



# ULTIMATE NUTRITION GUIDE

Over 150 Healthy Recipes | Easy to Make Breakfasts, Lunches, Dinners & Snacks | Essential Nutrition Tips



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# INTRODUCTION

Since the inception of Afterburn Fitness in 2011, our main goal has been to do everything in our power to provide people with the necessary tools to better themselves. We are more than just a gym. We believe that surrounding yourself with a like-minded community as well as fueling your body with the proper nutrition is just as important as the workouts themselves. Over the years, we have had the privilege of watching some of the most amazing transformations that have truly changed people's lives. Being a part of peoples' journey has been the most rewarding experience and continues to drive our "why" in this ever-evolving industry. We believe that eating healthy doesn't have to be boring. You shouldn't have to sacrifice taste just to lose weight. Over the years we have created a library of recipes that our community has used to help get them on the path to healthy eating. We are excited to share these recipes with you and do our part in helping you achieve your nutrition and fitness goals.

## MACROS:

### PROTEIN:

Protein is one of the three main macronutrients. Protein helps provide the building blocks to all the tissues of our body such as our muscles, hair, skin, nails, etc. Proteins are made of amino acids and are needed to maintain muscle mass and recovery. Protein also keeps us full and satiated. Amino acids are found in both plant and animal sources, the difference being - animal proteins contain all essential amino acids in one source. Plant sources do not, so you have to be more mindful when getting ALL of your protein from plant sources, but it is possible.

### FAT:

Fat is also one of the three main macronutrients. Let's get this out of the way now, fat does not MAKE you fat. ANY macronutrient in excess will cause you to gain weight. This is due to excess calorie consumption nothing else. Fat can be found in nuts, oils, animal proteins, and avocados (to name a few). "Healthy" fats help move bad fats out of our blood and improve brain function (think fish oil). Fat is also very satiating and helps keep us full as well as slowing the flood of glycogen (found in carbs) when consumed with carbohydrates.

### CARBOHYDRATE:

Carbohydrates are the third of the main macronutrients. I will also say this to get it out of the way, carbs do not make you FAT by themselves. Carbs are the most quickly digested and are great for fueling our muscles, but they do not keep us full for long. Carb sources are best as real food sources because they still contain their fiber to help slow digestion.

### WHOLE FOOD SOURCES:

We believe in whole food sources. At first it can be hard to transition off of premade or boxed foods and more towards whole foods but we promise it is well worth it. Or even off of pre-prepped food, that looks to be "whole". If it didn't have a mama (mother earth counts too), think twice before you eat it. When you are eating real, whole food, you are getting real, whole nutrients.

### SUGAR:

Sugar can be inflammatory to our guts, causing bloating. It also lights up the same addictive centers in our brain as cocaine! We believe there is a time and a place to enjoy some sweet sweet sucrose, but we want you to know what you are dealing with. Moderation is key here. When we eat a bolus dose of sugar, it floods our blood stream raising our blood sugar. Lower blood sugar is better for overall health and longevity. So how does our body deal with a flood of sugar? It stores it away (in a

non-diabetic body) - this can be good for high calorie burning activities so we recommend pairing this food choice post leg day when possible.

### ALCOHOL:

Alcohol is technically It's own macro group. A lot of people call it a carb/ sugar which it is most similar to but technically it is In It's own group. We are not going to dive down the rabbit hole too deep here. What we will say is this is about BALANCE and this is one of those things that needs to come In moderation. And remember, when picking this "food" choice, It can have the ability to make you feel slow and bogged down the next day. It Is also going to dehydrate you, so be sure to hydrate should you choose to drink alcohol.

## HYDRATION:

### HOW DO I TELL IF I NEED WATER?

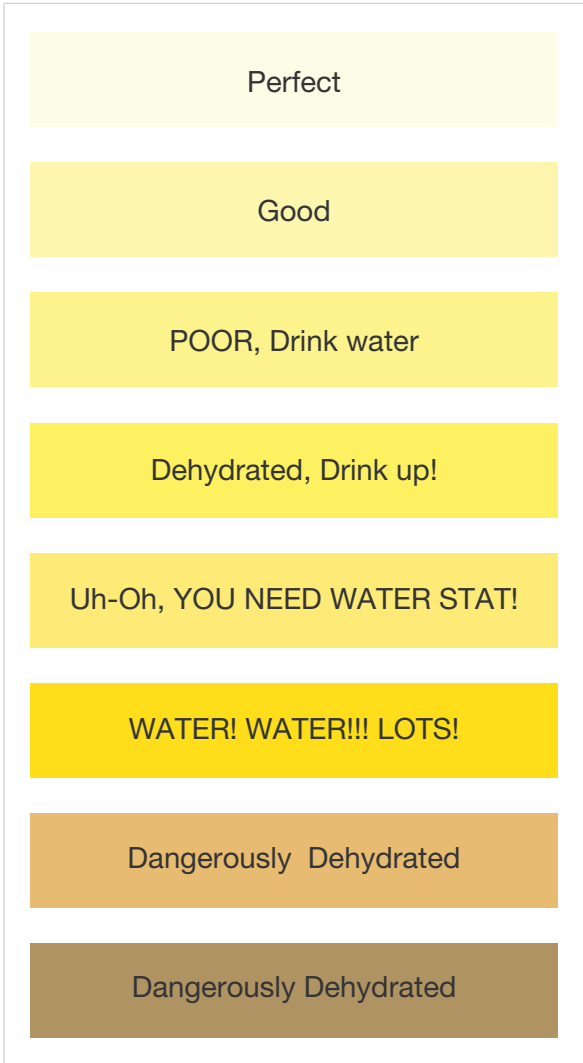
Hydration is BEYOND important. So many of us are dehydrated and TIRED because of it. Staying hydrated means drinking enough water so that your urine is the color of straw. See chart:

### HOW MUCH DO I DRINK?

Don't stress over counting, but aim to fill a large 32oz bottle at least 3x a day Drink until your urine is consistently pale yellow (straw colored).

### STRATEGIES FOR SUCCESS

Get a cute water bottle!!! Decorate it how you like! Make it something you treasure!! Your water bottle should be your best friend, it will always be by your side. Aim for a stainless or glass container (like a hydro flask). My hydroflask is my best friend, it goes everywhere with me and it has stickers on it from places I treasure! Set an alarm on your smart watch or phone to remind you to drink. Drink water you like the taste of! If you don't typically enjoy water you can cut up some fruit and let it float inside like a nice sangria...but with only water. Try lemon or strawberries!



## KNOW WHAT DEHYDRATES YOU!

Caffeine is the most common. Be sure you drink water BEFORE your coffee. More on this later but keep in mind your favorite pick me up will also dehydrate you a bit! Hydrate a little extra around consumption of caffeine.

## PORTION CONTROL:

### YOU WILL NEED:

1. Your hands
2. To throw out everything you think you know

### WHY AND HOW ARE WE MEASURING WITH OUR HANDS?

Why your hands? Because it is a simple way of understanding how much you are consuming. And It has the added bonus of always carrying your "measuring tools" with you. The hand technique is not meant to be restrictive, perfect every time, or precise. It IS meant to be flexible, sustainable, and a middle ground to "measuring" your food so that you still understand how much a serving looks like and are still in control.

### VEGETABLES

Vegetables provide tons of micronutrients and fiber, which keep your body running like it should. You need both for proper cellular function and blood sugar control. It also helps keep you full and maintain a healthy gut.

### PROTEIN

Protein keeps us satiated and provides us with the building blocks of many tissues, muscle being the obvious one.

### CARBOHYDRATES

Carbohydrates also provide fiber as well as deliver fast energy to our muscles.

### FAT

Fat is used for proper hormone function. Healthy fats help move bad fats out of the blood.



# HAND MEASURING 101

YOU WILL NEED: 1. Your hands, and 2. To throw out everything you think you know

## WOMEN:



### CUSTOMIZE TO FIT YOUR BODY & LIFESTYLE

Active women: 4-6 servings of each food group per day

Moderately active women: 3-4 servings of each food group per day

#### IF YOU NEED MORE FOOD BECAUSE:

- You are larger in stature than average
- You eat less frequently
- You are VERY active
- You are trying to gain muscle

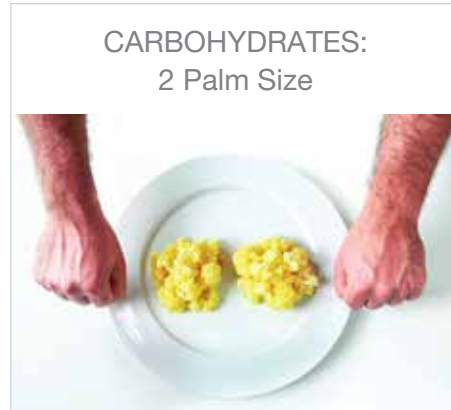
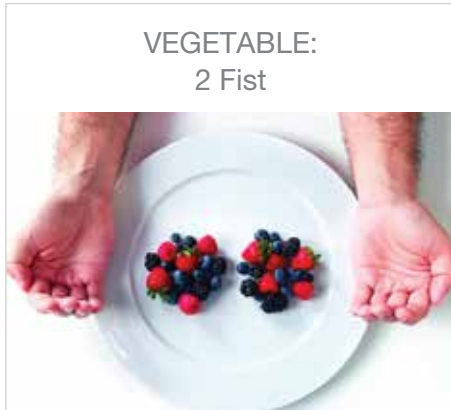
Start by adding 1/2 palm full protein  
or 1/2 thumb of fat at each meal

#### IF YOU NEED LESS FOOD BECAUSE:

- You are smaller in stature than average
- You eat more frequently
- You are not very active
- You are trying to lose weight

Start by removing 1/2 palm full carbohydrates  
or 1/2 thumb of fat at each meal

**MEN:**



**CUSTOMIZE TO FIT YOUR BODY & LIFESTYLE**

Active men: 4-6 servings of each food group per day

Moderately active men: 3-4 servings of each food group per day

**IF YOU NEED MORE FOOD BECAUSE:**

- You are larger in stature than average
- You eat less frequently
- You are VERY active
- You are trying to gain muscle

Start by adding 1 palm full protein  
or 1 thumb of fat at each meal

**IF YOU NEED LESS FOOD BECAUSE:**

- You are smaller in stature than average
- You eat more frequently
- You are not very active
- You are trying to lose weight

Start by removing 1 palm full carbohydrates  
or 1 thumb of fat at each meal

## FAVORABLE FOOD LIST:

### CARBOHYDRATES

#### (Vegetables)

Artichoke  
Asparagus  
Green Beans  
Beet Greens  
Bok Choy  
Broccoli  
Brussel Sprouts  
Cabbage  
Collard Greens  
Dill Pickles  
Eggplant  
Kale  
Kidney Beans  
Pinto Beans  
Leeks  
Lentils  
Okra  
Onions  
Brussel Sprouts  
Sauerkraut  
Kimchi  
Spaghetti Squash  
Acorn Squash  
Spinach  
Swiss Chard  
Tomatoes  
Yellow Squash  
Zucchini  
Bib Lettuce  
Romaine Lettuce  
Microgreens

### CARBOHYDRATES

#### (Vegetable/Grain/Legume)

Steel Cut Oatmeal  
Chickpeas  
Fava Beans  
Quinoa  
Brown Rice  
Potato (cooked - cooled x2)  
Sweet Potato  
Yam  
Butternut Squash  
Black Bean  
Pinto bean  
Millet

### CARBOHYDRATES

#### (Fruit)

Berries (strawberry, etc)  
Banana  
Kiwi  
Apple  
Orange  
Grapefruit  
Stone Fruit (plum, peach)

### FAT

Almonds  
Almond butter  
Avocado  
Macadamia Nuts  
Brazil Nuts  
Pistachios

Sunflower Seeds  
Bacon  
Grass Fed Butter  
Ghee  
Coconut Oil

### PROTEIN

Chicken Breast  
Turkey Breast  
Ground Turkey  
Veal  
Beef  
Liver  
All organ meats  
Ground Beef  
Duck  
Ham  
Lamb  
Ground Lamb  
Pork  
Ground Pork  
Calamari (squid)  
Catfish  
Clam  
Crabmeat  
Flounder/ Sole  
Lobster  
Salmon  
Sardines  
Scallops  
Swordfish  
Shrimp

