green bell pepper and white onion and mix together. Cook 1/4 to 1/2 cup of mix on medium low heat for 7 minutes or until soft
- Cook turkey sausage according to package instructions
- Scramble eggs and egg whites, season with salt and pepper, and cook until done
- Combine sausage, vegetables, eggs, and sweet potatoes into one bowl and enjoy .





# Black Bean and Egg Breakfast Burrito

44g P | 28 C | 29g F | 549 Cal Per Serving

## Ingredients:

- - 2oz turkey sausage or ground turkey (Season with sage and pepper) or chopped bacon
- - 2 whole eggs
- - 1 egg whites
- - 2oz black beans
- - 2oz fat free cheddar cheese
- - Diced tomato
- - Bell pepper and onion mix
- - 2oz diced yukon gold potato
- - Low carb tortilla wrap

## Instructions:

- Diced all vegetables and cook together in one pan. Add onion first, then potato.
- Season potato with seasoned salt and finish cooking before adding bell pepper and tomato.
- Cook ground turkey or turkey sausage to package instructions
- Scramble eggs and cook
- Assemble tortilla with all ingredients and add fat free cheddar cheese.







# Korean Beef

36g P | 40g C | 16g F | 448 Cal Per Serving

## Ingredients:

- 1/2 cup soy sauce or coconut aminos
- 1/3 cup brown sugar
- 2 cloves garlic minced
- 1/2 Tbsp grated fresh ginger or ground ginger
- 1 tsp toasted sesame oil (or EVOO if necessary)
- 2 lbs grass fed ground sirloin (90/10 Beef) or leaner
- 3 green onions, divided
- 1 Tbsp sesame seeds
- 1-2 cups uncooked rice, rice noodle, or lomein noodle
- 1-2 cups broccoli

## Instructions:

- Combine the soy sauce, brown sugar, and 1/2 cup water in a bowl and stir until the brown sugar is dissolved. Mince the garlic and grate the ginger. Add the garlic, ginger, and toasted sesame oil to the soy sauce mixture. Set the cooking liquid aside.
- Place rice and water into rice cooker or instapot. (Use 1.5:1 ratio of water to rice)
- Heat EVOO in a pan over medium-high heat and chop up ground sirloin and spread evenly in pan. Cook until browning begins around edge then flip and chop again. Continue cooking until almost done (do not overcook beef!)
- Mix marinade with a spoon and pour into beef.
- Turn heat to low and let simmer for 10-15 minutes.
- Place rice into containers and chop green onions.
- Remove beef and place evenly into containers. Top with green onion and sesame seeds. Use cooking juices to season rice.
- Serve with steamed broccoli.





# Beef & Sweet Potato Bowl

47g P | 32 C | 24 F | 551 Cal Per Serving (5 servings)

## Ingredients:

- 90/10 or leaner ground beef (2.25lbs)
- 1.5lbs of sweet potatoes
- Cinnamon
- Montreal Steak Seasoning
- 1/2 white onion
- 1/4 cup parmesan cheese

## Instructions:

- Preheat oven to 350 degrees
- Dice sweet potatoes into 1 inch cubs and sprinkle with cinnamon
- Place sweet potatoes in oven for 20-35 minutes or until very soft but not burnt
  
- Cut 1-2 inches from the bottom of asparagus spears and place in a baking sheet
- Spray very lightly with olive oil spray and sprinkle 1/4 cups of parmesan cheese on top.
- Place in oven for 20 minutes, flipping halfway through
  
- Mince 1/2 of one white onion and cook on medium low heat until translucent.
- Add ground beef to pan and smash flat.
- Cut into quarters and flip once beef begins to brown.
- Add montreal steak seasoning immediately after flipping
- Cook for 2-3 more minutes (do not overcook) and portion out into containers.
- Add sweet potato and asparagus in equal portions when finished





# Beef & Sweet Potato Bowl

47g P | 32 C | 24 F | 551 Cal Per Serving (5 servings)

## Ingredients:

- 90/10 or leaner ground beef (2.25lbs)
- 1.5lbs of sweet potatoes
- Cinnamon
- Montreal Steak Seasoning
- 1/2 white onion
- 1/4 cup parmesan cheese

