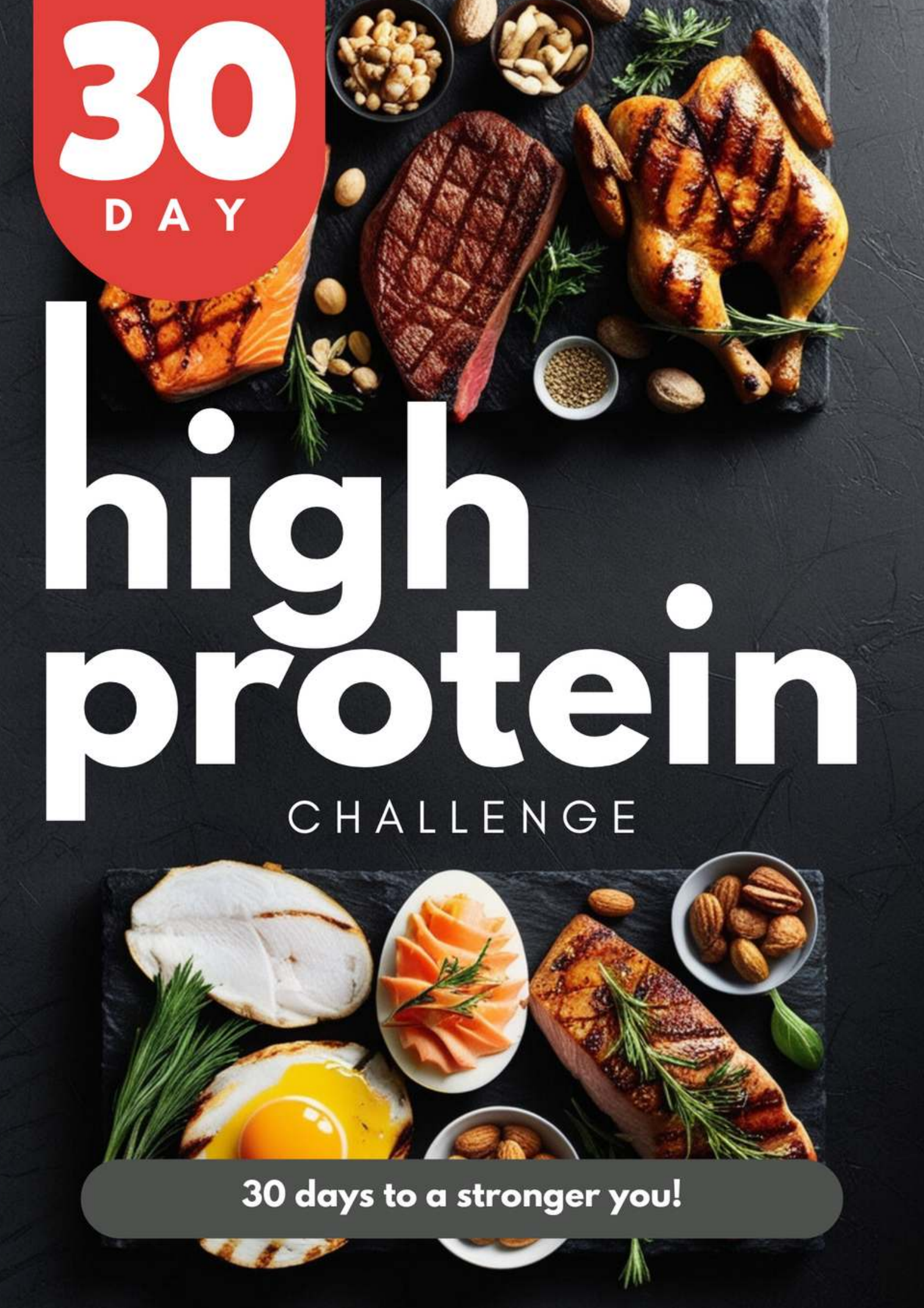




30
DAY

high protein

CHALLENGE

30 days to a stronger you!

TABLE OF CONTENT

<u>Welcome to the 30-Day High Protein Challenge</u>	04
<u>How to Use This Guide</u>	07
<u>High Protein Diet Basics</u>	09

<u>DAY 01</u>	11
<u>DAY 02</u>	13
<u>DAY 03</u>	15
<u>DAY 04</u>	17
<u>DAY 05</u>	20
<u>DAY 06</u>	22
<u>DAY 07</u>	24
<u>DAY 08</u>	26
<u>DAY 09</u>	28
<u>DAY 10</u>	30
<u>DAY 11</u>	32
<u>DAY 12</u>	34
<u>DAY 13</u>	36
<u>DAY 14</u>	38
<u>DAY 15</u>	40
<u>DAY 16</u>	42
<u>DAY 17</u>	44
<u>DAY 18</u>	46
<u>DAY 19</u>	48
<u>DAY 20</u>	50
<u>DAY 21</u>	52

<u>DAY 22</u>	54
<u>DAY 23</u>	56
<u>DAY 24</u>	58
<u>DAY 25</u>	60
<u>DAY 26</u>	62
<u>DAY 27</u>	64
<u>DAY 28</u>	66
<u>DAY 29</u>	68
<u>DAY 30</u>	70

<u>Week 1 Summary & Reflection</u>	72
<u>Week 2 Summary & Reflection</u>	73
<u>Week 3 Summary & Reflection</u>	74
<u>Week 4 Summary & Reflection</u>	75

Welcome to the 30-Day High Protein Challenge

Welcome to your 30-Day High Protein Challenge! By taking on this journey, you're not only working towards a healthier weight but also building habits that can help you feel stronger, more energetic, and fully in control of your nutrition.



What to Expect in the Next 30 Days:

This challenge is designed to introduce you to the power of a high-protein diet in a sustainable and enjoyable way. Throughout the next month, you'll learn how protein supports everything from muscle health to steady energy levels, and you'll have practical tips and delicious meal ideas to guide you each step of the way.

Your Goals for This Challenge:

1. Meet Your Daily Protein Target

Each day, you'll have a specific protein goal, which we'll adjust depending on your overall calorie needs (1500, 1800, or 2000 calories). This ensures your intake aligns with your personal health goals, whether you're looking to shed a few pounds, increase muscle tone, or simply feel more energized.

2. Stay Active

Daily exercise tips are included to keep you moving and to enhance the benefits of your high-protein diet. These suggestions are small, achievable actions, like quick stretches or short walks, that fit seamlessly into your day.

3. Learn and Reflect

Each day, you'll find educational segments that dive into the science of protein, covering topics like the best sources, how it affects satiety, and why it's essential for a healthy metabolism. You'll also have space to reflect, note progress, and celebrate wins, allowing you to track changes in your body and mindset as you go.

How to Use This Guide

1. Daily Routine

Follow the daily page for your target protein intake, exercise tip, motivational quote, and reflection prompt. Make it a habit to read through each segment as part of your morning or evening routine.

2. Weekly Recaps

At the end of each week, you'll find a summary page to reflect on your progress, note your favorite tips, and set new goals for the next week. This section is perfect for staying motivated and recognizing the impact of your efforts.

3. Track & Adjust

Use the reflection prompts to stay mindful of any changes in your mood, energy, and appetite. These notes will help you adjust and understand which high-protein foods and meal patterns work best for you.

Before You Begin

Take Initial Measurements

Jot down your starting weight and, if you'd like, other measurements (waist, hips, etc.) for comparison later. Remember, this challenge is about gradual progress, so even small changes are a success.

Set a Personal Intention

What do you want to achieve in these 30 days? Whether it's to gain strength, improve energy levels, or learn healthier habits, write down your "why." This intention will keep you grounded on days when motivation feels low.

Let's Get Started!

This journey is your commitment to putting your health first. Each day you'll learn a bit more, build a stronger foundation, and feel the effects of a high-protein diet. So let's dive in—**Day 1 awaits!**



How to Use This Guide

To get the most out of this 30-Day High Protein Challenge, it's essential to familiarize yourself with how the guide is structured. Each section has been carefully designed to make your journey both manageable and rewarding.

Daily Routine



Every day, you'll find a page with a protein goal, exercise tip, motivational quote, and educational segment. This setup allows you to gradually build your knowledge and consistency, so try to read through each section either in the morning to start your day or in the evening as a wrap-up.

Weekly Recaps

At the end of each week, you'll come across a recap page. This is a space to reflect on your progress, review the week's educational highlights, and note down your achievements. Setting fresh goals for the upcoming week here can help keep you motivated and focused on your challenge.

Tracking & Adjusting



As you work through the challenge, pay attention to how your body responds to the high-protein diet. Use the reflection sections daily to record changes in your mood, energy, appetite, and any other observations. These notes will be invaluable for adjusting the challenge to best suit your needs and understanding what works for you.

Remember, this guide is here to support you! Each day is an opportunity to learn, progress, and improve. Let's make each step count.

High Protein Diet Basics

To maximize the benefits of this 30-Day High Protein Challenge, it helps to understand why protein is such an important part of a healthy diet. Protein is more than just fuel for muscle—it plays a key role in overall health, from satiety and energy to metabolism and muscle recovery. Let's explore the basics!



What Makes Protein Essential?

Protein is one of the body's building blocks. It helps repair tissues, builds lean muscle, and supports immune function. By eating a diet rich in protein, you give your body what it needs to thrive on multiple levels, from metabolism to mood.

Types of Protein Sources

Here are some high-quality protein sources you'll encounter in this challenge:

- **Lean Meats:** Chicken breast, turkey, and lean cuts of beef are excellent sources of complete protein.
- **Fish and Seafood:** Salmon, tuna, and shrimp provide protein plus healthy fats.
- **Dairy:** Greek yogurt, cottage cheese, and milk are high in protein and easy to incorporate into meals.
- **Plant-Based Options:** Lentils, beans, quinoa, and tofu are great for those seeking vegetarian options.

Protein and Satiety

One of protein's most useful benefits is its ability to keep you feeling full for longer. By increasing your protein intake, you may notice fewer cravings and a more stable appetite, which is especially helpful for weight management. This is because protein takes longer to digest than carbohydrates, so your body feels satisfied for a longer period after a high-protein meal.

Balanced Meals

Remember that balance is key. While protein is the focus of this challenge, incorporating a variety of foods—including vegetables, whole grains, and healthy fats—will ensure you're getting all the nutrients your body needs. Aim for balanced meals to support your energy, mood, and overall wellness.

With these basics in mind, you're all set to embrace the high-protein lifestyle and make the most of this challenge. **Let's get started on Day 1!**

DAY #1

Welcome to Day 1 of your **30-Day High Protein Challenge!**

Protein Goal



Your protein goal today is to reach the recommended grams based on your calorie target:

- 1500 calories: **75g of protein**
- 1800 calories: **90g of protein**
- 2000 calories: **100g of protein**

Make sure to spread your protein intake across all meals to help maintain energy and satiety throughout the day.

Exercise Tip



Start simple with a 10-minute walk after lunch or dinner. Walking after a meal is a great way to boost digestion and stay active without needing any special equipment. Plus, it's an easy habit to maintain throughout the challenge.

Motivational Quote



“The journey of a thousand miles begins with a single step.”

Remember that every small step counts. Today's focus is on beginning, not perfection.

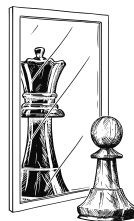
Educational Segment



Why Protein Matters

Protein is essential for growth, repair, and overall health. Unlike carbohydrates and fats, protein can't be stored in the body, so it's important to get enough each day. By focusing on protein, you're supporting everything from muscle health to immune function.

Reflection Section



Take a few moments to reflect on how you feel at the start of this journey. Jot down your starting weight, mood, and any thoughts or intentions for the challenge. Think about why you've chosen to prioritize a high-protein diet and what you hope to achieve in the next 30 days.

DAY #2

Welcome to Day 2 of your **30-Day High Protein Challenge!**

Protein Goal



Continue aiming for your recommended protein intake based on your calorie target:

- 1500 calories: **75g of protein**
- 1800 calories: **90g of protein**
- 2000 calories: **100g of protein**

Remember to distribute your protein across meals and snacks to sustain your energy.

Exercise Tip



Try adding a 5-minute stretching routine before breakfast. This simple activity can help you start the day feeling more flexible and energized. Aim to incorporate stretches for the neck, shoulders, and lower back.

Motivational Quote



“Small steps in the right direction are the biggest steps of your life.”

Today, focus on each meal and movement choice as a positive step towards your goals.

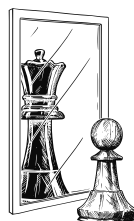
Educational Segment



Understanding Lean Proteins

When choosing protein sources, lean options are particularly beneficial for a high-protein, weight-conscious diet. Lean proteins such as chicken breast, turkey, fish, and low-fat dairy provide essential amino acids without excessive fat. These choices support muscle health while helping to maintain a calorie balance.

Reflection Section



Reflect on how it feels to focus on lean protein sources today. Did you notice any difference in energy or satisfaction after meals? Use this space to jot down observations, cravings, or any changes in your mood and appetite.

DAY #3

Welcome to Day 3 of your **30-Day High Protein Challenge!**

Protein Goal



Continue aiming for your recommended protein intake based on your calorie target:

- 1500 calories: **75g of protein**
- 1800 calories: **90g of protein**
- 2000 calories: **100g of protein**

By now, you may start to notice how steady protein intake affects your energy and satisfaction throughout the day.

Exercise Tip



Stand up and do 10 squats each hour during the day. This small movement will keep your metabolism active and is a great way to counterbalance long periods of sitting.

Motivational Quote



"Progress, not perfection."

Remember that every positive choice you make counts toward your goals. Don't strive for perfection; aim for consistency.

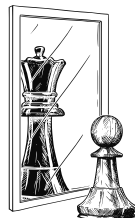
Educational Segment



Plant-Based Protein Options

While animal sources are often high in protein, there are also excellent plant-based options. Beans, lentils, chickpeas, tofu, and quinoa are all packed with protein and can be versatile additions to your diet. Adding a variety of plant proteins also provides additional fiber, vitamins, and minerals.

Reflection Section



Take a moment to reflect on how including plant-based proteins makes you feel. Did you try any new sources today? Use this space to record observations, challenges, and any positive changes you notice in energy or satisfaction.

DAY #4

Keep Building Momentum!

Welcome to Day 4 of your **30-Day High Protein Challenge!**

Protein Goal



Your protein goal today remains the same. Stick to your target based on your calorie intake:

- 1500 calories: **75g of protein**
- 1800 calories: **90g of protein**
- 2000 calories: **100g of protein**

Remember to spread your protein intake throughout the day to stay energized and satisfied. If you're feeling more comfortable with your meals, try experimenting by adding new high-protein foods like Greek yogurt, cottage cheese, or tofu!

Exercise Tip

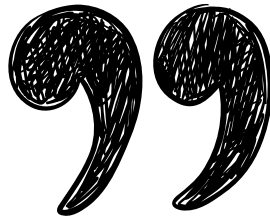


Today's activity is simple:

Start with a 9-minute walk or some quick stretches.

Both options are great for increasing blood flow, boosting energy, and keeping you active without requiring too much time or effort. If you're feeling up for it, combine both for a great low-impact routine!

Motivational Quote



“Take each step with purpose.”

You’ve already taken some great steps over the past few days. Remember that small, consistent actions lead to big results over time. Stay intentional in everything you do today—whether it’s your meals, movement, or mindset.

Educational Segment

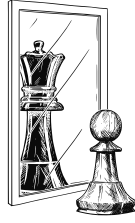


How Protein Aids in Muscle Health

Protein plays a key role in building and repairing muscles. When you exercise, especially strength or resistance training, tiny tears occur in your muscle fibers. Protein helps repair these tears, leading to stronger, healthier muscles.

Even if you’re not doing intense workouts, maintaining muscle mass is essential for overall health, especially as you age. By hitting your protein goals daily, you’re actively supporting your body’s strength and recovery!

Reflection Section



Take a moment to reflect on how you're feeling today:

Energy Levels: Do you feel more or less energized compared to the past few days?

Appetite: How is your hunger throughout the day?

Mood: Are you noticing any positive changes in your mood or motivation?

Feel free to jot down your thoughts here or in a journal. Keeping track of how you feel will help you stay mindful of your progress and better understand how your body responds to a high-protein diet.

DAY #5

Welcome to Day 5 of your **30-Day High Protein Challenge!**

Protein Goal



Your protein goal:

- 1500 calories: **75g of protein**
- 1800 calories: **90g of protein**
- 2000 calories: **100g of protein**

Consistency is key! Keep hitting your target to maintain muscle health and energy throughout the challenge.

Exercise Tip



Today's exercise suggestion: a yoga session. Gentle movement on Day 7 will help your muscles recover and prepare you for the next week of the challenge.

Motivational Quote



“Progress isn’t always about speed. It’s about direction.”

Take your time, but stay consistent—small steps in the right direction lead to lasting results.

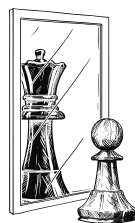
Educational Segment



Complete vs. Incomplete Proteins

Proteins are made up of amino acids, and there are 20 different kinds. Nine of these are essential, meaning your body can’t produce them on its own—you must get them from your diet. Complete proteins, like eggs, fish, and quinoa, contain all nine essential amino acids, while incomplete proteins, like beans or rice, lack one or more. Pairing incomplete proteins (e.g., rice and beans) can create a complete amino acid profile.

Reflection Section



Pause and reflect on your progress. How are you feeling physically and mentally on Day 5?

Have you noticed changes in your energy levels or appetite? Take note of anything that stands out, and remind yourself of why you started this challenge.

DAY #6

Welcome to Day 6 of your **30-Day High Protein Challenge!**

Protein Goal



Your protein:

- 1500 calories: **75g of protein**
- 1800 calories: **90g of protein**
- 2000 calories: **100g of protein**

You're doing great! Remember to include a variety of protein sources—lean meats, legumes, eggs, and dairy to keep things interesting.

Exercise Tip



Today's exercise suggestion: Increase your walk time to 11 minutes, or add in an extra stretch routine. Small, gradual increases keep your body challenged and engaged.

Motivational Quote



“Your effort today is tomorrow’s strength.”

Every bit of effort adds up. Stay committed—you’re building a stronger, healthier version of yourself with each passing day.

Educational Segment

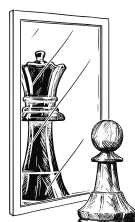


The Role of Protein in Reducing Muscle Soreness

Ever feel sore after a workout? That’s because your muscles are healing. Protein plays a key role in reducing soreness by speeding up the repair process. Consuming protein-rich meals within 30 minutes to an hour after a workout helps reduce post-exercise discomfort and prepares your muscles for the next session.

Pro tip: Pair your protein with a small amount of carbs post-workout for even better recovery!

Reflection Section



Check in with yourself today. How does your body feel after increasing your activity level? Are you feeling more or less hungry than usual? Write down any observations or thoughts about your progress.

DAY #7

Welcome to Day 7 of your **30-Day High Protein Challenge!**

Protein Goal



Your protein goal:

- 1500 calories: **75g of protein**
- 1800 calories: **90g of protein**
- 2000 calories: **100g of protein**

You're doing great! Remember to include a variety of protein sources—lean meats, legumes, eggs, and dairy to keep things interesting.

Exercise Tip



Today's exercise suggestion: Increase your walk time to 11 minutes, or add in an extra stretch routine. Small, gradual increases keep your body challenged and engaged.

Motivational Quote



“Rest isn’t quitting; it’s recharging.”

Remember, taking a break or slowing down doesn’t mean you’re giving up. It’s part of the process to come back stronger.

Educational Segment

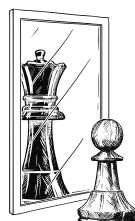


How Protein Supports Overall Recovery

Beyond muscle repair, protein plays a role in overall recovery. It helps rebuild tissues, supports your immune system, and aids in the production of hormones and enzymes. When your body is under stress (from exercise, illness, or even lack of sleep), adequate protein intake ensures faster recovery.

So, whether you’re exercising or simply dealing with a busy life, protein is your best friend for staying resilient.

Reflection Section



Take a moment to celebrate completing your first week of the challenge! How do you feel at this milestone? Have you noticed any changes in your energy, mood, or habits? Reflect on what’s working well and what you might want to adjust for the next week.

DAY #8

Welcome to Day 8 of your **30-Day High Protein Challenge!**

Protein Goal



Set your protein goal according to your daily calorie intake:

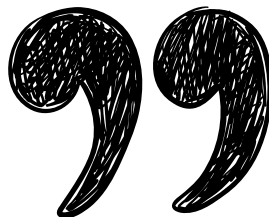
- 1500 calories: **75g of protein**
- 1800 calories: **90g of protein**
- 2000 calories: **100g of protein**

Exercise Tip



Let's keep things simple with a 13-minute walk plus 5-10 minutes of light stretches. If you're stretching, focus on your hamstrings, lower back, and shoulders to improve flexibility and posture.

Motivational Quote



"Small efforts, repeated daily, lead to big results."

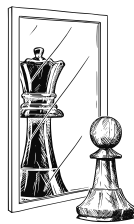
Educational Segment



Protein and Blood Sugar Control

High-protein meals can help stabilize blood sugar levels by slowing down the absorption of glucose. Unlike carbs, protein has a minimal effect on blood sugar, which helps reduce energy crashes and keeps you feeling steady throughout the day. This makes protein especially beneficial for those managing insulin sensitivity or type 2 diabetes.

Reflection Section



How did today's exercise feel? Were you able to hit your protein goal? Take a moment to note your energy levels before and after meals—do you notice a difference when you hit your protein target?

DAY #9

Welcome to Day 9 of your **30-Day High Protein Challenge!**

Protein Goal



Set your protein goal according to your daily calorie intake:

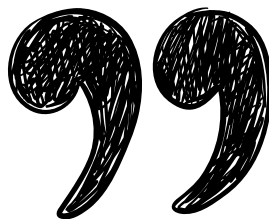
- 1500 calories: **75g of protein**
- 1800 calories: **90g of protein**
- 2000 calories: **100g of protein**

Exercise Tip



Choose a low-impact workout like bodyweight squats or wall push-ups. Aim for 10-15 reps of each movement to get your blood flowing.

Motivational Quote



“Progress happens when consistency meets patience.”

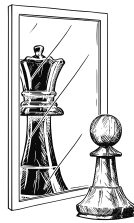
Educational Segment



The Role of Protein in Recovery

After a workout, your body goes into recovery mode. Protein provides the amino acids needed to repair muscle tissue and reduce soreness. Eating protein-rich meals within a few hours post-exercise helps your body recover faster and more effectively.

Reflection Section



Did you try a new type of exercise today? How did it feel compared to previous days? Jot down your mood, energy, and any cravings you had throughout the day.

DAY #10

Welcome to Day 10 of your **30-Day High Protein Challenge!**

Protein Goal



Set your protein goal according to your daily calorie intake:

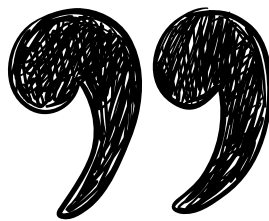
- 1500 calories: **75g of protein**
- 1800 calories: **90g of protein**
- 2000 calories: **100g of protein**

Exercise Tip



Let's step it up with a short HIIT session (try 20 seconds of activity followed by 10 seconds of rest for 5-10 minutes). If you choose to walk, aim for a slightly faster pace to elevate your heart rate.

Motivational Quote



"You don't have to be perfect—just keep moving forward."

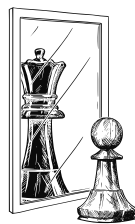
Educational Segment



Protein Supports Your Metabolism

Protein takes longer to digest than carbohydrates or fats, meaning it requires more energy to break down. This is known as the "thermic effect of food." By eating more protein, you're slightly boosting your metabolism, which can aid in fat loss when combined with regular exercise.

Reflection Section



Take a moment to reflect on your progress over the last 10 days. How has your energy, mood, or appetite changed? Are you noticing any improvements in strength, endurance, or focus? Write down anything you're proud of!

DAY #11

Welcome to Day 11 of your **30-Day High Protein Challenge!**

Protein Goal



Your protein goal for today is tailored according to your calorie target:

- 1500 calories: **75g of protein**
- 1800 calories: **90g of protein**
- 2000 calories: **100g of protein**

Remember, it's crucial to hit your target consistently to maintain muscle health and energy throughout the day.

Exercise Tip



Let's keep it simple but effective today:

Option 1: A 16-minute brisk walk.

Option 2: A quick 5-minute stretch routine, focusing on your legs, back, and arms.

Both options promote flexibility and circulation, which are essential for recovery and overall well-being.

Motivational Quote



“Small, consistent steps lead to big, lasting changes.”

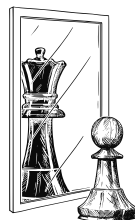
Educational Segment



Protein and Aging

As you age, your body naturally loses muscle mass, a process known as sarcopenia. Eating enough protein, especially when combined with resistance training, helps slow down this process. Maintaining muscle mass as you age isn't just about aesthetics—it also improves mobility, balance, and overall quality of life.

Reflection Section



Take a moment to reflect:

How do you feel physically after 11 days of focusing on protein?
Have you noticed any changes in your energy or appetite?

Jot down your thoughts and use this space to track any progress or challenges

DAY #12

Welcome to Day 12 of your **30-Day High Protein Challenge!**

Protein Goal



Keep aiming for your personalized protein target:

- 1500 calories: **75g of protein**
- 1800 calories: **90g of protein**
- 2000 calories: **100g of protein**

Spreading your protein intake evenly throughout the day is key to keeping your energy steady and avoiding cravings.

Exercise Tip



Today's goal:

Option 1: A 17-minute walk, slightly faster than yesterday's pace.

Option 2: Light resistance band exercises for 10 minutes (focus on arms and legs).

If you're walking, focus on your posture—stand tall, engage your core, and breathe deeply.

Motivational Quote



“Progress isn’t always loud; sometimes it’s the quiet consistency that changes everything.”

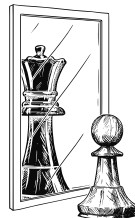
Educational Segment



Protein and Muscle Growth

Beyond repair, protein plays a significant role in muscle growth. When you consume adequate protein, especially after exercise, your body uses the amino acids to build new muscle tissue, making you stronger over time. This process is called muscle protein synthesis, and it’s why post-workout protein intake is often emphasized. For best results, aim to consume 20-30g of protein after your workout.

Reflection Section



Pause and think:

Have you felt stronger or more energetic since starting the challenge?
Are there specific meals or snacks that help you stay on track with your protein goal?

Write down your experiences, and don’t forget to celebrate small wins!

DAY #13

Welcome to Day 13 of your **30-Day High Protein Challenge!**

Protein Goal



Stay on track by reaching your daily protein target:

- 1500 calories: **75g of protein**
- 1800 calories: **90g of protein**
- 2000 calories: **100g of protein**

Continue to focus on whole food protein sources like lean meats, tofu, legumes, and eggs for optimal nutrition.

Exercise Tip



Today, let's add a little variety:

An 18-minute walk, perhaps with a friend or some music for motivation plus 5 minutes of yoga stretches, focusing on balance and flexibility.

Adding variety keeps things interesting and helps work different muscle groups.

Motivational Quote



“You’re stronger today because you didn’t give up yesterday.”

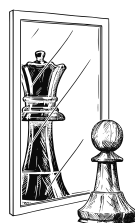
Educational Segment



Protein and Satiety

Did you know that protein is one of the most filling macronutrients? It helps control hunger by reducing the levels of ghrelin, the hunger hormone, and increasing the production of peptide YY, a hormone that makes you feel full. By including a protein source in every meal, you’re not only supporting your muscle health but also managing your appetite, making it easier to stick to your calorie goals.

Reflection Section



As you near the halfway point:

How is your appetite compared to before starting the challenge?
Have you noticed that high-protein meals keep you fuller longer?

Record your thoughts, and if you’re feeling motivated, write down a short affirmation to keep you going strong!

DAY #14

Fueling Strength

Welcome to Day 14 of your **30-Day High Protein Challenge!**

Protein Goal



Stay on track by reaching your daily protein target:

- 1500 calories: **75g of protein**
- 1800 calories: **90g of protein**
- 2000 calories: **100g of protein**

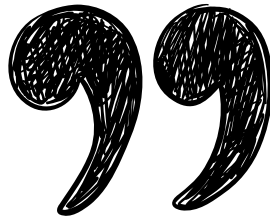
Exercise Tip



Today's challenge:

Start with a 19-minute walk or quick stretches. Walking is a great way to clear your mind and boost blood circulation. If you prefer, add in some light bodyweight exercises like squats or lunges to activate your lower body.

Motivational Quote



“Small consistent efforts lead to big transformations.”

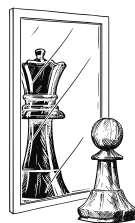
Educational Segment



Protein and Aging

As you age, your body naturally loses muscle mass, a process known as sarcopenia. Eating enough protein, especially when combined with resistance training, helps slow down this process. Maintaining muscle mass as you age isn't just about aesthetics—it also improves mobility, balance, and overall quality of life.

Reflection Section



Pause and reflect:

How do your muscles feel after two weeks of this challenge? Are you noticing any changes in your energy levels or strength? Write down your thoughts, and don't forget to celebrate your consistency so far!

DAY #15

Strength in Progress

Welcome to Day 15 of your **30-Day High Protein Challenge!**

Protein Goal



Your protein goal:

- 1500 calories: **75g of protein**
- 1800 calories: **90g of protein**
- 2000 calories: **100g of protein**

Exercise Tip



Today's suggestion:

Try a 20-minute walk or dynamic stretches. Dynamic stretches (like arm circles, leg swings, or torso twists) help improve flexibility and prepare your body for more intense activities later in the challenge.

Motivational Quote



“Progress isn’t about perfection—it’s about persistence.”