Tuna  
Canned Tuna  
Whey Protein Powder  
Vegan Protein Powder  
Seitan  
Spirulina (dried)  
Dairy alt. Cheese  
Firm Tofu  
Soft Tofu  
Whole Egg  
Egg White  
Duck Egg

## UNFAVORABLE FOOD LIST:

### CARBOHYDRATES

#### (Vegetables)

Baked Beans  
Beets  
Cooked Carrots  
Corn  
French Fries  
Lima Beans  
Potato, mashed  
Refried Beans  
Sweet Potato, mashed  
Collard Greens

### CARBOHYDRATES

#### (Fruit)

Cranberries  
Cranberry Sauce  
Dates (high sugar)  
Figs (high sugar)  
Guava (high sugar)  
Mango (high sugar)  
Papaya (high sugar)  
Prunes  
Raisins  
Dried Fruit

### CARBOHYDRATES

#### (Grains and Breads)

Bagel  
Barley  
Biscuit  
Baked Potato W/  
Everything  
Bread Crumbs  
Breadstick  
Buckwheat  
Bulgar Wheat  
Cereal  
Corn Bread  
Cornstarch  
Croissant  
CROUTON  
Donut  
English Muffin  
Flour  
Granola  
Grits  
Muffin  
Noodles  
Instant Oatmeal  
Pasta  
Pasta, high protein  
Pancake  
Pita Bread  
Popcorn  
Sushi Rice  
Rice Cake  
Bun (hamburger, hotdog)  
Taco Shell  
Tortilla (corn or flour)

### CARBOHYDRATES

#### (Condiments)

BBQ Sauce  
Ketchup  
Cocktail Sauce  
Jam/ Jelly  
Plum Sauce  
Molasses  
Pickle (bread and butter)  
Radish (sweet)  
Steak Sauce  
Brown Sugar  
Granulated Sugar  
Powdered Sugar  
Maple Syrup  
Teriyaki Sauce

### CARBOHYDRATES

#### (Fruit Juice)

Apple Juice  
Cranberry Juice  
Fruit Punch  
Grape Juice  
Grapefruit Juice  
Lemon Juice  
Orange Juice  
Pineapple Juice  
Tomato Juice

### ALCOHOL

#### (Consume in Moderation)

Beer  
Liquor  
Wine

### SNACKS

Chocolate Bar  
Corn Chips  
Graham Crackers  
Ice Cream  
Potato Chips  
Pretzels  
Tortilla Chips  
Saltine Crackers



BREAKFAST

# BREAKFAST

less than 300 calories

## ON-THE-GO SPINACH EGG WHITE CUPS

4 Egg Whites  
1 Cup Spinach, chopped  
1/3 Cup Onion  
1/2 Cup Bell pepper  
1 Cup Mushrooms, chopped

Preheat oven to 350 degrees and coat muffin tin with olive oil spray. Put a small amount of spinach, onion, bell peppers and mushroom in each cup. Evenly pour egg whites in each cup until it is about 3/4 of the way full. Cook for 20 minutes.  
159 Cals, 23g Protein, 12g Carbs, 10g Fat

## SWEET POTATO BREAKFAST SKILLET

2oz Sweet Potato (Cubed)  
1/4 Bell Pepper (Diced)  
1/4 Chopped Red Onion  
1/2 Cup Baby Spinach  
3/4 Cup Liquid Egg Whites  
Pinch of Black Pepper

Preheat skillet over medium heat. Peel and chop sweet potato into 1/2 inch cubes. Cook sweet potatoes for 15 minutes, stirring occasionally. Once sweet potatoes have been cooking for 5 minutes add red onion. In a separate nonstick pan add chopped bell pepper and egg whites and cook over medium heat. Once cooked remove from heat and add spinach. Plate egg mixture over Sweet Potatoes and top with black pepper and enjoy.  
170 Cals, 16g Carbs, 0g Fat, 21g Protein

## OATMEAL AND BERRIES

1/2 Cup Oatmeal  
1/2 Cup Strawberries

Prepare oatmeal according to package. Once cooked, top with strawberries.  
174 Calories | 33g Carbs | 3g Fat | 7g Protein

## BREAKFAST POPOVER

6 Egg Whites  
1 Cup Chopped Arugula  
1/2 Red Bell Pepper Chopped  
1/4 Cup Chopped Yellow Onion  
1/2 Shredded Zucchini  
Minced Garlic to taste  
Pepper to taste

Pre-heat oven to 350 degrees and coat muffin tin with non-stick olive oil spray. In a separate bowl combine egg whites, arugula, bell pepper, onion, zucchini and garlic. Fill each muffin tin 3/4 of the way full with egg mixture. Sprinkle with pepper. Cook for 20 minutes.  
186 Calories, 0g Fat, 13g Carbs, 33g Protein

## STRAWBERRY BANANA OATMEAL

1/2 Cup Rolled Oats  
1/2 Cup Strawberries Sliced 1/4 Banana  
1/2 Tbsp. Almond Butter  
1 Packet Stevia

Cook oatmeal as directed. Top with strawberries, banana, and warm almond butter. If needed sprinkle with Stevia.  
191 Calories, 69 Fat, 30g Carbs, 5g Protein

## OVERNIGHT APPLE CINNAMON OATS

1/2 Cup Steel Cut Oats or Rolled Oats  
1 tsp Cinnamon  
1/4 tsp Nutmeg  
2 Tbsp Unsweetened Applesauce  
3/4 Cup Almond Milk

Combine all ingredients into a mason jar. Mix and refrigerate over night.  
195 Cals, 6g Protein, 33g Carbs, 5g Fat

## MORNING BREAKFAST PARFAIT

3/4 Cup Plain 0% Fat Greek Yogurt  
1/4 Cup Blueberries  
1/4 Cup Strawberries  
12 Raw Almonds (chopped)

Layer yogurt into the bottom of a bowl and add blueberries and strawberries. Top with almonds.  
208 Calories | 18g Carbs | 8g Fat | 20g Protein



**EGG WHITE OMELETTE**

- 4 Egg Whites
- 1 Cup Spinach
- 1 Chopped Jalapeño
- ½ Bell Pepper
- ¼ Chopped Onion
- ¼ Avocado

Spray pan with olive oil. Pour egg whites into pan. Add spinach, jalapeño, bell pepper, and onion. Once bottom is cooked enough to flip; flip omelette. Cook both sides evenly. Fold in half and top with avocado.

212 Cals, 23g Protein, 14g Carbs, 6g Fat

**STUFFED MUSHROOM EGG WHITE OMELETTE**

- 4 Egg Whites
- 1 Cup Spinach
- ¼ Cup Mushrooms Chopped
- ½ Red Bell Pepper Chopped
- 2 Tbsp. Salsa
- ½ Avocado (Medium)

Spray frying pan with non-stick olive oil. Over medium heat pour egg whites into pan. Add spinach, mushrooms and bell pepper. Once bottom of egg whites are cooked enough to flip, flip omelette. Cook both sides. When plating, fold in half and top with salsa and avocado.

219 Calories, 8g Fat, 18g Carbs, 24g Protein

**PROTEIN PANCAKES**

- 1/3 Cup Liquid Egg Whites
- 1 Scoop Protein Powder
- 1/4 Banana

Preheat skillet on medium heat. In a blender combine egg whites, protein powder and banana. Pour mixture onto a greased skillet and cook for one minute on each side. \*Mixture might be runny – use a round silicone mold to help keep pancake's shape.

221 Calories | 10g Carbs | 1g Fat | 39g Protein

**CRANBERRY ALMOND OVERNIGHT OATS**

- 1 1/3 Cup Dried Oats
- 1 Tbsp Low Sugar Craisins
- 2 Tbsp Raw Sliced Almonds
- ½ Cup Unsweetened Almond Milk

Combine all ingredients into a mason jar. Mix and refrigerate overnight.

225 Cals, 6g Protein, 29g Carbs, 11g Fat

**EGG WHITE BREAKFAST PITA SANDWICH**

- 1/2 Whole Wheat Pita
- 1/3 Cup Egg Whites
- 1/4 Bell Pepper (chopped)
- 2 Slices Turkey Bacon (chopped)

In a nonstick pan, scramble egg whites with chopped bell pepper until fully cooked. Fill whole wheat pita with scrambled eggs, bell pepper and cooked turkey bacon.

230 Calories | 17g Carbs | 6g Fat | 23g Protein

**BELL PEPPER EGGS**

- 2 slices of Bell Pepper (any color) – 1/4" thick
- 2 Full Eggs
- Fresh chives – diced
- 2 slices of Turkey Bacon
- Pepper to taste

Slice bell pepper into 1/4" rings

In a nonstick skillet heat pan over medium heat. Place bell pepper ring in pan for 2 minutes and sauté. Flip Ring over and pour egg into the middle. Season with Pepper. Cook egg for 2 to 4 minutes. Remove from Heat and top with chives.

Cook Turkey bacon

230 Cals, 5g Carbs, 12g Fat, 18g Protein

# BREAKFAST

less than 300 calories



## STRAWBERRY OVERNIGHT OATS

- 1/2 Cup Oats
- 1/4 Cup 0% Fat Plain Greek Yogurt
- 1/2 Cup Unsweetened Almond Milk
- 1/4 Cup Strawberries
- 1/4 Banana Sliced

Mix oats, strawberries, bananas, yogurt and almond milk into a mason jar and refrigerate overnight.

233 Calories | 40g Carbs | 4g Fat | 13g Protein

## PROTEIN BREAKFAST CUPS

- 4 Egg Whites
- 1 Whole Egg
- 1 Cup Spinach
- 1/4 Cup Onion
- 1/3 Cup Bell Pepper

Preheat oven to 350 degrees and spray the muffin tin with olive oil cooking spray. Put a small amount of spinach, bell pepper, and onion into each cup.

Evenly pour egg whites into each cup until it is about 3/4 of the way full. Bake for 20 minutes.

234 Cals, 33g Protein, 8g Carbs, 5g Fat

## BACON AND EGGS OMELETTE

- 2 Eggs
- 1 Cup Spinach
- 2 Pieces Turkey Bacon (cooked)
- 1/4 Bell Pepper (diced)

Preheat non-stick skillet over medium heat. Pour eggs into skillet and add spinach, bacon and bell pepper. Allow egg mixture to cook long enough to be able to flip omelette. Once fully cooked, fold omelette in half and serve.

235 Calories | 4g Carbs | 14g Fat | 18g Protein

## SWEET AVOCADO BREAKFAST SANDWICH

- 1/2 Sweet Potato Cut Length-Wise
- 4 Egg Whites
- 1/4 Avocado (Medium) Mashed
- 1/2 Small Tomato Sliced
- Pepper to taste

Slice sweet potato length-wise into two 1/4 inch slices. Place slices into toaster and toast (you might need to toast them twice to cook through). In a non-stick skillet, scramble egg whites. Add pepper and red pepper flakes to taste. Spread avocado onto toasted sweet potato. Add pepper if needed. Top with eggs and tomato.

237 Calories, 5g Fat, 16g Carb , 21 g Protein

## EGG WHITE & AVOCADO OMELETTE

- 3/4 Cup Liquid Egg Whites
- 1 Cup Spinach
- 1/2 Red Bell Pepper (diced)
- 1/4 Chopped onion
- 2.5oz or 1/2 medium avocado

Spray pan with nonstick spray and preheat over medium heat. Pour Egg Whites into pan. Add Spinach, red peppers and onion. Once bottom of Omelette is cooked enough, flip omelette and cook on the other side. Fold in half and top with sliced avocado.

253 Cals, 12g Carbs, 12g Fat, 23g Protein

## OATMEAL AND STRAWBERRIES

- 1/2 Cup of Oatmeal
- 4 Strawberries – sliced
- 1 Tbsp Almond Butter, melted

Prepare oatmeal according to package. Once cooked top with Sliced strawberries and melted Almond Butter.