## Instructions:

- Preheat oven to 350 degrees
- Dice sweet potatoes into 1 inch cubs and sprinkle with cinnamon
- Place sweet potatoes in oven for 20-35 minutes or until very soft but not burnt
  
- Cut 1-2 inches from the bottom of asparagus spears and place in a baking sheet
- Spray very lightly with olive oil spray and sprinkle 1/4 cups of parmesan cheese on top.
- Place in oven for 20 minutes, flipping halfway through
  
- Mince 1/2 of one white onion and cook on medium low heat until translucent.
- Add ground beef to pan and smash flat.
- Cut into quarters and flip once beef begins to brown.
- Add montreal steak seasoning immediately after flipping
- Cook for 2-3 more minutes (do not overcook) and portion out into containers.
- Add sweet potato and asparagus in equal portions when finished



# Marlee's Protein Pizza

47g P | 78 C | 13 F | 625 Cal Per Serving (3 servings)

## Ingredients:

### Dough:

- 2 cups all purpose flour
- 2 cups non fat plain greek yogurt
- 2 tsp baking powder
- 1 tsp salt

### Toppings:

- 1.5 cups Ragu traditional sauce (or tomato sauce of your choosing)
- 4 servings Fat Free Mozzarella (112 grams)
- 30 slices of Turkey Pepperoni (optional)
- 4 tbsp parmesan cheese
- Italian Seasoning
- Minced Fresh Basil Leaf
- Assorted vegetables of choosing

## Instructions:

- Preheat oven to 400 degrees or 375 degrees if using several toppings.
- In a large mixing bowl, add all dry ingredients and mix together.
- Combine dry mix with yogurt and smash together with utensil. Once a dough begins to form and yogurt is mixed thoroughly into the dry mix, remove and knead together into a ball with your hands. (There will be crumbs and bits of flour leftover in the bottom of the bowl)
- Keeping all fingers together, smash the dough with finger tips to work out into a flat rectangular shape.
  - Let dough sit for 5-10 minutes and knead again to stretch further
- Measure out sauce and spread over the dough.
- Sprinkle dough with Italian seasoning mix and minced basil.
- Top with cheeses.
- Apply toppings
- Bake at 375-400 degrees for 20-30 minutes





# Chocolate Strawberry Protein Shake

Calories & Macros Vary By Preparation

## Ingredients:

- 1-1.5 Serving of Frozen Strawberry
- 1-2 Servings of your choice of milk (Whole, 2%, or Skim Milk—we like fair life!)
- 1.5 scoops of chocolate protein powder (weigh using grams on a food scale if possible)
- 1 serving chia seed or flax seed

## Instructions:

- Combine all ingredients into a blender and blend until smooth.
- Add more milk to achieve desired consistency.



# Chocolate Banana Protein Shake

Calories & Macros Vary By Preparation

## Ingredients:

- Serving of Frozen or 1 Fresh Banana
- 1-2 Servings of your choice of milk (Whole, 2%, or Skim Milk—we like fair life!)
- 1.5 scoops of chocolate protein powder (weigh using grams on a food scale if possible)
- 1 serving chia seed or flax seed
- 0.5 serving of Peanut Butter (optional)

## Instructions:

- Combine all ingredients into a blender and blend until smooth.
- Add more milk to achieve desired consistency.







# Vanilla Cherry Protein Shake

Calories & Macros Vary By Preparation

## Ingredients:

- 1 Serving of Frozen Sweet Cherries
- 1-2 Servings of your choice of milk (Whole, 2%, or Skim Milk—we like fair life!)
- 1.5-2 scoops of chocolate vanilla powder (weigh using grams on a food scale if possible)
- 1 serving chia seed or flax seed

## Instructions:

- Combine all ingredients into a blender and blend until smooth.
- Add more milk to achieve desired consistency.





# Tropical Vanilla Protein Shake

Calories & Macros Vary By Preparation

## Ingredients:

- 1 Serving of Mixed Frozen Fruit (mango, pineapple, and melon)
- 1-2 Servings of your choice of milk (Whole, 2%, or Skim Milk—we like fair life!)
- 1.5-2 scoops of chocolate vanilla powder (weigh using grams on a food scale if possible)
- 1 serving chia seed or flax seed

## Instructions:

- Combine all ingredients into a blender and blend until smooth.
- Add more milk to achieve desired consistency.