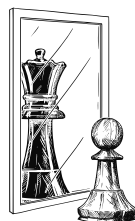
Educational Segment



Protein Timing Matters

While hitting your daily protein target is essential, when you consume protein also plays a role in muscle repair and growth. Aim to spread your intake evenly across all meals. Eating protein after exercise is particularly beneficial as it helps your muscles recover faster and reduces soreness.

Reflection Section



What meals or snacks have worked best for helping you hit your protein target?

Have you found any favorite high-protein foods?

Jot down your thoughts and continue experimenting with what fuels your body best.

DAY #16

Building Momentum

Welcome to Day 16 of your **30-Day High Protein Challenge!**

Protein Goal



Your protein goal:

- 1500 calories: **75g of protein**
- 1800 calories: **90g of protein**
- 2000 calories: **100g of protein**

Exercise Tip



Start with a 21-minute walk then add a simple yoga flow for flexibility and relaxation. This will help relieve tension while keeping you active.

Motivational Quote



“Momentum is built one decision at a time.”

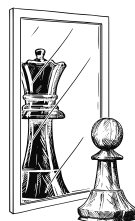
Educational Segment



Protein and Hair Health

Your hair is made up of a protein called keratin. When you don't consume enough protein, your body prioritizes essential functions, and hair health often takes a backseat. This can lead to weak, brittle hair or even hair loss. A protein-rich diet helps nourish hair follicles, promoting stronger, healthier hair.

Reflection Section



Take a moment to assess your appetite today compared to when you started the challenge. Are you finding it easier to manage hunger and cravings? Record your thoughts, noting any new habits that have helped you stay on track.

DAY #17

Powering Consistency

Welcome to Day 17 of your **30-Day High Protein Challenge!**

Protein Goal



Your protein goal:

- 1500 calories: **75g of protein**
- 1800 calories: **90g of protein**
- 2000 calories: **100g of protein**

Exercise Tip



Today's task:

Begin with a 22-minute walk or quick stretches. Walking for over 20 minutes consistently can improve cardiovascular health and help clear your mind. If you feel up for it, pick up the pace for short intervals during your walk.

Motivational Quote



"Success is built on the foundation of consistent effort."

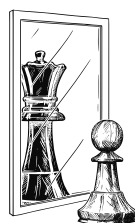
Educational Segment



Protein and Bone Health

Beyond muscles, protein also plays a crucial role in bone health. High-protein diets have been shown to increase calcium absorption, supporting stronger bones. This becomes especially important as you age, helping to reduce the risk of fractures and osteoporosis. Pairing protein with weight-bearing exercises is a powerful combination for overall strength.

Reflection Section



How does it feel to be more than halfway through the challenge? Are you noticing improvements in your endurance, strength, or even mood? Take a moment to acknowledge how far you've come and write down your thoughts.

DAY #18

Staying Energized

Welcome to Day 18 of your **30-Day High Protein Challenge!**

Protein Goal



Your protein goal:

- 1500 calories: **75g of protein**
- 1800 calories: **90g of protein**
- 2000 calories: **100g of protein**

Exercise Tip



Try a 23-minute walk or include some active stretches such as high knees or leg kicks. Adding active movements to your walk can increase your heart rate and help burn more calories.

Motivational Quote



“Energy grows where focus flows.”

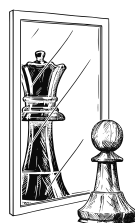
Educational Segment



Protein for Energy

While protein isn't your body's primary energy source, it plays an important role in maintaining steady energy levels throughout the day. When paired with complex carbohydrates, it helps regulate blood sugar levels, preventing energy crashes and keeping you alert and focused.

Reflection Section



How has your energy level been throughout the day? Are there specific meals that leave you feeling more energized? Note down any patterns or observations that can help you continue improving your nutrition choices.

DAY #19

Strength in Simplicity

Welcome to Day 19 of your **30-Day High Protein Challenge!**

Protein Goal



Your protein goal:

- 1500 calories: **75g of protein**
- 1800 calories: **90g of protein**
- 2000 calories: **100g of protein**

Exercise Tip



Go for a 24-minute walk or practice mobility exercises like hip openers, shoulder rolls, or gentle spinal twists. These exercises will help improve your range of motion and reduce stiffness, especially if you've been sitting for long periods.

Motivational Quote



"Simplicity is the key to sustainability."

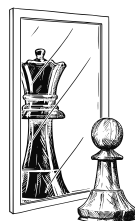
Educational Segment



Protein Sources: Animal vs. Plant

Both animal and plant proteins provide essential amino acids, but they offer different benefits. Animal proteins (like chicken, fish, and eggs) are complete proteins, meaning they contain all essential amino acids. Plant proteins (like lentils, beans, and quinoa) may require combining different sources to ensure a complete amino acid profile. Regardless of your preference, a balanced intake is key for optimal health.

Reflection Section



Today, think about the types of protein you've been consuming. Are they mostly animal-based or plant-based? How do they make you feel in terms of digestion and energy? Write down any insights or changes you might want to make moving forward.

DAY #20

Welcome to Day 20 of your **30-Day High Protein Challenge!**

Protein Goal



Your protein goal today is to reach the recommended grams based on your calorie target:

- 1500 calories: **75g of protein**
- 1800 calories: **90g of protein**
- 2000 calories: **100g of protein**

Exercise Tip



Start with a 25-minute brisk walk or some quick dynamic stretches (arm circles, leg swings, etc.). Movement helps reduce stiffness and improves your overall mood. Remember, consistency matters more than intensity!

Motivational Quote



"Every rep fuels your transformation.
Keep going, you're stronger than
yesterday."

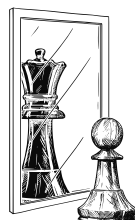
Educational Segment



The Role of Protein in Enzyme Production

Did you know that many enzymes in your body are made up of protein? Enzymes play a critical role in everything from digestion to energy production. Without enough dietary protein, your body may struggle to produce these essential enzymes efficiently, which can impact various bodily functions, including metabolism and nutrient absorption.

Reflection Section



Take a moment to reflect on your progress. How has your strength or endurance improved since Day 1? Have you noticed any changes in your muscle tone? Write down what feels different today compared to when you started

DAY #21

Welcome to Day 21 of your **30-Day High Protein Challenge!**

Protein Goal



Your protein goal today is to reach the recommended grams based on your calorie target:

- 1500 calories: **75g of protein**
- 1800 calories: **90g of protein**
- 2000 calories: **100g of protein**

Exercise Tip



Take a 26-minute walk, adding in 10-second intervals of faster pace every 5 minutes. This small change increases your heart rate and helps burn more calories while keeping things interesting.

Motivational Quote



"Strength is built by showing up, even when it's hard."

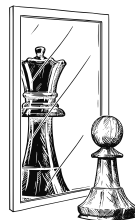
Educational Segment



Protein and Immune System Support

Proteins are key components of antibodies, the immune system's defense against harmful pathogens. When your protein intake is adequate, your body can produce more antibodies to fight infections and illnesses. This means a protein-rich diet not only helps build muscles but also strengthens your immune system, keeping you healthier in the long run.

Reflection Section



Reflect on your food choices today. Did you add any calcium-rich foods like dairy or leafy greens to pair with your protein? How do you feel after completing your exercise for the day? Jot down any thoughts about your energy levels or mindset.

DAY #22

Welcome to Day 21 of your **30-Day High Protein Challenge!**

Protein Goal



Your protein goal today is to reach the recommended grams based on your calorie target:

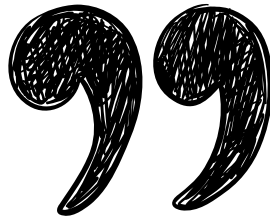
- 1500 calories: **75g of protein**
- 1800 calories: **90g of protein**
- 2000 calories: **100g of protein**

Exercise Tip



Do a 27-minute walk or, if you're up for it, try adding a few light bodyweight exercises (such as squats, push-ups, or planks) before or after your walk. Strength training paired with protein intake accelerates muscle growth.

Motivational Quote



"Success is the sum of small efforts,
repeated day in and day out."

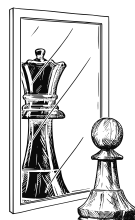
Educational Segment



How Protein Supports Skin Health

Your skin is constantly renewing itself, and protein plays a vital role in this process. Collagen, the most abundant protein in your body, provides structure and elasticity to the skin. Consuming enough protein, especially from varied sources, helps maintain healthy skin by promoting repair and regeneration of skin cells.

Reflection Section



Think about your hunger patterns today. Did you notice a difference in how long you stayed full after eating a high-protein meal? Note your thoughts on your energy, mood, and any cravings you experienced. This will help you fine-tune your approach as you move forward in the challenge.

DAY #23

Welcome to Day 23 of your **30-Day High Protein Challenge!**

Protein Goal



Your protein goal today is to reach the recommended grams based on your calorie target:

- 1500 calories: **75g of protein**
- 1800 calories: **90g of protein**
- 2000 calories: **100g of protein**

Distribute your protein intake throughout your meals for better energy management.

Exercise Tip



Take a 28-minute brisk walk followed by a quick stretching routine to release muscle tension and improve circulation.

Motivational Quote



"Take each step with purpose."

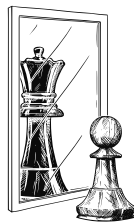
Educational Segment



Protein and Hormone Production

Protein is crucial for the production of various hormones in the body, including insulin, which helps regulate blood sugar, and growth hormone, which supports muscle development. By ensuring you meet your protein goal, you're supporting your body's natural processes and overall health.

Reflection Section



Did you notice any changes in your energy or mood today?

Use this space to jot down your reflections and progress.

DAY #24

Welcome to Day 24 of your **30-Day High Protein Challenge!**

Protein Goal



Your protein goal today is to reach the recommended grams based on your calorie target:

- 1500 calories: **75g of protein**
- 1800 calories: **90g of protein**
- 2000 calories: **100g of protein**

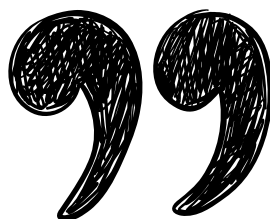
Try including lean protein sources like chicken, tofu, or lentils.

Exercise Tip



Do a few bodyweight exercises, like squats or lunges, to your routine for variety.

Motivational Quote



“Progress isn’t always visible, but it’s always happening.”

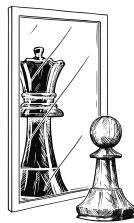
Educational Segment



Protein and Enzyme Function

Enzymes, which are responsible for many vital chemical reactions in the body, are made of protein. These reactions help with digestion, energy production, and even DNA replication. By consuming adequate protein, you're helping your body function optimally at a cellular level.

Reflection Section



How did today's exercise feel?

Did you try any new protein sources? Record your experience and thoughts.

DAY #25

Welcome to Day 25 of your **30-Day High Protein Challenge!**

Protein Goal



Your protein goal today is to reach the recommended grams based on your calorie target:

- 1500 calories: **75g of protein**
- 1800 calories: **90g of protein**
- 2000 calories: **100g of protein**

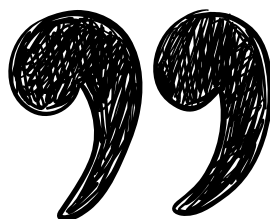
Experiment with different protein-rich snacks, like boiled eggs or Greek yogurt, to keep hunger at bay.

Exercise Tip



Commit to a 30-minute walk or try a short circuit workout with push-ups, planks, and leg raises.

Motivational Quote



“Small efforts, done consistently, lead to great results.”

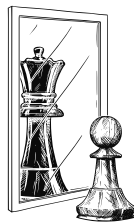
Educational Segment



Protein and Gut Health

While fiber usually takes the spotlight when it comes to gut health, protein also plays a role. Some amino acids, like glutamine, help maintain the integrity of the gut lining, reducing inflammation and improving nutrient absorption. A healthy gut improves overall well-being, from digestion to immunity.

Reflection Section



How are your energy and appetite levels today?

Are you noticing any improvements in your overall well-being? Write down your thoughts.

DAY #26

Welcome to Day 26 of your **30-Day High Protein Challenge!**

Protein Goal



Your protein goal today is to reach the recommended grams based on your calorie target:

- 1500 calories: **75g of protein**
- 1800 calories: **90g of protein**
- 2000 calories: **100g of protein**

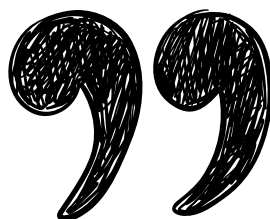
Include a protein-rich breakfast to kick-start your day and keep you energized.

Exercise Tip



Challenge yourself with a 31-minute power walk or try yoga stretches to improve flexibility and mental focus.

Motivational Quote



“Keep going—you’re stronger than you think.”

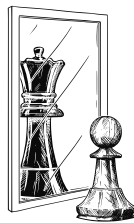
Educational Segment



Protein and Brain Health

Proteins help form neurotransmitters, the chemicals that transmit signals in your brain. These neurotransmitters, like dopamine and serotonin, influence mood, focus, and energy levels. A diet rich in protein can support better mental clarity and overall brain function.

Reflection Section



How do you feel mentally and physically today?

Did focusing on a protein-rich breakfast make a difference? Write down your observations and any positive changes.

DAY #27

Welcome to Day 27 of your **30-Day High Protein Challenge!**

Protein Goal



Your protein goal

- 1500 calories: **75g of protein**
- 1800 calories: **90g of protein**
- 2000 calories: **100g of protein**

Exercise Tip



Take a 32-minute walk or do light stretches, focusing on your legs to promote circulation and reduce stiffness.

Motivational Quote



“Purpose-driven steps lead to meaningful progress.”

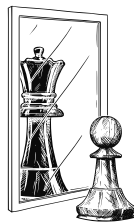
Educational Segment



Protein and Sleep Quality

Eating protein-rich foods, particularly those high in tryptophan (like turkey, eggs, and dairy), can promote better sleep. Tryptophan is an amino acid that helps the body produce serotonin and melatonin, both of which regulate sleep and mood.

Reflection Section



Take a moment to reflect on your journey so far. How has focusing on protein affected your physical and mental well-being? Write down your thoughts and feelings.

DAY #28

Welcome to Day 28 of your **30-Day High Protein Challenge!**

Protein Goal



Your protein goal

- 1500 calories: **75g of protein**
- 1800 calories: **90g of protein**
- 2000 calories: **100g of protein**

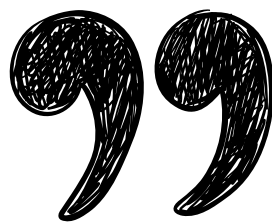
Ensure your meals are balanced with a mix of protein, healthy fats, and fiber.

Exercise Tip



Go for a 33-minute walk or try a stretching session focusing on your back and shoulders to relieve tension.

Motivational Quote



“Stay consistent, and the results will follow.”

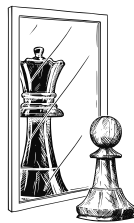
Educational Segment



Protein and Detoxification

Your body uses protein to produce enzymes that aid in detoxification. These enzymes break down toxins in the liver, helping to eliminate waste products. Including enough protein in your diet ensures that your detox pathways function effectively, keeping you feeling energized and healthy.

Reflection Section



How did today's exercise feel?

Did you notice any difference in your energy or mood after hitting your protein goal? Jot down your observations.

DAY #29

Welcome to Day 29 of your **30-Day High Protein Challenge!**

Protein Goal



Your protein goal

- 1500 calories: **75g of protein**
- 1800 calories: **90g of protein**
- 2000 calories: **100g of protein**

Consider varying your protein sources today to include fish, beans, or plant-based proteins.

Exercise Tip



Commit to a 34-minute walk or do a low-impact workout such as cycling or swimming if available.

Motivational Quote



"Your efforts today will shape your tomorrow."

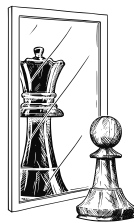
Educational Segment



Protein and Heart Health

Research shows that a diet rich in high-quality protein can help lower blood pressure and reduce LDL cholesterol levels, both of which are crucial for heart health. Additionally, lean proteins, such as fish and legumes, provide essential nutrients without the added saturated fats found in some protein sources.

Reflection Section



How are you feeling on Day 29?

Take a moment to reflect on how your stamina and strength have improved. Record any changes you've noticed since the start of the challenge.

DAY #30

Welcome to Day 30 of your **30-Day High Protein Challenge!**

Protein Goal



Your protein goal

- 1500 calories: **75g of protein**
- 1800 calories: **90g of protein**
- 2000 calories: **100g of protein**

Congratulations on reaching the final day! Finish strong by hitting your goal one last time.

Exercise Tip



End your challenge with a 35-minute walk or a stretching routine that focuses on your entire body to relax and celebrate your progress.

Motivational Quote



"You didn't just complete a challenge—
you built a new lifestyle."

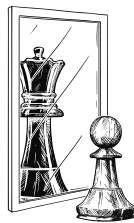
Educational Segment



Protein and Energy Levels

While carbs are known for providing quick energy, protein plays an important role in sustained energy. By stabilizing blood sugar and reducing energy crashes, high-protein meals help you maintain consistent energy levels throughout the day, preventing mid-day fatigue.

Reflection Section



Take a moment to celebrate your success!

Write down your overall thoughts, key learnings, and any personal milestones achieved during this 30-day journey. How do you feel now compared to Day 1

Week 1 Summary & Reflection

Recap of Week 1

Congratulations on completing the first week of your **30-Day High Protein Challenge**!

This week, you laid the foundation by focusing on hitting your daily protein goals, incorporating simple exercises, and learning why protein is essential for overall health.

Key Wins

Established a daily protein target and stuck to it.
Introduced regular movement through walking and light exercises.

Started building healthy habits, such as spacing out protein intake and reflecting on progress each day.

Challenges to Reflect On

Did you find it difficult to meet your protein goals on some days?
Were there any moments when staying active felt hard to manage?

How did you overcome these obstacles? Write down what worked for you and what you'd like to improve in the coming weeks.

Reflection Prompt

Take a moment to celebrate your Week 1 progress. How do you feel physically and mentally compared to Day 1? What's one small change you've noticed in your energy or appetite?

Week 2 Summary & Reflection

Recap of Week 2

Great job on finishing Week 2!

You're now halfway through the challenge. This week, you built on your Week 1 foundation by increasing your activity level and learning about different benefits of protein, from bone health to satiety.

Key Wins

Stayed consistent with your protein intake and exercise routine.
Learned new insights about how protein supports your overall well-being.

Began noticing subtle changes in mood, energy, or even cravings.
Challenges to Reflect On

Challenges to Reflect On

How did your body respond to the increased exercise duration?

Were you able to stick to your planned meals, or did you need to make adjustments?

Reflection Prompt

Think about how your habits have changed over the past two weeks. What's one thing you're proud of, and what's one area you'd like to work on for Week 3?

Week 3 Summary & Reflection

Recap of Week 3

You're doing amazing—you're three weeks in and almost at the finish line! This week, you continued to push yourself with longer exercise sessions and a deeper understanding of how protein plays a role in hormone production, enzyme function, and brain health.

Key Wins

Increased your activity level, pushing your endurance further.
Maintained a high-protein diet with varied sources.

Noticed more improvements in energy, mood, or strength.

Challenges to Reflect On

Were there any specific days when hitting your protein goal felt harder?

How did you handle moments when life got busy or stressful?

Did you notice any changes in how your body feels during and after exercise?

Reflection Prompt

Write down three things you've learned about yourself during this challenge. How has your approach to food, exercise, and self-care evolved?

Week 4 Summary & Reflection

Recap of Week 4

Congratulations—you’ve completed the **30-Day High Protein Challenge!**

This final week was all about finishing strong and reinforcing the habits you’ve built over the past month. By now, you’ve likely noticed significant changes in how you feel, from increased energy to improved strength and overall well-being.

Key Wins

Consistently met your protein goals and daily activity targets.
Learned valuable lessons about nutrition, exercise, and self-discipline.

Completed the challenge, proving that you can commit to and achieve your health goals.

Challenges to Reflect On

Looking back, what was the most challenging part of this journey?

How did you keep yourself motivated through difficult moments?

What strategies will you carry forward to maintain these habits?

Reflection Prompt

Take a moment to reflect on your overall journey. How do you feel after completing the challenge? What’s one key takeaway that will guide your future approach to health and fitness?

High protein

MEAL PLAN



Fuel up, feel awesome!

TABLE OF CONTENT

<u>Welcome to the 30-Day High Protein Meal Plan</u>	03
<u>WEEK 1</u>	06
<u>WEEK 2</u>	09
<u>WEEK 3</u>	12
<u>WEEK 4</u>	15
<u>WEEK 5</u>	18

Welcome to the 30-Day High Protein Meal Plan

Welcome to your 30-Day High Protein Meal Plan! This guide is structured to support your goals with tailored high-protein meal options across three calorie tiers: 1500, 1800, and 2000 calories.



Why High Protein?

A high-protein diet can help you:

- Stay fuller longer by promoting satiety.
- Preserve lean muscle mass while losing fat.
- Boost your metabolism by increasing the thermic effect of food.
- Choosing the right calorie tier helps you meet your energy needs while focusing on high-quality protein sources for optimal results.

How to Use the Meal Plan

This meal plan is designed to be flexible and user-friendly. Each day provides:

High-protein breakfast, lunch, dinner, and snack options.

A precise macronutrient breakdown to help you stay on track with your protein, fat, and carb intake.

Feel free to swap meals between days or adjust ingredients based on your preferences.

Choosing Your Tier

Select your calorie tier—1500, 1800, or 2000 calories—based on your individual goals and activity level. The primary focus is on protein, but balanced meals will also include healthy fats and carbs for sustained energy and overall nutrition.

Meal Prep Tips

For greater convenience, consider prepping ingredients at the start of each week. Bulk-cooking proteins (like chicken, tofu, or eggs) and chopping veggies in advance can:

Save time during busy weekdays.

Reduce food waste by using ingredients efficiently.

Ensure you stay on track without feeling overwhelmed by daily cooking.

Remember, this plan is a guide—don't hesitate to adjust portion sizes slightly depending on your hunger and energy needs. Prepping in advance and using the provided tools (recipes and shopping lists) will make your 30-day journey much smoother.

Where to Find Recipes

The corresponding recipes for each meal in this plan are provided in a separate cookbook included with the program. Feel free to refer to it whenever you need detailed instructions on how to prepare the meals suggested in the daily plan.

Weekly Shopping List

To make things easier, we've also provided a weekly shopping list to help you streamline your grocery trips. It's organized based on the ingredients you'll need for each week, saving you time and ensuring you have everything required for meal prep.

Ready to start? Let's dive into Week 1!

30
DAY

high protein

WEEK 1

DAY 1

Breakfast:

Baked Kale and Eggs with Ricotta
(4g carbs, 11g protein)

Lunch:

Paleo Basil Cashew Chicken Salad
(4g carbs, 8g protein)

Snack:

1 oz Almonds
(6g carbs, 6g protein)

Dinner:

Slow Cooker Texas Chili
(8g carbs, 36g protein)

DAY 2

Breakfast:

Leftover – **Baked Kale and Eggs with Ricotta**
(4g carbs, 11g protein)

Lunch:

Leftover – **Slow Cooker Texas Chili**
(8g carbs, 36g protein)

Snack:

Leftover – **Paleo Basil Cashew Chicken Salad**
(4g carbs, 8g protein)

Dinner:

Black Pepper Salmon with Avocado Salad
(13g carbs, 34g protein)

DAY 3

Breakfast:

4-Ingredient Protein Pancakes
(9g carbs, 7g protein)

Lunch:

Mediterranean Tuna Salad
(14g carbs, 20g protein)

Snack:

2 Hard-boiled Eggs
(1g carbs, 12g protein)

Dinner:

Sesame Honey Chicken
(14g carbs, 45g protein)

DAY 4

Breakfast:

Leftover - **4-Ingredient Protein Pancakes**
(9g carbs, 7g protein)

Lunch:

Leftover - **Sesame Honey Chicken**
(14g carbs, 45g protein)

Snack:

Leftover - **Mediterranean Tuna Salad**
(14g carbs, 20g protein)

Dinner:

Grilled Pork Chops with Asparagus and Pesto
(4g carbs, 25g protein)

DAY 5

Breakfast:

Mediterranean Egg White Frittata
(4g carbs, 11g protein)

Lunch:

Leftover - **Grilled Pork Chops with Asparagus and Pesto** (4g carbs, 25g protein)

Snack:

Spicy Tailgate Meatballs
(2.5g carbs, 22g protein)

Dinner:

Slow Cooker Lower Carb Cabbage Roll Stew
(14g carbs, 17g protein)

DAY 6

Breakfast:

Leftover – **Mediterranean Egg White Frittata**
(4g carbs, 11g protein)

Lunch:

Leftover – **Slow Cooker Lower Carb Cabbage Roll Stew** (14g carbs, 17g protein)

Snack:

1 oz Almonds
(6g carbs, 6g protein)

Dinner:

Quick Chicken Strips with Broccoli Supper
(14g carbs, 59g protein)

DAY 7

Breakfast:

Skinny Breakfast Popovers
(6g carbs, 5g protein)

Lunch:

Leftover – **Quick Chicken Strips with Broccoli Supper** (14g carbs, 59g protein)

Snack:

1/2 cup Low-fat Vanilla Yogurt
(16g carbs, 6g protein)

Dinner:

Zucchini Pasta with Shrimp and Tomatoes
(5g carbs, 19g protein)

30
DAY

high protein

WEEK 2

DAY 8

Breakfast:

Leftover – **Skinny Breakfast Popovers**
(6g carbs, 5g protein)

Lunch:

Leftover – **Zucchini Pasta with Shrimp and Tomatoes** (5g carbs, 19g protein)

Snack:

Leftover – **Spicy Tailgate Meatballs**
(2.5g carbs, 22g protein)

Dinner:

Slow Cooker Beef Bourguignon Stew
(19g carbs, 23g protein)

DAY 9

Breakfast:

Turkey Sausage Breakfast Muffins
(7g carbs, 12g protein)

Lunch:

Leftover – **Slow Cooker Beef Bourguignon Stew**
(19g carbs, 23g protein)

Snack:

2 Hard-Boiled Eggs
(1g carbs, 12g protein)

Dinner:

Stuffed Philly Chicken Peppers
(7g carbs, 23g protein)

DAY 10

Breakfast:

Bacon Egg Breakfast Muffins

(3g carbs, 16g protein)

Lunch:

Leftover – **Stuffed Philly Chicken Peppers**

(7g carbs, 23g protein)

Snack:

Tuna Cucumber Sandwiches

(1g carbs, 9g protein)

Dinner:

Grilled Turkey Burgers with Cucumber Salad

(15g carbs, 26g protein)

DAY 11

Breakfast:

Leftover – **Bacon Egg Breakfast Muffins**

(3g carbs, 16g protein)

Lunch:

Leftover – **Grilled Turkey Burgers with Cucumber Salad**

(15g carbs, 26g protein)

Snack:

Leftover – **Tuna Cucumber Sandwiches**

(1g carbs, 9g protein)

Dinner:

Paleo Steak with Orange Avocado Topping

(11g carbs, 26g protein)

DAY 12

Breakfast:

Egg and Turkey Bacon Stuffed Baked Tomato

(9g carbs, 15g protein)

Lunch:

Leftover – **Paleo Steak with Orange Avocado Topping**

(11g carbs, 26g protein)

Snack:

3-Ingredient Peanut Butter Cups

(5g carbs, 3g protein)

Dinner:

Asian Chicken Wrap

(13g carbs, 11g protein)

DAY 13

Breakfast:

Turkey Sausage Breakfast Muffins
(7g carbs, 12g protein)

Lunch:

Leftover – **Asian Chicken Wrap**
(13g carbs, 11g protein)

Snack:

Skinny Bell Pepper Nacho Boats
(4g carbs, 13g protein)

Dinner:

Chicken Piccata Dinner
(16g carbs, 41g protein)

DAY 14

Breakfast:

Leftover – **Turkey Sausage Breakfast Muffins**
(7g carbs, 12g protein)

Lunch:

Leftover – **Skinny Bell Pepper Nacho Boats**
(4g carbs, 13g protein)

Snack:

Leftover – **3-Ingredient Peanut Butter Cups**
(5g carbs, 3g protein)

Dinner:

Leftover – **Chicken Piccata Dinner**
(16g carbs, 41g protein)

30
DAY

high
protein

WEEK 3

DAY 15

Breakfast:

2 servings **Crustless Asparagus Quiche**
(6g carbs, 14g protein)

Lunch:

Skinny Taco Salad in a Jar
(9g carbs, 15g protein)

Snack:

Smoked and Spicy Roasted Almonds
(9g carbs, 6g protein)

Dinner:

Paleo Creole Shrimp with Cauliflower Grits
(7g carbs, 17g protein)

DAY 16

Breakfast:

2 servings leftover - **Crustless Asparagus Quiche**
(6g carbs, 14g protein)

Lunch:

Skinny Taco Salad in a Jar
(9g carbs, 15g protein)

Snack:

Leftover - **Smoked and Spicy Roasted Almonds**
(9g carbs, 6g protein)

Dinner:

Balsamic Chicken and Brussels Sprouts
(7g carbs, 27g protein)

DAY 17

Breakfast:

Bacon & Egg Breakfast Muffins
(3g carbs, 16g protein)

Lunch:

Leftover – **Paleo Creole Shrimp with Cauliflower Grits** (7g carbs, 17g protein)

Snack:

2 Crispy Kale and Pumpkin Croquettes
(16.8g carbs, 4.4g protein)

Dinner:

Grilled Chipotle Chicken and Cauliflower “Rice”
(12g carbs, 30g protein)

DAY 18

Breakfast:

Leftover – **Bacon & Egg Breakfast Muffins**
(3g carbs, 16g protein)

Lunch:

Leftover – **Grilled Chipotle Chicken and Cauliflower “Rice”** (12g carbs, 30g protein)

Snack:

2 Crispy Kale and Pumpkin Croquettes
(16.8g carbs, 4.4g protein)

Dinner:

Leftover – **Balsamic Chicken and Brussels Sprouts**
(7g carbs, 27g protein)

DAY 19

Breakfast:

Grilled Salmon and Asparagus with Grated Egg
(2g carbs, 28g protein)

Lunch:

Grilled Chicken and Blueberry Salad
(18g carbs, 10.9g protein)

Snack:

2 servings **Meaty Veggie Roll-Ups**
(2.4g carbs, 22.6g protein)

Dinner:

2 Stuffed Bell Pepper Pizzas
(14g carbs, 26g protein)

DAY 20

Breakfast:

Grilled Salmon and Asparagus with Grated Egg
(2g carbs, 28g protein)

Lunch:

Leftover – **2 Stuffed Bell Pepper Pizzas**
(14g carbs, 26g protein)

Snack:

2 servings **Meaty Veggie Roll-Ups**
(2.4g carbs, 22.6g protein)

Dinner:

Leftover – **Grilled Chicken and Blueberry Salad**
(18g carbs, 10.9g protein)

DAY 21

Breakfast:

Individual Egg & Spinach Bowl
(6g carbs, 11g protein)

Lunch:

4 Skinny Bell Pepper Nacho Boats
(8g carbs, 26g protein)

Snack:

2 Hard-Boiled Eggs
(1g carbs, 12g protein)

Dinner:

30-Minute Lemon Basil Shrimp and Asparagus
(7g carbs, 18g protein)

30
DAY

high protein

WEEK 4

DAY 22

Breakfast:

2 Eggs & 2 Skinny Breakfast Sausage
(2g Carbs, 32g Protein)

Lunch:

Leftover - **30-Minute Lemon Basil Shrimp and Asparagus** (7g carbs, 18g protein)

Snack:

Leftover Individual Egg & Spinach Bowl
(6g carbs, 11g protein)

Dinner:

Sundried Tomato Chicken with 1 cup Cauliflower Rice (18g Carbs, 21g Protein)

DAY 23

Breakfast:

Spinach and Feta Breakfast Lettuce Wrap
(7g carbs, 7g protein)

Lunch:

Low-Carb Philly Cheesesteaks
(7g carbs, 29g protein)

Snack:

2 Skinny Bell Pepper Nacho Boats
(4g carbs, 13g protein)

Dinner:

Leftover - **Sundried Tomato Chicken** with 1 cup Cauliflower Rice (18g Carbs, 21g Protein)

DAY 24

Breakfast:

2 Servings **Crustless Quiche Loaf**
(6g carbs, 18g protein)

Lunch:

Grilled Shrimp Salad in an Avocado Shell
(12.7g carbs, 20.1g protein)

Snack:

Chocolate Peanut Butter Popcorn
(13g carbs, 3g protein)

Dinner:

Leftover – **Low-Carb Philly Cheesesteaks**
(7g carbs, 29g protein)

DAY 25

Breakfast:

Fried Eggs with Mushrooms and Brussels Sprouts
(10g carbs, 10g protein)

Lunch:

Leftover – **Grilled Shrimp Salad in an Avocado Shell** (12.7g carbs, 20.1g protein)

Snack:

Avocado Hummus with 2 oz Celery Sticks
(18g carbs, 5.4g protein)

Dinner:

Easy Thai Beef Salad
(11g carbs, 14g protein)

DAY 26

Breakfast:

2 Servings Leftover – **Crustless Quiche Loaf**
(6g carbs, 18g protein)

Lunch:

Leftover – **Easy Thai Beef Salad**
(11g carbs, 14g protein)

Snack:

1/2 cup Lowfat Vanilla Yogurt
(16g carbs, 6g protein)

Dinner:

Grilled Turkey Veggie Burger
(15g carbs, 19g protein)

DAY 27

Breakfast:

Fried Eggs with Mushrooms and Brussels Sprouts
(10g carbs, 10g protein)

Lunch:

Leftover – **Grilled Turkey Veggie Burger**
(15g carbs, 19g protein)

Snack:

Chocolate Peanut Butter Popcorn
(13g carbs, 3g protein)

Dinner:

Chicken, Broccoli, and Asparagus Stir-Fry
(11g carbs, 27g protein)

DAY 28

Breakfast:

Slow Cooker Vegetable Omelette
(7g carbs, 11g protein)

Lunch:

Leftover – **Chicken, Broccoli, and Asparagus Stir-Fry** (11g carbs, 27g protein)

Snack:

Leftover – **Avocado Hummus with 2 oz Celery Sticks** (18g carbs, 5.4g protein)

Dinner:

Turkey Sausage Egg Roll Bowl
(12g carbs, 24g protein)

30
DAY

high protein

WEEK 5

DAY 29

Breakfast:

Leftover – **Slow Cooker Vegetable Omelette**
(7g carbs, 11g protein)

Lunch:

Leftover – **Turkey Sausage Egg Roll Bowl**
(12g carbs, 24g protein)

Snack:

Southwestern Kale Chips
(5g carbs, 2g protein)

Dinner:

One-Pot Black Pepper Chicken
(4g carbs, 27g protein)

DAY 30

Breakfast:

Spinach and Feta Breakfast Lettuce Wrap
(7g carbs, 7g protein)

Lunch:

Leftover – **One-Pot Black Pepper Chicken**
(4g carbs, 27g protein)

Snack:

Deviled Eggs
(1g carbs, 2g protein)

Dinner:

Southwestern Spaghetti Squash
(20g carbs, 19g protein)



high protein

COOKBOOK

Protein never tasted so good!

TABLE OF CONTENT

<u>Baked Kale and Eggs with Ricotta</u>	05
<u>Paleo Basil Cashew Chicken Salad</u>	06
<u>Slow Cooker Texas Chili</u>	07
<u>Black Pepper Salmon with Avocado Salad</u>	09
<u>4-Ingredient Protein Pancakes</u>	11
<u>Mediterranean Tuna Salad</u>	12
<u>Quick & Easy Sesame Honey Chicken Recipe</u>	13
<u>Grilled Pork Chops with Asparagus and Pesto</u>	14
<u>Mediterranean Egg White Frittata</u>	16
<u>Spicy Tailgate Meatballs</u>	17
<u>Slow Cooker Lower Carb Cabbage Roll Stew</u>	18
<u>Quick Chicken Strips with Broccoli Dinner</u>	19
<u>Skinny Breakfast Popovers</u>	20
<u>Zucchini Pasta with Shrimp & Tomatoes</u>	21
<u>Slow Cooker Beef Bourguignon Stew</u>	23
<u>Turkey Sausage Breakfast Muffins</u>	25
<u>Stuffed Philly Chicken Peppers</u>	26
<u>Bacon & Egg Breakfast Muffins</u>	27
<u>The Best Cucumber Tuna Sandwich</u>	28
<u>Grilled Turkey Burgers with Cucumber Salad</u>	29
<u>Paleo Steak with Orange Avocado Topping</u>	31
<u>Egg and Turkey Bacon Stuffed Baked Tomato</u>	33
<u>3-Ingredient Peanut Butter Cups</u>	35
<u>Asian Chicken Wraps</u>	36

<u>Skinny Bell Pepper Nacho Boats</u>	38
<u>Chicken Piccata Dinner</u>	40
<u>Crustless Asparagus Quiche</u>	42
<u>Skinny Taco Salad in a Jar</u>	43
<u>Smoked and Spicy Roasted Almonds</u>	45
<u>Paleo Creole Shrimp with Cauliflower Grits</u>	47
<u>Balsamic Chicken and Brussels Sprouts</u>	49
<u>Crispy Kale and Pumpkin Croquettes</u>	50
<u>Grilled Chipotle Chicken & Cauliflower "Rice"</u>	52
<u>Grilled Salmon & Asparagus With Grated Egg</u>	54
<u>Grilled Chicken and Blueberry Salad</u>	55
<u>Paleo-Friendly Meaty Veggie Roll-Ups</u>	56
<u>Stuffed Bell Pepper Pizzas</u>	57
<u>Individual Egg & Spinach Bowls</u>	58
<u>30-Minute Lemon Basil Shrimp and Asparagus</u>	59
<u>Skinny Breakfast Sausage</u>	60
<u>Sun-Dried Tomato Chicken</u>	61
<u>Spinach and Feta Lettuce Wrap</u>	62
<u>Low-Carb Philly Cheesesteaks</u>	63
<u>Crustless Quiche Loaf</u>	64
<u>Grilled Shrimp Salad in an Avocado Shell</u>	65
<u>Chocolate Peanut Butter Popcorn</u>	67
<u>Fried Eggs with Mushrooms & Brussels Sprouts</u>	68
<u>Avocado Hummus</u>	70

<u>Easy Thai Beef Salad</u>	71
<u>Grilled Turkey Veggie Burgers</u>	73
<u>Chicken, Broccoli, and Asparagus Stir Fry</u>	74
<u>The Perfect Crockpot Omelet</u>	76
<u>Turkey Sausage Egg Roll Bowl</u>	77
<u>Southwestern Kale Chips</u>	78
<u>One Pot Black Pepper Chicken</u>	79
<u>Southwestern Spaghetti Squash</u>	81

Baked Kale and Eggs with Ricotta



This breakfast dish is low in carbs and gluten-free, perfect for any healthy eating diet.

Serving Size: 1 egg and 1/2 cup kale

Course: Breakfast

Cuisine: American

Nutrition Information:

Serving: 1egg and 1/2 cup kale | **Calories:** 170kcal |

Carbohydrates: 4g | **Protein:** 11g | **Fat:** 12g |

Saturated Fat: 5g | **Cholesterol:** 202mg | **Sodium:**

276mg | **Fiber:** 1g | **Sugar:** 2g | **SmartPoints**

(Freestyle): 8

Ingredients:

- 1 tablespoon olive oil
- 6 cups kale stems removed and roughly chopped
- 2 garlic cloves minced
- 1/4 cup ricotta cheese fat-free
- 1/4 cup feta crumbles fat-free
- 4 eggs large
- 1/3 cup grape tomatoes cut in half
- 1/4 teaspoon ground black pepper
- 1/2 teaspoon kosher salt

Instructions:

- Preheat your oven to 350 degrees. Spray a 9 x 13 inch casserole dish with non-stick spray and set aside.
- In a large skillet, heat the olive oil on medium heat. Once hot, add the kale and garlic. Cook until the kale is wilted and soft. Remove from heat and set aside.
- In a small mixing bowl mix together the ricotta and feta cheese.
- Place the cooked kale in the prepared baking dish. Make 4 small wells in the kale and crack and egg into each well. Drop the cheese mixture by the spoonful (about 1 tablespoon per spoonful) around the eggs onto the kale. Top with the halved cherry tomatoes and season with pepper and salt. Bake for 20 to 25 minutes or until whites are cooked and beginning to brown. Serve and enjoy.

Paleo Basil Cashew Chicken Salad



A straightforward salad with whole and clean ingredients, everyone will love this recipe.

Serving Size: 0.5 cup

Course: Dinner, Lunch, Snack

Cuisine: Universal

Ingredients:

- 1 rotisserie chicken
- 1/4 cup mayonnaise homemade or organic
- 1 tablespoon white wine vinegar
- 1/4 teaspoon pepper
- 1/4 cup basil fresh, thinly sliced
- 1/4 cup cashew halves and pieces toasted, chopped
- 2 cucumbers medium, sliced

Instructions:

- Remove breast, thigh, and leg meat from chicken; discard bones.
- Chop meat into bite-sized pieces.
- Combine chopped chicken, mayonnaise, vinegar, salt, and pepper in a large bowl; toss well to coat.
- Stir in basil and cashews.
- Serve with cucumber slices

Nutrition Information:

Serving: 0.5cup | **Calories:** 181kcal | **Carbohydrates:** 4g | **Protein:** 8g | **Fat:** 15g | **Saturated Fat:** 3g | **Cholesterol:** 40mg | **Sodium:** 161mg | **Sugar:** 1g |

Slow Cooker Texas Chili



Protein-packed and rich in flavors, this Texas chili will be a hit at the dinner table.

Serving Size: 1 cup

Course: Dinner, Soup

Cuisine: American

Ingredients:

- 2 pounds lean beef chuck cubed
- 2 tablespoons flour
- 1 tablespoon canola oil
- 1 onion minced
- 1 to 2 jalapeño peppers minced
- 4 cloves garlic minced
- 1 tablespoon ground cumin
- 1 chopped green chiles can, drained
- 3 tablespoons ancho chili powder
- 1 teaspoon crushed red pepper flakes more or less to taste
- 1 teaspoon dried oregano
- 3 cups beef stock fat-free and low-sodium
- 28 ounces diced tomatoes with juice cans
- green onions chopped, for topping
- Greek yogurt fat-free, for topping

Instructions:

- Toss the cubed beef chuck with the flour. Add the oil to the pan and sear the beef until browned on all sides. Add the onions and jalapeños. Cook until vegetables are soft and add the garlic. Cook for one more minute and transfer the mixture to your slow cooker. Add the rest of the ingredients and stir.
- Cook the chili on low heat for 7-8 hours until chili is thick and rich. Serve with desired toppings.

Nutrition Information:

Serving: 1cup | **Calories:** 267kcal | **Carbohydrates:** 8g | **Protein:** 36g | **Fat:** 9g | **Saturated Fat:** 3g | **Cholesterol:** 101mg | **Sodium:** 317mg | **Fiber:** 2g | **Sugar:** 3g |

Black Pepper Salmon with Avocado Salad



Loaded with superfood ingredients and a scrumptious sauce, this recipe will be the highlight of your week.

Serving Size: 1 salmon fillet and salad

Course: Dinner

Cuisine: Universal

Ingredients:

Sauce

- 1 tablespoon lime juice or lemon juice (about 1/2 lime or lemon)
- 1 tablespoon honey
- 2 teaspoons dijon mustard
- 1 tablespoon capers
- 2 garlic cloves minced
- 2 teaspoons black pepper coarsely ground
- 1/2 tablespoon olive oil
- 1/4 teaspoon salt

Salmon

- 4 salmon fillets wild salmon preferred, skin on (4-5 ounces each)
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper

Salad

- 1 avocado medium peeled, pitted, and chopped
- 2/3 cup celery chopped
- 1 cup chopped tomatoes
- 1/2 cup parsley coarsely chopped
- 1/2 tablespoon lemon or lime juice (about 1/2 a lime)
- 1/4 teaspoon salt

Instructions:

- Prepare your grill by oiling the grates to coat (brush on the oil with a paper towel and tongs). Preheat the grill, grill pan, griddle or skillet to medium-high.
- Whisk together the sauce.
- Rub the salmon with salt and pepper. Place the salmon skin-side up (flesh side down) on the grill. Cook for 3-4 minutes until there are grill marks on the salmon.
- Flip, and brush the tops with the sauce, cooking for an additional 5 minutes, and brushing with the sauce 3-4 times while salmon is grilling.
- Meanwhile, toss the carefully toss the salad ingredients all together in a bowl.
- Serve salmon accompanied by the salad.

Nutrition Information:

Serving: 1salmon fillet and salad | **Calories:** 331kcal | **Carbohydrates:** 13g | **Protein:** 34g | **Fat:** 17g | **Saturated Fat:** 3g | **Cholesterol:** 82mg | **Sodium:** 275mg | **Fiber:** 5g | **Sugar:** 6g |

4-Ingredient Protein Pancakes



These light and airy, protein-packed pancakes, will satiate your cravings in a healthy way, any day of the week!

Serving Size: 2 pancakes

Course: Breakfast

Cuisine: Universal

Ingredients:

- 1/2 cup banana mashed
- 3 egg whites
- 1/4 teaspoon baking powder
- 1 tablespoon vanilla protein powder optional, chocolate protein powder

Instructions:

- Combine all ingredients in a mixing bowl until smooth.
- Lightly spray a skillet with non-stick spray and heat on medium heat. Pour about 1/4 cup of the batter into the pan. Cook about 3 to 4 minutes, or until pancakes begin to bubble in the center. Carefully flip and cook for another 2 to 3 minutes. Once cooked, remove pancake from the pan and repeat the process until all the batter has been used. Spray the skillet as needed with non-stick spray in-between cooking the pancakes.
- Top with fresh fruit, honey, or your favorite nut butter! Enjoy!

Nutrition Information:

Serving: 2pancakes | **Calories:** 57kcal | **Carbohydrates:** 6g | **Protein:** 7g | **Fat:** 1g | **Saturated Fat:** 1g | **Cholesterol:** 15mg | **Sodium:** 57mg | **Potassium:** 160mg | **Fiber:** 1g | **Sugar:** 3g | **Vitamin C:** 2mg | **Calcium:** 49mg | **Iron:** 1mg |

Mediterranean Tuna Salad



With natural ingredients and Mediterranean flavors, this tuna salad takes the classic dish to the next level.

Serving Size: 1 Cup

Course: Dinner, Lunch, Salad

Cuisine: Mediterranean, Universal

Ingredients:

- 6 ounces tuna can or jar, packed in spring water; recommend Safe Catch Tuna
- 1/2 cup artichoke hearts diced
- 1/2 cup kalamata olives pitted, chopped
- 1 roasted red pepper chopped
- 1/4 cup parsley fresh, chopped
- 2 tablespoons basil leaves slivered
- 3 tablespoons olive oil
- 1 lemon juiced
- salt to taste
- pepper freshly ground, to taste

Instructions:

- Combine all of the ingredients in a bowl and season with salt and pepper. Chill until ready to serve.
- Serve in lettuce leaves, on a baguette, or on whole-grain crackers.

Nutrition Information:

Serving: 1cup | **Calories:** 337kcal | **Carbohydrates:** 14g | **Protein:** 20g | **Fat:** 25g | **Saturated Fat:** 3g | **Cholesterol:** 31mg | **Sodium:** 623mg | **Fiber:** 6g | **Sugar:** 3g | **SmartPoints** (Freestyle): 10

Quick & Easy Sesame Honey Chicken Recipe



With only four ingredients, this easy and quick recipe is ideal for any night of the week and is kid-friendly!

Serving Size: 0.75 cups

Course: Dinner, Main Course

Cuisine: Asian

Ingredients:

- 5 boneless skinless chicken breasts
- 1/4 cup chicken broth low sodium, no sugar added
- 1/4 cup sesame seeds roasted
- 1/4 cup honey

Instructions:

- Cut up the chicken into bite-sized cubes (about 1 x 1).
- In a large skillet add chicken and broth, turn to medium-high heat and bring to a boil. Reduced heat to medium and cook until the chicken is nearly cooked through.
- Pour in the honey and sesame seeds and stir well. Cook until all liquids have cooked out and the chicken is a light golden brown.

Nutrition Information:

Serving: 0.75cups | **Calories:** 354kcal | **Carbohydrates:** 14g | **Protein:** 45g | **Fat:** 12g | **Saturated Fat:** 2g | **Cholesterol:** 88mg | **Sodium:** 115mg | **Fiber:** 1g | **Sugar:** 12g

Grilled Pork Chops with Asparagus and Pesto



With only four ingredients, this easy and quick recipe is ideal for any night of the week and is kid-friendly!

Serving Size: 0.25 of recipe

Course: Dinner

Cuisine: Universal

Ingredients:

- 4 bone-in pork chops (about 1-inch thick each)
- 3 tablespoons extra virgin olive oil divided
- 1 teaspoon kosher or sea salt divided
- 1 teaspoon black pepper divided
- 1 pound asparagus woody bottoms removed
- 1 cup cherry tomatoes
- 1/4 cup pesto clean eating, store bought or homemade
- 1/4 cup basil leaves for garnish, optional

Instructions:

- Rub pork chops with 2 tablespoons olive oil and sprinkle with 1/2 teaspoon salt and pepper on both sides. Cover and allow to sit at room temperature for 20 minutes.
- Oil the grate of a grill and set to medium heat. Add chops and grill for 20 minutes, flipping halfway through. Internal temperature taken with a meat thermometer should read 145 to 160 degrees.
- Toss the asparagus in 1/2 tablespoon olive oil, 1/4 teaspoon salt, and 1/4 teaspoon pepper. Add alongside the pork chops, after the chops have cooked for 15 minutes.
- Thread cherry tomatoes onto skewers and drizzle with 1/2 tablespoon oil and sprinkle with 1/4 teaspoon of salt and pepper.
- Grill asparagus and tomatoes for about 5 minutes, until asparagus is slightly tender and tomato skins have blackened a bit in places. After removing pork chops from grill, allow to rest 5 minutes before serving.
- Cover veggies until ready to serve. Tomatoes may be served on skewers or removed from skewers.
- Serve asparagus and tomatoes alongside pork chops and drizzle with pesto.
- Enjoy!

Nutrition Information:

Serving: 0.25 of recipe | **Calories:** 332kcal | **Carbohydrates:** 4g | **Protein:** 25g | **Fat:** 24g | **Saturated Fat:** 5g | **Cholesterol:** 78mg | **Sodium:** 647mg | **Fiber:** 2g | **Sugar:** 2g

Mediterranean Egg White Frittata



This scrumptious frittata is full of healthy and nutritious ingredients that will help you start your day off the right way.

Serving Size: 1.5 cups

Course: Breakfast

Cuisine: Mediterranean

Ingredients:

- 1 tablespoon olive oil
- 2 tablespoons tomato diced
- 1 tablespoon red onion diced
- 2 tablespoons mushroom diced
- 1 cup spinach
- 1/2 teaspoon kosher salt
- 5 egg whites
- 3 tablespoons skim milk
- 1/4 cup feta cheese crumbles low-fat
- 1 teaspoon oregano fresh, chopped

Nutrition Information:

Serving: 1.5 cups | **Calories:** 161kcal |
Carbohydrates: 4g | **Protein:** 11g | **Fat:** 11g |
Saturated Fat: 4g | **Cholesterol:** 17mg | **Sodium:**
766mg | **Fiber:** 1g | **Sugar:** 3g

Instructions:

- Preheat oven to 450 degrees.
- Heat oil on medium heat in an oven-safe skillet. Add tomato, onion, and mushroom. Saute until onions are soft, add spinach and salt and continue cooking until wilted.
- In a small bowl, whisk together egg whites and milk. Pour egg mix into overcooked vegetables. As the egg cooks, use a rubber spatula and gently lift the edge of the cooked egg to allow the uncooked egg underneath. When egg is 75% cooked, sprinkle with feta cheese. Put in oven and bake until egg is completely cooked and feta begins to brown - about 5 to 10 minutes. Allow to set for 5 minutes before serving. Sprinkle with oregano and serve.

Spicy Tailgate Meatballs



Keep eating clean even when you are outside with these spicy and delicious meatballs.

Serving Size: 3 meatballs

Course: Appetizer, Dinner, Snack

Cuisine: Universal

Ingredients:

- 1 cup whole wheat bread cubed
- 3 pounds lean ground turkey optional lean ground chicken
- 3 eggs beaten
- 2 teaspoon salt
- 1 teaspoon paprika
- 1/2 teaspoon cayenne pepper
- 4 tablespoon sage fresh, chopped
- 3/4 cup onion chopped
- 2 garlic cloves minced
- 3/4 cup parsley fresh, chopped
- 2/3 cup parmesan cheese

Instructions:

- In a large bowl, combine the turkey, onions, bread cubes, spices, and cheese. Using your hands, blend the ingredients together. Finally, add the egg and mix until well combined.
- Using your hands, form mixture into approximately 40 meatballs (approximately 1 ½ inch in diameter).
- Place the meatballs on a cookie sheet and bake at 350 degrees for 20-25 minutes (or until cooked through).

Nutrition Information:

Serving: 3meatballs | **Calories:** 139kcal | **Carbohydrates:** 2.5g | **Protein:** 22.1g | **Fat:** 4.1g | **Saturated Fat:** 1.5g | **Cholesterol:** 84mg | **Sodium:** 351mg | **Fiber:** 0.6g

Slow Cooker Lower Carb Cabbage Roll Stew



A unique take on a traditional dish, this cabbage roll stew takes less time to prepare and is low-carb!

Serving Size: 1 cup

Course: Dinner, Soup

Cuisine: European

Ingredients:

- 1 pound ground beef extra lean, could also use ground bison or moose
- 1 yellow onion medium, chopped
- 15 ounces canned stewed tomatoes
- 15 ounces of canned tomato sauce with low sodium or no salt added
- 2 garlic cloves minced
- 1 tablespoon Worcestershire sauce
- 1 cup chicken broth or beef broth, low-sodium
- 1 teaspoon black pepper ground
- 1/2 teaspoon red pepper crushed
- 1/2 head of cabbage chopped

Instructions:

- In a medium pot, brown beef & onions. Place everything in slow cooker (except meat mixture and cabbage) and mix well. Add beef mixture, then cabbage. Cook on LOW for 5-6 hours.

Notes

Sodium: If you use "no salt" added items for tomato sauce, stewed tomatoes & chicken/beef broth, it's 143mg sodium per serving.

Nutrition Information:

Serving: 1cup | **Calories:** 227kcal | **Carbohydrates:** 7g | **Protein:** 15g | **Fat:** 16g | **Saturated Fat:** 6g | **Trans Fat:** 1g | **Cholesterol:** 54mg | **Sodium:** 463mg | **Potassium:** 531mg | **Fiber:** 1g | **Sugar:** 4g | **Vitamin A:** 324IU | **Vitamin C:** 8mg | **Calcium:** 35mg | **Iron:** 3mg

Quick Chicken Strips with Broccoli Dinner



This simple dish is just what you need after a stressful day.

Serving Size: 0.75 cup broccoli and 1 cup chicken

Course: Dinner,

Cuisine: Universal

Ingredients:

- 1 tablespoon olive oil
- 1 onion small, chopped
- 1 head broccoli florets
- 4 boneless and skinless chicken breasts cut into 1-1/2 inch strips
- 1 teaspoon dried basil or 1 tablespoon fresh basil
- 2 garlic cloves minced
- 1/2 cup chicken broth
- 1 teaspoon dried oregano or 1 tablespoon fresh oregano
- 1 teaspoon dried thyme or 1 tablespoon fresh thyme
- 1/4 teaspoon kosher or sea salt
- 1/4 teaspoon black pepper

Instructions:

- Place olive oil in large skillet over medium heat. Add onion and cook for 5 to 8 minutes, until softened and translucent. Add broccoli and chicken strips and cook for 3 minutes, flipping, until broccoli is bright green and strips are browned on both sides.
- Add garlic and cook for 30 seconds. Add chicken broth, herbs, salt, and pepper, and cook for an additional 3 to 4 minutes, until chicken is cooked through.

Nutrition Information:

Serving: 0.75cup broccoli and 1 cup chicken | **Calories:** 388kcal | **Carbohydrates:** 14g | **Protein:** 59g | **Fat:** 11g | **Saturated Fat:** 2g | **Cholesterol:** 173mg | **Sodium:** 346mg | **Fiber:** 5g | **Sugar:** 4g

Skinny Breakfast Popovers



This gluten-free and paleo popover is perfect for a morning breakfast or brunch.

Serving Size: 1 popover

Course: Breakfast

Cuisine: American

Ingredients:

For the Popovers

- 8 eggs large
- 1 cup coconut milk
- 1/2 teaspoon sea salt
- 1/4 cup coconut flour

For the Jam

- 1 cup strawberries
- 3 tablespoons maple syrup
- 1 teaspoon orange zest
- pinch cinnamon

Nutrition Information:

Serving: 1 popover | **Calories:** 112kcal |

Carbohydrates: 6g | **Protein:** 5g | **Fat:** 8g |

Saturated Fat: 5g | **Cholesterol:** 124mg | **Sodium:** 152mg | **Fiber:** 1g | **Sugar:** 4g

Instructions:

For the Popover

- Preheat oven to 425 degrees. Spray a 12-cup popover tin with nonstick baking spray.
- Place eggs, coconut milk, sea salt, and coconut flour in a large stand mixer. Beat until very well mixed, about 1 minute on high.
- Pour batter into the prepared popover tin, filling each cup about 2/3 full.
- Bake for 20 minutes, or until tops are lightly browned. Don't open the oven door--the popovers can collapse. Serve warm, topped with Instant Strawberry Jam.

For the Instant Strawberry Jam

- Smash strawberries with maple syrup, add orange zest and cinnamon. Stir until well combined. Spoon over warm popovers. Enjoy!

Zucchini Pasta with Shrimp & Tomatoes



This amazing dish is bursting with nutritious and flavorful ingredients that will please everyone at the table.

Course: Dinner,

Cuisine: Universal

Ingredients:

- 3 zucchini medium, remove most of the peeling
- 2 tablespoons extra virgin olive oil
- 2 garlic cloves minced
- 1 pound shrimp raw (thawed if frozen), peeled and deveined
- 1/2 teaspoon kosher or sea salt divided
- 1/4 teaspoon black pepper
- 1/2 teaspoon crushed red pepper flakes
- 1 tablespoon lemon juice freshly squeezed, to taste
- 1 cup grape tomatoes or cherry tomatoes, halved, cut into quarters

Instructions:

- To make pasta, attach zucchini, one at a time, to a vegetable spiralizer. Use the smaller holes for spaghetti.
- Add 1 tablespoon olive oil to a large skillet over medium heat. Add shrimp and cook until opaque and pink, 2-3 minutes. Place shrimp on a plate and cover.
- Add the remaining garlic and sauté 1 minute. Add remaining olive oil, zucchini pasta, salt, black pepper, red pepper, and lemon juice, and tomatoes, toss to combine. Continue cooking until pasta is tender, about 5 - 7 minutes.
- Place shrimp on top of pasta, cover skillet and remove from heat. Allow to set for 1 minute, ensuring shrimp is hot. If desired, sprinkle on some chopped Italian parsley before serving.
- Enjoy!

Nutrition Information:

Calories: 153kcal | **Carbohydrates:** 5g | **Protein:** 19g | **Fat:** 7g | **Saturated Fat:** 2g | **Cholesterol:** 126mg | **Sodium:** 283mg | **Fiber:** 1g | **Sugar:** 3g

Slow Cooker Beef Bourguignon Stew



Slow-cooked to perfection, this French dish will be the highlight of your week.