256 Calories 33g Carbs, 11g Fat, 8g Protein



**MEXICAN SCRAMBLE**

5 Egg Whites  
 1/3 Cup Peppers, chopped  
 Jalapeno, thinly sliced  
 1-2 tsp Hot Sauce  
 1/2 Avocado

Spray pan with olive oil cooking spray. Cook peppers and jalapeno over medium heat. Add egg whites and scramble. Top with hot sauce and avocado.

259 Cals, 26g Protein, 10 Carbs, 9 Fat

**PROTEIN PB STRAWBERRY CREPE**

2 Egg Whites  
 1 Scoop Vanilla Protein Powder  
 6 Strawberries  
 1 Tbsp Almond Butter

In a bullet or blender combine all ingredients except almond butter. Spray small pan with olive oil cooking spray. Pour all of the batter into the pan.

\*Batter might be runny but that's okay. Flip and cook both sides evenly. You want the crepe to be thin. Remove from heat. Place sliced strawberries and almond butter into crepe and fold.

259 Cals, 26g Protein, 18g Carbs, 9g Fat

**SPINACH FRITATA**

5 Egg Whites  
 1 Cup Spinach  
 1/4 Cup Diced Bell Peppers  
 1/4 Cup Diced Mushrooms  
 1/4 Cup Diced Red Onion  
 1/2 Clove Garlic Minced  
 1/2 Avocado Sliced

In a small non-stick pan, saute onions, mushrooms, and bell peppers over medium heat until onions are translucent (4-5 minutes). Add garlic and spinach and cook an additional minute. Pour egg whites over the top. Use a spatula to lift up the spinach and vegetables and allow egg whites to flow underneath. Place in oven at 400 degrees for 10-12 minutes. Top with ground pepper and avocado.

273 Cals, 7g Fat, 16g Carbs, 28g Protein

**STRAWBERRY SHORTCAKE OVERNIGHT OATS**

1/2 Cup Oats  
 1/2 Scoop Combat Vanilla Protein Powder  
 1/4 Cup 0% Fage Greek Yogurt  
 1/2 Cup Unsweetened Almond Milk  
 1/4 Cup Sliced Strawberries

In a mason jar mix oats, protein powder, almond milk and yogurt. Top yogurt mixture with sliced strawberries. Refrigerate overnight.

Enjoy cold.

278 Cals, 5g Fat, 35g Carbs, 23g Protein

**4 ALARM SCRAMBLE**

5 Egg Whites  
 1/2 Cup Chopped Red Bell Pepper  
 1 Jalapeno Finely Chopped  
 1/2 Avocado (Medium) Sliced  
 2 Tbsp. Salsa

In a non-stick pan over medium heat, scramble egg whites. Add red bell pepper and jalapeno. Remove from heat and top with salsa and avocado.

282 Cals 12g Fat, 7g Carbs, 30g Protein

**MORNING SUNRISE BOWL**

1/2 Scoop Vanilla Combat Protein Powder  
 100 Calorie Container 0% Fage Plain Greek Yogurt  
 1/2 Cup Strawberries Sliced  
 1/2 Cup Blueberries Sliced  
 2 Tbsp. Sliced Almonds

Mix protein powder and yogurt and place into oversized bowl, and add strawberries and blueberries. Sprinkle almonds over the top and enjoy.

289 Cals 8g Fat, 21g Carbs, 33g Protein



# BREAKFAST

300 to 500 calories

## PROTEIN PANCAKES WITH ALMOND BUTTER DRIZZLE

1/3 Cup Egg Whites  
1/2 Scoop Protein Powder  
1/4 Banana  
2 Tbsp Almond Butter

Preheat skillet on medium heat. In a blender combine egg whites, protein powder and banana. Pour mixture into greased skillet and cook for 1 minute on each side. In a small, microwave-safe bowl heat almond butter for 20 to 30 seconds. Pour almond butter on pancake stack and enjoy.  
329 Calories, 17g Fat, 15g Carbs, 29g Protein

## BREAKFAST SCRAMBLE

1 Jalapeno, thinly sliced  
2 Egg Whites  
2 Whole Eggs  
1/2 Avocado  
2 Tbsp Salsa  
Pepper

Spray pan with olive oil cooking spray. Cook jalapeño over medium heat. In a small bowl scramble egg whites and whole eggs. Pour into pan over jalapeños. Scramble egg mixture until cooked. Remove from Heat. Top with avocado, salsa, and pepper.  
343 Cals, 24g Protein, 14g Carbs, 22g Fat

## BACON AND EGGS OMELETTE

3 Eggs  
1 Cup Spinach  
4 Pieces Turkey Bacon (cooked & chopped)

1/4 Bell Pepper (diced)  
1/4 Avocado (sliced)  
1/2 Grapefruit

Preheat non-stick skillet over medium heat. Pour eggs into skillet and add spinach, bacon and bell pepper. Allow egg mixture to cook long enough to be able to flip omelette. Once fully cooked, fold omelette in half and remove from heat. Top with avocado. Serve with grapefruit  
370 Calories | 12g Carbs | 24g Fat | 25g Protein

## BREAKFAST BURRITO

Whole Wheat Tortilla (130 Calories)  
2 Pieces of Turkey Bacon  
2 Large Whole Eggs  
1/3 Medium Avocado (sliced)  
1/4 Cup of Salsa

In a large skillet over medium heat scramble eggs and set aside. Cook turkey bacon until crispy (using either microwave or skillet). Warm tortilla in microwave for 15 seconds. Layer eggs, chopped turkey bacon, avocado and salsa inside tortilla and enjoy.  
405 Calories 22g Fat, 31g Carbs, 20g Protein

\*\*\*Breakfast Burritos are perfect to make ahead of time and freeze. Assemble burritos and then lay them onto a lightly greased cookie sheet and freeze. Once burritos are frozen, wrap them in aluminum foil and put them into a Ziploc bag and return to freezer. To eat, remove from Ziploc bag, unwrap from foil and heat in microwave for 1.5 to 2 minutes.

## BERRY PEANUT BUTTER PARFAIT

1 Cup 0% Fat Plain Greek Yogurt  
1 Tbsp Peanut Butter  
1/2 Cup Strawberries  
1/2 Cup Blueberries  
3/4 Cup Oats  
4 Almonds (chopped)

Layer yogurt into the bottom of a bowl and then combine blueberries, strawberries and oats. Top with peanut butter and almonds.  
412 Calories | 49g Carbs | 12 g Fat | 31g Protein



## TURKEY BREAKFAST SCRAMBLE

- 2 Eggs
- 2 Liquid Egg Whites (6 Tbsp)
- 1/3 Avocado (sliced)
- 3 Pieces Turkey Bacon (cooked & diced)
- 1/4 Cup Salsa
- 1 Cup Strawberries (sliced)

In a nonstick pan scramble eggs and egg whites until fully cooked. Mix in bacon. Top with salsa and avocado. Serve with strawberries  
416 Calories | 17g Carbs | 24g Fat | 30g Protein

## BAGEL SANDWICH

- 1 Whole Wheat Bagel Thin
- 1 Egg Whole
- 4 Egg Whites
- 1/4 Avocado (Medium) Sliced
- 1 Slice Tomato
- 2 Pieces Turkey Bacon Cooked
- 1 Cup Strawberries

Wisk eggs and scramble in a non-stick pan over medium heat. Toast Bagel Thin. Layer egg, tomato, avocado and turkey bacon and enjoy sandwich with a side of strawberries.  
457 Calories, 17g Fat, 37g Carbs, 37g Protein

## CLASSIC BREAKFAST

- 4 Eggs Prepared Your Way
  - 2 Pieces Turkey Bacon
  - 1 Piece Whole Wheat Toast- Toasted
  - 1/2 Grapefruit
- 481 Calories, 25g Fat, 17g Carbs, 33g Protein

## ALMOND BUTTER OATMEAL PANCAKES

- 2 Egg Whites
- 1 Whole Egg
- 1/2 Banana
- 1/2 Scoop Protein Powder
- 1/2 Cup Oats
- 1/2 Cup Unsweetened Vanilla Almond Milk
- 2 Tbsp Almond Butter

In a bullet or blender combine all ingredients except almond butter. \*Batter might be runny (add less almond milk if needed). Pour batter into skillet over



medium heat. Cook both sides evenly. Top with almond butter and enjoy.  
483 Cals, 34g Protein, 42g Carbs, 22g Fat

## OATMEAL TOPPED WITH STRAWBERRIES & PEANUT BUTTER

- 1 1/2 Cups Unsweetened Almond Milk
- 1/2 Cup Water
- 3/4 Cup Dry Rolled Oats
- 1 1/2 Tbsp. Peanut Butter Softened
- 1 1/2 Cup Strawberries Chopped
- Dash Cinnamon

Warm up almond milk and water. Add dried oats. Let set for 3 minutes until oats cook. Mix in strawberries. Top with peanut butter. Sprinkle with cinnamon.  
485 Calories 22g Fat, 64g Carbs, 17g Protein

# BREAKFAST

more than 500 calories

## STRAWBERRY & PEANUT BUTTER OVERNIGHT OATS

3/4 Cup Oats  
1 Cup Strawberries  
1/2 Scoop Protein Powder  
2 Tbsp Peanut Butter  
1.5 Cups Unsweetened Almond Milk

Mix oats, strawberries, protein powder and almond milk into a mason jar and refrigerate overnight. Top with melted peanut butter immediately prior to serving.

569 Calories | 63g Carbs | 25g Fat | 29g Protein

## BREAKFAST BURRITO

1 Large Whole Wheat Tortilla  
2 Eggs Whole  
2 Egg Whites  
2 Pieces Turkey Bacon  
Green Onion  
2 Tbsp. Salsa  
1/4 Avocado (Medium) Diced  
1/4 Cup Low Fat Mozzarella Cheese

Scramble egg and egg whites together and cook in a non-stick pan over medium heat. Roll scrambled eggs, turkey bacon, green onion, salsa, avocado and cheese into tortilla. Enjoy.

572 Calories 28g Fat, 41g Carbs, 37g Protein

## PROTEIN BLUEBERRY PANCAKES

1/3 Cup Liquid Egg Whites  
1 Egg  
1 Scoop Protein Powder  
1/2 Banana  
1/2 Cup Unsweetened Almond Milk  
2 Tbsp Peanut Butter  
1/4 Cup Blueberries  
2/3 Cup Oats

Preheat skillet on medium heat. In a blender combine egg, egg whites, almond milk, protein powder, oats and banana. Fold in blueberries. Pour mixture onto a greased skillet and cook for one minute on each side. \*Mixture might be runny – use a round silicone mold to help keep pancake's shape. Top with melted peanut butter.

613 Calories | 49g Carbs | 26g Fat | 45g Protein



MEALS

less than 300 calories



## BLACKENED BAKED TILAPIA

5 oz Tilapia  
 1 tsp Paprika  
 1 tsp Oregano  
 ¾ tsp Garlic Powder  
 ¼ tsp Cayenne Pepper  
 Lemon

Preheat oven to 350 degrees. In a small bowl coming all of the dry ingredients. Squeeze lemon onto tilapia fillet and sprinkle the seasoning mix onto both sides. Put fillet into a glass baking dish lined with parchment paper. Cover with aluminum foil. Bake for 25-30 minutes.

183 Cals, 23g Protein, 6g Carbs, 8g Fat

## GRILLED CHICKEN SALAD CUPS

4.5 oz Grilled Chicken  
 1 oz 0% Greek Yogurt  
 ¼ Cup Green Apple, chopped  
 Green Onion  
 Pepper  
 2 Large Romaine Lettuce Leaves

Chop chicken into small cubes. Combine chicken,

Greek yogurt, green apple, green onion, and pepper. Spoon mixture into lettuce cups.  
 194 Cals, 29g Protein, 11g Carbs, 3g Fat

## SKINNY MINI TURKEY MEATLOAFS

5 oz Extra Lean Ground Turkey (99/1)  
 Minced Garlic  
 ¼ Cup Bell Pepper  
 ¼ Cup Onion  
 1 Cup Broccoli  
 Pepper

Preheat oven to 350 degrees. In a bowl combine turkey, garlic, bell pepper, and onion. Spray a muffin tin with olive oil cooking spray. Split the turkey into two equal parts and roll into balls and put into muffin tins. Bake at 350 for 20-25 minutes. Steam broccoli.

200 Cals, 35g Protein, 10g Carbs, 2g Fat

## TWICE BAKED BUFFALO CHICKEN POTATO

4 oz Shredded Chicken  
 1 Small Sweet Potato (Cut in Half Lengthwise)  
 1 Tbsp Franks Hot Sauce  
 1 Cup Broccoli Steamed

Cook chicken in crackpot 4 hours on high or 8 hours on low. Shred chicken with two forks. Microwave Sweet Potato for 5 minutes. Scoop out a small amount of each potato. Fill potato with shredded chicken and top with hot sauce. Bake at 350 degrees for 10-15 minutes or until chicken begins to brown. Enjoy with broccoli.

205 Cals, 3g Fat, 16g Carbs, 25g Protein

## LEMON COD AND SWEET POTATO MASH

6 oz Cod Filet  
 ½ Lemon Sliced  
 ½ Lemon Juiced  
 Paprika  
 White and Black Pepper  
 ½ Sweet Potato  
 Minced Garlic  
 1 Tbsp 0% Fage Greek Yogurt

Pre-heat oven to 350 degrees. Place cod in a lined

less than 300 calories

baking dish. Pour lemon juice over the top. Sprinkle filet with white and black pepper and paprika. Top with lemon slices. Cover with foil and bake for 25-30 minutes. Microwave sweet potato for 5-8 minutes. In a blender, add cooked potato, yogurt and garlic.

217 Calories, 1g Fat, 17g Carbs, 31g Protein

### PROTEIN STYLE TURKEY BURGER

4 oz Lean Turkey (93/7)  
2 Tbsp Sriracha  
1 Jalapeno, Finely Chopped  
21 No Salt Seasoning  
2-3 Large Pieces of Iceberg Lettuce  
5 Spears of Asparagus

Combine turkey, sriracha, jalapeno, and seasoning into bowl and mix together. Weigh burgers into your correct serving size. Grill. Wrap cooked burger in a large piece of lettuce. Bake or grill asparagus  
224 Cals, 26g Protein, 14g Carbs, 8g Fat

### TERIYAKI SHRIMP STIR FRY

4 oz Shrimp, deveined  
1 Cup Spaghetti Squash  
½ Cup Red Bell Pepper  
¼ Cup Red Onion  
1 Cup Long Green Beans  
1 Tbsp Teriyaki Coconut Aminos

Puncture spaghetti squash 3-4 times with a knife. Microwave on high for 7 minutes. Turn squash over and microwave for another 7 minutes. Cut squash in half and remove seeds. Take a fork and scrap the sides of the squash. In a wok over medium heat, add bell pepper, red onion, and green beans. Add shrimp and cook until shrimp are pink. Mix shrimp and spaghetti squash. Top with teriyaki coconut aminos and serve.

235 Cals, 25g Protein, 29g Carbs, 8g Fat

### CAJUN SHRIMP LETTUCE CUPS

6 Jumbo Prawns  
Mrs. Dash Spicy Seasoning  
1 Lime (Juice)  
2 Romaine Lettuce Leaves

½ Cup Zucchini Shredded  
1 Tbsp 0% Fage Greek Yogurt  
¼ Avocado (Medium) Sliced

In a non-stick skillet, saute prawns over medium heat. Add lime juice and seasoning. Fill lettuce with zucchini, shrimp, avocado and yogurt.

237 Cals, 89 Fat, 1 0g Carbs, 30g Protein

### GREEK SALAD WITH CHICKEN

3 Cups Arugula Lettuce  
5 oz. Sliced Chicken Breast  
½ Cup Sliced Cucumber  
1 Tbsp Chopped Red Onion  
2 Tbsp Feta Cheese  
2 oz Sliced Cherry Tomatoes  
Fresh Squeezed Lemon Juice  
Black Pepper  
Pinch of Oregano

In a large bowl combine arugula, red onion, tomatoes, cucumber and cheese. In a small dish whisk lemon juice, oregano and black pepper. Pour dressing over salad. Top with sliced chicken breast.  
238 Calories 8g Fat, 10g Carbs 35g Protein

### SO CAL CHICKEN WRAP

2 Large Romaine Lettuce Leaves  
5 oz Shredded Chicken  
¼ Avocado (Medium)  
½ Piece Turkey Bacon  
Mustard  
Pepper



less than 300 calories



Cook chicken in crockpot 4 hours on high or 8 hours on low. Shred chicken with two forks. Once cooled, fill lettuce with chicken. Top with mustard, avocado, pepper and bacon.  
240 Calories, 11g Fat, 4g Carbs, 29g Protein

### ALMOST SPAGHETTI AND MEATBALLS

4 oz Lean Ground Turkey (93/7)  
1 Jalapeno Finely Chopped  
¼ Cup Chopped Onion  
1 Medium Zucchini Spiralized  
¼ Cup Low Sodium Marinara Sauce

Over medium heat in a large sauce pan, bring water to a boil. In a large bowl combine lean ground turkey, onion and jalapeno. Roll mixture into 1oz balls. Add meatballs to boiling water and cook for 12-15 minutes. Spiralize a zucchini. In a small saucepan, heat Marinara sauce. Add cooked meatballs to zucchini noodles and top with marinara sauce.  
242 Cals, 12g Carbs, 11g Fat, 24g Protein

### BUFFALO CHICKEN BAKED POTATO

½ Sweet Potato (roughly 4oz)  
4 oz of Chicken (shredded)  
2 Tbsp Franks Hot Sauce  
Green Onion Chopped  
1 Cup Broccoli

Crockpot Chicken – Place boneless skinless chicken breasts in crock pot with 2 cups of water. Cook on high for 4 hours or low for 8 hours. Once

cooked remove chicken from crockpot and shred chicken with 2 forks.  
Cook Sweet Potato – Puncture potato 3 to 4 times with fork. Microwave 5 minutes or Bake at 350 degrees for 20-30 minutes or until potato is tender. Once cooked, cut the sweet potato in half. Remove a small portion of the inside of the potato to make room for the chicken. Fill Potato with 4oz of chicken and drizzle with Franks Hot Sauce. Top with chopped green onion.  
Serve with Cooked Broccoli.  
243 Calories, 30g Carbs, 3g Fat, 27g Protein

### TURKEY STUFFED PEPPER

1 Bell Pepper Cored  
4 oz Ground Lean Turkey (93/7)  
¼ Cup Diced Yellow Onion  
¼ Clove of Garlic Minced  
Pepper to taste

Pre-heat oven to 400 degrees. In a non-stick skillet over medium heat, brown turkey. Add onion, garlic and pepper. Cut bell pepper in half, length wise and remove seeds. Spoon mixture into each side of pepper. Place Pepper in a baking dish and cover with foil. Bake for 45 minutes.  
243 Calories, 9g fat, 17g Carbs 24g Protein

### SHRIMP AND ASPARAGUS STIR FRY

4 oz Large Raw Shrimp – Peeled and deveined  
5 oz Asparagus (cut into 2-3 pieces)  
½ tsp Minced Garlic  
½ Tsp Ground Ginger  
¼ Cup Lemon Juice

In a large nonstick pan – over medium heat, cook shrimp in a single layer, 3 minutes each side. Remove shrimp from pan. Add Asparagus and cook until it just begins to brown. Add Garlic and ginger and cook for an additional 45 seconds. Pour lemon Juice over asparagus and add shrimp back to the pan and cook for an additional minute. If more flavor is needed you can add a few dashes of coconut amino.  
244 Cals, 15g Carbs, 3g Fat, 38g Protein



less than 300 calories

**BALSAMIC GLAZED SALMON**

4 oz Salmon  
1 Tbsp Balsamic Glaze  
1 Cup Broccoli

Preheat oven to 350. Place Salmon on parchment lined glass baking dish and bake for 15 minutes. Pour glaze over Salmon and cook for an additional 15 minutes. Steam broccoli. Enjoy.  
251 Cals, 22g Protein, 16g Carbs, 11g Fat

**WALDORF CHICKEN SALAD**

3 Cups Spinach  
4 oz Shredded Chicken  
¼ Cup Grapes Cut Green Onion Chopped  
¼ Avocado (Medium) Sliced  
2 Tbsp Balsamic Vinegar

Cook chicken in crockpot 4 hours on high or 8 hours on low. Shred chicken with two forks. In a bowl add spinach, chicken, grapes, chopped green onion and avocado. Dress with balsamic vinegar.  
253 Calories, 9g Fat, 19g Carbs, 26g Protein

**TUNA PITA SANDWICH**

1/2 Whole Wheat pita  
4 oz Can White Tuna  
2 Tbsp Yellow Mustard  
1 Romaine Lettuce Leaf  
Black Pepper

In a large bowl combine tuna, mustard and pepper. Fill pita with lettuce and tuna mixture.  
256 Calories | 18g Carbs | 9g Fat | 28g Protein

**TWICE BAKED SRIRACHA CHICKEN POTATO WITH ROASTED ASPARAGUS**

4 oz Shredded Chicken  
4 oz Sweet Potato  
2 Tbsp Sriracha  
Green Onion  
6 Asparagus Spears  
Fresh Lemon Juice  
Onion Powder

Preheat oven to 400. Puncture potato with a fork

and microwave for 5 minutes. Cut potato in half length-wise and set aside. (Only use half of the potato for this meal. Make multiple days at once). In a small bowl, mix chicken and sriracha. Fill potato with chicken mixture. Bake for 10-12 minutes. Top with green onion. Place asparagus on lined baking sheet. Sprinkle with lemon juice and top with pepper and onion powder. Cook 6-8 minutes.  
257 Calories 3g Fat, 30g Carbs, 26g Protein

**SKINNY MEXICAN TURKEY BOWL**

4 oz Lean Ground Turkey (93/7)  
¼ Onion, chopped  
1 Cup Romaine Lettuce, chopped  
2 Tbsp Salsa  
1 oz 0% Greek Yogurt

Cook turkey in skillet. Season with pepper or Mrs. Dash (recommend Fiesta Lime). In a bowl add lettuce, turkey, onion, and salsa. Top with Greek yogurt.  
259 Cals, 26g Protein, 10g Carbs, 9 Fat

**SPICY SLOW COOKER TURKEY CHILI - (BULK FOR EASY MEAL PREP)**

2 lbs Extra Lean Ground Turkey  
1 Yellow Onion Chopped  
4 Cloves of Garlic Minced  
1 Can Diced Petite Tomatoes  
3 Tbsp Tomato Paste  
1 Can Kidney Beans – Low Sodium  
1 Red Bell Pepper – Diced  
3 Tbsp Chili Powder  
2 Jalapenos - Diced  
Pinchof Pepper  
2 tsp Oregano  
1/8 tsp Of Cayenne



# MEALS

## less than 300 calories

Brown Turkey in skillet. Add all ingredients to slow cooker and cook on high for 4 hours (or low for 8 hours)

Serving Size – 1 Cup

262 Cals, 26g Carbs, 3.5g Fat, 35g protein

### GRILLED CHICKEN SALAD

5 oz Boneless Skinless Chicken Breast  
3 Cups of Spring Lettuce  
¼ Avocado sliced  
½ Cup Cucumber sliced  
5 Cherry Tomatoes  
2 Tbsp Balsamic Dressing

Preheat Grill on Medium Heat.

Place chicken on grill and grill each side for 4-6 minutes depending on thickness.

Remove from Heat and let stand for 5 minutes

In a bowl add Spring Lettuce, Cucumber slices. Red onion, Cherry Tomatoes, Sliced Avocado, Sliced Grilled Chicken and top with Balsamic Dressing.  
264 Cals, 20g Carbs, 5g Fat, 39g Protein

### SKINNY MEXICAN TURKEY SALAD

4oz Ground Turkey (93/7)  
¼ Cup of Low Sodium Black Beans  
2 Cups of Romaine Lettuce  
2 Tbsp Salsa  
1 Tbsp of 0% Plain Greek Yogurt

Over Medium heat, brown ground turkey until

cooked through. In a large salad bowl layer Lettuce, beans, turkey, salsa and Greek Yogurt.