Serving Size: 1 cup

Course: Dinner,

Cuisine: French

Ingredients:

- 1 1/2 pounds lean beef chuck cut into bite-size cubes
- 1 teaspoon kosher or sea salt
- 1/2 teaspoon black pepper
- 3 tablespoons white whole-wheat flour or all purpose flour
- 2 tablespoons extra virgin olive oil divided
- 1/2 cup red wine
- 1 whole rosemary sprig
- 3 thyme sprigs
- 1 teaspoon dried oregano
- 1 pound white button mushrooms halved
- 10 pearl onions halved or 1 medium yellow or white onion, diced
- 2 celery stalks thickly sliced
- 2 carrots chopped into 1/2 inch thick slices
- 2 garlic cloves minced
- 3 cup beef stock low-sodium
- 1 bay leaf
- 1 pound russet Idaho potatoes peeled and chopped into large cubes

Instructions:

- Sprinkle beef cubes with 1/2 teaspoon salt and 1/2 teaspoon pepper. Dredge in flour to coat.
- Put 1/2 tablespoon of olive oil in the pan over medium-high heat. Add half the beef cubes and brown on all sides, for about 5 minutes. It is not necessary to cook the beef all the way through, just sear the outsides. Repeat with the second batch. Set the beef aside.
- In the same pan that the beef was browned in, add 1/4 cup of the wine and scrape the bottom, allowing some of the liquid to evaporate. Add herbs, mushrooms, pearl onions or diced onion, celery, carrots, and 1 more tablespoon of olive oil and cook for about 5 minutes. Add garlic and cook for an additional 30 seconds.
- Pour everything from the pan into the slow cooker. Add the rest of the wine, the stock, the rest of the salt, the bay leaf, the potatoes, and beef cubes. Cook on high for 4- 6 hours or low for 8 hours.
- Enjoy!

Nutrition Information:

Serving: 1cup | **Calories:** 310kcal | **Carbohydrates:** 19g | **Protein:** 23g | **Fat:** 10g | **Saturated Fat:** 2g | **Cholesterol:** 54mg | **Sodium:** 141mg | **Fiber:** 3g | **Sugar:** 3g |

Turkey Sausage Breakfast Muffins



These savory breakfast muffins are the perfect on-the-run item for busy families.

Serving Size: 1 muffin

Course: Breakfast,

Cuisine: American

Ingredients:

- 1/2 pound turkey sausage
- 1/4 cup green bell pepper diced
- 1/4 cup red onion diced
- 3 cups whole-wheat bread diced into 1/2 inch cubes
- 2 cups cheddar cheese low-fat, shredded
- 6 egg whites
- 2 eggs
- 1/4 cup skim milk
- 1/2 teaspoon kosher salt

Nutrition Information:

Serving: 1muffin | **Calories:** 162kcal |

Carbohydrates: 7g | **Protein:** 12g | **Fat:** 9g |

Saturated Fat: 4g | **Cholesterol:** 60mg | **Sodium:** 332mg | **Fiber:** 1g | **Sugar:** 1g

Instructions:

- Preheat oven to 350 degrees. Line muffin tin with 12 paper muffin cup liners or lightly spray with non-stick spray.
- In a medium skillet, cook turkey sausage, breaking up into small pieces as it cooks. Cook until no pink remains. Add green pepper and onion to the sausage and cook until soft.
- Divide bread cubes between 12 muffin cups. Spoon turkey sausage mixture on top of bread crumbs and cheese on top of the turkey mix. Only fill cups about 3/4 full.
- In a bowl, whisk together egg whites, eggs, milk, and salt. Pour over bread, sausage, and cheese-filled muffin cups. Only fill to just cover the ingredients in the muffin cups. Allow to rest for 5 minutes and add more egg mix to the cups if needed.
- Bake for 15 to 20 minutes until set in the middle and tops begin to brown. Allow to rest for 5 minutes before removing from muffin tin. Serve warm.

Stuffed Philly Chicken Peppers



These peppers are our low-carb twist on the beloved sandwich. They're full of delicious ingredients and juicy flavors that you won't be able to pass up.

Serving Size: 1 bell pepper half

Course: Dinner

Cuisine: American

Ingredients:

- 1 tablespoon extra virgin olive oil
- 1 yellow onion small, diced
- 1 garlic clove minced
- 2 boneless and skinless chicken breasts sliced across horizontally
- 1/4 teaspoon kosher or sea salt
- 1/4 teaspoon cayenne pepper
- 1 tablespoon balsamic vinegar (gluten-free recommended)
- 2 bell peppers cut in half with seeds removed
- 2 provolone cheese slices reduced-fat

Nutrition Information:

Serving: 1 bell pepper half | **Calories:** 259kcal |
Carbohydrates: 7g | **Protein:** 23g | **Fat:** 15g |
Saturated Fat: 5g | **Cholesterol:** 65mg | **Sodium:** 327mg | **Fiber:** 2g | **Sugar:** 4g |

Instructions:

- Preheat oven to 350 degrees F.
- Heat the olive oil in a large skillet over medium heat. Add the onion and cook until soft. Add the garlic and the chicken and cook until browned. Stir in the salt, cayenne, and Balsamic. Continue cooking until chicken is cooked through.
- Cut the bell peppers in half and remove the core and seeds. Fill the peppers with the chicken mixture and lay in a baking dish. Add a few tablespoons water to the bottom of the dish and cover tightly with foil. Bake for 35 minutes.
- Remove the cover and top each bell pepper half with a half slice of provolone. Put back in the oven uncovered, and bake until cheese is browned and bubbly, 5-10 more minutes.

Bacon & Egg Breakfast Muffins



Don't pass up these morning muffins bursting with favorite breakfast ingredients that are healthy and delicious.

Serving Size: 1 muffin

Course: Breakfast

Cuisine: American

Ingredients:

- 4 eggs large
- 4 Canadian bacon slices pre-cooked and nitrate-free, diced
- 1/2 cup red bell pepper diced
- 1/4 cup onion finely diced
- 1/2 cup sharp cheddar cheese low-fat, grated
- 1/2 teaspoon kosher or sea salt
- 1/4 teaspoon black pepper
- 1 tablespoon vegetable oil or coconut oil

Instructions:

- Preheat the oven to 375°F and lightly oil a 6-cup muffin tin with vegetable or coconut oil.
- In a mixing bowl, whisk together eggs, Canadian bacon, red bell pepper, onion, and sharp cheddar. Season with salt and pepper.
- Divide the batter between 6 muffin cups and bake for 15–20 minutes, or until eggs are puffy and set.

Nutrition Information:

Serving: 1muffin | **Calories:** 168kcal | **Carbohydrates:** 3g | **Protein:** 16g | **Fat:** 10g | **Saturated Fat:** 5g | **Cholesterol:** 214mg | **Sodium:** 614mg | **Sugar:** 1g |

The Best Cucumber Tuna Sandwich



These dainty and delicious healthy cucumber and tuna sandwiches are perfect for a light snack or appetizer. Bring them with you on a picnic, snack on them for a light lunch, or serve them at your next party—we know your guests will think they're both adorable and delicious!

Serving Size: 3 sandwiches

Course: Appetizer, Snack

Cuisine: Universal

Ingredients:

- 5 ounces wild-caught tuna can
- 1/4 cup red onion or yellow, chopped
- 2 tablespoons clean mayo more to taste
- 1/2 teaspoon kosher or sea salt
- 1/4 teaspoon black pepper
- 1/2 teaspoon paprika
- 1 tablespoon lemon juice freshly squeezed (from 1/2 a lemon)
- 2 cucumbers partially peeled, lengthwise to create stripes, cut into 12 horizontal slices each

Instructions:

- Mix the tuna, mayo, onions, salt, pepper, paprika, and lemon juice in a bowl until well combined.
- Lay out half of the cucumber slices, top each with a dollop of tuna salad, and top each with a cucumber slice.
- Sandwiches can be skewered with toothpicks for easier serving.

Nutrition Information:

Serving: 3 sandwiches | **Calories:** 81kcal | **Carbohydrates:** 1g | **Protein:** 9g | **Fat:** 4g | **Saturated Fat:** 1g | **Cholesterol:** 15mg | **Sodium:** 276mg

Grilled Turkey Burgers with Cucumber Salad



Lean, healthy, and delicious, this meal will satisfy both your body and mind.

Serving Size: 1 patty and 1/4 cup salad

Course: Dinner, Lunch,

Cuisine: Universal

Ingredients:

Turkey Burgers

- 1 pound lean ground turkey
- 1 egg large, beaten
- 1/2 cup whole-wheat breadcrumbs or whole-wheat panko, plain
- 1/3 cup onions grated or finely chopped
- 1/3 cup parsley finely chopped
- 1 garlic clove minced
- 1/2 teaspoon kosher or sea salt
- 1/2 teaspoon black pepper
- 1 tablespoon extra virgin olive oil
- 2 teaspoons canola oil or cooking spray to lightly coat the pan or grill

Cucumber Salad

- 1 cucumber diced small
- 1/2 cup chives or green onions, chopped
- 1 tomato medium, ripe and finely diced
- 2 tablespoons lime juice or lemon juice, freshly squeezed
- 1/4 teaspoon kosher or sea salt

Instructions:

- Combine all ingredients for turkey burgers, except olive oil.
- Form into 4 to 5 patties.
- Sprinkle each patty on both sides with olive oil, using fingers to coat. Lightly oil grates of grill.
- Set grill to medium-high heat or place a lightly-oiled skillet or grill pan on the stovetop over medium-high heat.
- Add patties to grill or skillet and cover (cover if using the grill) and grill for 5 to 6 minutes on each side, until cooked through.
- Meanwhile, mix together all ingredients for cucumber salad. Serve room temperature or chill until serving.

Nutrition Information:

Serving: 1patty and 1/4 cup salad | **Calories:** 314kcal | **Carbohydrates:** 15g | **Protein:** 26g | **Fat:** 17g | **Saturated Fat:** 4g | **Cholesterol:** 130mg | **Sodium:** 637mg | **Fiber:** 2g | **Sugar:** 3g

Paleo Steak with Orange Avocado Topping



This steak is marinated in flavors everyone will love and its clean ingredients will help keep you on your diet.

Serving Size: 4 ounce steak and 1/8 of topping

Course: Dinner

Cuisine: Universal

Ingredients:

- 2 pounds flank steak
- 3 tablespoons olive oil
- 3 tablespoons lime juice fresh, divided
- 1 tablespoon coconut aminos
- 3 garlic cloves minced
- 1 teaspoon salt
- 1 teaspoon black pepper freshly ground
- 3 oranges peeled and chopped
- 2 avocados ripe, pitted and chopped
- 1 shallot minced
- 3 tablespoons parsley fresh, chopped

Instructions:

- Place flank steak in a large zip-lock plastic freezer bag.
- Combine oil, 2 tablespoons lime juice, coconut aminos, and garlic in a small bowl. Pour over steak; seal and turn to coat. Refrigerate 1 hour.
- Preheat grill or heat a grill pan over medium-high heat. Remove steak from bag, and discard marinade. Sprinkle steak with salt and pepper.
- Grill steak 6 to 7 minutes on each side or until the desired degree of doneness.
- Let stand 10 minutes before slicing thinly across the grain.
- Meanwhile, combine oranges, avocados, shallot, parsley, and remaining 1 tablespoon lime juice in a medium bowl.
- Serve orange-avocado topping over steak.

Nutrition Information:

Serving: 4ounce steak and 1/8 of topping | **Calories:** 332kcal | **Carbohydrates:** 11g | **Protein:** 26g | **Fat:** 21g | **Saturated Fat:** 5g | **Cholesterol:** 74mg | **Sodium:** 251mg | **Fiber:** 5g | **Sugar:** 5g

Egg and Turkey Bacon Stuffed Baked Tomato



These stuffed tomatoes are creative and fun and sure to please both children and adults.

Serving Size: 1 stuffed tomato

Course: Breakfast, Lunch

Cuisine: American

Ingredients:

- 4 tomatoes large
- 4 turkey bacon strips nitrate-free, diced
- 1/4 cup green pepper diced
- 3 tablespoons mushrooms diced
- 2 eggs
- 4 egg whites
- 2 tablespoons skim milk
- 1/4 teaspoon kosher salt
- 1/2 cup cheddar cheese low-fat, shredded

Instructions:

- Preheat oven to 350 degrees. Lightly spray a cookie sheet with nonstick spray.
- Cut the top off of the tomatoes and gently scoop out the inside of the tomato to create a cup. Be careful not to poke a hole in the bottom or sides. Place on prepared cookie sheet.
- In a skillet on medium heat, cook the bacon. When the bacon is half cooked, add the peppers and mushrooms. Cook until bacon is crisp and peppers are soft. Remove from heat, spoon mixture into tomato cups.
- In a bowl, whisk together eggs, egg whites, milk, and salt, Pour into tomato cups, leaving about 1/4 of an inch of space at the top of the cup. Top each tomato cup with cheese.
- Bake for 15 to 20 minutes or until egg is cooked through and cheese is melted and bubbly. Allow to rest a few minutes before serving!

Nutrition Information:

Serving: 1stuffed tomato | **Calories:** 261kcal | **Carbohydrates:** 9g | **Protein:** 15g | **Fat:** 19g | **Saturated Fat:** 7g | **Cholesterol:** 114mg | **Sodium:** 490mg | **Fiber:** 2g | **Sugar:** 6g

3-Ingredient Peanut Butter Cups



With only three ingredients, these peanut butter cups are a quick and easy way to get a sweet treat without the added guilt.

Serving Size: 2 cups

Course: Dessert, Snack

Cuisine: American

Ingredients:

- 1/2 cup peanut butter natural, no salt added
- 1 banana ripe, mashed
- 2 tablespoons coconut oil unrefined, melted

Instructions:

- Combine all ingredients in a mixing bowl. Add 1 tablespoon mixture to paper cups. Place cups in a freezer safe dish, or on a tray, and place in the freezer until set, approximately 2 hours.

Notes

Allow to set at room temperature for 1-2 minutes before eating. The peanut butter cups melt quickly. Enjoy one at a time for the ultimate sweet treat!

Nutrition Information:

Serving: 2cups | **Calories:** 110kcal | **Carbohydrates:** 5g | **Protein:** 3g | **Fat:** 9g | **Saturated Fat:** 4g | **Sodium:** 2mg | **Fiber:** 1g | **Sugar:** 3g

Asian Chicken Wraps



These clean and delicious Asian-style wraps are full of sweet and savory ingredients that create a light and crunchy bite. Yum!

Serving Size: 1 wrap

Course: Dinner

Cuisine: Asian

Ingredients:

For the Stir-Fry Sauce

- 2 tablespoons honey
- 1/2 teaspoon rice wine vinegar
- 2 tablespoons lite soy sauce

For the Dipping Sauce

- 1/4 cup honey
- 1/2 cup warm water
- 2 tablespoons lite soy sauce
- 2 tablespoons rice wine vinegar
- 2 tablespoons ketchup recipe for ketchup
- 1 tablespoon lemon juice freshly squeezed
- 1/8 teaspoon sesame oil
- 1 tablespoon dijon mustard

For the Chicken

- 1 tablespoon canola oil
- 1 tablespoon sesame oil
- 3 boneless and skinless chicken breasts cubed into about 1/2 inch pieces
- 1 cup cashews diced, lightly roasted, optional: 1 (8 ounce) can water chestnuts, diced
- 1/2 cup button mushrooms diced
- 1/2 cup yellow onion finely diced
- 2 garlic cloves minced
- 6 Napa cabbage leaves large, optional: iceberg lettuce leaves

Instructions:

For the Stir-Fry Sauce

- Combine all ingredients in a small bowl and set aside.
- For the Dipping Sauce
- Combine the honey and warm water in a medium saucepan. Add the remaining ingredients to the honey & water mix, turn to medium heat and bring to a simmer. Continue cooking for approximately 5 minutes. Place the dipping sauce in a bowl for serving and set aside.

For the Chicken

- Heat the canola oil and sesame oil in a large skillet or wok. On medium-high heat add cubed chicken breast and cook until it has lost its pink color, 8-10 minutes. Drain chicken by pouring off liquid. With the chicken still in the skillet add the, already prepared, Stir-Fry Sauce to the chicken along with water chestnuts, mushrooms, onion, and garlic. Stir-fry for approximately 4-5 minutes on medium heat.
- Place approximately 3/4 cup cooked chicken on individual cabbage leaves, drizzle with dipping sauce. Allow everyone to add additional dipping sauce if they wish. Slightly fold the wrap when eating. A little sauce may spill out but no big deal, just add more, there's plenty to go around. Enjoy!!

Notes

Bragg Liquid Aminos is another Gluten-Free option for soy sauce.

Nutrition Information:

Serving: 1wrap | **Calories:** 123kcal | **Carbohydrates:** 13g | **Protein:** 11g | **Fat:** 3g | **Saturated Fat:** 1g | **Cholesterol:** 27.5mg | **Sodium:** 349mg | **Fiber:** 1g | **Sugar:** 11g

Skinny Bell Pepper Nacho Boats



This healthy spin on a classic Tex-Mex snack will satisfy your cravings without impacting your waistline!

Serving Size: 2 nacho boats

Course: Appetizer, Snack

Cuisine: Mexican, Tex-Mex

Ingredients:

- 3 bell peppers
- 1 pound lean ground turkey
- 1 teaspoon chili powder
- 1 teaspoon cumin
- 1/2 teaspoon black pepper
- 1/4 teaspoon kosher or sea salt
- 3/4 cup salsa no sugar added
- 1 cup cheddar cheese reduced-fat, grated

Instructions:

- Remove seeds, core, and membrane from bell peppers then slice each one into 6 vertical pieces where they dip down. Set sliced bell peppers aside.
- Cook ground turkey over medium-high heat, breaking up as it cooks. Cook until the turkey loses its pink color and is cooked through. Drain off any fat.
- Preheat oven to 375 degrees.
- Combine cooked turkey with spices and salsa. Evenly distribute mixture into the bell pepper boats, top with cheese.
- Bake on a parchment lined baking sheet for 10 minutes or until cheese is melted and peppers are hot. Optional ingredients: sliced Jalapeno peppers, diced avocado, fat-free Greek yogurt or sour cream, or sliced green onions.
- **NOTE:** If you prefer much softer bell peppers, add a few tablespoons water to the bottom of a large casserole dish, add filled nachos, cover tightly with foil and bake 15 minutes.

This recipe makes 18 nacho boats.

Nutrition Information:

Serving: 2 nacho boats | **Calories:** 127kcal | **Carbohydrates:** 4g | **Protein:** 16g | **Fat:** 5g | **Saturated Fat:** 3g | **Cholesterol:** 41mg | **Sodium:** 327mg | **Potassium:** 315mg | **Fiber:** 1g | **Sugar:** 3g | **Vitamin A:** 1550IU | **Vitamin C:** 51mg | **Calcium:** 103mg | **Iron:** 1mg

Chicken Piccata Dinner



This lightened-up Italian dish is low in carbs and budget-friendly so eat up and enjoy.

Serving Size: 1 chicken breast with 3 tablespoons sauce

Course: Dinner

Cuisine: Italian

Ingredients:

- 4 boneless and skinless chicken breasts
- 1/2 teaspoon salt
- 1/4 teaspoon ground pepper
- 1/2 cup plus 2 teaspoons flour
- 1 tablespoon butter softened
- 2 tablespoons olive oil
- 1/4 cup chicken broth low-salt
- 1/4 cup lemon juice freshly squeezed
- 4 tablespoons capers rinsed and drained
- 3 tablespoons parsley finely chopped
- 3 tablespoons lemon zest organic

Instructions:

- Place each chicken breast in between 2 sheets of plastic wrap then pound to tenderize.
- Sprinkle them with half of the salt and pepper.
- On a plate, place the 1/2 cup flour then dredge the chicken on both sides. Shake off the excess.
- In a small bowl, whisk the softened butter and 2 teaspoons flour until creamy. Set aside.
- Over medium heat, in a medium nonstick saucepan, heat 2 tablespoons of olive oil then brown both sides of the chicken, about 4 minutes each or until cooked through. Transfer the cooked chicken to a plate then cover to keep them warm.
- Using the same saucepan, wipe off the excess oil and flour with paper towels. Pour the chicken broth and lemon juice until it boils then whisk in the butter and flour mixture as well as the remaining oil, salt, and pepper. Whisk until everything comes together. Adjust the taste. Add the capers. Put back the cooked chicken and coat them with the sauce. Sprinkle the parsley and the lemon zest then turn off the fire.
- Serve while hot.

Nutrition Information:

Serving: 1 chicken breast with 3 tablespoons sauce | **Calories:** 362kcal | **Carbohydrates:** 16g | **Protein:** 41g | **Fat:** 17g | **Saturated Fat:** 4g | **Cholesterol:** 132mg | **Sodium:** 567mg | **Sugar:** 1g

Crustless Asparagus Quiche



This quiche has a lot of protein and is low in carbs and calories which makes it perfect for those on different diets, plus it is super tasty.

Serving Size: 1 slice

Course: Breakfast, Dinner, Lunch

Cuisine: Universal

Ingredients:

- 2 cups asparagus sliced
- 6 egg whites
- 2 whole eggs
- 1/3 cup onion diced
- 1/2 cup feta cheese low fat, optional parmesan cheese
- 1/2 cup tomatoes diced
- 1/4 teaspoon black pepper
- kosher or sea salt to taste
- pinch of nutmeg
- 1 teaspoon apple cider

Instructions:

- Preheat oven to 350 degrees.
- Combine all ingredients in a medium mixing bowl and pour into a quiche pan or 9-inch glass pie plate.
- Bake at 350° for approximately 45 minutes or until filling is set.

Nutrition Information:

Serving: 1 slice | **Calories:** 85kcal | **Carbohydrates:** 4g | **Protein:** 8g | **Fat:** 4g | **Saturated Fat:** 2g | **Polyunsaturated Fat:** 0.4g | **Monounsaturated Fat:** 1g | **Trans Fat:** 0.01g | **Cholesterol:** 66mg | **Sodium:** 215mg | **Potassium:** 211mg | **Fiber:** 1g | **Sugar:** 2g | **Vitamin A:** 574IU | **Vitamin C:** 5mg | **Calcium:** 86mg | **Iron:** 1m

Skinny Taco Salad in a Jar



This amazing on-the-go recipe is made with clean ingredients that are both healthy and super tasty.

Serving Size: 1.25 cups (1 pint-sized jar)

Course: Dinner, Lunch, Salad

Cuisine: Mexican, Tex-Mex

Ingredients:

Salad

- 1/2 pound ground turkey
- 1 teaspoon chili powder
- 1/2 teaspoon cumin
- 1/4 teaspoon garlic powder
- 1/4 teaspoon sea salt
- 1/2 cup whole-grain tortilla chips broken
- 1/2 cup cheddar cheese reduced-fat, shredded
- 3 cups romaine lettuce chopped
- 1 cup cherry tomatoes halved
- 1/2 cup salsa no sugar added

Creamy Salsa Dressing (optional)

- 2 tablespoons Greek yogurt plain
- 2 tablespoons avocado ripe, mashed
- 1 lime juiced
- 1/4 cup salsa

Instructions:

- Heat a skillet over medium heat and add the turkey. Cook until turkey is no longer pink and cooked through. Add spices, stir to combine and transfer to a bowl and let cool.
- To make the salad, divide the tortilla chips between six jars. Layer each with the salsa, turkey mixture, tomatoes, lettuce, and cheese.
- Make the optional dressing by blending the yogurt, avocado, lime juice, and salsa in a blender. Blend until creamy and smooth. Top the salad with the dressing, seal the jars, and store in the fridge until ready to eat. Eat within 1-2 days for the best results.

Notes

*Nutrition facts include the dressing

Nutrition Information:

Serving: 1.25 cups (1 pint-sized jar) | **Calories:** 196kcal | **Carbohydrates:** 9g | **Protein:** 15g | **Fat:** 12g | **Saturated Fat:** 5g | **Cholesterol:** 48mg | **Sodium:** 469mg | **Fiber:** 2g | **Sugar:** 3g

Smoked and Spicy Roasted Almonds



These zesty almonds are perfect for a quick snack between meals.

Serving Size: 0.25 cup

Course: Snack

Cuisine: Universal

Ingredients:

- 1 tablespoon water
- 1 egg white large
- 2 tablespoons honey
- 1/2 tablespoon garlic powder
- 1 teaspoon kosher salt
- 1/4 teaspoon soy sauce low-sodium
- 1 teaspoon smoked paprika
- 3/4 teaspoon ground cumin
- 1 teaspoon cayenne pepper
- 1 teaspoon ancho chili powder
- 1/4 teaspoon ground black pepper
- 1 pound almonds raw

Instructions:

- Preheat oven to 275 degrees. Line a baking sheet with parchment paper.
- In a large bowl, combine water and egg white. Whisk until foamy. Add remaining ingredients, except for almonds, and whisk well. Using your hands, add the almonds and mix to coat evenly. Spread in a single layer on a prepared baking sheet.
- Bake for 20 minutes, remove from oven and stir. Repeat this two more times for a total oven time of 60 minutes. When completely cooked, the nuts should be dry and slightly darker in color. Allow to cool completely before serving. Store in an airtight container at room temperature.

Nutrition Information:

Serving: 0.25cup | **Calories:** 176kcal | **Carbohydrates:** 9g | **Protein:** 6g | **Fat:** 14g | **Saturated Fat:** 1g | **Sodium:** 81mg | **Fiber:** 4g | **Sugar:** 3g |

Paleo Creole Shrimp with Cauliflower Grits



A Southern favorite, this shrimp and grits recipe is unique but still has all the flavors everybody loves.

Serving Size: 1 cup

Course: Dinner

Cuisine: American, Southern

Ingredients:

Grits

- 12 ounces cauliflower florets package, about 4 cups
- 1 tablespoon olive oil
- 1/2 cup chicken broth organic
- 1/2 cup almond meal
- 1/4 teaspoon salt
- 1/4 teaspoon pepper

Shrimp

- 1 lemon large
- 3 tablespoons olive oil
- 1 onion large, minced
- 4 garlic cloves minced
- 2 pounds shrimp large, peeled and deveined
- 1 teaspoon Creole seasoning
- 1/4 cup parsley fresh, chopped

Instructions:

- To prepare grits, process cauliflower, in batches, in a food processor until cauliflower resembles grits.
- Heat 1 tablespoon oil in a small saucepan over medium heat. Add cauliflower to pan; cook 4 minutes stirring often. Stir in broth, almond meal, salt, and pepper. Cook 12 minutes or until liquid is evaporated, stirring frequently.
- To prepare shrimp, grate the rind from lemon; set aside. Cut lemon in half; squeeze juice into small bowl.
- Heat 3 tablespoons oil in a large nonstick skillet over medium heat. Add onion and garlic. Cook 8 minutes; stirring frequently. Add shrimp, seasoning, lemon rind, and lemon juice.
- Saute 4 minutes or just until shrimp turns pink. Remove from heat, and stir in parsley.
- Serve shrimp mixture over cauliflower grits.

Nutrition Information:

Serving: 1cup | **Calories:** 297kcal | **Carbohydrates:** 7g | **Protein:** 17g | **Fat:** 23g | **Saturated Fat:** 2g | **Cholesterol:** 143mg | **Sodium:** 151mg | **Fiber:** 2g | **Sugar:** 2g |

Balsamic Chicken and Brussels Sprouts



With heart-healthy fats and loads of other nutrients, this scrumptious dish is guilt-free and a great choice for dinner.

Serving Size: 0.25 of recipe

Course: Dinner

Cuisine: Universal

Ingredients:

- 2 tablespoons olive oil
- 1/2 pound Brussel sprouts fresh, halved
- 2 boneless and skinless chicken breasts sliced
- 1 teaspoon thyme leaves fresh
- 1 tablespoon balsamic vinegar
- 1/2 cup walnuts chopped
- 1/4 teaspoon sea salt
- 1/2 teaspoon ground black pepper fresh

Instructions:

- Heat a large sauté pan over medium-high heat. When it's good and hot, add the olive oil, then add the sprouts cut side down. Allow to cook for several minutes until well browned, and then flip.
- Add the chicken to the pan, and season with salt and pepper. Stir and cook until the chicken is well browned, and add the thyme. Continue cooking until the chicken is cooked through, and add the balsamic vinegar and walnuts. Continue cooking until vinegar is reduced and walnuts are toasted before serving.

Nutrition Information:

Serving: 0.25 of recipe | **Calories:** 322kcal | **Carbohydrates:** 7g | **Protein:** 27g | **Fat:** 22g | **Saturated Fat:** 3g | **Cholesterol:** 65mg | **Sodium:** 195mg | **Fiber:** 3g | **Sugar:** 2g

Crispy Kale and Pumpkin Croquettes



Packed with nutritious ingredients, try these one-of-a-kind croquettes at your next meal.

Serving Size: 1 croquette

Course: Appetizer, Side Dish

Cuisine: Universal

Ingredients:

- 4 cups pumpkin diced
- 1 teaspoon coconut oil
- 1/2 cup kale torn into bite sized pieces
- 1/2 cup almond meal
- 1 tablespoon chia seeds
- 1 tablespoon sesame seeds
- pinch of salt and pepper to taste
- 1 teaspoon chili flakes optional
- 1/2 teaspoon cumin powder
- 1 teaspoon turmeric

Instructions:

- Pre-heat oven to 200°C.
- Heat coconut oil in a large pan, and cook kale until crispy; about 5 minutes.
- Bake pumpkin for 45-60 minutes or until tender.
- When cool, process or blend pumpkin until smooth then gently mix in almond meal, chia seeds and sesame seeds.
- Stir in salt, pepper, chili flakes, cumin and turmeric.
- Cradle a tablespoon-sized amount of pumpkin mix in your palm, then press in a few pieces of kale.
- Use a little bit more mix to cover the kale, and continue to make croquettes until finished
- Bake for 15 minutes on an oven tray until firm.
- Serve with green salad and dip.