264 Cals, 17g Carbs, 8g Fat, 27g Protein

### CHICKEN SATAY WITH SPICY PEANUT SAUCE

4oz Chicken  
Chopped Green Onion  
1 Medium Zucchini Spiralized  
½ Red Bell Pepper  
2 Tbsp. PB2  
1 Tbsp. Sriracha  
Water as needed  
Minced Garlic to taste

Over Medium heat, combine chicken and bell pepper in non-stick pan. In a separate bowl, add PB2, sriracha and garlic. If sauce is too thick, add water to thin it out. Once chicken is partly cooked, add sauce and allow chicken to finish cooking. Serve over zucchini.

268 Calories, 7 Fat, 26g Carbs, 37g Protein

### TUNA SALAD CUPS

5oz of white tuna (1 can)  
¼ Cup of celery chopped  
2 Tbsp Yellow Mustard  
2 Large Lettuce Leaves  
2.5oz or ½ Medium Avocado  
1 Tbsp Sliced Almonds

Drain water from tuna and remove from can. In a bowl, combine tuna, chopped celery and mustard. Fill lettuce cups with tuna and top with sliced almonds and avocado.

269 Calories, 5g Carbs, 17g Fat, 19g Protein

### SALMON AND ROASTED PEPPERS

1 Red Bell Pepper Quartered  
4oz Salmon  
½ Clove Garlic Minced  
Dash Cumin  
1 tsp. Fresh Lemon Juice  
Black Pepper

Pre-heat oven to 450 degrees. In a lined baking dish add bell pepper. Leave room for salmon as you will be adding it later. Cook peppers for 20 minutes.



less than 300 calories

Remove the baking dish from oven and add salmon, skin side down. Sprinkle salmon with lemon juice, black pepper, garlic and cumin. Return to oven for an additional 20 minutes. Remove from oven and serve.

271 Cals, 14g Fat, 9g Carbs, 23g Protein

### GRILLED TURKEY AVOCADO BURGER AND VEGGIES

5oz Lean Ground Turkey (93/7)  
1 Raw Jalapeño Finely Chopped  
No Salt Seasoning  
1 Tbsp. Sriracha  
¼ Sliced Avocado (medium)  
8 Spears Asparagus

In a bowl combine turkey, jalapeno, sriracha and seasoning. Over medium heat, grill burger on each side for 3-5 minutes until cooked through. Top with sliced avocado. On top shelf of grill place asparagus spears, rotating to avoid burning.  
272 Calories, 7g Fat, 13g Carbs, 39g Protein

### MEXICAN CHICKEN SALAD

5oz Shredded Chicken  
2 Cups Romaine Lettuce Chopped  
2 Tbsp. Salsa  
½ Avocado (medium)  
1 Tbsp. 0% Fage Greek Yogurt

In a bowl combine lettuce, chicken, avocado and salsa. Top with Greek yogurt.  
274 Calories, 11g Fat, 11g Carbs, 32g Protein

### SWEET POTATO NACHOS

3oz Sweet Potato  
4oz Shredded Chicken  
Sliced Green Onion  
¼ Avocado  
1oz 0% Greek Yogurt

Cut sweet potato into fries. Bake at 350 for 15 minutes. Flip fries and bake for another 10 minutes. Top fries with 4oz of shredded chicken, onions, and mashed avocado. Serve with a tablespoon of Greek yogurt.

275 Cals, 22g Protein, 23g Carbs, 9g Fat



### SPICY ROSEMARY BURGER AND FRIES

4oz Lean Ground Turkey (93/7)  
1 Tsp Garlic Powder  
1 Tbsp Chopped Red Onion  
1 Sprig of Finely Chopped Fresh Rosemary  
4oz of Sweet Potato – Sliced into French Fries

Preheat grill on medium heat. In a large bowl combine ground turkey, garlic powder, chopped red onion and rosemary. Form a patty and place on Grill. Cook 4-5 minutes on one side and flip. Cook an additional 3-4 minutes or until burger is cooked.

Preheat oven at 425 degrees. Cut sweet potato into French fry slices. On a baking dish add nonstick spray or parchment paper and place fries in a single layer. Sprinkle with Pepper. Cook for 15 minutes. Flip and then cook for an additional 8 minutes.  
284 Cals, 26g Carbs, 8g Fat, 24g Protein

### TURKEY TACO SALAD

5oz Ground Turkey  
¼ Cup Chunky Salsa  
2 Cups Romaine Lettuce (chopped)  
½ Bell Pepper (chopped)  
1 Tbsp 0% Fat Plain Greek Yogurt  
1 Jalapeño

In a large nonstick skillet, on medium heat, cook pepper, jalapeño and turkey until no longer pink, breaking the meat into pieces. Drain. In a bowl add lettuce, turkey mixture, salsa and top with yogurt.  
285 Calories | 14g Carbs | 10g Fat | 30g Protein

## less than 300 calories

### SPICY TURKEY SWEET POTATO STIR FRY

4 oz. Lean Ground Turkey (93/7)  
3oz Cubed Sweet Potato  
2 Tbsp. Sriracha  
¼ Cup Chopped Yellow Onion  
1 Cup Broccoli (Chopped)

In a non-stick skillet over medium heat, add cubed sweet potatoes. Cook until tender. Add onion and ground turkey. 2 minutes before your remove from heat add broccoli and sriracha.

285 Cals 8g Fat, 25g Carbs, 24g Protein

### STRAWBERRY SPINACH CHICKEN SALAD

3 Cups Spinach  
5oz Shredded Chicken  
3 Sliced Strawberries  
1/3 Avocado  
2 Tbsp Balsamic Vinegar

Crockpot Chicken: Place chicken in a crackpot with 2 cups of water. Cook (4 hours on high or 6-8 hours on low). Once cooked, remove chicken from crackpot and shred with two forks. Combine all ingredients. Drizzle with balsamic vinegar.

286 Cals, 31g Protein, 22g Carbs, 12g Fat

### TWICE BAKED CHICKEN POTATO AND SPINACH SALAD

4oz Shredded Chicken  
3oz Sweet Potato  
1 Tbsp Sriracha  
2 Cups Spinach  
¼ Avocado  
2 Tbsp Balsamic Vinegar

Crockpot Chicken: Put chicken in a crockpot with 2 cups of water. Cook (4 hours on high or 6-8 hours on low). Once cooked, remove chicken from crockpot and shred with two forks. Cook Sweet

Potato: Puncture potato 3-4 times with a fork.

Microwave 8-10 minutes or Bake at 350 for 30 minutes, until potato is soft. Once cooked, cut sweet potato in half (you will only use half of the potato). Remove a small portion of the inside of the potato and fill with chicken. Drizzle sriracha over the top. Bake at 350 for 15 minutes. Combine spinach,

avocado, and cucumber, and top with balsamic vinegar.

294 Cals, 26g Protein, 29g Carbs, 9g Fat

**SPICY TURKEY BURGER AND FRIES**

5oz Ground Turkey  
 1/2 Jalapeño Finely Chopped  
 1 tsp Garlic Powder  
 2 Tbsp Sriracha  
 4oz Sweet Potato

Preheat grill to medium heat. In a large bowl combine turkey, jalapeño, garlic powder and sriracha. Form a patty and place on grill. Cook 4-5 minutes then flip and cook an addition 3-4 minutes or until burger is fully cooked. Preheat oven to 425 degrees. Cut sweet potato into French fry slices. Place fries onto a non-stick baking dish in a single layer and sprinkle with pepper. Cook for 15 minutes, flip and cook for an additional 8 minutes.  
 301 Calories | 20g Carbs | 10g Fat | 27g Protein

**MEXICAN SALAD BOWL**

4.5 oz. Ground Turkey 93/7  
 1/3 Cup Black Beans  
 3 Cups Romaine Lettuce (chopped)  
 1/4 Cup Yellow Onion (chopped)  
 1/3 Avocado  
 2 Tbsp. Salsa  
 Fresh Cilantro  
 1 Tbsp. 0% Greek Yogurt  
 Optional: No Salt Taco Seasoning

Over medium heat, brown ground turkey until cooked through. (Add optional taco seasoning while browning turkey.) In large salad bowl, layer lettuce, beans, turkey, onion and avocado. In small bowl, mix yogurt and salsa, add to salad and top with cilantro. 302 Calories 9g Fat 22g Carbs 30g Protein

**BBQ TURKEY BURGER**

4.5 oz Lean Ground Turkey (93/7)  
 2 Tablespoons Sriracha  
 1 Jalapeño  
 1/4 Bell Pepper  
 1 Tbsp Sriracha  
 21 No Sodium Seasoning (Trader Joe's)  
 Pepper to taste

Combine all ingredients. Grill and Enjoy!!  
 311 Cals, 28g Protein, 27g Carbs, 9g Fat

**TURKEY MEATBALLS**

5oz Ground Turkey  
 1/4 White Onion  
 1/2 Bell Pepper (finely chopped)  
 1 tsp Black Pepper  
 1 tsp Garlic Powder  
 1/4 Cup Low Sodium Marinara  
 1 Cup Broccoli

Over medium heat in a large sauce pan, bring water to a boil. In a large bowl combine turkey, onion, black pepper, garlic powder and bell pepper. Roll mixture into 1oz balls. Add meatballs to boiling water and cook for 12-15 minutes. Top cooked meatballs with marinara sauce.  
 312 Calories | 19g Carbs | 11g Fat | 30g Protein

**CHICKEN FAJITA HOLD THE TORTILLA**

6oz Chicken Breast  
 1/2 Red Bell Pepper  
 1/2 Orange Bell Pepper  
 2oz Red Onion  
 1tsp Garlic Powder  
 1tsp Chili Powder  
 1tsp Ground Cumin

Sauté Bell Peppers, Onion and Chicken Breast sliced in a Large Pan over Medium Heat. Half way through cooking add spices and continue to cook.

## 300 to 500 calories

Once chicken is cooked remove from heat.

Fajita mixture can be eaten as is or served with Large Romaine lettuce leaves or Jicama slices as tortillas.

320 Cals, 26g Carbs, 2g Fat, 43g Protein

### TURKEY MEATLOAF MUFFINS

6 oz of Lean Ground Turkey (93/7)

2 Tbsp Rolled Oats

2 Tbsp Diced Red Onion

¼ Cup of Salsa

Pepper

Preheat oven to 350 degrees. Add all ingredients except for turkey and 2 Tbsp of salsa to a large bowl and mix well. Add ground turkey to bowl and fold in other ingredients so that everything is evenly distributed. Spray muffin tin with nonstick cooking spray. Spoon turkey mixture into muffin tins. Top each muffin with a small amount of salsa. Bake uncovered for 15-20 minutes or until fully cooked.  
324 Cals, 13g Carbs, 13g Fat, 34g Protein

### STUFFED SPICY CHICKEN POTATO

5 oz Shredded Chicken

½ Medium Sweet Potato

1 Tbsp Sriracha

2 Cups Spinach

¼ Avocado

¼ Cucumber

2 Tbsp Balsamic Vinegar

Crockpot Chicken: Place chicken in a crockpot with 2 cups of water. Cook (4 hours on high or 6-8 hours on low). Once cooked, remove chicken from crockpot and shred with two forks. Cook sweet potato: pierce potato 3-4 times with a fork. Microwave 8-10 minutes or bake on 350 for 30 minutes (until potato is soft). Once cooked, cut sweet potato in half - you will only use half of the potato. Remove a small portion of the inside of the potato and fill with chicken. Drizzle sriracha over the top. Bake at 350 for 15 Minutes. Combine spinach, avocado, and cucumber and top with balsamic vinegar.

327 Cals, 27g Protein, 31g Carbs, 11g Fat)

### HAWAIIAN CHICKEN KABOBS WITH SWEET POTATO MASH

5 oz Chicken Cubed

1 Bell Pepper

1 White Onion

2 Tbsp. Coconut Amino

¼ Cup Fresh Pineapple

½ Sweet Potato

Soak skewers in water for 30 minutes. Add chicken, bell pepper, onion and pineapple to skewers. Over medium heat, add skewers to grill and cook for 9-11 minutes. Brush with coconut aminos during cooking. Occasionally rotate kabobs to ensure even cooking. Microwave sweet potato for 5-8 minutes. Mash with fork and top with fresh pepper.  
339 Cals, 1 g Fat, 32g Carbs, 34g Protein

### MEDITERRANEAN CHICKEN SALAD

3 Cups Spinach

6 oz Shredded Chicken

¼ Cup Quartered Grapes

¼ Apple (small) Chopped

¼ Cup Celery Diced

1½ Tbsp Pine Nuts

Paprika

Sliced Green Onions

2 Tbsp Balsamic Vinegar

Cook chicken in crockpot 4 hours on high or 8 hours on low. Shred chicken with two forks. In a bowl combine spinach, chicken, grapes, apples, celery, pine nuts and green onion. Sprinkle with paprika and add balsamic for dressing.  
345 Cals, 13g Fat, 19g Carbs, 37g Protein



**TUNA SALAD CUPS**

6 oz White Tuna  
 2 Butter Lettuce Leafs  
 ½ Cup Celery, chopped  
 1/3 Cup Bell Pepper, chopped  
 2 Tbsp Balsamic Vinegar  
 1/3 Avocado  
 1 Tbsp Sliced Almonds

In a bowl mix tuna, celery, bell pepper, balsamic vinegar, avocado and sliced almonds. Spoon all ingredients into lettuce cups.  
 348 Cals, 43g Protein, 14 Carbs, 11g Fat)

**GRAPEFRUIT AVOCADO SALMON SALAD**

5 oz Salmon Filet  
 2 Cups Spinach  
 1/2 Grapefruit  
 6 Almonds Chopped  
 1/4 Avocado Cubed

Peel and segment grapefruit. Preheat oven to 350 degrees. In a non-stick pan, or parchment-lined pan, place salmon and bake for 25-30 minutes. Remove from heat and allow salmon to cool. In a large bowl add spinach, grapefruit and cubed avocado. Top with cooked salmon and add lemon juice if needed.  
 351 Calories | 19g Carbs | 19g Fat | 26g Protein

**CHICKEN LETTUCE CUPS**

2 Romaine Lettuce Leaves  
 5 oz Boneless Chicken Breast  
 1 Celery Stalk (chopped)  
 1/4 Apple (chopped)  
 1/3 Cup 0% Fat Plain Greek Yogurt  
 1/4 Avocado (cubed)

Place chicken in crockpot with 1.5 cups of water. Cook on high for 4 hours or low for 8 hours. Once cooked, remove chicken from crockpot and shred chicken with 2 forks. In a bowl combine chicken, celery, apples, avocado and yogurt. Fill lettuce leaves with chicken mixture and top with black pepper.  
 367 Calories | 14g Carbs | 10g Fat | 51g Protein

**BAKED SALMON**

6 oz Salmon Filet  
 1/2 Lemon Sliced  
 Pepper  
 Dash Dried Thyme  
 1 Cup Broccoli

Preheat oven to 350 degrees. Place salmon in parchment-lined glass baking dish. Top salmon filet with pepper, dried thyme and lemon slices. Bake salmon for 25 minutes. Remove from heat and serve with steamed or baked broccoli.  
 380 Calories | 33g Carbs | 15g Fat | 28g Protein

**MEXICAN TURKEY TOSTADA BOWL**

5 oz Ground Turkey (90/10)  
 1/3 Cup Black Beans  
 2 Cups Romaine Lettuce (Chopped)  
 ½ Avocado  
 2 Tbsp Salsa  
 1 oz Full Fat Greek Yogurt

Brown turkey over medium heat and season with pepper and Mrs. Dash (recommend Spicy Chili Lime). In a bowl add chopped lettuce, black beans, turkey, avocado, salsa, and top with Greek yogurt.  
 470 Cals, 38g Protein, 29g Carbs, 24g Carbs

**TERIYAKI CHICKEN AND RICE**

6 oz Chicken  
 1/2 Bell Pepper (sliced)  
 3 Tbsp Coconut Aminos  
 3/4 Cup Brown Rice  
 2 Cups Broccoli

Preheat grill to medium heat. Add chicken and cook through (roughly 4-6 minutes per side). Remove from heat and top with coconut aminos. Place bell pepper and broccoli into aluminum foil and place on the top shelf of the grill. Cook veggies for 10 minutes or until tender.  
 495 Calories | 63g Carbs | 3g Fat | 62g Protein

more than 500 calories

## SHRIMP STIR FRY

8 oz Jumbo Shrimp (raw or frozen)  
 1/2 Cup Broccoli  
 1 oz Unsalted Cashew  
 1/2 Bell Pepper (diced)  
 6 oz Snap Peas  
 1 Lime (juiced)  
 Red Pepper Flakes  
 1 tsp Garlic Powder  
 1 Tbsp Coconut Aminos

In a nonstick skillet add shrimp and bell pepper and cook for 3 minutes. Add broccoli, peas, garlic powder, pepper flakes, coconut aminos and lime juice. Cook an additional 3 minutes. Add cashews, cook for 1 minute and remove from heat. Assemble bowl adding brown rice, black beans, shrimp mixture and top with avocado.  
 505 Calories | 36g Carbs | 16g Fat | 58g Protein

## BBQ TRI TIP OVER SWEET POTATO MASH

7 oz Tri-Tip  
 1 Tbsp BBQ Sauce  
 Garlic Sweet Potato Mashed  
 1 Sweet Potato  
 1 Clove Garlic  
 1 oz 2% Greek Yogurt  
 Pepper  
 1 Cup Roasted Brussel Sprouts

Grill Tri-Tip for 5 minutes on each side to lock in juices. Turn heat down to low and allow meat to cook for another 15-20 minutes. Once tri-tip is cut and plated, evenly brush with BBQ sauce. Microwave sweet potato for 7 minutes or bake for 20-30 minutes on 400 degrees or until potato is soft. Put cooked sweet potato and yogurt into blender and add garlic and pepper to taste. Place trimmed brussel sprouts into a roasting dish. Season with Pepper. Cook on 400 degrees for 30 minutes.  
 505 Calories, 14g Fat, 44g Carbs, 50g Protein

## CHICKEN SALAD PITA SANDWICH

5 oz Chicken Breast  
 1/2 Avocado  
 16 Raw Almonds (Chopped)



1/4 Green Apple (Chopped)  
 2 oz Greek Yogurt  
 1 tsp Paprika  
 1 Whole Wheat Pita

Bake chicken on 350 for 20-25 minutes. Cut chicken into small cubes. In a bowl combine chicken, avocado, almonds, green apple and Greek yogurt. Mix until everything is lightly coated in Greek yogurt. Sprinkle with paprika. Spoon chicken into pita and enjoy.  
 527 Cals 43g Protein, 38g Carbs, 25g Fat

## SPICY MANGO SALMON WITH ROASTED RED POTATOES

4 oz Red Potatoes, quartered  
 Chopped Rosemary  
 Garlic  
 Pepper  
 1/2 to 1 Serrano Chili, sliced {depending on how spicy you want it}  
 1/2 Cup Chopped Mango (Fresh if in season)  
 1/2 Avocado, chopped  
 1 tsp Lime Juice  
 4 oz Salmon  
 8 Spears Asparagus

Preheat oven to 425. Place quartered potatoes in baking dish lined with parchment paper. Sprinkle with rosemary, garlic and pepper. Cover with tin foil. Bake for 35-45 minutes or until potatoes are soft. In a separate bowl combine sliced serrano chili, mango, avocado and lime juice. Set Aside. Cook Salmon: grill or bake at 350 for 25-30



minutes. Once cooked. drizzle mango mixture over the top and it's ready to eat.

533 Cals, 32g Protein, 39g Carbs, 27g Fat

### GRILLED CHICKEN BREAST & SWEET POTATO MASH

6 oz Chicken Breast  
7 oz Sweet Potato  
1/2 Avocado (sliced)  
2 Grilled Zucchini (sliced)

Preheat grill to medium heat. Add chicken and cook through (roughly 4-6 minutes per side). Slice zucchini and place in tin foil. Place on top shelf of grill and cook 10 minutes. Puncture sweet potato with fork. Microwave on high for 4-5 minutes or until soft. Once cooled smash or blend sweet potato. Top with pepper or cinnamon depending on what you prefer. Serve chicken with avocado, grilled vegetables and sweet potato mashed.

536 Calories | 58g Carbs 12g Fat | 59g Protein

### TRI-TIP BURRITO

4 oz Tri-Tip  
1/3 Cup Onion  
1/2 Bell Pepper  
1 Low Carb Tortilla  
1/3 Cup Black Beans  
1/2 Cup Brown Rice, cooked according to package instructions  
2 Tbsp Salsa  
1/2 Avocado

Season Tri-Tip with pepper and Mrs. Dash. Warm black beans over medium heat. Combine all ingredients and wrap-up into the tortilla.

544 Cals, 36g Protein, 61g Carbs, 19g Fat

### MEXICAN TURKEY BOWL

6 oz Ground Turkey  
1/2 Cup Black Beans  
1/2 Cup Brown Rice (cooked)  
1/4 Cup Salsa  
1 Tbsp Greek Yogurt  
1/4 Avocado (sliced)  
1 Jalapeño (diced)

In a large nonstick skillet over medium heat add jalapeño and ground turkey. Cook through until no longer pink, breaking the meat into small pieces. Drain. In a bowl add turkey, black beans, rice and top with salsa, yogurt and avocado.

547 Calories | 51g Carbs | 18g Fat | 44g Protein

### CHICKEN BURRITO

6 oz Chicken  
1 Whole Wheat Tortilla  
1/4 Onion (chopped)  
1/4 Cup Black Beans  
1/2 Cup Brown Rice  
1/3 Smashed Avocado  
1/4 Cup Salsa

In a large pan or nonstick skillet add chicken and onion and cook for 8-10 minutes until chicken is fully cooked. Remove from heat and thinly slice chicken. Fill tortilla with chicken, black beans, brown rice, avocado and salsa. Fold into a burrito.

565 Calories | 69g Carbs | 12g Fat | 55g Protein

### BBQ BACON BURGER

6 oz Ground Turkey  
1 tsp Garlic Powder  
1 tsp Black Pepper  
3 Pieces Turkey Bacon  
1 Tbsp Low Sugar BBQ Sauce  
8 oz Sweet Potato Fries

Preheat grill on medium heat. In a bowl combine turkey, garlic powder and pepper and form into



# MEALS

more than 500 calories

patty. Cook burger for 4-5 minutes per side or until burger is fully cooked. Remove from heat and top with BBQ sauce.

Preheat oven to 425 degrees. Cut sweet potato into French fry slices. Place fries onto a nonstick baking dish in a single layer and sprinkle with pepper.

Cook for 15 minutes, flip and cook for an additional 8 minutes.

570 Calories | 53g Carbs | 19g Fat | 41g Protein

## TERIYAKI STEAK AND RICE

6 oz Tri-Tip

3 Tbsp Coconut Aminos

1 Cup Brown Rice (cooked)

2 Cup Broccoli (steamed)

1 Cup Strawberries

Grill steak, covered, over medium heat or broil 3-4 inches from the heat for 7-9 minutes or until meat reaches desired doneness. Remove from heat and top with coconut aminos. Serve with broccoli, brown rice and strawberries.

575 Calories | 58g Carbs | 18g Fat | 44g Protein

## TERIYAKI CHICKEN BOWL WITH COCONUT JASMINE RICE

8 oz Shredded Chicken

½ Cup Red Bell Pepper

¼ Cup Red Onion

½ Cup Pineapple

Green Onion

2 Tbsp Coconut Aminos

½ Zucchini Sliced

¼ Avocado (Medium)

## Coconut Jasmine Rice

¼ Cup Uncooked Jasmine Rice

¼ Cup Water

¼ Cup Unsweetened Coconut Milk

In pan cook chicken, bell pepper, and red onion. After its been cooking for about 5 minutes add zucchini. 2 minutes before taking the chicken off the stove add pineapple and coconut aminos. On stove top heat water and unsweetened coconut milk. Add rice and cook. Serve chicken over jasmine coconut rice. Add avocado and green onion.