Nutrition Information:

Serving: 1croquette | **Calories:** 65kcal | **Carbohydrates:** 8.4g | **Protein:** 2.2g | **Fat:** 3.2g | **Saturated Fat:** 0.7g | **Sodium:** 6mg | **Fiber:** 3.4g | **Sugar:** 2.9g |

Grilled Chipotle Chicken & Cauliflower “Rice”



Packed with nutritious ingredients, try these one-of-a-kind croquettes at your next meal.

Serving Size: 0.25 of recipe

Course: Dinner

Cuisine: Universal

Ingredients:

Chipotle Chicken

- 2 garlic cloves minced
- 1 yellow onion small, diced
- 1/4 cup chipotle peppers
- 2 tablespoons white vinegar
- 2 tablespoons water
- 2 tablespoons lime juice
- 1/2 teaspoon ground cumin
- 1/2 teaspoon paprika
- 1/4 teaspoon kosher salt
- 1/2 teaspoon black pepper
- 1 teaspoon hot sauce
- 2 boneless and skinless chicken breasts

Cauliflower “Rice”

- 1 tablespoon coconut oil
- 1 head cauliflower medium
- 2 tablespoons lime juice
- 1/4 teaspoon kosher salt
- 1 tablespoon cilantro fresh, chopped

Instructions:

Chipotle Chicken

- In blender or food processor, combine garlic, onion, chipotle peppers, and vinegar. Puree until smooth. Add remaining ingredients with the exception of chicken.
- Place chicken in medium bowl. Pour half of marinade over chicken, turn chicken to ensure all sides are covered with marinade. Cover bowl with plastic wrap and refrigerate for one hour. Reserve remaining half of marinade for grilling.
- Turn grill to medium-low. Place chicken on grill. Lightly brush chicken with reserved marinade. Cook approximately 6 minutes, occasionally brushing with marinade.
- Turn and cook for an additional 6 minutes and continue brushing with marinade. Cook until no pink remains in the center of the chicken or it reaches an internal temperature of 165 degrees.

Serve with cauliflower "rice."

- Cauliflower "Rice"
- Carefully cut small florets from head of cauliflower. Place in food processor and pulse until cauliflower is minced and resembles rice. In skillet, heat coconut oil on medium heat. Add cauliflower and lightly toast. Add lime juice and salt. Cook until cauliflower begins to lightly brown.
- Remove from heat and stir in fresh cilantro. Serve alongside chipotle chicken.

Nutrition Information:

Serving: 0.25 of recipe | **Calories:** 227kcal | **Carbohydrates:** 12g | **Protein:** 30g | **Fat:** 7g | **Saturated Fat:** 4g | **Cholesterol:** 86mg | **Sodium:** 469mg | **Fiber:** 4g | **Sugar:** 4g

Grilled Salmon & Asparagus With Grated Egg



Salmon, asparagus, and egg create a wholesome dish that's super healthy and delicious.

Serving Size: 4 ounces fish with toppings

Course: Dinner

Cuisine: Universal

Ingredients:

- 1 egg
- 6 asparagus spears
- 1 pound salmon fillet with skin on
- 1/2 teaspoon salt
- 2 tablespoons extra virgin olive oil
- 1 tablespoon balsamic vinegar

Nutrition Information:

Serving: 4 ounces fish with toppings | **Calories:** 246kcal | **Carbohydrates:** 2g | **Protein:** 28g | **Fat:** 14g | **Saturated Fat:** 2g | **Cholesterol:** 107mg | **Sodium:** 274mg | **Fiber:** 1g | **Sugar:** 1g

Instructions:

- Over medium-high heat, in a pot with boiling water, cook the egg for about 7 minutes. When it's cooked and has cooled down, peel and set aside.
- Over medium-high heat, on a dry griddle, grill the asparagus until they are cooked through. When they have cooled down, chop and set aside.
- In a small bowl, mix half of the salt, the balsamic vinegar, and the extra virgin olive oil.
- drizzle them with the extra virgin olive oil and sprinkle with half the salt. Set aside.
- In the same hot griddle, cook the salmon with the skin side down. When you see that the fish is cooking halfway up (you can see the color of the meat changing from the bottom towards up), turn it over and cook the other side. Sprinkle the remaining salt. To serve, lay the fish on the serving plate, distribute the asparagus on top then pour the balsamic vinegar dressing. Grate the hard-boiled egg on top.

Grilled Chicken and Blueberry Salad



With a little crunch and a bright blueberry flavor, this chicken salad will be the star dish of the week.

Serving Size: 1 each

Course: Dinner, Lunch, Salad

Cuisine: Universal

Ingredients:

- 5 cups mixed greens
- 1 cup blueberries
- 1/4 cup almonds slivered
- 2 cups boneless and skinless chicken breasts cooked and cubed

Dressing

- 1/4 cup olive oil
- 1/4 cup apple cider vinegar
- 1/4 cup blueberries
- 2 tablespoon honey
- salt and pepper to taste

Instructions:

- In a large bowl, toss the greens, blueberries, almonds, and chicken breasts until well mixed.
- For the salad dressing, combine the olive oil, apple cider vinegar, blueberries, and honey in a blender. Blend until smooth. Add salt and pepper to taste.

Nutrition Information:

Serving: 1each | **Calories:** 266kcal | **Carbohydrates:** 18g | **Protein:** 10.9g | **Fat:** 17.9g | **Saturated Fat:** 2.6g | **Cholesterol:** 25mg | **Sodium:** 56mg | **Fiber:** 2.7g | **Sugar:** 13.6g |

Paleo-Friendly Meaty Veggie Roll-Ups



A quick and easy snack or lunch, this roll-up will keep you energized throughout the day.

Serving Size: 3 roll ups

Course: Dinner, Lunch, Snack

Cuisine: Universal

Ingredients:

- 12 thick slices unprocessed deli meat we recommend Boar's Head Brand
- 1 cup vegetables sliced
- 12 chives optional

Instructions:

- Place the desired amount of vegetables on a piece of deli meat. Roll tightly, and if desired, use a chive to tie the roll together.
- Pack the rolls in a zip-top plastic bag or airtight container.

Favorite Flavor Combinations:

- Roast beef with red bell pepper strips, carrot sticks, and cucumber slices with mustard for dipping.
- Chicken with apple slices, red cabbage, and pickle strips with Dijon mustard for dipping.
- Turkey with crumbled bacon and sliced avocado with salsa for dipping.

Nutrition Information:

Serving: 3 roll ups | **Calories:** 71kcal | **Carbohydrates:** 1.2g | **Protein:** 11.3g | **Fat:** 2g | **Saturated Fat:** 0.6g | **Cholesterol:** 29mg | **Sodium:** 27mg | **Sugar:** 0.8g

Stuffed Bell Pepper Pizzas



These easy and super tasty Stuffed Bell Pepper Pizzas incorporate all the pizza flavors we love in a nutritious and desirable way.

Serving Size: 1 stuffed pepper

Course: Dinner

Cuisine: American, Italian

Ingredients:

- 4 bell peppers seeds and stems removed, cut in half lengthwise (we used red and yellow)
- 1 pound lean ground turkey optional chicken
- 1/2 cup yellow onion diced
- 3/4 cup pizza sauce we used Rao's no sugar added, all-natural Homemade Pizza Sauce
- 1/2 cup mozzarella cheese part-skim, shredded
- 1/4 cup basil fresh, chopped

Instructions:

- Preheat oven to 375 degrees.
- Cook ground turkey over medium-high heat, breaking up as it cooks. Cook until the turkey loses its pink color and is cooked through. Drain off any fat.
- Combine cooked turkey, diced onion, and pizza sauce.
- Evenly distribute mixture into the bell pepper halves and bake 25 minutes.
- Remove from the oven and sprinkle cheese over top and bake an additional 10 minutes or until cheese is melted and lightly browned. Sprinkle with fresh basil before serving.

Nutrition Information:

Serving: 1 stuffed pepper | **Calories:** 179kcal | **Carbohydrates:** 7g | **Protein:** 13g | **Fat:** 11g | **Saturated Fat:** 4g | **Cholesterol:** 49mg | **Sodium:** 174mg | **Fiber:** 2g | **Sugar:** 4g

Individual Egg & Spinach Bowls



These delicious breakfast egg bowls are balanced, easy to make, and nutritious.

Serving Size: 1 bowl

Course: Breakfast

Cuisine: American

Ingredients:

- 8 egg whites large, recommend free-range
- 1 whole egg
- 1 cup baby spinach torn or chopped into small pieces
- 1/2 cup diced tomatoes
- 1/4 cup feta cheese fat-free
- 1/2 teaspoon black pepper
- kosher or sea salt to taste

Instructions:

- Preheat oven to 350 degrees.
- Whisk together all ingredients in a medium mixing bowl. Lightly mist 4 (1/2 cup) ramekins with nonstick cooking spray and evenly divide egg mixture into bowls.
- Place ramekins on a cookie sheet and bake 20 minutes or until eggs puff and are almost set in the center. Serve hot.

Nutrition Information:

Serving: 1 bowl | **Calories:** 84kcal | **Carbohydrates:** 6g | **Protein:** 11g | **Fat:** 2g | **Saturated Fat:** 1g | **Cholesterol:** 57mg | **Sodium:** 335mg | **Fiber:** 1g | **Sugar:** 2g |

30-Minute Lemon Basil Shrimp and Asparagus



This fresh shrimp and asparagus recipe is a delightful meal for the summer or any time of the year.

Serving Size: 0.5 cup

Course: Dinner

Cuisine: Universal

Nutrition Information:

Serving: 0.5cup | **Calories:** 110kcal | **Carbohydrates:** 7g | **Protein:** 18g | **Fat:** 1g | **Cholesterol:** 143mg | **Sodium:** 645mg | **Fiber:** 3g | **Sugar:** 2g |

Ingredients:

- 2 tablespoons water more as needed
- 2 garlic cloves minced
- 2 tablespoons yellow onion finely minced
- 1 pound shrimp fresh, medium size, peeled, deveined, tails off
- 1/2 teaspoon ginger fresh, grated
- 1/2 teaspoon kosher salt
- 1/4 teaspoon ground black pepper
- 1/4 teaspoon crushed red pepper
- 1 tablespoon lemon juice
- 1 pound asparagus ends trimmed off, cut into 1 inch pieces
- 1 teaspoon lemon zest
- 3 tablespoons basil fresh, roughly chopped

Instructions:

- In a large skillet on medium heat, add the water, garlic, and onion. Cook for about 1 minute or until the garlic and onion are fragrant.
- Stir in the shrimp, ginger, salt, black pepper, red pepper, lemon juice, and asparagus. If the onions and garlic absorbed all of the water, add another 1 tablespoon. Stir well to combine and cover for 2 minutes. Remove the cover, stir, and recover. Repeat this process until the shrimp are pink, firm and cooked through. The asparagus should be bright green and just beginning to soften with a light crunch.
- Stir in the lemon zest and fresh basil. Serve hot and enjoy!

Skinny Breakfast Sausage



Homemade and super delicious, these sausage patties will become your new favorite breakfast item.

Serving Size: 1 sausage patty

Course: Breakfast

Cuisine: American

Ingredients:

- 1 pound lean ground turkey or chicken (hormone and cage free recommended)
- 1/2 teaspoon garlic powder
- 1/2 teaspoon black pepper freshly ground
- 1 teaspoon dried sage
- 1 teaspoon crushed red pepper flakes more or less to taste
- 1 teaspoon dried oregano
- kosher or sea salt to taste

Instructions:

- Combine all ingredients in a large mixing bowl. Make sausage patties to desired size and thickness. I usually get about 8 patties. Uncooked patties can be frozen for up to one month.
- Add patties to a large nonstick skillet and cook on medium heat until brown on both sides and cooked through.

Nutrition Information:

Serving: 1 sausage patty | **Calories:** 85kcal | **Protein:** 10g | **Fat:** 4g | **Saturated Fat:** 1g | **Cholesterol:** 45mg | **Sodium:** 53mg

Sun-Dried Tomato Chicken



This healthy and creamy dish is made in one-pot for easy cooking and cleanup.

Serving Size: 1 chicken breast with 1/4 cup sauce

Course: Dinner

Cuisine: Universal

Ingredients:

- 2 tablespoons olive oil
- 4 boneless and skinless chicken breasts
- 1 yellow onion medium, sliced into thin strips
- 3/4 cup sundried tomatoes roughly chopped (do not use the oil packed tomatoes)
- 2 garlic cloves minced
- 1 teaspoon Italian seasoning
- 1 1/2 cups coconut milk light
- 1 cup chicken broth
- 1/4 cup basil fresh, roughly chopped

Nutrition Information:

Serving: 1 chicken breast with 1/4 cup sauce |
Calories: 372kcal | **Carbohydrates:** 13g | **Protein:** 19g | **Fat:** 27g | **Saturated Fat:** 9g | **Cholesterol:** 66mg | **Sodium:** 190mg | **Fiber:** 2g | **Sugar:** 7g |

Instructions:

- Preheat oven to 400 degrees.
- In a large oven-safe skillet, heat the olive oil. Place the chicken breast in the hot oil and cook each side until lightly browned. It's ok if the chicken is not fully cooked, it will return to the pan to finish cooking later.
- Add the onion, tomatoes, and garlic to the same pan that contained the chicken. Cook, stirring often until the onion is soft and translucent. Stir in the Italian seasoning, coconut milk, and broth. Bring to a simmer and return the chicken to the sauce mixture.
- Cover with foil and place in the oven. Cook 15 to 20 minutes or until chicken is cooked through. Remove from oven and top with fresh basil. Serve hot.

Spinach and Feta Lettuce Wrap



Simple, scrumptious, and super healthy, this lettuce wrap is easy to make for lunch or a snack.

Serving Size: 1 wrap

Course: Lunch, Snack

Cuisine: Universal

Ingredients:

- 1 egg large
- 1 egg white large
- 1/2 cup baby spinach torn into small pieces
- 2 tablespoons feta crumbles fat-free
- 1 roma tomato diced
- pinch of kosher or sea salt
- 1/4 teaspoon black pepper
- 1 lettuce leaf large

Instructions:

- Add all ingredients, except lettuce, to a mixing bowl and whisk to combine. Heat nonstick skillet to medium heat, add egg mixture and cook to desired consistency. Add cooked egg to the edge of lettuce leaf and fold over. Best if eaten immediately.

Nutrition Information:

Serving: 1wrap | **Calories:** 291kcal | **Carbohydrates:** 7g | **Protein:** 7g | **Fat:** 10g | **Saturated Fat:** 5g | **Cholesterol:** 203mg | **Sodium:** 135mg | **Fiber:** 3g | **Sugar:** 3g

Low-Carb Philly Cheesesteaks



This extremely delicious and skinny version of a Philly Cheesesteak will be a hit with both young and old.

Serving Size: 2 lettuce cups

Course: Dinner, Lunch

Cuisine: American

Ingredients:

- 1/2 tablespoon olive oil
- 1 pound lean sirloin steak sliced into very thin strips
- 1/2 teaspoon kosher salt
- 1/4 teaspoon ground black pepper
- 2 teaspoons dry oregano leaves
- 1 yellow onion sliced into strips
- 1 green bell pepper sliced into strips
- 1 red bell pepper sliced into strips
- 8 lettuce leaves large, such as bibb lettuce
- 1/2 cup provolone cheese shredded (reduced-fat if available)
- 2 tablespoons cilantro fresh, roughly chopped

Instructions:

- In a large skillet on high heat, add the olive oil. Once hot, add the steak and season with salt and pepper. Add the oregano, onion, and the green and red bell peppers. Cook for 5 to 10 minutes or until the beef is cooked through and the peppers and onions are soft.
- Spoon the mixture into the lettuce cups and sprinkle cheese on top. Sprinkle with fresh cilantro! Serve hot!

Nutrition Information:

Serving: 2 lettuce cups | **Calories:** 319kcal | **Carbohydrates:** 7g | **Protein:** 29g | **Fat:** 19g | **Saturated Fat:** 8g | **Cholesterol:** 93mg | **Sodium:** 444mg | **Fiber:** 3g | **Sugar:** 2g

Crustless Quiche Loaf



This unique quiche loaf is a healthy and delicious dish for a weekend brunch.

Serving Size: 1 slice

Course: Breakfast, Lunch

Cuisine: Universal

Ingredients:

- 1 cup mozzarella part-skim, shredded
- 6 egg whites large, save yolks if desired
- 6 whole eggs large
- 1/2 teaspoon baking soda
- 1/4 cup milk low-fat
- 2 tomatoes medium, chopped
- 1 yellow bell pepper orange or red work too, stemmed, seeded, and diced
- 2 tablespoons thyme leaves fresh
- 1/4 teaspoon kosher or sea salt
- 1/4 teaspoon black pepper

Instructions:

- Preheat oven to 350 degrees.
- Lightly oil a 9 x 5-inch loaf pan. Whisk together 1/2 cup mozzarella and all other ingredients (except tomatoes) until combined. Add tomatoes and gently toss to combine. Pour mixture into prepared loaf pan and sprinkle with remaining mozzarella.
- Bake for 25 minutes, or until set. A toothpick inserted in the center should come out clean. Cut into slices to serve. Enjoy!

Nutrition Information:

Serving: 1 slice | **Calories:** 97kcal | **Carbohydrates:** 3g | **Protein:** 9g | **Fat:** 5g | **Saturated Fat:** 2g | **Cholesterol:** 143mg | **Sodium:** 300mg | **Fiber:** 1g | **Sugar:** 2g

Grilled Shrimp Salad in an Avocado Shell



This creamy salad is full of nutrients and healthy fats that will leave you satisfied and guilt-free.

Serving Size: 1 cup

Course: Lunch, Salad

Cuisine: Universal

Ingredients:

- 3 avocados
- 1 pound shrimp miniature, peeled and deveined
- 1/4 cup chives or scallions, chopped
- 1 teaspoon paprika
- 1 teaspoon cumin
- 2 red bell peppers roasted, sliced into strips
- 1 tablespoon + 1 teaspoon lemon or lime juice extra teaspoon is reserved for yogurt
- 2 tablespoons olive oil
- 1 teaspoon dijon mustard
- 1 cup Greek yogurt plain, nonfat
- salt and pepper to taste

Instructions:

For the Shrimp

- Cook the baby shrimp either by skewering it, basting with olive oil, sprinkling with salt, and searing it on the grill over high heat for less than a minute on each side OR by getting a saute pan hot, adding 1 tablespoon of olive oil (get the oil hot), and searing the shrimp on both sides, for only 30 seconds or so on each side. You know shrimp is done when it's pink and firm. Shrimp from the grill should have grill marks.

For the Dressing

- In a small bowl or measuring cup, whisk together the dijon mustard, and the lemon or lime juice. Continue whisking while gradually pouring in the olive oil in a thin stream.

For the Red Bell Peppers

- On the stovetop grate of a gas stove, place bell peppers directly onto the flame on medium/high heat. When one side blackens, flip with kitchen tongs, and repeat so that each side should blister and blacken.
- Alternatively, peppers can be placed under the broiler set on high, and flipped as each side blackens. The important part is that the flame must directly have contact with the pepper.
- Remove the peppers and place them in a plastic bag and seal or in a bowl sealed with plastic wrap (to catch the steam for easier peeling).
- After about 10 minutes or more, take the peppers out and peel them. The peppers can be peeled by first removing the stem and the seeds, rubbing the skin with a wet towel, or by using your hands or the back (not the sharp side) of the blade of a knife to rub it off. If the peppers are still hot, kitchen gloves can be used while handling.
- Cut the peeled pepper into small strips.

For the Yogurt Topping

- Combine the yogurt, cumin, paprika and teaspoon of lemon juice in a small bowl. Add salt to taste.

To Prepare the Avocado

- Use a tablespoon to scoop out the inside of each avocado, leaving a generous sized rim around the sides and on the bottom.
- Chop the avocado that has been removed into bite-size pieces.

Put the Salad Together

- In a large bowl, combine the avocado pieces, chopped chives, roasted red pepper, shrimp (remove from the skewer if cooked that way), and the dressing, folding together until creamy. Taste and add as much salt as desired. Spoon into the 6 avocado halves. Top each with a dollop of the smoky yogurt.

To Serve

- Serve the halves on a platter or plate for sharing. Enjoy! This salad can be scooped with baked tortilla chips, or eaten with a small fork or spoon.

Nutrition Information:

Serving: 1cup | **Calories:** 306kcal | **Carbohydrates:** 12.7g | **Protein:** 20.1g | **Fat:** 20.5g | **Saturated Fat:** 3g | **Cholesterol:** 199mg | **Sodium:** 500mg | **Fiber:** 7.8g | **Sugar:** 3.2g |

Chocolate Peanut Butter Popcorn



This sweet popcorn is a tasty and wholesome treat, perfect for an afternoon snack.

Serving Size: 0.5 cup

Course: Dessert, Snack

Cuisine: American

Ingredients:

For the Popcorn

- 8 cups popped popcorn unseasoned
- 1 tablespoon coconut oil
- 1/4 cup peanut butter
- 2 tablespoons maple syrup

For the Chocolate Drizzle

- 1 1/2 tablespoons coconut oil
- 1/4 cup semisweet chocolate chips

Instructions:

For the Popcorn

- Spread the popped popcorn in an even layer on a parchment-lined baking sheet.
- In a small saucepan, melt together the coconut oil, peanut butter, and maple syrup. Once melted and well combined, drizzle over the popped corn and gently toss the popcorn until each kernel is coated in the peanut butter. Let cool.

For the Chocolate Drizzle

- In a small saucepan, melt together the coconut oil and chocolate chips until smooth. Drizzle over the peanut butter popcorn and let cool.
- Serve and enjoy!

Nutrition Information:

Serving: 0.5cup | **Calories:** 164kcal | **Carbohydrates:** 13g | **Protein:** 3g | **Fat:** 12g | **Saturated Fat:** 6g | **Sodium:** 6mg | **Fiber:** 2g | **Sugar:** 7g |

Fried Eggs with Mushrooms & Brussels Sprouts



Skip boring and go straight for intriguing with this yummy and unique breakfast dish.

Course: Breakfast

Cuisine: American

Ingredients:

- 4 eggs large
- 4 cups brussels sprouts halved
- 2 tablespoons olive oil
- 1 pint baby bella mushrooms smaller ones halved and larger ones quartered
- 1/2 cup onions chopped
- 1 garlic clove minced
- 3 tablespoons vegetable stock or water
- 1/4 teaspoon kosher or sea salt
- 1/4 teaspoon black pepper
- 1/4 cup walnuts toasted and coarsely chopped
- 1 thyme sprig for garnish (optional)
- 1/4 cup parmesan cheese grated

Instructions:

- In a sauté pan over medium heat, add olive oil, onions, and brussels sprouts and cook for 5 minutes. Add mushrooms, salt, and pepper. Cook for 12 more minutes, stirring frequently. Add the minced garlic, cook for 30 seconds longer. Add the stock. Cook for 3 minutes or until the stock has evaporated.
- Form 4 spaces between the vegetables. Add eggs to each space. Reduce heat to low and cook for 5 to 8 minutes or until the eggs are cooked through.
- Meanwhile, toast the walnuts in a dry skillet over medium heat on another burner for 3 to 5 minutes. Stir frequently, until golden and fragrant. Remove from pan and allow to cool. Once cool enough to handle then coarsely chop.
- Remove from heat. Sprinkle on walnuts and parmesan. Garnish with thyme, if desired.
- Enjoy!

Nutrition Information:

Calories: 189kcal | **Carbohydrates:** 10g | **Protein:** 10g | **Fat:** 13g | **Saturated Fat:** 3g | **Cholesterol:** 186mg | **Sodium:** 241mg | **Fiber:** 4g | **Sugar:** 3g |

Avocado Hummus



This dip has a fantastic buttery texture and tastes out of this world delicious.

Course: Appetizer, Condiment, Snack

Cuisine: Universal

Ingredients:

- 1 avocado ripe, peeled and pitted
- 15 ounces garbanzo beans can, drained and rinsed
- 2 tablespoons tahini
- 1/2 teaspoon kosher or sea salt
- 2 to 3 tablespoons lime juice freshly squeezed
- 2 garlic cloves minced
- 2 tablespoons extra virgin olive oil

Instructions:

- Add all ingredients to blender or food processor.
- Puree on high until smooth.
- If a thinner dip is desired add some water, 1-2 tablespoons at a time, and puree, adding as needed until desired consistency is achieved.
- Enjoy!

Nutrition Information:

Calories: 168kcal | **Carbohydrates:** 16g | **Protein:** 5g | **Fat:** 10g | **Saturated Fat:** 1g | **Sodium:** 238mg | **Fiber:** 5g | **Sugar:** 2g

Easy Thai Beef Salad



With incredibly delicious flavors, this salad is sure to become a favorite.

Serving Size: 1.5 cup salad with 2 ounces meat

Course: Dinner, Lunch, Salad

Cuisine: Thailand

Ingredients:

- 2 green onions chopped
- 1 cup cilantro fresh, chopped
- 1/2 cup mint leaves fresh, chopped
- 1/4 cup basil fresh, chopped
- 1 cup lime juice
- 1/4 cup soy sauce low-sodium
- 1/2 teaspoon red pepper flakes more or less to taste
- 2 tablespoons honey
- 1 pound lean flank steak
- 1 tablespoon olive oil
- 1 teaspoon kosher salt
- 1/2 teaspoon ground black pepper
- 3 cups romaine lettuce chopped
- 2 cups baby arugula
- 2 cups baby spinach
- 1 cucumber medium, sliced into half moons
- 1 cup grape tomatoes or cherry tomatoes, cut in 1/2 lengthwise

Instructions:

- In a large bowl, combine the green onion, cilantro, mint, basil, lime juice, soy sauce, red pepper flakes, and honey, Stir well and set aside
- Preheat a grill to high heat. Rub the flank steak with olive oil and season with salt and pepper. Cook the steak to the desired doneness. We recommend cooking the steak to medium, or about 5 minutes per side. Remove the steak from the grill and let rest for 5 minutes.
- While the steak is resting, combine the romaine, arugula, and spinach in a large bowl and toss well. Divide between serving bowls. Top the lettuce with the cucumber and tomatoes.
- Slice the steak into strips and lay over the lettuce. Drizzle the cilantro dressing over top. Serve and enjoy!

Nutrition Information:

Serving: 1.5cup salad with 2 ounces meat | **Calories:** 155kcal | **Carbohydrates:** 11g | **Protein:** 14g | **Fat:** 7g | **Saturated Fat:** 2g | **Cholesterol:** 39mg | **Sodium:** 449mg | **Fiber:** 2g | **Sugar:** 6g

Grilled Turkey Veggie Burgers



Try this amazing Turkey Veggie Burger at your next barbecue and you won't be disappointed.

Serving Size: 1 each

Course: Dinner, Lunch

Cuisine: American

Ingredients:

- 1 pound lean ground turkey
- 1 cup carrot grated
- 1 cup zucchini grated
- 2 garlic cloves minced
- 1/2 teaspoon black pepper
- kosher or sea salt to taste
- 2 teaspoons olive oil
- 6 slices whole-grain artisan bread
- 6 romaine heart lettuce leafs
- 1 tomato medium, sliced for 6 servings

Instructions:

- In a large mixing bowl combine the first six ingredients and shape into 6 patties. Patties can be cooked on an outdoor grill, griddle, skillet, or oven broiler. Cook patties over medium heat for about about 12 minutes or until there is no longer any pink color.
- While the burgers are cooking, brush olive oil over one side of bread slices and either broil in the oven, place on a griddle or skillet, and cook until golden and crispy. Add favorite condiments to the burgers and serve immediately.
- Try our Goat Cheese Yogurt Spread, featured in the Turkey Veggie Burger photo.

Nutrition Information:

Serving: 1each | **Calories:** 228kcal | **Carbohydrates:** 15g | **Protein:** 19g | **Fat:** 10g | **Saturated Fat:** 2g | **Cholesterol:** 56mg | **Sodium:** 185mg | **Fiber:** 3g | **Sugar:** 4g

Chicken, Broccoli, and Asparagus Stir Fry



This recipe is not only quick and easy, but healthy!

Serving Size: 1 cup

Course: Dinner

Cuisine: Asian

Ingredients:

- 2 tablespoons sesame oil divided
- 2 garlic cloves minced
- 1 pound asparagus ends trimmed, cut into 1 inch pieces
- 2 cups broccoli chopped into small florets
- 1/2 cup chicken broth
- 3 scallions (green onions) sliced
- 2 tablespoons low sodium soy sauce
- 1/2 tablespoon ginger fresh, minced
- 1 tablespoon honey
- 1 pound boneless and skinless chicken breast cut into 1 inch pieces
- 1 1/2 tablespoons sesame seeds optional

Instructions:

- Heat half of the sesame oil on medium heat. Once hot, add the garlic and cook for about 30 seconds or until fragrant. Add the broccoli, asparagus, and broth. Cover and simmer for about 5 minutes.
- Meanwhile, in a small bowl combine the soy sauce, ginger, honey, and scallions. Whisk well and set aside.
- Remove the broccoli and asparagus from the pan and set aside. In the hot pan, add the remaining oil. Once hot, add the chicken. Cook until the chicken is cooked through, about 7 to 10 minutes.
- Return the broccoli and asparagus to the pan with the chicken. Stir in the soy sauce mixture and cook until hot, about 2 minutes. Remove from heat and top with optional sesame seeds.

Nutrition Information:

Serving: 1cup | **Calories:** 274kcal | **Carbohydrates:** 15g | **Protein:** 29g | **Fat:** 12g | **Saturated Fat:** 2g | **Cholesterol:** 73mg | **Sodium:** 525mg | **Potassium:** 869mg | **Fiber:** 4g | **Sugar:** 8g | **Vitamin A:** 1265IU | **Vitamin C:** 53mg | **Calcium:** 93mg | **Iron:** 4mg |

The Perfect Crockpot Omelet



This scrumptious omelette is a healthy and slow-cooked breakfast everyone will enjoy.