576 Calories, 1 0g Fat, 66g Carbs, 50g Protein

## AVOCADO BACON BURGER WITH SWEET POTATO FRIES

6 oz Ground Beef

2 Strips Turkey Bacon Cooked

¼ Avocado (Medium) Mashed

2 Tbsp Hot Sauce

No Salt Seasoning

1 Sweet Potato (Whole)

Season ground beef patty with no salt seasoning. Grill. Combine avocado and hot sauce. Top grilled burger with avocado and turkey bacon. Slice sweet potato into fries. Season with Mrs. Dash or No Salt Seasoning. Cook at 400 degrees for 20 minutes, turning fries half way through cooking.

591 Calories, 29g Fat, 28g Carbs, 48g Protein

## STEAK FAJITA SALAD WITH LIME CILANTRO DRESSING

8 oz Flank Steak

3 Cups Chopped Romaine Lettuce

¼ Cup Black Beans

1 Fresh Jalapeño Chopped

¼ White Onion Sliced

½ Red Bell Pepper Sliced

½ Orange Bell Pepper Sliced

¼ Avocado (Medium) Sliced

¼ Cup Fage 0% Greek Yogurt

Juice From 1 Lime

Pepper

1 Clove Garlic

½ Cup Cilantro Finley chopped



Cut steak into strips and cook in a non-stick pan over medium heat. Add onion, red bell peppers, and jalapeño. Cook until veggies begin to soften and steak is cooked through. In a separate bowl mix yogurt, lime juice, cilantro and garlic. Top with fresh ground pepper. In a bowl add lettuce, top with steak and veggies. Top with dressing and avocado.

606 Calories, 19g Fat, 45g Carbs, 63g Protein

### CHICKEN STUFFED SWEET POTATO

1 Sweet Potato (Whole)  
 1 Jalapeno  
 3 Pieces Turkey Bacon Chopped  
 7 oz Shredded Chicken  
 ½ Cup Low Sodium Black Beans  
 ¼ Red Onion Chopped  
 ½ Cup Low Fat Mozzarella Cheese Shredded  
 2 Tbsp Greek Yogurt  
 2 Cups Broccoli Steamed

Preheat oven to broil. Cook chicken in crockpot 4 hours on high or 8 hours on low. Shred chicken with two forks. Microwave sweet potato for 5-7 minutes. Cut sweet potato in half lengthwise. Core out a small amount of sweet potato to make room for filling. Mix chicken, jalapeño, cooked turkey bacon, black beans and onion. Evenly fill each potato with mixture. Top with cheese. Broil until crispy. Top with yogurt. Serve with broccoli.

610 Calories, 16 Fat, 56g Carbs, 62.5g Protein

### BALSAMIC GLAZED TRI-TIP & RICE

8 oz Tri-Tip  
 1 Tbsp Balsamic Glaze  
 6 oz Roasted Brussel Sprouts  
 ½ Cup Brown Rice (cooked)

Grill steak, covered, over medium heat or broil 3-4 inches from the heat for 7-9 minutes or until meat reaches desired doneness. Remove from heat and top with balsamic glaze.

Pre-heat oven to 350 degrees. Put Brussel sprouts on top rack and cook for 25-30 minutes. If the sprouts look like they are getting too browned, move to lower rack. If after 30 minutes the sprouts aren't brown enough, place under broiler for 3-5



minutes. Serve sliced Tri-Tip, brown rice and Brussel sprouts.

**614 Calories | 46g Carbs | 24g Fat | 55g Protein**

### LOADED BAKED POTATO

5 oz Boneless Skinless Chicken Breast  
 1 Piece Turkey Bacon (cooked & chopped)  
 ¼ Cup Black Beans  
 ¼ Cup Shredded Mozzarella Cheese  
 1 Tbsp Greek Yogurt  
 1 Jalapeño (diced)  
 8 oz Sweet Potato  
 2 Cups Broccoli

Place chicken in crockpot with 1.5 cups of water. Cook on high for 4 hours or low for 8 hours. Once cooked remove chicken from crockpot and shred chicken with 2 forks. Preheat oven to 400 degrees. Puncture sweet potato with fork. Microwave on high for 5 minutes or bake on 350 degrees for 20 to 30 minutes or until potato is tender.

Once sweet potato is cooked cut the sweet potato in half and remove a small portion of the inside of the potato. Fill potato with black beans, shredded chicken, bacon, jalapeño and top with cheese. Cook potato 5-8 minutes or until cheese is melted. Remove from heat and top with yogurt.

**618 Calories | 73g Carbs | 10g Fat | 68g Protein**

### CARNE ASADA BOWL

5 oz Carne Asada  
 ½ Cup Brown Rice  
 ⅓ Cup Black Beans  
 ¼ Cup Onion

more than 500 calories

Jalapeño, thinly sliced  
 ½ Avocado  
 2 Tbsp Salsa  
 Cilantro

Season came asada with pepper and grill. Cook brown rice according to package instructions. Heat black beans over medium heat. Chop onion and slice Jalapeño. In a bowl layer brown rice, black beans, came asada, onion, and jalapeño. Top with avocado, salsa, and cilantro. And enjoy.  
 631 Cals, 41g Protein, 51g Carbs, 29g Fat

### BURRITO STUFFED PEPPER & ROASTED SWEET POTATO

1 Large Pepper  
 1/2 Cup Brown Rice (cooked)  
 5 oz Chicken Breast  
 1/4 Cup Black Beans  
 No Salt Fajita Spices  
 1 Tbsp Greek Yogurt  
 1/3 Avocado

Pre-heat oven to 350 degrees. In a large pan or non-stick skillet add chicken and fajita spices and cook for 8-10 minutes. Remove from heat and cut into small pieces. In a small bowl combine brown rice, black beans and chicken. Cut the pepper in half and remove the seeds. Fill pepper with chicken mixture and place on a non-stick cooking dish. Cook for 10 minutes or until pepper becomes tender. Remove from heat and top with avocado and yogurt.  
 634 Calories | 97g Carbs | 14g Fat | 58g Protein

### JALAPENO TURKEY BURGER

5 oz Lean Ground Turkey (93/7)  
 2 Tbsp Sriracha  
 21 No Sodium Seasoning (Trader Joe's)  
 Pepper to taste  
 3 oz Sweet Potato

Burger: Combine all ingredients. Grill and Enjoy!!  
 Sweet potato: Cut Sweet Potato into fries. Bake on 350 for 15 minutes. Flip fries and bake for another 10 minutes. Season with cinnamon or Mrs. Dash.  
 644 Cals, 40g Protein, 51g Carbs, 34g Fat



### CHIPOTLE SHRIMP BOWL

8 oz Raw Jumbo Shrimp  
 1/4 Small White Onion  
 1/2 Bell Pepper Chopped  
 1/2 Cup Black Beans  
 1/2 Cup of Brown Rice  
 1/2 Cup Corn  
 1/2 Avocado  
 Low Sodium or No Salt Chipotle Seasoning

Coat raw jumbo shrimp with Chipotle Seasoning. In a nonstick skillet add shrimp, diced bell pepper and onion and cook for 5 minutes. After 2 minutes add frozen corn and continue to cook. Remove from heat. Assemble bowl adding brown rice, black bean, shrimp mixture and top with avocado.  
 670 Calories | 76g Carbs | 15g Fat | 63g Protein

### SPICY CASHEW CHICKEN

6 oz Chicken Cubed  
 3 Tbsp Coconut Aminos  
 1 Tbsp Honey  
 1 Tbsp Apple Cider Vinegar  
 1 tsp Corn Starch  
 2 Tbsp Low Sugar Ketchup  
 Red Pepper Flakes  
 1 Cup Brown Rice (Cooked)  
 ¼ Cup Unsalted Cashews  
 Scallions

In a non-stick pan cook chicken. In a bowl combine honey, apple cider vinegar, corn starch and ketchup and pour into pan. Cook another 2 minutes. Add cashews. Serve over brown rice. Top with scallions.  
 675 Calories, 20g Fat, 83g Carbs, 45.3g Protein

**SPAGHETTI AND MEATBALLS**

6 oz Lean Ground Turkey  
 1.5 Cups Whole Wheat Pasta  
 1/4 Onion (chopped)  
 1 Jalapeño  
 3/4 Cup Low Sodium Marinara sauce

Over medium heat in a large sauce pan, bring water to a boil. In a large bowl combine ground turkey, jalapeño and onion. Roll mixture into 1oz balls. Add meatballs to boiling water and cook for 12-15 minutes. Cook pasta as indicated on packaging. In a bowl combine cooked pasta, cooked meatballs and top with marinara sauce.

**678 Calories | 80g Carbs | 16g Fat | 44g Protein**

**MEXICAN CHICKEN BOWL**

6 oz Shredded Chicken  
 1 ½ Cups Brown Rice Cooked  
 ½ Cup Reduced Sodium Black Beans  
 1 Jalapeño Diced  
 1 oz Red Onion Sliced  
 ½ Tomato Chopped  
 Cilantro  
 ¼ Avocado Sliced  
 2 oz Salsa

Cook chicken in crockpot 4 hours on high or 8 hours on low. Shred chicken with two forks. In a non-stick pan over medium heat, cook jalapeño and onion until tender. In a bowl layer brown rice, black beans, chicken, red onion, jalapeño, tomato, avocado and top with salsa and cilantro.

731 Calories, 13g Fat, 101g Carbs, 48g Protein

**GUACAMOLE BACON BURGER AND FRIES**

6 oz Ground Turkey  
 1/2 Avocado (smashed)  
 2 Tbsp Chunky Salsa  
 1 Jalapeño (diced)  
 1/3 Onion (diced)  
 10 oz Sweet Potato  
 3 Pieces Turkey Bacon (cooked)

Preheat grill to medium heat. In a large bowl combine turkey, jalapeño and onion. Form a patty and place on grill. Cook 4-5 minutes on one side and flip. Cook an additional 3-4 minutes or until

burger is cooked. In a small bowl smash avocado and mix with salsa. Top burger with guacamole and bacon.

Preheat oven to 425 degrees. Cut sweet potato into French fry slices. Place fries onto a non-stick baking dish in a single layer and sprinkle with pepper. Cook for 15 minutes, flip and cook for an additional 8 minutes.

**739 Calories | 67g Carbs | 30g Fat | 44g Protein**

**FLANK STEAK BURRITO**

7oz. Flank Steak  
 ½ Cup Reduced Sodium Black Beans  
 ½ Cup Brown Rice Cooked  
 2 Tbsp. Salsa  
 ¼ Avocado (Medium) Sliced  
 Large Whole Wheat Tortilla

Grill steak and cut into small strips. In a tortilla add steak, black beans, brown rice, salsa and avocado. Roll into burrito.