Course: Breakfast

Cuisine: Universal

Ingredients:

- 8 eggs
- 1/2 cup parmesan cheese grated
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1 tablespoon extra virgin olive oil
- 1 onion medium, coarsely chopped
- 1/2 cup carrots peeled and diced
- 1/4 cup string beans ends discarded and coarsely chopped
- 1/2 cup potatoes peeled and diced
- 1/2 cup zucchini diced
- 1/4 cup red bell peppers diced

Instructions:

- In a medium bowl, whisk the eggs, Parmesan cheese, salt and pepper.
- Over medium heat, in a saucepan with extra virgin olive oil, sauté the onions for 2 minutes then add all the vegetables. Cook for 10 minutes or until almost tender.
- Transfer the vegetables to the slow cooker then pour the egg mixture inside making sure that the vegetables are covered well.
- Set on high for 2 hours.

Nutrition Information:

Calories: 168kcal | **Carbohydrates:** 8g | **Protein:** 11g | **Fat:** 10g | **Saturated Fat:** 4g | **Cholesterol:** 224mg | **Sodium:** 421mg | **Potassium:** 273mg | **Fiber:** 1g | **Sugar:** 2g | **Vitamin A:** 2411IU | **Vitamin C:** 16mg | **Calcium:** 143mg | **Iron:** 1mg

Turkey Sausage Egg Roll Bowl



Satisfy your Chinese food cravings with this quick, low-carb alternative that's absolutely delicious.

Serving Size: 1 Cup

Course: Dinner

Cuisine: Chinese

Ingredients:

- 1 pound ground turkey sausage
- 1 tablespoon sesame oil
- 4 cups green cabbage shredded
- 1 cup carrot shredded
- 1 cup red cabbage shredded
- 1/2 cup yellow onion sliced thin
- 4 garlic cloves minced
- 1 tablespoon ginger fresh, minced
- 1 tablespoon soy sauce
- 1/2 teaspoon kosher salt
- 1/2 teaspoon ground black pepper
- 1/4 cup green onions chopped
- 1/4 cup cilantro fresh, chopped (optional)

Nutrition Information:

Serving: 1cup | **Calories:** 255kcal | **Carbohydrates:** 12g | **Protein:** 24g | **Fat:** 13g | **Saturated Fat:** 3g | **Cholesterol:** 85mg | **Sodium:** 933mg | **Fiber:** 3g | **Sugar:** 5g |

Instructions:

- Heat a large skillet over medium heat. Add the turkey sausage and cook, stirring often to crumble, until cooked through. Drain excess fat from the sausage.
- Add the sesame oil followed by the cabbage, carrot, red cabbage, onion, garlic, ginger, soy sauce, salt, and pepper to the skillet with the sausage. Cook for 3 to 4 minutes or until cabbage has softened a bit but is still a little crunchy.
- Remove from the heat and top with green onions and fresh cilantro.

Southwestern Kale Chips



A snack worthy of your tastebuds, these kale chips are healthy and yummy.

Course: Snack

Cuisine: Universal

Ingredients:

- 1 kale bunch rinse and thoroughly dry, remove center stem and discard
- 1/4 teaspoon black pepper
- 1/8 teaspoon cayenne pepper
- 1/2 teaspoon chili powder
- 1/2 teaspoon ground cumin
- 1/8 teaspoon garlic powder
- kosher or sea salt to taste
- 2 tablespoons olive oil
- 2 teaspoons apple cider vinegar

Instructions:

- Preheat oven to 275 degrees.
- Cut or tear kale leaves and into 1 1/2" to 2" inch pieces. In a large mixing bowl, combine all ingredients, except kale. Add kale pieces and toss to coat both sides. It's easier to use your hands rather than a spoon.
- Lay kale pieces individually on a large cookie sheet, turn the leaves over after 10 minutes. Bake until pieces are crispy, approximately 20 minutes.
- Remove chips, spread on a paper towel and cool to room temperature. Store in an airtight container or ziplock bag.

Nutrition Information:

Calories: 88kcal | **Carbohydrates:** 5g | **Protein:** 2g | **Fat:** 7g | **Saturated Fat:** 1g | **Cholesterol:** 5mg | **Sodium:** 30mg | **Fiber:** 2g | **Sugar:** 1g |

One Pot Black Pepper Chicken



With amazing flavors, this one-pot chicken recipe is a cinch to throw together and clean up, plus its made with healthy ingredients everybody will enjoy.

Serving Size: 1 Cup

Course: Dinner

Cuisine: Asian

Ingredients:

- 1 1/2 pounds boneless and skinless chicken breasts cut into cubes
- 1 red bell pepper seeded and cut into strips
- 1 1/2 teaspoons black pepper freshly ground
- 1 inch ginger root fresh, peeled and finely chopped
- 2 garlic cloves peeled and finely minced
- 3 tablespoons lite soy sauce divided, optional coconut aminos, tamari or Bragg Liquid Aminos
- 3 tablespoons white vinegar divided
- 1 tablespoon coconut palm sugar or honey
- 2 tablespoons olive oil

Instructions:

- Whisk together in a medium-sized bowl, half of the soy sauce, half of the vinegar, and the sweetener. Add the chicken and toss to coat. Place in the fridge to marinate for 30 minutes.
- Add oil to a skillet and heat to medium-low. Add the garlic and ginger and cook for 30 seconds, just until garlic is golden and fragrant, but not burnt.
- Add the marinated chicken with any juices in the bowl and cook for 3 minutes. Add the bell pepper strips, remaining soy sauce and vinegar, and black pepper and stir. Cook for about 10 minutes until peppers have softened and chicken is cooked through.
- Spoon chicken over or alongside brown rice or quinoa.

Notes

Tip: To have chicken with a crisper texture, sear on medium-high heat for 5-6 minutes, without adding the extra marinade. Add the marinade to a small pot and cook down slightly until it thickens up a touch. You might try adding a little cornstarch for a thicker marinade. Then, add to the crusted chicken and other ingredients as stated in the directions.

Nutrition Information:

Serving: 1cup | **Calories:** 199kcal | **Carbohydrates:** 4g | **Protein:** 27g | **Fat:** 8g | **Saturated Fat:** 1g
| **Cholesterol:** 83mg | **Sodium:** 341mg | **Fiber:** 1g | **Sugar:** 2g

Southwestern Spaghetti Squash



Perfect for any day of the week, this spaghetti squash recipe is full of savory southwestern flavors that are sure to please everyone.

Serving Size: 1.5 Cup

Course: Dinner

Cuisine: American

Ingredients:

- 1 spaghetti squash
- 1/8 cup olive oil divided
- 3/4 teaspoon salt divided
- pepper to taste
- 1 garlic clove minced
- 1 onion medium, minced
- 10 ounces ground turkey
- 15 ounces black beans can, drained
- 1 1/2 cups salsa
- 1 tablespoon Skinny taco seasoning
- 1 tablespoon lime juice
- 3 1/2 ounces mozzarella ball low-fat, roughly chopped
- 1 tomato large, finely chopped
- 1/4 cup chives fresh, roughly chopped (can be replaced with other herbs like cilantro or parsley)

Instructions:

- Preheat the oven to 375 degrees F.
- Slice the squash vertically in half then sprinkle the pulp side with 1/4 teaspoon salt and a dash of pepper then drizzle the half of the olive oil. Place the squash skin side up on a baking pan. Bake between 30 - 40 minutes or until tender.
- While waiting for the squash to cook, prepare the sauce. Over medium heat, in a medium saucepan with the remaining olive oil, sauté the garlic and onion for a minute. Add the turkey then toss until cooked through. Add the black beans, salsa and taco seasoning. Cook for another 10 minutes. Add the lime juice then add the remaining salt and pepper.
- When the squash is cooked, take it out then, stab the pulp side with a fork and shred the pulp. Transfer to the serving bowls.
- Distribute the sauce on top of the spaghetti squash then garnish with the mozzarella, tomatoes and chives.

Nutrition Information:

Serving: 1.5cups | **Calories:** 247kcal | **Carbohydrates:** 20g | **Protein:** 19g | **Fat:** 11g | **Saturated Fat:** 4g | **Cholesterol:** 50mg | **Sodium:** 336mg | **Fiber:** 7g | **Sugar:** 4g |

high protein

SHOPPING LIST

Grab it, bag it, get ripped!

30
DAY

high protein

SHOPPING LIST: WEEK 1

MEAT/POULTRY

- 1 Rotisserie Chicken
- 9 boneless, skinless, Chicken Breast Fillets
- 4 (1-inch thick) bone-in Pork Chops
- 3 pounds Lean Ground Turkey
- 2 pounds Lean Beef Chuck
- 1 pound Extra Lean (93/7) Ground Beef or Bison

SEAFOOD

- 4 (4-5 oz.) Salmon Fillets (with skin)
- 1 pound Raw Shrimp

DAIRY

- ¼ cup Fat-Free Ricotta
- ½ cup Fat-Free Feta, crumbled
- ⅔ cup Parmesan Cheese, shredded
- 1 (12 oz.) container of Fat-Free Plain Greek Yogurt
- ½ cup Low-Fat Vanilla Greek Yogurt
- 17 Eggs
- 8 Egg Whites
- ½ gallon of Skim Milk

FLOUR/GRAINS

- Coconut Flour
- All-Purpose Flour
- 1 cup of Whole Wheat Bread, cubed

PRODUCE

- 6 cups of Kale
- 1 bunch of Asparagus
- 1 cup of Spinach
- ½ a head of Cabbage
- 1 head of Broccoli Florets
- ⅔ cup of Grape Tomatoes
- 2 cups of Cherry Tomatoes
- 2 tablespoons of Mushrooms, diced
- 1 Avocado
- 1 Orange
- 1 cup of Strawberries
- 1 Banana
- ⅔ cup of Celery, chopped
- 2 medium Cucumbers
- 3 medium Zucchini
- 4 Yellow Onions
- 1 Red Onion
- 1 bunch of Green Onions (Scallions)
- ¾ cup of fresh Basil
- 1 ½ cups of fresh Parsley
- 1 teaspoon of fresh Oregano
- 4 tablespoons of fresh Sage

NUTS, SEEDS & OILS

- ¼ cup of toasted Cashews, chopped
- ¼ cup of roasted Sesame Seeds
- 2 oz. of Almonds
- Extra Virgin Olive Oil
- Olive Oil
- Clean-Eating Pesto
- Canola Oil
- White Wine Vinegar

CONDIMENTS

- Clean Mayo
- Worcestershire Sauce
- Honey
- Maple Syrup
- Dijon Mustard

SPICES & EXTRACTS

- Black Pepper
- Kosher Salt
- Cumin
- Cinnamon
- Cayenne Pepper
- Paprika
- Ancho Chili Powder
- Dried Oregano
- Dried Basil
- Dried Thyme
- Crushed Red Pepper Flakes

OTHER

- Baking Powder
- Vanilla Protein Powder (recommend Tera's Protein Powder)
- 4 Bamboo or Metal Skewers

BOTTLED, JARRED & CANNED PRODUCTS

- 1 jar of Minced Garlic, large
- 1 jar of Minced Jalapeno Peppers
- 1 jar of Capers
- 1 jar of Artichoke Hearts, diced
- 1 jar of Roasted Red Peppers
- 1 jar of Kalamata Olives, pitted & chopped
- 1 can of Green Chillies, chopped
- 1 (6 oz.) can of Tuna, in water
- 3 (14 oz.) cans of Tomatoes, diced
- 1 (15 oz.) can of Stewed Tomatoes
- 1 (15 oz.) can of low-sodium Tomato Sauce
- 3 cups of fat-free, low-sodium, Beef Stock
- 1 $\frac{3}{4}$ cups of low-sodium, Chicken Broth (no sugar added)
- 1 (13.5 oz.) can of Coconut Milk
- 1 (16 oz.) bottle of Lime and/or

30
DAY

high protein

SHOPPING LIST: WEEK 2

MEAT/POULTRY

- 1 ½ pounds Lean Beef Chuck
- 1 pound Lean Ground Beef
- 2 pounds Flank Steak
- 1 pound Lean Ground Turkey
- 1 pound Turkey Sausage
- 9 boneless, skinless, Chicken Breast Fillets
- 4 slices of Canadian Bacon,diced
- 2 strips of nitrate-free Turkey

DAIRY

- 13 Eggs
- 16 Egg Whites
- 5 cups of low-fat, Cheddar Cheese, shredded
- 1 package of reduced-fat, Provolone Cheese slices
- 1 cup of Cheddar Cheese,grated
- ½ gallon of Skim Milk

FLOUR/GRAINS

- All Purpose Flour
- Plain, Whole Wheat Breadcrumbs
- 6 cups of Whole Wheat Bread, cubed

PRODUCE

- 1 pound of Russet (Idaho) Potatoes
- 2 large Carrots, chopped
- 2 stalks of Celery
- 6 large Napa Cabbage Leaves
- 5 large Tomatoes
- 3 medium Cucumbers
- 2 Avocados
- 1 pound of White Mushrooms
- ¾ cup of Button Mushrooms
- 1 Shallot
- 5 Yellow Onions
- 5 Green Bell Peppers
- 2 Red Bell Peppers
- 1 Yellow Bell Pepper
- ¾ cup Red Onion
- ½ cup Green Onion
- 1 sprig of fresh Rosemary
- 3 sprigs of fresh Thyme
- 1 ¼ cups of fresh Parsley
- 1 Banana
- 5 Lemons
- 2 Limes
- 3 Oranges

NUTS, SEEDS & OILS

- Natural Peanut Butter
- 1 cup of lightly-roasted Cashews
- Extra Virgin Olive Oil
- Olive Oil
- Coconut Oil
- Canola Oil
- Sesame Oil
- Butter

CONDIMENTS

- Balsamic Vinegar
- Rice Wine Vinegar
- Lite Soy Sauce
- Dijon Mustard
- Ketchup
- Honey
- Clean Mayo

BOTTLED, JARRED & CANNED PRODUCTS

- 1 jar of Minced Garlic, large
- $\frac{3}{4}$ cup of salsa, no sugar added
- 1 jar of Capers
- 1 cup of low-sodium Beef Stock
- $\frac{1}{4}$ cup of low-sodium Chicken Broth
- 1 (5 oz.) can of Tuna, in water

SPICES & EXTRACTS

- Black Pepper
- Kosher Salt
- Cayenne Pepper
- Chili Powder
- Cumin
- Paprika
- Dried Oregano
- Dried Bay Leaves

OTHER

- 3 cups of Pinot Noir
- Toothpicks
- Coconut Aminos
- 20 (1.25 - 1.5 oz.) paper or foil cups

30
DAY

high protein

SHOPPING LIST: WEEK 3

MEAT/POULTRY

- 2 ½ pounds of Ground Turkey
- 6 boneless, skinless, Chicken Breasts
- 4 slices of pre-cooked, nitrate-free, Canadian Bacon, diced
- 12 thick slices of unprocessed Deli Meat, recommend Boar's Head

SEAFOOD

- 2 pounds of large Shrimp, peeled and deveined
- 1 pound of medium Shrimp, peeled, deveined, tails off
- 1 pound of Salmon Fillet (skin on)

DAIRY

- 15 Egg Whites
- 10 Eggs
- ¾ cup of low-fat Feta Cheese
- ½ cup of reduced-fat
- Cheddar Cheese, shredded
- 1 ½ cups of reduced-fat Sharp Cheddar Cheese, grated
- ½ cup of part-skim Mozzarella Cheese, shredded
- 2 tablespoons of Plain Greek Yogurt

FLOUR/GRAINS

- ½ cup of Whole Grain Tortilla Chips
- 1 cup Almond Meal

PRODUCE

- 1 ¾ pound of Asparagus
- ½ cup of Kale
- 2 Yellow Onions
- 1 Green Bell Pepper
- 3 Yellow Bell Peppers
- 4 Red Bell Peppers
- ¼ cup of Chipotle Peppers
- 1 cup of Tomatoes, diced
- 1 cup of Cherry Tomatoes
- 3 cups of Romaine Lettuce, chopped
- 5 cups of Mixed Greens
- ½ cup of Baby Spinach
- 1 (12 oz.) package of Cauliflower Florets
- 1 head of Cauliflower
- ½ pound of fresh Brussels Sprouts
- 4 cups of Pumpkin, diced
- 1 Avocado
- 1 Lime
- 2 Lemons
- 1 ¼ cups of Blueberries
- ¼ cup of fresh Parsley
- 1 teaspoon of fresh Thyme Leaves
- ½ cup of fresh Basil
- 1 tablespoon of fresh Cilantro
- ½ teaspoon of fresh Ginger
- 12 Chives
- 1 cup of sliced Vegetables for Meaty Veggie Roll-ups (your choice)

CONDIMENTS

- Honey
- Lite Soy Sauce
- Balsamic Vinegar
- White Vinegar
- Apple Cider Vinegar
- Hot Sauce
- Pizza Sauce

BOTTLED, JARRED & CANNED PRODUCTS

- 1 ½ cups Salsa, no sugar added
- 1 jar of Minced Garlic, large
- ½ cup of organic Chicken Broth
- 1 bottle of Lime Juice
- 1 bottle of Lemon Juice

SPICES & EXTRACTS

- Black Pepper
- Kosher Salt
- Chili Powder
- Chili Flakes
- Crushed Red Pepper
- Cayenne Pepper
- Smoked Paprika
- Paprika
- Cumin
- Garlic Powder
- Creole Seasoning
- Turmeric

NUTS, SEEDS & OILS

- 1 pound of raw Almonds
- ¼ cup of Slivered Almonds
- ½ cup of Walnuts
- 1 tablespoon of Chia Seeds
- 1 tablespoon of SesameSeeds
- Extra Virgin Olive Oil
- Olive Oil
- Coconut Oil

30
DAY

high protein

SHOPPING LIST: WEEK 4

MEAT/POULTRY

- 2 pounds of Lean Ground Turkey or Chicken
- 1 pound of Ground Turkey Sausage
- 6 boneless, skinless, Chicken Breasts
- 1 pound of Lean Sirloin Steak
- 1 pound of Lean Flank Steak

SEAFOOD

- 1 pound of Miniature Shrimp, peeled & deveined

DAIRY

- 25 Eggs
- 7 Egg Whites
- 2 tablespoons of fat-free Feta Crumbles
- ½ cup of low-fat Provolone Cheese, shredded
- 1 cup of low-fat Mozzarella, shredded
- 1 cup of Parmesan Cheese, grated
- ½ gallon of reduced-fat Milk
- 1 cup of nonfat, plain Greek Yogurt
- ½ cup of low-fat Vanilla Yogurt

FLOUR/GRAINS

- 6 slices, Whole Grain Artisan Bread

PRODUCE

- 2 cups of Cauliflower Rice
- 8 cups of Brussels Sprouts
- 1 small bunch of Asparagus
- 2 cups of Broccoli Florets
- 2 pints of Baby Bella Mushrooms
- 4 oz. of Celery Sticks
- 1 medium Cucumber
- 2 ½ cups of Carrots, shredded
- ¼ cup of String Beans
- 1 ½ cups of Zucchini, chopped
- 6 Yellow Onions
- 1 Green Bell Pepper
- 5 Red Bell Peppers
- ½ cup of Potatoes
- 4 Avocados
- 9 large Bibb Lettuce Leaves
- 6 large Romaine Lettuce Leaves
- 3 cups of Romaine Lettuce
- 2 ½ cups of Baby Spinach
- 2 cups of Baby Arugula
- ¾ cup of Sundried Tomatoes, NOT in oil
- 1 Roma Tomato
- 3 medium Regular Tomatoes
- 1 cup of Grape Tomatoes
- 4 cups of Green Cabbage
- 1 cup of Red Cabbage
- 1 cup of Scallions
- ½ cup of fresh Basil
- 2 tablespoons of fresh Ginger
- 1 ½ cups of fresh Cilantro
- 4 tablespoons of fresh Thyme Leaves
- ½ cup of fresh Mint Leaves

CONDIMENTS

- Dijon Mustard
- Maple Syrup
- Tahini
- Honey
- Lite Soy Sauce

SPICES & EXTRACTS

- Black Pepper
- Kosher Salt
- Garlic Powder
- Dried Sage
- Cumin
- Paprika
- Dried Oregano
- Italian Seasoning
- Crushed Red Pepper Flakes

NUTS, SEEDS & OILS

- Peanut Butter
- ½ cup of Walnuts
- 2 tablespoons of Sesame Seeds
- Olive Oil
- Extra Virgin Olive Oil
- Coconut Oil
- Sesame Oil

BOTTLED, JARRED & CANNED PRODUCTS

- 1 jar of Minced Garlic, large
- 1 (12 oz.) can of Light Coconut Milk
- 1 cup of Chicken Broth
- ¼ cup of Vegetable Stock
- 1 bottle of Lime Juice
- 1 bottle of Lemon Juice
- 1 (15 oz.) can of Garbanzo Beans

OTHER

- Baking Soda
- 16 cups of popped Popcorn, unseasoned
- ½ cup of Semi-Sweet Chocolate Chips

30
DAY

high protein

SHOPPING LIST: WEEK 5

MEAT/POULTRY

- 1 ½ pounds of boneless, skinless Chicken Breasts
- 10 oz. of Ground Turkey

SEAFOOD

- 2 pounds of large Shrimp, peeled and deveined
- 1 pound of medium Shrimp, peeled, deveined, tails off
- 1 pound of Salmon Fillet (skin on)

DAIRY

- 5 Eggs
- 1 Egg White
- 2 tablespoons of fat-free Feta Crumbles
- 1 (3 ½ oz.) low-fat Mozzarella Ball

FLOUR/GRAINS

- ½ cup of Whole Grain Tortilla Chips
- 1 cup Almond Meal

PRODUCE

- 1 bunch of Kale
- 1 Spaghetti Squash
- 1 Red Bell Pepper
- ½ cup of Baby Spinach
- 1 Yellow Onion
- 1 Roma Tomato
- 1 Regular Tomato
- 1 large Romaine or Bibb Lettuce Leaf
- 1-inch of fresh Ginger Root
- ¼ cup of fresh Chives

NUTS, SEEDS & OILS

- Olive Oil

CONDIMENTS

- Apple Cider Vinegar
- White Vinegar
- Lite Soy Sauce
- Honey
- Yellow Mustard

BOTTLED, JARRED & CANNED PRODUCTS

- 1 jar of Minced Garlic, large
- 1 (15 oz.) can of Black Beans
- 1 ½ cups of Salsa
- 1 bottle of Lime juice

SPICES & EXTRACTS

- Black Pepper
- Kosher Salt
- Cayenne Pepper
- Chili Powder
- Ground Cumin
- Garlic Powder
- Paprika
- Taco Seasoning

Before Heading to the Grocery Store:

Remember to take inventory of your pantry and fridge before heading to the store. Knowing what you already have, and what you still need to get, will help you save time and money. With that being said, we've built these shopping lists utilizing leftover ingredients as much as possible. Items like flour, oats, condiments, juices, and spices, may not be on the list each week, but will most likely be needed. Save these leftover ingredients, you will use them eventually.

If you have the time, you might want to consider alternatives to grocery stores, in order to save money. For instance, you can typically get meat cheaper if you buy it in bulk at a wholesale store, like Costco. Furthermore, instead of buying produce at the supermarket, you may be able to get higher-quality, less-expensive fruit and vegetables at farmers markets and produce stands. Get creative!

At the Store:

Once you get to the store, make sure that you stick to what's on the list. Trust us, this meal-plan is chock-full of a wide variety of tasty foods! You don't need any extras!

When it comes to meal-prepping, we strongly recommend investing in the right containers. Make sure you have enough for at least 3 meals and 1 snack per day, for a minimum of 3 days. Remember to buy big containers for your bulk items like rice, meat, stews, and vegetables, too!

Buy in bulk where you can. We're not just referring to meat and seafood but also things like condiments, cheese, oils, nuts, spices, grains, and more! Not only will this save you some money, but it will also make next week's list shorter! If it has a long shelf-life, buy it in bulk!

When you get home:

As stated above, you should be prepping food for a minimum of 3 days out -- however, 7 days would be fantastic. If you have meat, or anything else that needs to be frozen, just make sure you thaw it out the day before your next prep day!

There are a few helpful questions that you can ask yourself, that will potentially save you a ton of time throughout the week... After you get home from the store, look over the next few days worth of recipes:

1. Does anything need to be marinated?
2. Is there any meat that can be cooked ahead of time stored for later?
3. Are there any fruits, veggies, or herbs that need to be washed, cut, sliced, or diced?
4. Are there any cheeses or spices that need to be shredded or grated?
5. Is there anything (yogurt, fruit, veggies, nuts...) that you can divvy up and package now, instead of later?
6. Are there any dressings, sauces, sides, or snacks that can be made ahead of time?

The ability to multitask will come in extremely handy when meal-prepping. Utilize the crock-pot, instant pot, skillet, oven, etc... all at the same time. Once you get a meal in the crock-pot, begin assembling the casserole. After you get the casserole in the oven, throw the next recipe in the instant pot.

Remember, most meals can be frozen. If you have the time now, prepare them now and freeze them (just make sure you package each meal separately.) Also, extra leftovers can take the place of new meals, if you're in a crunch.

The more that you can do now, the smoother each week will go! Sunday is the most popular meal prep day, but you can do it whenever you have the most free time! It may seem like you're spending a lot of time in the kitchen, but taking one day to prep your meals will actually save you more time throughout the week, overall.

high protein

CHEAT SHEET



Protein hacks for pros!

TABLE OF CONTENT

<u>Why is protein important?</u>	03
<u>How much protein do I need per day?</u>	03
<u>What are high protein foods?</u>	04
<u>What high protein foods are good for me?</u>	05
<u>HOW to Hit Your Proteins</u>	06

Why is protein important?

Since you're here for the cheat sheet, and I know you want to DIVE IN, let's go with a quick summary of why eating enough protein is so important.

- Protein is involved in countless reactions and processes throughout the body.
- Your body is always breaking down and rebuilding proteins.
- Protein overfeeding studies suggest that it seems to be near impossible to store protein as body fat, even in a calorie surplus.
- Protein helps you build and maintain muscle mass.
- It's the most satiating macronutrient, meaning it keeps you fuller longer.
- With a whopping 20-30%, protein has the highest thermic effect of all macronutrients.

Long story short, you should probably address your protein intake

How much protein do I need per day?

It depends! For most people a optimal protein intake seems to be around 1.8g – 2.2g/kg (0.8-1g/lbs) of lean body mass or goal weight.

To calculate your calories and macros, check out our TDEE or Weight Loss calculator.

Technically, you don't have to go all the way up to 2.2g/kg. Though that's what we have seen work best with our nutrition coaching clients over the years. Especially when dieting, you'll want plenty of protein to stay full and battle cravings.



What are high protein foods?

As you saw above, I split The Definitive Protein Cheat Sheet into 5 sections...

Some foods are considered 'high quality', 'complete' proteins. These contain a full spectrum of essential amino acids. Other options, like most plant based sources, are considered 'incomplete', medium-protein alternatives.

- Land animal sources – These high quality protein sources are complete, and well-absorbed by the body. Both lean (low fat) and higher-fat cuts of meat are essential parts of a healthy diet.
- Sea animal sources – Fish and other sea animals like shrimps and lobster. These high quality sources include some of the leanest, or 'pure' protein sources out there. Also the fattier options, like salmon, are incredibly healthy for you – get those omega 3's!
- Other animal sources – Eggs and dairy products (e.g. skyr, cottage cheese) are lower in protein per 100g, but are among the highest quality protein sources you'll find.
- Supplements – First, make sure most of your protein intake comes from minimally-processed, REAL foods. Then, feel free to supplement your diet with a daily scoop of quality whey, casein, or combined plant based protein powder. Especially if you're vegetarian/vegan, or someone with a protein target of about 160g+, I'd say go with 2 scoops a day.
- Protein-rich alternatives – These include your plant based options. Although these foods are really medium-protein carb and/or fat sources, they can work as great alternatives! Typically these foods aren't considered 'complete' proteins. However if you hit your intake and eat a varied diet, you'll likely be fine.



'What high protein foods to eat for fat loss and muscle gain - The Definitive Protein Cheat Sheet'

What high protein foods are good for me?

Plenty of options, right?

(I did my best to include as many protein sources I could think of. Though if your favorite protein source isn't on the list,

Now, with so many options, you might be wondering which foods are going to be 'best' for YOU. Right?

Below you'll find 6 criteria for deciding on which proteins to go for.

To figure out what protein foods you want to include in your diet, ask yourself:

- Is it a complete protein source?
 -
- Do I have any sensitivities/allergies to this food?
 -
- Do I digest it well? (Especially important with dairy)
 -
- Do I go with a lean/fattier option? (Check both calories and protein contents)
 -
- Do I enjoy eating this food? (Super important!)
 -
- Does it align with my values? (Think veganism, certain religions, etc.)



HOW to Hit Your Proteins



Knowing what to eat to hit your proteins and why it's so important is one thing, but I can imagine you also want to know how.

Hitting your proteins isn't difficult, it's just that most times people don't plan well.

9/10 times you go about your day, and collect some protein here and there, without much intention. By the end of the day, you're then left with 100g+ of protein to catch up on, which of course is hard to do.

(Your digestion also won't be too happy either.)

We could get into the 'best hacks' or 'top protein foods' for catching up on your protein intake at the end of the day... But as you already know – if you've been spending some time on the blog – we want to be PRO-active here, not reactive.

You see, you don't just hit your daily protein target. Instead you make sure to get enough protein with every meal.

That said, here's how to effortlessly hit your protein:

Step 1) As you learned above, first multiply your goal weight by 1.8g – 2.2g/kg (0.8–1g/lbs) of your goal weight.

Step 2) Then, decide how many meals you want to have. Most of our online nutrition coaching clients go with about 4–5 meals a day.

Step 3) Next, divide your daily protein goal by the amount of meals you want to eat.

Step 4) Per meal, choose which protein you want to have. Most people need about 30g per meal to hit their daily intake. Of course, you do need to tweak the amounts depending on your optimal protein goal if you need more.
... Now you know why The Definitive Protein Cheat Sheet includes a column that shows you exactly how much of a food to eat to hit 30g of protein!

In-between-step) If you track your food in an app like Cronometer, great! Then go ahead and pre-log your proteins. Pro-tip: while you're at it, you might as well log the rest of what you're planning to eat too

Step 5) Finally, all you need to do is actually eat your proteins!

Follow these steps, and you'll never NOT hit your proteins anymore.
You see, it's really not that difficult.
It just requires some planning!

Land Protein Sources	Calories	Protein	Carbs	Fats	For 30g of Protein:	
Pork tenderloin, separable lean only	104 kcal	21.0g	0.0g	2.2g	143g	5.0 oz
Turkey breast (skinless)	109 kcal	23.7g	0.1g	1.5g	127g	4.5 oz
Ruffed Grouse, breast, skinless, raw	112 kcal	25.9g	0.0g	0.9g	116g	4.1 oz
Pork sirloin, boneless, separable lean only	115 kcal	22.8g	0.0g	2.6g	132g	4.6 oz
Moose	126 kcal	29.3g	0.0g	1.0g	102g	3.6 oz
Duck, meat only	131 kcal	18.3g	0.9g	6.0g	164g	5.8 oz
Goat	135 kcal	27.1g	0.0g	3.0g	111g	3.9 oz
Venison	150 kcal	30.2g	0.0g	3.2g	99g	3.5 oz
Ground Turkey, fat free	151 kcal	31.7g	0.0g	2.7g	95g	3.3 oz
Elk	154 kcal	30.8g	0.0g	3.4g	97g	3.4 oz
Reindeer	159 kcal	29.8g	0.0g	4.4g	101g	3.6 oz
Beef Steak, Sirloin, No Visible Fat Eaten	160 kcal	29.9g	0.0g	4.5g	100g	3.5 oz
Chicken breast (skinless)	164 kcal	30.9g	0.0g	4.5g	97g	3.4 oz
Chicken thigh, skin removed	165 kcal	27.7g	0.0g	6.0g	108g	3.8 oz
Ground Bison or Buffalo	179 kcal	25.5g	0.0g	8.6g	118g	4.1 oz
Beef liver	185 kcal	29.1g	5.1g	5.3g	103g	3.6 oz
Lamb Chops, Loin, No Visible Fat Eaten	196 kcal	28.4g	0.0g	9.2g	106g	3.7 oz
Beef Steak, Tenderloin, No Visible Fat Eaten	204 kcal	30.7g	0.0g	9.0g	98g	3.4 oz
Hamburger or Ground Beef, 90/10	206 kcal	26.6g	0.0g	11.1g	113g	4.0 oz
Ground Turkey, lean, 93/7	213 kcal	27.1g	0.0g	11.6g	111g	3.9 oz
Chicken thigh, skin eaten	232 kcal	28.2g	0.0g	13.2g	106g	3.8 oz
Hamburger or Ground Beef, 85/15	233 kcal	25.9g	0.0g	14.4g	116g	4.1 oz

Other Animal Sources	Calories	Protein	Carbs	Fats	For 30g of Protein:	
Egg whites	48 kcal	10.9g	0.7g	0.2g	275g	9.7 oz
Greek yoghurt, nonfat	59 kcal	10.2g	3.6g	0.4g	294g	10.4 oz
Skyr	59 kcal	10.6g	3.8g	0.2g	283g	10.0 oz
Greek yoghurt, lowfat	74 kcal	10.4g	3.9g	1.9g	288g	10.2 oz
Low fat yoghurt, 2% fat	82 kcal	10.5g	4.8g	2.3g	286g	10.1 oz
Cottage cheese, 4% fat	97 kcal	11.1g	3.4g	4.3g	270g	9.5 oz
Egg, whole *	150 kcal	12.6g	1.1g	10.6g	238g	8.4 oz

*Most calories from fats

Sea Protein Sources	Calories	Protein	Carbs	Fats	For 30g of Protein:	
Cod	78 kcal	17.8g	0.0g	0.7g	169g	5.9 oz
Crab Leg	78 kcal	17.9g	0.0g	0.7g	168g	5.9 oz
Clams	82 kcal	14.7g	3.6g	1.0g	204g	7.2 oz
Flounder	82 kcal	15.2g	0.0g	2.4g	197g	7.0 oz
Lobster	84 kcal	19.0g	0.0g	0.9g	158g	5.6 oz
Halibut	86 kcal	18.6g	0.0g	1.3g	161g	5.7 oz
Canned Tuna (Water), Drained	87 kcal	19.4g	0.0g	1.0g	155g	5.5 oz
Pollock	87 kcal	19.4g	0.0g	1.0g	155g	5.5 oz
Shrimp	100 kcal	24.0g	0.2g	0.3g	125g	4.4 oz
Scallops	111 kcal	20.5g	5.4g	0.8g	146g	5.2 oz
Grouper	111 kcal	24.8g	0.0g	1.3g	121g	4.3 oz
Snapper	121 kcal	26.3g	0.0g	1.7g	114g	4.0 oz
Anchovy	124 kcal	20.4g	0.0g	4.7g	147g	5.2 oz
Tilapia	129 kcal	26.2g	0.0g	2.7g	115g	4.0 oz
Tuna	137 kcal	23.3g	0.0g	4.9g	129g	4.5 oz
Yellowtail	139 kcal	23.1g	0.0g	5.2g	130g	4.6 oz
Trout	143 kcal	20.8g	0.0g	6.6g	144g	5.1 oz
Canned Sardines, Drained	150 kcal	23.2g	0.0g	6.3g	129g	4.6 oz
Herring	153 kcal	18.0g	0.0g	9.0g	167g	5.9 oz
Canned Sardines (Water), Drained	195 kcal	25.3g	0.0g	10.4g	119g	4.2 oz
Mackerel	200 kcal	18.6g	0.0g	13.9g	161g	5.7 oz
Salmon	202 kcal	20.4g	0.0g	13.4g	147g	5.2 oz

Supplements	Calories	Protein	Carbs	Fats	For 30g of Protein:	
Soy protein powder	384 kcal	88.3g	0.0g	3.4g	34g	1.2 oz
Pea protein powder	364 kcal	76.7g	3.0g	5.0g	39g	1.4 oz
Whey protein powder, 24g per scoop *	382 kcal	75.9g	12.5g	3.1g	40g	1.4 oz
Whey protein powder, 18g per scoop *	352 kcal	72.6g	7.1g	3.7g	41g	1.5 oz
Whey protein powder, 30g per scoop *	411 kcal	61.7g	18.1g	10.2g	49g	1.7 oz
Spirulina	395 kcal	57.5g	23.9g	7.7g	52g	1.8 oz
Nutritional yeast	396 kcal	52.0g	38.0g	4.0g	58g	2.0 oz
Hemp protein powder	498 kcal	50.0g	30.0g	19.8g	60g	2.1 oz

Plant Based Alternatives	Calories	Protein	Carbs	Fats	For 30g of Protein:	
Wheat gluten (seitan) *	373 kcal	75.2g	13.8g	1.9g	40g	1.4 oz
Edamame pasta	371 kcal	42.9g	35.7g	6.3g	70g	2.5 oz
Gardein, beefless ground	146 kcal	21.2g	9.9g	2.4g	142g	5.0 oz
Lentil pasta **	366 kcal	26.8g	60.7g	1.8g	112g	3.9 oz
Chickpea pasta **	385 kcal	26.4g	56.1g	6.1g	114g	4.0 oz
Lentils **	362 kcal	24.6g	63.4g	1.1g	122g	4.3 oz
Spelt (unprepared) **	361 kcal	14.6g	70.2g	2.4g	205g	7.2 oz
Quinoa **	368 kcal	14.1g	64.2g	6.1g	213g	7.5 oz
Amaranth **	379 kcal	13.6g	65.3g	7.0g	221g	7.8 oz
Teff **	367 kcal	13.3g	73.1g	2.4g	226g	8.0 oz
Oats **	382 kcal	13.2g	67.7g	6.5g	227g	8.0 oz
Edamame **	130 kcal	11.9g	8.9g	5.2g	252g	8.9 oz
Ezekiel bread **	226 kcal	11.8g	41.2g	1.5g	254g	9.0 oz
Spelt bread **	244 kcal	9.0g	47.6g	2.0g	333g	11.8 oz
Black beans, canned, drained **	143 kcal	8.2g	26.1g	0.6g	366g	12.9 oz
Chickpeas, canned, drained **	144 kcal	7.1g	22.5g	2.8g	423g	14.9 oz
Green peas **	83 kcal	5.4g	14.5g	0.4g	556g	19.6 oz
Gardein, beefless tips ***	231 kcal	25.3g	11.2g	9.4g	119g	4.2 oz
Hemp seeds, unhulled ***	529 kcal	24.8g	27.6g	35.5g	121g	4.3 oz
Beyond meat sausage ***	262 kcal	21.7g	7.0g	16.4g	138g	4.9 oz
Almond ***	620 kcal	21.2g	21.6g	49.9g	142g	5.0 oz
Gardein, meatless chick'n strips ***	197 kcal	21.1g	6.3g	9.7g	142g	5.0 oz
Tempeh ***	209 kcal	20.3g	7.6g	10.8g	148g	5.2 oz
Pumpkin seeds, unshelled ***	464 kcal	18.6g	53.8g	19.4g	161g	5.7 oz
Flax seeds ***	569 kcal	18.3g	28.9g	42.2g	164g	5.8 oz
Beyond meat patty ***	231 kcal	17.9g	3.5g	16.2g	168g	5.9 oz
Chia seeds ***	510 kcal	16.5g	42.0g	30.7g	182g	6.4 oz
Gardein, meatless meatballs ***	174 kcal	15.6g	10.2g	7.9g	192g	6.8 oz
Walnuts ***	701 kcal	15.2g	13.7g	65.0g	197g	7.0 oz
Tofu (not silken), firm ***	113 kcal	12.0g	3.8g	5.5g	250g	8.8 oz

*Pure gluten **Most calories from carbohydrate ***Most calories from fats

high protein



SNACKS

Snack smarter, get stronger!

TABLE OF CONTENT

CHAPTER 1

<u>Understanding the Basics</u>	04
<u>Defining the High-Protein Diet</u>	04
<u>The Benefits of a High-Protein Diet</u>	04
<u>Incorporating Snacks into a High-Protein Diet</u>	06
<u>Tips for Selecting High-Protein Snacks</u>	06

CHAPTER 2

<u>Greek Yogurt Parfait</u>	08
<u>Turkey and Cheese Roll-Ups</u>	09
<u>Peanut Butter Banana Protein Smoothie</u>	10
<u>Cottage Cheese and Tomato Bites</u>	11
<u>Tuna Salad Stuffed Avocado</u>	12
<u>Egg and Veggie Muffin Cups</u>	13
<u>Almond Butter Apple Slices</u>	14
<u>Protein-Packed Trail Mix</u>	15
<u>Hummus and Veggie Snack Plate</u>	16
<u>Cottage Cheese and Pineapple Salsa</u>	17

CHAPTER 3

<u>Protein-Packed Chicken Salad</u>	18
<u>Protein-Packed Turkey and Quinoa Stuffed Peppers</u>	19
<u>Grilled Salmon with Asparagus</u>	20
<u>Quinoa and Black Bean Salad</u>	21
<u>Beef and Vegetable Stir-Fry</u>	22
<u>Turkey and Vegetable Skewers</u>	23
<u>Baked Chicken and Sweet Potato Fries</u>	24

<u>Cottage Cheese and Fruit Bowl</u>	25
<u>Turkey and Avocado Wrap</u>	26
<u>Protein-Packed Chocolate Peanut Butter Smoothie</u>	27

CHAPTER 4

<u>Greek Yogurt and Berry Smoothie Bowl</u>	28
<u>Avocado Toast with Egg</u>	29
<u>Protein-Packed Quinoa Salad</u>	30
<u>Almond Butter and Banana Protein Smoothie</u>	31
<u>Greek Yogurt Parfait with Berries and Granola</u>	32
<u>Protein-Packed Trail Mix</u>	33
<u>Hard-Boiled Eggs with Whole Grain Crackers</u>	34
<u>Tuna Salad Stuffed Bell Peppers</u>	35
<u>Chickpea and Veggie Wrap</u>	36
<u>Sweet and Savory Snacks Recipes</u>	37
<u>Protein-Packed Cottage Cheese Stuffed Dates</u>	38
<u>Turkey and Apple Roll-Ups</u>	39
<u>Greek Yogurt and Honey Roasted Almonds</u>	40
<u>Chicken and Apple Lettuce Wraps</u>	41
<u>Hummus-Stuffed Mini Bell Peppers</u>	42
<u>Turkey and Cheese Roll-Ups</u>	43
<u>Protein-Packed Peanut Butter Banana Sushi Rolls</u>	44
<u>Turkey and Hummus Cucumber Bites</u>	45
<u>Protein-Packed Apple and Cheese Slices</u>	46
<u>Protein-Packed Chocolate and Peanut Butter Rice Cakes</u>	47

CHAPTER #1

Understanding the Basics

Few nutritional notions are as influential as the high-protein diet. The high-protein diet, which is praised for its capacity to promote weight reduction, muscle building, and general vigor, has become a mainstay in the armory of health-conscious people all over the world. But what exactly is a high-protein diet, and why is it so promising for improving our health and well-being? In this chapter, we'll dig into the complexities of the high-protein diet and examine the critical role that snacks play in its success.

Defining the High-Protein Diet

A high-protein diet is defined by consuming more protein-rich foods, such as lean meats, poultry, fish, eggs, dairy products, legumes, nuts, and seeds. The high-protein diet, in contrast to fad diets that concentrate on deprivation and restriction, stresses the intake of nutrient-dense foods that provide a consistent source of energy and important amino acids the building blocks of muscle tissue, hormones, enzymes, and other key components of our bodies.

The Benefits of a High-Protein Diet

The advantages of eating a high-protein diet are numerous, and go far beyond weight loss. According to research, consuming more protein can result in:

Weight Loss and Appetite Control

Protein-rich diets have been demonstrated to promote feelings of fullness and satiety, lowering the chance of overeating and promoting weight control.

Muscle Growth and Repair

Protein is required for the synthesis of new muscle tissue and the repair of injured muscle fibers, making it a critical component of any strength training or exercise program.

Metabolism Boost

Protein has a larger thermic impact than carbs and lipids, which means the body expends more energy digesting and metabolizing protein, potentially contributing to increased calorie expenditure and fat reduction.

Blood Sugar Regulation

Protein-rich diets can help regulate blood sugar levels and minimize spikes and crashes, lowering the risk of insulin resistance and type 2 diabetes.

Bone Health

Consuming enough protein is critical for preserving bone density and lowering the risk of osteoporosis and fractures, particularly as we age.



Incorporating Snacks into a High-Protein Diet

One of the most important elements of a successful high-protein diet is to strategically incorporate snacks throughout the day. Snacks are far more than just pleasures or afterthoughts; they serve an important role in maintaining energy levels, reducing hunger pains, and meeting nutrient requirements. When choosing snacks for a high-protein diet, choose foods strong in protein, fiber, and critical nutrients.

Tips for Selecting High-Protein Snacks

Choose Whole, Unprocessed Foods

Look for snacks that are little processed and include no added sugars, preservatives, or artificial substances. Whole foods like Greek yogurt, hard-boiled eggs, edamame, and cottage cheese are great options.

Read Labels Carefully

When selecting packaged snacks, examine the nutrition labels and ingredient lists to verify that they provide a sufficient quantity of protein and are not high in sweets or harmful fats.

Balanced Macronutrients

To increase satiety and sustained energy levels, choose snacks with a balanced macronutrient profile, including protein, carbs, and fats.

Plan Ahead

Prepare snacks ahead of time and keep them on hand in case hunger hits. Protein bars, trail mix, and pre-cut veggies with hummus are all practical solutions for busy lifestyles.

Listen to your Body

Pay attention to hunger and fullness signs and make snack choices accordingly. Snacking should be a thoughtful habit that nourishes your body and helps you achieve your health objectives.

By adopting these ideas into your daily routine, you may harness the power of high-protein snacks to help you achieve your goals of maximum health, energy, and wellness. In the next chapters, we'll look at a selection of tasty and healthy snack dishes that will satisfy your taste senses while helping you achieve your health and fitness objectives. Prepare to embark on a gastronomic journey that will leave you feeling energetic, fulfilled, and empowered to live your best life.

CHAPTER #2 - Quick & Easy

Greek Yogurt Parfait



Prep Time: 5 minutes

Cook Time: 0 minutes

Ingredients:

- 1/2 cup Greek yogurt
- 1/4 cup mixed berries (strawberries, blueberries, raspberries)
- 1 tablespoon honey or maple syrup
- 2 tablespoons granola

Optional: sliced almonds or walnuts for added crunch

Instructions:

1. In a small bowl or glass, layer Greek yogurt, mixed berries, and granola.
2. Drizzle honey or maple syrup over the top for sweetness.
3. Optional: sprinkle sliced almonds or walnuts on top for added protein and texture.
4. Serve immediately and enjoy!

Nutrition Information:

Calories: 200/**Protein:** 15g/**Carbohydrates:** 25g / **Fat:** 6g

Turkey and Cheese Roll-Ups



Prep Time: 10 minutes

Cook Time: 0 minutes

Ingredients:

- 4 slices of lean turkey breast
- 4 slices of low-fat cheese (such as cheddar or Swiss)
- 1/2 avocado, thinly sliced
- 1/4 cup spinach leaves

Mustard or hummus for spreading

Instructions:

1. Lay a slice of turkey breast flat on a clean surface.
2. Spread a thin layer of mustard or hummus on the turkey slice.
3. Place a slice of cheese on top, followed by a few spinach leaves and avocado slices.
4. Roll up the turkey slice tightly to form a roll-up.
5. Repeat with the remaining ingredients.
6. Secure the roll-ups with toothpicks if necessary.
7. Serve immediately or refrigerate for later enjoyment.

Nutrition Information:

Calories: 180/**Protein:** 20g/**Carbohydrates:** 4g / **Fat:** 10g

Peanut Butter Banana Protein Smoothie



Prep Time: 5 minutes

Cook Time: 0 minutes

Ingredients:

- 1 ripe banana, peeled and sliced
- 1 scoop of vanilla or chocolate protein powder
- 1 tablespoon natural peanut butter
- 1 cup unsweetened almond milk (or milk of choice)
- 1/2 cup ice cubes

Instructions:

1. In a blender, combine sliced banana, protein powder, peanut butter, almond milk, and ice cubes.
2. Blend on high speed until smooth and creamy.
3. Pour into a glass and enjoy immediately as a satisfying and nutritious snack.

Nutrition Information:

Calories: 300 / **Protein:** 25g / **Carbohydrates:** 30g / **Fat:** 10g

Cottage Cheese and Tomato Bites



Prep Time: 5 minutes

Cook Time: 0 minutes

Ingredients:

- 1/2 cup low-fat cottage cheese
- 1 large tomato, sliced
- Fresh basil leaves, for garnish
- Balsamic glaze, for drizzling (optional)
- Salt and pepper to taste

Instructions:

1. Arrange tomato slices on a serving plate.
2. Top each tomato slice with a spoonful of cottage cheese.
3. Season with salt and pepper to taste.
4. Garnish with fresh basil leaves.
5. Optional: drizzle with balsamic glaze for added flavor.
6. Serve immediately as a light and protein-packed snack.

Nutrition Information:

Calories: 120/**Protein:** 15g/**Carbohydrates:** 10g / **Fat:** 2g

Tuna Salad Stuffed Avocado



Prep Time: 10 minutes

Cook Time: 0 minutes

Ingredients:

- 1 ripe avocado, halved and pitted
- 1 can (5 oz) tuna, drained
- 1/4 cup diced cucumber
- 1/4 cup diced red bell pepper
- 2 tablespoons plain Greek yogurt
- 1 tablespoon lemon juice
- Salt and pepper to taste

Optional: chopped fresh herbs (such as parsley or dill) for garnish

Instructions:

1. In a small bowl, combine tuna, diced cucumber, diced red bell pepper, Greek yogurt, and lemon juice. Mix well to combine.
2. Season with salt and pepper to taste.
3. Scoop out a portion of avocado flesh from each avocado half to create a larger cavity.
4. Fill each avocado half with the tuna salad mixture, dividing it evenly between the two halves.
5. Garnish with chopped fresh herbs if desired.
6. Serve immediately or refrigerate until ready to enjoy.

Nutrition Information:

Calories: 300/**Protein:** 25g/**Carbohydrates:** 10g/**Fat:** 20g

Egg and Veggie Muffin Cups



Prep Time: 20 minutes

Cook Time: 0 minutes

Ingredients:

- 6 large eggs
- 1/4 cup diced bell peppers (any color)
- 1/4 cup diced tomatoes
- 1/4 cup diced spinach
- 1/4 cup shredded cheddar cheese
- Salt and pepper to taste

Cooking spray or oil for greasing muffin tin

Instructions:

1. Preheat the oven to 350°F (175°C). Grease a muffin tin with cooking spray or oil.
2. In a mixing bowl, beat the eggs until well combined.
3. Stir in diced bell peppers, diced tomatoes, diced spinach, and shredded cheddar cheese.
4. Season with salt and pepper to taste.
5. Pour the egg mixture evenly into the prepared muffin tin, filling each cup about 3/4 full.
6. Bake in the preheated oven for 20–25 minutes, or until the muffin cups are set and lightly golden on top.
7. Remove from the oven and let cool for a few minutes before serving.
8. Enjoy these egg and veggie muffin cups as a delicious and protein-packed snack or on-the-go breakfast option.

Nutrition Information:

Calories: 180/**Protein:** 15g/**Carbohydrates:** 3g/**Fat:** 12g

Almond Butter Apple Slices



Prep Time: 5 minutes

Cook Time: 0 minutes

Ingredients:

- 1 medium apple, cored and sliced
- 2 tablespoons almond butter

Optional toppings: sliced almonds, cinnamon, honey

Instructions:

1. Core the apple and slice it into thin rounds.
2. Spread almond butter on each apple slice.
3. Optional: sprinkle sliced almonds, cinnamon, or drizzle honey on top for added flavor and texture.
4. Arrange the almond butter-topped apple slices on a plate.
5. Serve immediately and enjoy as a satisfying and nutritious snack.

Nutrition Information:

Calories: 200/**Protein:** 5g/**Carbohydrates:** 20g/**Fat:** 12g

Protein-Packed Trail Mix



Prep Time: 5 minutes

Cook Time: 0 minutes

Ingredients:

- 1/2 cup unsalted mixed nuts (such as almonds, cashews, and walnuts)
- 1/4 cup pumpkin seeds (pepitas)
- 1/4 cup dried cranberries or raisins
- 1/4 cup dark chocolate chips or chunks
- 1/4 cup edamame or roasted chickpeas

Optional: sprinkle of sea salt or cinnamon

Instructions:

1. In a mixing bowl, combine mixed nuts, pumpkin seeds, dried cranberries or raisins, dark chocolate chips or chunks, and edamame or roasted chickpeas.
2. Optional: add a sprinkle of sea salt or cinnamon for extra flavor.
3. Toss the ingredients together until well combined.
4. Transfer the trail mix to an airtight container or portion into individual snack bags for convenient grab-and-go snacks.
5. Enjoy this protein-packed trail mix as a delicious and satisfying snack anytime, anywhere.

Nutrition Information:

Calories: 200/**Protein:** 8g/**Carbohydrates:** 15g/**Fat:** 12g

Hummus and Veggie Snack Plate



Prep Time: 10 minutes

Cook Time: 0 minutes

Ingredients:

- 1/2 cup hummus (store-bought or homemade)
- Assorted raw vegetables for dipping (carrot sticks, cucumber slices, bell pepper strips, cherry tomatoes)
- Whole grain crackers or pita bread, sliced

Instructions:

1. Arrange hummus in the center of a serving plate or platter.
2. Surround the hummus with an assortment of raw vegetables for dipping.
3. Place whole grain crackers or sliced pita bread on the plate.
4. Serve immediately and enjoy this nutritious and satisfying snack.

Nutrition Information:

Calories: 250 / **Protein:** 10g / **Carbohydrates:** 30g / **Fat:** 10g

Cottage Cheese and Pineapple Salsa



Prep Time: 10 minutes

Cook Time: 0 minutes

Ingredients:

- 1 cup low-fat cottage cheese
- 1 cup fresh pineapple, diced
- 1/4 cup red onion, finely chopped
- 1 jalapeño pepper, seeded and minced
- 2 tablespoons fresh cilantro, chopped
- 1 tablespoon lime juice
- Salt and pepper to taste

Instructions:

1. In a mixing bowl, combine diced pineapple, chopped red onion, minced jalapeño pepper, chopped cilantro, and lime juice.
2. Season with salt and pepper to taste.
3. Spoon cottage cheese into serving bowls or onto plates.
4. Top with pineapple salsa mixture.
5. Serve immediately and enjoy this refreshing and protein-rich snack.

Nutrition Information:

Calories: 200/**Protein:** 15g/**Carbohydrates:** 25g/**Fat:** 5g

CHAPTER #3 - Muscle Building

Protein-Packed Chicken Salad



Prep Time: 15 minutes

Cook Time: 15 minutes

Ingredients:

- 2 boneless, skinless chicken breasts (about 8 oz each)
- 1 tablespoon olive oil
- Salt and pepper to taste
- 2 cups mixed greens (spinach, kale, arugula)
- 1/2 cup cherry tomatoes, halved
- 1/4 cup cucumber, sliced
- 1/4 cup red onion, thinly sliced
- 1/4 cup feta cheese, crumbled
- 2 tablespoons balsamic vinegar
- 1 tablespoon Dijon mustard

Nutrition Information:

Calories: 300 / **Protein:** 35g / **Carbohydrates:** 10g / **Fat:** 15g

Instructions:

1. Preheat the oven to 375°F (190°C).
2. Rub chicken breasts with olive oil and season with salt and pepper.
3. Place chicken breasts on a baking sheet and bake for 15-20 minutes, or until cooked through and no longer pink in the center.
4. Remove chicken from the oven and let cool slightly before slicing into strips.
5. In a large mixing bowl, combine mixed greens, cherry tomatoes, cucumber, red onion, and feta cheese.
6. In a small bowl, whisk together balsamic vinegar and Dijon mustard to make the dressing.
7. Add sliced chicken to the salad and drizzle with dressing.
8. Toss salad gently to coat evenly with the dressing.
9. Serve immediately and enjoy this protein-packed chicken salad as a muscle-building snack.

Protein-Packed Turkey and Stuffed Peppers



Prep Time: 20 minutes

Cook Time: 40 minutes

Ingredients:

- Quinoa
- 4 bell peppers (any color), halved and seeds removed
- 1 cup cooked quinoa
- 1/2 lb lean ground turkey
- 1/2 cup black beans, drained and rinsed
- 1/2 cup diced tomatoes
- 1/4 cup diced red onion
- 1/4 cup shredded cheddar cheese.
- 1 teaspoon chili powder
- 1/2 teaspoon cumin Salt and pepper to taste
- Fresh cilantro, for garnish

Nutrition Information:

Calories: 250/**Protein:** 30g/**Carbohydrates:** 20g/**Fat:** 8g

Instructions:

1. Preheat the oven to 375°F (190°C).
2. In a large skillet, cook ground turkey over medium heat until browned and cooked through. Drain any excess fat.
3. Add cooked quinoa, black beans, diced tomatoes, diced red onion, chili powder, cumin, salt, and pepper to the skillet with the cooked turkey. Stir to combine and cook for an additional 5 minutes.
4. Place bell pepper halves in a baking dish, cut side up.
5. Spoon the turkey and quinoa mixture evenly into each bell pepper half.
6. Sprinkle shredded cheddar cheese on top of each stuffed pepper.
7. Cover the baking dish with aluminum foil and bake in the preheated oven for 30-35 minutes, or until peppers are tender.
8. Remove foil and bake for an additional 5 minutes, or until cheese is melted and bubbly.
9. Garnish with fresh cilantro before serving.
10. Serve hot and enjoy these protein-packed turkey and quinoa stuffed peppers as a muscle-building snack.

Grilled Salmon with Asparagus



Prep Time: 10 minutes

Cook Time: 15 minutes

Ingredients:

- 2 salmon fillets (about 6 oz each)
- 1 bunch of asparagus, trimmed
- 2 tablespoons olive oil
- 2 cloves garlic, minced
- Salt and pepper to taste
- Lemon wedges for serving

Instructions:

1. Preheat the grill to medium-high heat.
2. Brush salmon fillets and asparagus spears with olive oil.
3. Season salmon fillets with minced garlic, salt, and pepper.
4. Place salmon fillets and asparagus spears on the grill.
5. Grill salmon for about 5-7 minutes on each side, or until fish flakes easily with a fork.
6. Grill asparagus for about 5-8 minutes, turning occasionally, until tender and lightly charred.
7. Remove salmon and asparagus from the grill and transfer to a serving platter.
8. Serve hot with lemon wedges on the side.