788 Calories, 31g Fat, 77g Carbs, 54g Protein







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# SNACKS

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# SNACKS

less than 250 calories



## COTTAGE CHEESE AND FRUIT

½ Cup Low-Fat Cottage Cheese  
1 Tbsp Sugar-Free Jelly  
½ Tbsp Almond Butter

Drizzle almond butter and sugar-free jelly over cottage cheese. If needed, add Stevia.  
100 Cals, 14g Protein, 10g Carbs, 10g Fat

## STRAWBERRIES AND CREAM COTTAGE CHEESE

½ Cup Low Fat Cottage Cheese  
3 Strawberries Finely Chopped

Combine strawberries and cottage cheese and enjoy! 102 Calories, 1g Fat, 7g Carbs, 14g Protein

## FRUIT SALAD WITH ALMOND BUTTER DRIZZLE

4 Strawberries Sliced  
1/3 of a Banana Sliced  
½ of an Apple  
1 tsp of Melted Almond Butter

113 Cals, 1g Protein, 22g Carb, 2g Fat

## GREEK YOGURT PARFAIT

5oz 0% Greek Yogurt  
1 Packet Stevia or Truvia  
Sprinkle of Cinnamon  
1/3 Cup Blueberries

Pour Greek yogurt into the bottom of a small bowl. Sprinkle with Stevia. Layer blueberries on top and drizzle with cinnamon.  
115 Cals, 15g Protein, 14g Carbs, 10g Fat

## BAKED CINNAMON BANANAS

1 Banana Sliced  
1 Tbsp Lemon Juice  
Cinnamon  
Stevia

Pre-heat oven to 200 degrees. On a lined baking sheet sprinkle each banana with lemon juice and top with a light coating of cinnamon and stevia. Bake for 3 to 4 hours. Flip bananas halfway through baking to ensure even cooking. \*\*\*Cook ahead of time and have ready for snacking.  
125 Calories, 0g Fat, 34g Carbs, 1g Protein

## BLUEBERRY PROTEIN SHAKE

1 Scoop Protein Powder  
¼ Cup Blueberries  
1 Cup Water  
1 Cup of Ice

Combine all ingredients in a blender.  
141 Cals, 24g Protein, 8g Carbs, 1g Fat

## BANANA AND ALMOND BUTTER

½ Banana  
1 Tbsp Almond Butter

143 Cals, 4g Protein, 16g Carbs, 8g Fat

## BLUEBERRY GREEK YOGURT

5.3oz 0% Plain Greek Yogurt  
¼ Cup Blueberries  
1 Tbsp Sliced Almonds

144 Cals, 17g Protein, 12g Carbs, 3g Fat

## BLUEBERRY YOGURT CRUNCH

5.2 oz 0% Plain Greek Yogurt  
1 tbsp of Sliced Raw Almonds  
¼ Cup Blueberries  
Pinch of Cinnamon

144 Cals, 17g Protein, 12g Carbs, 3g Fat



less than 250 calories

**CHUNKY MONKEY BITES**

½ Banana Sliced  
1 Tbsp Almond Butter

Spread almond butter between slices of banana.  
Freeze for 30 minutes.  
145 Cals, 7g Fat, 19g Carbs, 3g Protein

**PEANUT FRO-YO**

100 Calorie Container 0% Fage Greek Yogurt  
1 Packet Stevia  
2 Tbsp PB2

Combine all ingredients and mix well. Place mixture into freezer - mixing every 10 minutes until you get a frozen yogurt consistency.  
145 Calories, 1g Fat, 12g Carbs, 23g Protein

**CELERY AND ALMOND BUTTER**

2 Large Stalks of Celery  
1.5 Tbsp Almond Butter

150 Cals, 5g Protein, 8g Carbs, 12g Fat

**CHOCOLATE MILK SHAKE**

1 Scoop Chocolate Combat Protein Powder  
½ Cup Unsweetened Almond Milk  
1 Cup Ice

In a blender or magic bullet combine all ingredients. If smoothie is too thick, add water as needed.  
153 Calories, 3g Fat, 6g Carbs, 26g Protein

**CINNAMON AND SUGAR ALMONDS**

1 oz Almonds  
Cinnamon - Sprinkle  
Stevia - Sprinkle

Put almonds in small zip lock bag. Sprinkle cinnamon and stevia into bag and mix.  
160 Calories, 7g Fat, 6g Carbs, 6g Protein

**CHOCOLATE SOUFFLE**

1 Scoop Chocolate Combat Protein Powder  
¼ tsp Baking Powder  
2 Tbsp Unsweetened Almond Milk

¼ Cup Egg Whites  
Stevia

In a mug, mix all ingredients. Microwave for 1 minute. Watch carefully to make sure the mixture doesn't overflow - each microwave is different. Serve warm.  
167 Calories, 1g Fat, 5g Carbs, 31g Protein

**PEANUT BUTTER PROTEIN SHAKE**

1 Scoop Protein Powder  
2 Tbsp of Dehydrated Peanut Butter  
1 Cup Water  
1 Cup of Ice

Combine all ingredients in a blender.  
170 Cals, 29g Protein, 8g Carbs, 2g Fat

**ALMONDS AND COTTAGE CHEESE**

¾ oz Raw Almonds (18 Count)  
½ Cup of Low-Fat Cottage Cheese

170 Cals, 17g Protein, 7g Carbs, 9g Fat

**FRESH DILL CRUDITE**

½ Cup Low Fat Cottage Cheese  
Pepper to taste  
Garlic Powder to taste  
Fresh Dill Finely Chopped  
½ Cucumber Sliced  
½ Bell Pepper Sliced  
¼ Jicama sliced

Mix dill, cottage cheese, pepper and garlic. Dip veggies into cottage cheese mixture and enjoy.  
178 Cals, 1g Fat, , 27g Carbs, 15g Protein



# SNACKS

less than 250 calories

## ALMOND WHIP

100 Calorie Container 0% Fage Greek Yogurt  
1 Tbsp Almond Butter

Whip almond butter and yogurt together and enjoy!  
190 Cals, 7g Fat, 11g Carbs, 21g Protein

## FROZEN BANANA BITES

½ Banana  
1½ Tbsp Almond Butter

Slice bananas. Spread almond butter between two slices of banana. Place on wax paper and freeze for a minimum of 30 minutes.  
190 Cals, 6g Protein, 20g Carbs, 12g Fat

## "REESE'S" PEANUT BUTTER PROTEIN SHAKE

1 Scoop Combat Chocolate Protein Powder  
2 Tbsp PB2  
1 Cup Ice  
½ Cup Unsweetened Almond Milk

In a blender or magic bullet combine all ingredients. If smoothie is too thick, add water as needed.  
190 Cals 4g Fat, 10g Carbs, 30g Protein

## PB FROZEN YOGURT

6 oz 0% Greek Yogurt  
1 Tbsp Almond Butter  
Stevia

Combine Greek yogurt and almond butter. Freeze for 30 minutes. Enjoy  
190 Cals, 22g Protein, 10g Carbs, 8g Fat

## ALMOST APPLE PIE

1 Large Apple, sliced  
1 Packet Stevia  
1 tsp Cinnamon  
1.5 oz Almond Butter

Preheat oven to 350 degrees. Slice apple (remove seeds and core). Place on a baking dish lined with parchment paper. Sprinkle apples with Stevia and cinnamon. Bake for 20 minutes or until apples become soft. Remove from heat and drizzle with almond butter.

196 Cals, 6g Protein, 22g Carbs, 12g Fat

## PEANUT BUTTER COOKIE SHAKE

1 Scoop Cookies and Cream Combat Protein Powder  
2 Tbsp PB2  
½ Cup Unsweetened Almond Milk  
1 Cup Ice

In a blender or magic bullet combine all ingredients. If smoothie is too thick, add water as needed.  
200 Calories, 4g Fat, 10g Carbs, 30g Protein

## PB&J COTTAGE CHEESE

½ Cup Low Fat Cottage Cheese  
1 Tbsp PB2  
1 Tbsp Sugar Free Jelly

Combine PB2 and jelly with cottage cheese.  
207 Calories, 10g Fat, 13g Carbs, 19.5g Protein

## ALMONDS AND GREEK YOGURT

5.3 oz 0% Plain Greek  
¾ oz Raw Almonds (18 count)  
4 Diced Strawberries

208 Cals, 19g Protein, 12g Carbs, 10g Fat

## CINNAMON AND SUGAR ALMONDS & SMALL APPLES

1 oz Almonds  
Cinnamon Sprinkle  
Stevia Sprinkle  
Small Apple



less than 250 calories

Put almonds in small zip lock bag. Sprinkle cinnamon and stevia into bag and mix. Enjoy with a small apple.

215 Cals, 7g Fat, 20g Carbs, 6g Protein

#### APPLE DRIZZLERS

1 Medium Apple Sliced  
1 Packet Stevia  
1 tsp Cinnamon  
1 ½ Tbsp Almond Butter

Pre-heat oven to 350 degrees. Place apples in a lined baking dish. Sprinkle with Stevia and cinnamon. Bake for 20 minutes or until apples become soft. Remove from heat and drizzle with warm almond butter.

218 Cals, 11 g Fat, 29g Carbs, 4g Protein

#### HUMMUS CUCUMBER BITES

½ Pita Pocket  
3 Tbsp. Hummus  
1 Cucumber Sliced Thin Fresh Dill Finley Chopped

Cut pita into small triangles. Spread hummus onto triangles, top with cucumber and garnish with fresh dill.

220 Calories, 8g Fat, 30.5g Carbs, 8.5g Protein

#### CHUNKY MONKEY PROTEIN SHAKE

1 Scoop Protein Powder  
½ Banana  
2 Tbsp dehydrated peanut butter  
1 Cup Water  
1 Cup of Ice

Combine all ingredients in a blender.

223 Cals 29g Protein, 21g Carbs, 2g Fat

#### ALMOND BLISS YOGURT

Container 100 Calorie 0% Fage Greek Yogurt  
1 ½ Tbsp. Almond Butter

Whip together almond butter and yogurt.

242 calories, 12g Fat, 12g Carbs, 23g Protein

#### APPLES AND ALMOND BUTTER

1 Large Apple Sliced  
1 Tbsp. Almond Butter

245 Calories, 12g Fat, 26.5g Carbs, 5.3g Protein



# SNACKS

more than 250 calories

## PB & BANANA PROTEIN SHAKE

1 Scoop Protein Powder  
1 Tbsp of Peanut Butter  
1/3 Banana  
1 Cup Water  
1 Cup of Ice

Combine all ingredients in a blender.  
250 Cals 27g Protein, 15g Carb, 9g Fat

## BLUEBERRY & PB SHAKE

1 Scoop of Protein Powder  
1 Tbsp of Peanut Butter  
1/2 Cup Blueberries  
4 Strawberries  
1 Cup Water  
1 Cup of Ice

265 Cals, 28g Protein, 19g Carbs, 9g Fat

## PEANUT BUTTER APPLES WITH CINNAMON YOGURT

1 Cup 2% Plain Greek Yogurt  
2 tsp. Cinnamon  
1 Package Stevia  
1 Tbsp. PB2  
1 Large Apple

Mix PB2, stevia and cinnamon into chilled yogurt.  
Core and slice apple. Dip and enjoy.  
319 Calories, 6g Fat, 37.5g Carbs, 25.5g Protein

## PEANUT BUTTER BANANA WRAP

1 Whole Wheat Tortilla  
1 Tbsp. Peanut Butter  
1 Banana

Slice Banana. Spread almond butter evenly onto tortilla. Fill tortilla with banana slices, roll up, and enjoy!  
330 Calories, 11 g Fat, 53g Carbs, 9g Protein

## MIXED BERRY YOGURT BOWL

1 Cup Fage 2% Plain Greek Yogurt  
1/4 Cup Blueberries  
1/2 Cup Strawberries

1 tsp. Vanilla Extract  
1/2 Cup Oats

Mix vanilla extract into yogurt and transfer to an oversize bowl. Layer with blueberries, strawberries and oats.  
370 Cals, 8g Fat, 47g Carbs, 2g Protein

## STRAWBERRY VANILLA BOWL

1 Cup Fage 2% Plain Greek Yogurt  
1/4 Cup Blueberries  
1/2 Cup Strawberries  
1 tsp. Vanilla Extract  
1/2 Cup Oats

Mix vanilla extract into chilled yogurt and transfer into an oversize bowl. Layer with blueberries, strawberries and oats.  
375 Calories, 8g Fat, 47g Carbs, 29g Protein

## BLUEBERRY ALMOND PARFAIT

5oz 2% Greek Yogurt  
1 Packet of Stevia or Truvia  
1/4 Cup Oats  
1/5 Tbsp Almond Butter  
1/3 Cup Blueberries

Pour Greek yogurt into the bottom of a glass or bowl. Sprinkle Stevia over the top. Next, layer the blueberries and granola. Top with almond Butter  
383 Cals, 21g Protein, 32 Carbs, 21g Fat

## STRAWBERRY PEANUT BUTTER WRAP-UPS

1 Whole Wheat Tortilla  
2 Tbsp Peanut Butter  
1 1/2 Cups Strawberries, chopped

Spread peanut butter on tortilla. Add strawberries and roll up the tortilla.  
383 Cals, 13g Protein, 50g Carbs, 19g Fat



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