Nutrition Information:

Calories: 350/**Protein:** 35g/**Carbohydrates:** 5g/**Fat:** 20g

Quinoa and Black Bean Salad



Prep Time: 15 minutes

Cook Time: 15 minutes

Ingredients:

- 1 cup quinoa, rinsed
- 2 cups water or vegetable broth
- 1 can (15 oz) black beans, drained and rinsed
- 1 cup cherry tomatoes, halved
- 1/2 cup diced red bell pepper
- 1/4 cup chopped fresh cilantro
- 1/4 cup red onion, finely chopped
- Juice of 1 lime
- 2 tablespoons olive oil 1 teaspoon cumin
- Salt and pepper to taste
- Optional: avocado slices for serving

Instructions:

1. In a medium saucepan, bring water or vegetable broth to a boil.
2. Add quinoa to the boiling water, reduce heat to low, cover, and simmer for 12-15 minutes, or until quinoa is cooked and water is absorbed.
3. Remove quinoa from heat and let cool slightly.
4. In a large mixing bowl, combine cooked quinoa, black beans, cherry tomatoes, diced red bell pepper, chopped fresh cilantro, and finely chopped red onion.
5. In a small bowl, whisk together lime juice, olive oil, cumin, salt, and pepper to make the dressing.
6. Pour dressing over the quinoa and black bean mixture, and toss to combine.
7. Adjust seasoning to taste, if necessary.
8. Serve chilled or at room temperature, garnished with avocado slices if desired.

Nutrition Information:

Calories: 300 / **Protein:** 15g / **Carbohydrates:** 45g / **Fat:** 10g

Beef and Vegetable Stir-Fry



Prep Time: 15 minutes

Cook Time: 15 minutes

Ingredients:

- 8 oz flank steak, thinly sliced
- 2 tablespoons soy sauce
- 1 tablespoon olive oil
- 2 cloves garlic, minced
- 1 teaspoon grated ginger
- 1 bell pepper, thinly sliced
- 1 cup broccoli florets
- 1 carrot, julienned
- 1/2 cup snap peas
- Salt and pepper to taste
- Cooked brown rice or quinoa for serving

Instructions:

1. In a bowl, marinate sliced flank steak with soy sauce, minced garlic, and grated ginger for 10 minutes.
2. Heat olive oil in a large skillet or wok over medium- high heat.
3. Add marinated steak slices to the skillet and stir-fry for 2-3 minutes until browned.
4. Add sliced bell pepper, broccoli florets, julienned carrot, and snap peas to the skillet.
5. Stir-fry for another 5-7 minutes until vegetables are tender-crisp and steak is cooked to desired doneness.
6. Season with salt and pepper to taste.
7. Serve hot over cooked brown rice or quinoa. 8. Enjoy this protein-packed beef and vegetable stir-fry as a muscle-building snack.

Nutrition Information:

Calories: 300 / **Protein:** 25g / **Carbohydrates:** 10g / **Fat:** 15g

Turkey and Vegetable Skewers



Prep Time: 20 minutes

Cook Time: 10 minutes

Ingredients:

- 1 lb lean ground turkey
- 1/4 cup breadcrumbs
- 1 egg, beaten
- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 1/2 teaspoon paprika Salt and pepper to taste
- 1 bell pepper, cut into chunks
- 1 zucchini, sliced
- 1 red onion, cut into wedges
- Wooden skewers, soaked in water for 30 minutes

Instructions:

1. Preheat the grill or grill pan to medium-high heat.
2. In a mixing bowl, combine lean ground turkey, breadcrumbs, beaten egg, garlic powder, onion powder, paprika, salt, and pepper. Mix well.
3. Form the turkey mixture into small meatballs and thread onto the soaked wooden skewers, alternating with chunks of bell pepper, zucchini slices, and red onion wedges.
4. Grill the skewers for 8-10 minutes, turning occasionally, until turkey is cooked through and vegetables are tender.
5. Remove from the grill and let cool slightly before serving.
6. Serve hot and enjoy these protein-packed turkey and vegetable skewers as a muscle-building snack.

Nutrition Information:

Calories: 250/**Protein:** 30g/**Carbohydrates:** 10g / **Fat:** 10g

Baked Chicken and Sweet Potato Fries



Prep Time: 15 minutes

Cook Time: 30 minutes

Ingredients:

- 2 boneless, skinless chicken breasts
- 2 medium sweet potatoes, cut into fries
- 2 tablespoons olive oil
- 1 teaspoon garlic powder
- 1 teaspoon paprika
- Salt and pepper to taste

Optional: fresh herbs (such as rosemary or thyme) for garnish

Instructions:

1. Preheat the oven to 425°F (220°C).
2. Cut chicken breasts into strips or chunks.
3. In a bowl, toss sweet potato fries with olive oil, garlic powder, paprika, salt, and pepper until evenly coated.
4. Arrange chicken strips or chunks and sweet potato fries on a baking sheet lined with parchment paper.
5. Bake in the preheated oven for 25–30 minutes, or until chicken is cooked through and sweet potato fries are crispy and golden brown.
6. Remove from the oven and let cool slightly before serving.
7. Garnish with fresh herbs if desired.
8. Serve hot and enjoy this protein-packed baked chicken with sweet potato fries as a muscle-building snack.

Nutrition Information:

Calories: 350 / **Protein:** 30g | / **Carbohydrates:** 30g / **Fat:** 15g

Cottage Cheese and Fruit Bowl



Prep Time: 5 minutes

Cook Time: 0 minutes

Ingredients:

- 1 cup low-fat cottage cheese
- 1/2 cup mixed berries (strawberries, blueberries, raspberries)
- 1/4 cup sliced almonds
- 1 tablespoon honey or maple syrup (optional)

Optional: sprinkle of cinnamon

Instructions:

1. In a bowl, scoop low-fat cottage cheese.
2. Top with mixed berries and sliced almonds.
3. Drizzle with honey or maple syrup if desired.
4. Optional: sprinkle with cinnamon for added flavor.
5. Serve immediately and enjoy this protein-rich cottage cheese and fruit bowl as a muscle-building snack.

Nutrition Information:

Calories: 250 / **Protein:** 25g / **Carbohydrates:** 20g/**Fat:** 10g

Turkey and Avocado Wrap



Prep Time: 10 minutes

Cook Time: 0 minutes

Ingredients:

- 4 large whole wheat tortillas
- 1 lb deli-sliced turkey breast
- 2 ripe avocados, thinly sliced
- 1 cup shredded lettuce
- 1/2 cup shredded cheddar cheese
- 1/4 cup Greek yogurt or sour cream
- Salt and pepper to taste

Instructions:

1. Lay out the whole wheat tortillas on a flat surface.
2. Divide the deli-sliced turkey breast evenly among the tortillas.
3. Top each tortilla with sliced avocado, shredded lettuce, shredded cheddar cheese, and a dollop of Greek yogurt or sour cream.
4. Season with salt and pepper to taste.
5. Roll up the tortillas tightly into wraps, tucking in the sides as you go.
6. Slice each wrap in half diagonally.
7. Serve immediately and enjoy these protein-packed turkey and avocado wraps as a muscle-building snack.

Nutrition Information:

Calories: 350 / **Protein:** 30g / **Carbohydrates:** 25g / **Fat:** 15g

Protein-Packed Chocolate Peanut Butter Smoothie



Prep Time: 5 minutes

Cook Time: 0 minutes

Ingredients:

- 1 cup unsweetened almond milk (or milk of choice)
- 1 scoop chocolate protein powder
- 1 tablespoon natural peanut butter
- 1/2 banana, frozen
- 1 tablespoon cocoa powder
- 1/2 cup ice cubes

Optional: drizzle of honey or maple syrup for sweetness

Instructions:

1. In a blender, combine unsweetened almond milk, chocolate protein powder, natural peanut butter, frozen banana, cocoa powder, and ice cubes.
2. Optional: add a drizzle of honey or maple syrup for extra sweetness.
3. Blend on high speed until smooth and creamy.
4. Pour into a glass and enjoy immediately as a protein- packed chocolate peanut butter smoothie.

Nutrition Information:

Calories: 300/**Protein:** 25g/**Carbohydrates:** 20g / **Fat:** 10g

CHAPTER #4 - Boosting Energy

Protein-Packed Energy Bites



Prep Time: 15 minutes

Cook Time: 0 minutes

Ingredients:

- 1 cup rolled oats
- 1/2 cup peanut butter
- 1/4 cup honey or maple syrup
- 1/4 cup protein powder (vanilla or chocolate flavor)
- 1/4 cup dark chocolate chips
- 1 teaspoon vanilla extract
- Pinch of salt

Instructions:

1. In a mixing bowl, combine rolled oats, peanut butter, honey or maple syrup, protein powder, dark chocolate chips, vanilla extract, and a pinch of salt. 2. Stir until well combined and the mixture holds together.
3. If the mixture is too dry, add a little more peanut butter or honey/maple syrup. If it's too wet, add more oats or protein powder.
4. Once the mixture reaches the desired consistency, roll into small balls using your hands.
5. Place the energy bites on a baking sheet lined with parchment paper.
6. Refrigerate for at least 30 minutes to firm up.
7. Store in an airtight container in the refrigerator for up to one week.
8. Enjoy these protein-packed energy bites as a quick and nutritious snack to boost your energy throughout the day.

Nutrition Information:

Calories: 200 / **Protein:** 10g / **Carbohydrates:** 20g / **Fat:** 10g

Greek Yogurt and Berry Smoothie Bowl



Prep Time: 5 minutes

Cook Time: 0 minutes

Ingredients:

- 1 cup plain Greek yogurt
- 1/2 cup mixed berries (strawberries, blueberries, raspberries)
- 1/4 cup granola
- 1 tablespoon honey or maple syrup
- 1 tablespoon chia seeds

Optional toppings: sliced almonds, shredded coconut, fresh mint leaves

Instructions:

1. In a blender, combine plain Greek yogurt and mixed berries.
2. Blend until smooth and creamy.
3. Pour the smoothie into a bowl.
4. Top with granola, honey or maple syrup, chia seeds, and any optional toppings of your choice.
5. Serve immediately and enjoy this protein-packed Greek yogurt and berry smoothie bowl as a delicious and energizing snack.

Nutrition Information:

Calories: 300 / **Protein:** 20g / **Carbohydrates:** 30g / **Fat:** 10g

Avocado Toast with Egg



Prep Time: 10 minutes

Cook Time: 5 minutes

Ingredients:

- 2 slices whole grain bread
- 1 ripe avocado
- 2 eggs
- Salt and pepper to taste

Optional toppings: sliced tomatoes, red pepper flakes, fresh herbs

Instructions:

1. Toast the slices of whole grain bread until golden brown.
2. While the bread is toasting, mash the ripe avocado in a bowl and season with salt and pepper to taste.
3. In a skillet, fry or poach the eggs to your desired doneness.
4. Spread the mashed avocado evenly onto the toasted bread slices.
5. Top each slice with a fried or poached egg.
6. Season with additional salt and pepper if desired.
7. Optional: garnish with sliced tomatoes, red pepper flakes, or fresh herbs for extra flavor and nutrition.
8. Serve immediately and enjoy this protein-rich avocado toast with egg as a satisfying and energizing snack.

Nutrition Information:

Calories: 250 / **Protein:** 15g / **Carbohydrates:** 20g/**Fat:** 15g

Protein-Packed Quinoa Salad



Prep Time: 15 minutes

Cook Time: 15 minutes

Ingredients:

- 1 cup cooked quinoa
- 1/2 cup cooked chickpeas, drained and rinsed
- 1/2 cup diced cucumber
- 1/2 cup diced bell pepper (any color)
- 1/4 cup chopped fresh parsley
- 1/4 cup crumbled feta cheese
- 2 tablespoons olive oil
- 1 tablespoon lemon juice
- Salt and pepper to taste

Instructions:

1. In a large mixing bowl, combine cooked quinoa, cooked chickpeas, diced cucumber, diced bell pepper, chopped fresh parsley, and crumbled feta cheese.
2. In a small bowl, whisk together olive oil, lemon juice, salt, and pepper to make the dressing.
3. Pour the dressing over the quinoa salad and toss until evenly coated.
4. Adjust seasoning to taste, if necessary.
5. Serve chilled or at room temperature as a nutritious and energizing snack.

Nutrition Information:

Calories: 300/**Protein:** 15g/**Carbohydrates:** 30g/**Fat:** 15g

Almond Butter and Banana Protein Smoothie



Prep Time: 5 minutes

Cook Time: 0 minutes

Ingredients:

- 1 ripe banana
- 1 tablespoon almond butter
- 1 scoop vanilla protein powder
- 1 cup unsweetened almond milk (or milk of choice)
- 1/2 cup ice cubes

Optional: honey or maple syrup for sweetness

Instructions:

1. In a blender, combine ripe banana, almond butter, vanilla protein powder, unsweetened almond milk, and ice cubes.
2. Optional: add a drizzle of honey or maple syrup for extra sweetness.
3. Blend on high speed until smooth and creamy.
4. Pour into a glass and enjoy this protein-packed almond butter and banana smoothie as a quick and energizing snack.

Nutrition Information:

Calories: 250/**Protein:** 20g/**Carbohydrates:** 30g / **Fat:** 10g

Greek Yogurt Parfait with Berries and Granola



Prep Time: 5 minutes

Cook Time: 0 minutes

Ingredients:

- 1 cup plain Greek yogurt
- 1/2 cup mixed berries (strawberries, blueberries, raspberries)
- 1/4 cup granola

Optional: drizzle of honey or maple syrup for sweetness

Instructions:

1. In a serving glass or bowl, layer plain Greek yogurt, mixed berries, and granola.
2. Optional: drizzle with honey or maple syrup for extra sweetness.
3. Repeat the layers until all ingredients are used, ending with a sprinkle of granola on top.
4. Serve immediately and enjoy this protein-rich Greek yogurt parfait with berries and granola as a delicious and energizing snack.

Nutrition Information:

Calories: 300 / **Protein:** 20g / **Carbohydrates:** 30g / **Fat:** 10g

Protein-Packed Trail Mix



Prep Time: 5 minutes

Cook Time: 0 minutes

Ingredients:

- 1/2 cup almonds
- 1/2 cup walnuts
- 1/4 cup pumpkin seeds
- 1/4 cup dried cranberries
- 1/4 cup dark chocolate chips

Optional: 1/4 teaspoon sea salt

Instructions:

1. In a mixing bowl, combine almonds, walnuts, pumpkin seeds, dried cranberries, and dark chocolate chips.
2. Optional: sprinkle with sea salt for a sweet and salty flavor combination.
3. Toss the ingredients together until evenly mixed.
4. Transfer the trail mix to an airtight container or portion into individual snack bags for convenient grab-and-go snacks.
5. Enjoy this protein-packed trail mix as a delicious and energizing snack anytime, anywhere

Nutrition Information:

Calories: 200/**Protein:** 8g/**Carbohydrates:** 15g/**Fat:** 12g

Hard-Boiled Eggs with Whole Grain Crackers



Prep Time: 10 minutes

Cook Time: 10 minutes

Ingredients:

- 4 eggs
- Whole grain crackers
- **Optional:** salt and pepper for seasoning

Instructions:

1. Place eggs in a single layer in a saucepan and cover with cold water.
2. Bring water to a boil over high heat.
3. Once boiling, remove saucepan from heat, cover, and let eggs sit in hot water for 8-10 minutes.
4. After the time has elapsed, transfer eggs to a bowl of ice water to cool for easier peeling.
5. Once cooled, peel the eggs and slice them in half lengthwise.
6. Serve the hard-boiled eggs with whole grain crackers.
7. Optional: sprinkle eggs with salt and pepper for added flavor.

Nutrition Information:

Calories: 200 / **Protein:** 14g / **Carbohydrates:** 10g / **Fat:** 10g

Tuna Salad Stuffed Bell Peppers



Prep Time: 15 minutes

Cook Time: 0 minutes

Ingredients:

- 2 large bell peppers (any color), halved and seeds removed
 - 1 can (5 oz) tuna, drained
 - 1/4 cup plain Greek yogurt
 - 1 tablespoon Dijon mustard
 - 1/4 cup diced celery
 - 1/4 cup diced red onion
 - 1/4 cup diced pickles
 - Salt and pepper to taste
- **Optional:** chopped fresh herbs for garnish

Instructions:

1. In a mixing bowl, combine drained tuna, plain Greek yogurt, Dijon mustard, diced celery, diced red onion, and diced pickles.
2. Stir until well combined and tuna salad is evenly mixed.
3. Season with salt and pepper to taste.
4. Spoon the tuna salad mixture into each halved bell pepper.
5. Garnish with chopped fresh herbs if desired.
6. Serve immediately and enjoy these protein-packed tuna salad stuffed bell peppers as a delicious and energizing snack.

Nutrition Information:

Calories: 150/**Protein:** 15g/**Carbohydrates:** 8g/**Fat:** 7g

Chickpea and Veggie Wrap



Prep Time: 15 minutes

Cook Time: 0 minutes

Ingredients:

- 1 large whole grain wrap or tortilla
- 1/2 cup cooked chickpeas, drained and rinsed
- 1/4 cup diced cucumber
- 1/4 cup diced tomatoes
- 1/4 cup shredded carrots
- 1/4 cup shredded lettuce
- 2 tablespoons hummus Salt and pepper to taste

Instructions:

1. Lay the whole grain wrap or tortilla on a flat surface.
2. Spread hummus evenly over the wrap.
3. Layer cooked chickpeas, diced cucumber, diced tomatoes, shredded carrots, and shredded lettuce on top of the hummus.
4. Season with salt and pepper to taste.
5. Roll up the wrap tightly, tucking in the sides as you go.
6. Slice the wrap in half diagonally.
7. Serve immediately and enjoy this protein-packed chickpea and veggie wrap as a quick and energizing snack.

Nutrition Information:

Calories: 250/**Protein:** 10g/**Carbohydrates:** 35g/**Fat:** 8g

Sweet and Savory

Protein-Packed Cottage Cheese Stuffed Dates



Prep Time: 10 minutes

Cook Time: 0 minutes

Ingredients:

- 12 Medjool dates, pitted
- 1/2 cup low-fat cottage cheese
- 1/4 cup chopped nuts (such as almonds or walnuts)

Optional: honey or maple syrup for drizzling

Instructions:

1. Slice each Medjool date lengthwise to create an opening.
2. Fill each date with a spoonful of low-fat cottage cheese.
3. Top with chopped nuts.
4. Optional: drizzle with honey or maple syrup for added sweetness.
5. Serve immediately and enjoy these sweet and savory protein-packed cottage cheese stuffed dates as a delicious and nutritious snack.

Nutrition Information:

Calories: 200 / **Protein:** 8g / **Carbohydrates:** 35g / **Fat:** 5g

Turkey and Apple Roll-Ups



Prep Time: 10 minutes

Cook Time: 0 minutes

Ingredients:

- 4 slices deli turkey breast
- 1/2 apple, thinly sliced
- 2 tablespoons cream cheese
- 1 tablespoon honey mustard
- 2 tablespoons dried cranberries
- 2 tablespoons chopped pecans

Instructions:

1. Lay out the slices of deli turkey breast on a flat surface.
2. Spread cream cheese and honey mustard evenly over each turkey slice.
3. Place thinly sliced apple, dried cranberries, and chopped pecans on top of the turkey slices.
4. Roll up the turkey slices tightly, starting from one end.
5. Secure each roll-up with toothpicks if necessary.
6. Slice each roll-up into bite-sized pieces.
7. Serve immediately and enjoy these sweet and savory turkey and apple roll-ups as a protein-packed snack.

Nutrition Information:

Calories: 250/**Protein:** 15g/**Carbohydrates:** 20g/**Fat:** 12g

Greek Yogurt and Honey Roasted Almonds



Prep Time: 5 minutes

Cook Time: 15 minutes

Ingredients:

- 1 cup plain Greek yogurt
- 1/2 cup almonds
- 2 tablespoons honey Pinch of salt

Instructions:

1. Preheat the oven to 350°F (175°C).
2. In a bowl, mix together almonds, honey, and a pinch of salt until almonds are evenly coated.
3. Spread the almonds in a single layer on a baking sheet lined with parchment paper.
4. Roast in the preheated oven for 12–15 minutes, stirring occasionally, until almonds are golden brown and fragrant.
5. Remove from the oven and let cool completely.
6. Serve the roasted almonds with plain Greek yogurt.
7. Drizzle additional honey over the yogurt and almonds if desired.

Nutrition Information:

Calories: 300 / **Protein:** 15g / **Carbohydrates:** 20g / **Fat:** 18g

Chicken and Apple Lettuce Wraps



Prep Time: 15 minutes

Cook Time: 10 minutes

Ingredients:

- 1 cup cooked chicken breast, shredded
- 1 apple, diced
- 1/4 cup sliced almonds
- 2 tablespoons Greek yogurt
- 1 tablespoon honey mustard
- Salt and pepper to taste
- Large lettuce leaves (such as romaine or butter lettuce)

Instructions:

1. In a bowl, mix together shredded chicken breast, diced apple, sliced almonds, Greek yogurt, and honey mustard until well combined.
2. Season with salt and pepper to taste.
3. Spoon the chicken and apple mixture onto large lettuce leaves.
4. Roll up the lettuce leaves to form wraps.
5. Secure each wrap with toothpicks if necessary.
6. Serve immediately and enjoy these sweet and savory chicken and apple lettuce wraps as a protein-packed snack.

Nutrition Information:

Calories: 250 / **Protein:** 20g / **Carbohydrates:** 15g / **Fat:** 12g

Hummus-Stuffed Mini Bell Peppers



Prep Time: 15 minutes

Cook Time: 0 minutes

Ingredients:

- 12 mini bell peppers
- 1 cup hummus
- 1/4 cup chopped fresh parsley
- 1/4 cup diced tomatoes
- 1/4 cup crumbled feta cheese
- Salt and pepper to taste

Instructions:

1. Slice the tops off the mini bell peppers and remove the seeds.
2. Fill each mini bell pepper with hummus.
3. Top with chopped fresh parsley, diced tomatoes, and crumbled feta cheese.
4. Season with salt and pepper to taste.
5. Serve immediately and enjoy these sweet and savory hummus-stuffed mini bell peppers as a protein-

Nutrition Information:

Calories: 200 / **Protein:** 8g / **Carbohydrates:** 20g / **Fat:** 10g

Turkey and Cheese Roll-Ups



Prep Time: 10 minutes

Cook Time: 0 minutes

Ingredients:

- 4 slices deli turkey breast
- 4 slices cheese (such as cheddar or Swiss)
- 1/2 cup baby spinach leaves
- 2 tablespoons mustard or mayonnaise

Instructions:

1. Lay out the slices of deli turkey breast on a flat surface.
2. Place a slice of cheese on each turkey slice.
3. Top each slice with baby spinach leaves.
4. Spread mustard or mayonnaise evenly over the spinach leaves.
5. Roll up the turkey slices tightly, starting from one end.
6. Secure each roll-up with toothpicks if necessary.
7. Slice each roll-up into bite-sized pieces.
8. Serve immediately and enjoy these sweet and savory turkey and cheese roll-ups as a protein-packed snack.

Nutrition Information:

Calories: 250 / **Protein:** 15g / **Carbohydrates:** 5g / **Fat:** 18g

Protein-Packed Peanut Butter Banana Sushi Rolls



Prep Time: 10 minutes

Cook Time: 0 minutes

Ingredients:

- 2 large whole grain tortillas
- 1/2 cup creamy peanut butter
- 2 bananas
- 2 tablespoons honey
- 2 tablespoons chopped nuts (such as peanuts or almonds)

Instructions:

1. Lay out the whole grain tortillas on a flat surface.
2. Spread a layer of creamy peanut butter evenly over each tortilla.
3. Peel the bananas and place one banana on each tortilla.
4. Drizzle honey over the bananas.
5. Sprinkle chopped nuts over the bananas.
6. Roll up the tortillas tightly, starting from one end.
7. Slice each roll into bite-sized sushi-like pieces.
8. Serve immediately and enjoy these protein-packed peanut butter banana sushi rolls as a sweet and savory snack.

Nutrition Information:

Calories: 300 / **Protein:** 10g / **Carbohydrates:** 35g / **Fat:** 15g

Turkey and Hummus Cucumber Bites



Prep Time: 10 minutes

Cook Time: 0 minutes

Ingredients:

- 1 large cucumber
- 1/2 cup hummus
- 4 slices deli turkey breast
- 1/4 cup cherry tomatoes, halved
- 2 tablespoons chopped fresh parsley
- Salt and pepper to taste

Instructions:

1. Slice the cucumber into thick rounds.
2. Use a small spoon to scoop out a small portion of the center of each cucumber round to create a well.
3. Fill each cucumber round with a dollop of hummus.
4. Top the hummus with a slice of deli turkey breast.
5. Garnish with cherry tomato halves and chopped fresh parsley.
6. Season with salt and pepper to taste.
7. Serve immediately and enjoy these sweet and savory turkey and hummus cucumber bites as a protein- packed snack.

Nutrition Information:

Calories: 200/**Protein:** 12g/**Carbohydrates:** 15g / **Fat:** 10g

Protein-Packed Apple and Cheese Slices



Prep Time: 10 minutes

Cook Time: 0 minutes

Ingredients:

- 1 apple, sliced
- 4 slices cheese (such as cheddar or Gouda)
- 1/4 cup almonds, chopped
- **Optional:** honey or maple syrup for drizzling

Instructions:

1. Slice the apple into thin rounds.
2. Place a slice of cheese on each apple slice.
3. Sprinkle chopped almonds over the cheese.
4. Optional: drizzle with honey or maple syrup for added sweetness.
5. Serve immediately and enjoy these protein-packed apple and cheese slices as a sweet and savory snack.

Nutrition Information:

Calories: 250/**Protein:** 10g/**Carbohydrates:** 15g / **Fat:** 15g

Protein-Packed Chocolate and Peanut Butter Rice Cakes



Prep Time: 5 minutes

Cook Time: 0 minutes

Ingredients:

- 2 rice cakes
- 2 tablespoons natural peanut butter
- 2 tablespoons chocolate chips
- **Optional:** sliced banana or strawberries for topping

Instructions:

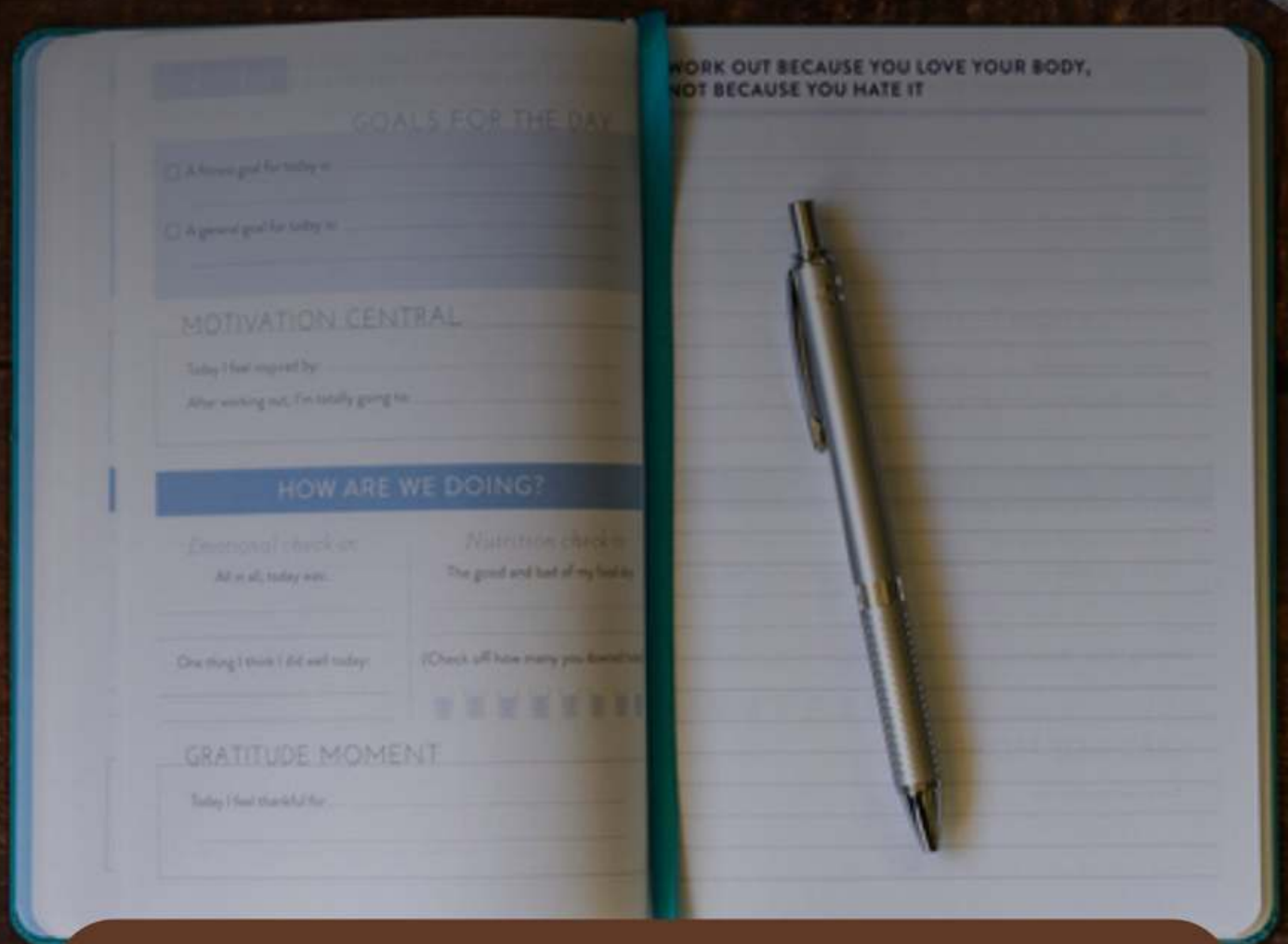
1. Spread natural peanut butter evenly over each rice cake.
2. Sprinkle chocolate chips over the peanut butter.
3. Optional: top with sliced banana or strawberries for extra flavor and nutrition.
4. Serve immediately and enjoy these protein-packed chocolate and peanut butter rice cakes as a sweet and savory snack.

Nutrition Information:

Calories: 200/**Protein:** 8g/**Carbohydrates:** 20g / **Fat:** 10g

High protein

JOURNALS



Crush goals, one gram at a time.

BREAKFAST

LUNCH

DINNER

SNACKS

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