

**FIT FIGURE**

**BOOTCAMP**

ULTIMATE FITNESS FORMULA

# RECIPE BOOK

192 DELICIOUS  
HEALTHY RECIPES

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# Breakfast

# Sweet Potato Protein Pancakes

1 (200 g) **sweet potato, cooked**  
1/2 cup (120 ml) **egg whites**  
1 scoop (30 g) **vanilla whey protein**  
1 tsp **stevia**  
1 tsp **cinnamon**  
1 tsp **vanilla extract**  
1 tsp **baking powder**  
pinch **salt**

Scoop out inside of sweet potato with spoon and place into bowl. Add remaining ingredients. Stir batter until it reaches a thick consistency. Spray non-stick cooking spray on pan using medium heat. Pour batter onto pan. After a few minutes, flip pancake to cook other side. Repeat process for remaining batter.

Makes 1 serving

Per serving:

**Calories 285 Carbs27g Protein39g Fat1g**

# Chocolate Banana Pancakes

**2/3 cup (80 g) whole wheat pastry flour**  
**1 tsp baking powder**  
**pinch salt**  
**2 tbsp (10 g) unsweetened baking cocoa**  
**1 cup (120 ml) unsweetened almond milk**  
**1 (100 g) banana, mashed**  
**1 tbsp (1.5 g) stevia**

Place all ingredients into bowl and mix well. Stir batter until it reaches a thick consistency. Spray non-stick cooking spray on stovetop pan using medium heat. Pour batter onto pan. After a few minutes, flip pancake to cook other side. Repeat process for remaining batter.

Makes 2 servings

Per serving:

**Calories215 Carbs47gProtein6gFat2g**

# Blueberry Protein Pancakes

1 cup (240 ml) **egg whites**  
1/2 cup (40 g) **oats**  
1 scoop (30 g) **vanilla whey protein**  
1/4 cup (40 g) **blueberries**  
1 tsp **stevia**

Place egg whites, oats, and protein powder into blender. Blend until thick. Spray non-stick cooking spray on stovetop pan using medium heat. Pour batter onto pan. Place blueberries on top of pancake. After a few minutes, flip pancake to cook other side. Repeat process for remaining batter.

Makes 2 servings

Per serving:

**Calories205 Carbs18gProtein28g Fat2g**

# Vanilla Cinnamon Protein Pancakes

1 cup (240 ml) **egg whites**  
1 cup (80 g) **oats**  
1 cup (230 g) **fat-free Greek yogurt**  
1 tsp **cinnamon**  
2 tsp **stevia**  
1 tsp **baking powder**  
pinch **salt**

Place all ingredients into blender and blend until thick. Spray nonstick cooking spray on stovetop pan using medium heat. Pour batter onto pan. After a few minutes, flip pancake to cook other side. Repeat process for remaining batter.

Makes 4 servings

Per serving:

**Calories140Carbs16gProtein15gFat 2g**

# Chocolate Chip Protein Pancakes

1 cup (80 g) **oats**  
1/4 cup (60 ml) **unsweetened almond milk**  
3 **egg whites**  
1 scoop (30 g) **vanilla whey protein**  
1 tsp **stevia**  
1 tsp **baking powder**  
pinch **salt**  
2 tbsp (15 g) **unsweetened carob chips**

Place oats, almond milk, egg whites, protein powder, stevia, and salt into food processor and blend thoroughly. Spray non-stick cooking spray on stovetop pan using medium heat. Pour batter onto pan. Sprinkle handful of carob chips on top of batter. After a few minutes, flip pancake to cook other side. Repeat process for remaining batter.

makes 3 servings

Per serving:

**Calories185 Carbs22gProtein16gFat4g**



# **Peanut Butter Banana Protein Pancakes**

**3/4 cup (60 g) oats**  
**1/4 cup (60 ml) unsweetened almond milk**  
**3 egg whites**  
**1/2 (50 g) banana, sliced**  
**1 scoop (30 g) vanilla whey protein**  
**1 tsp stevia**  
**1 tbsp (15 g) peanut butter**  
**1 tsp baking powder**  
**pinch salt**  
**1 tsp cinnamon**

**Place ingredients in blender and blend until smooth. Spray nonstick cooking spray on stovetop pan using medium heat. Scoop out pancake batter and place onto pan. After a few minutes, flip pancake to cook other side. Repeat process for remaining batter.**

**Makes 3 servings**

**Per serving:**

**Calories185Carbs20gProtein15gFat5g**

# Banana Protein Oatcakes

1 cup (80 g) **oats**  
1/2 cup (165 g) **fat-free Greek yogurt**  
1/2 scoop (15 g) **vanilla whey protein**  
1 (100 g) **banana, mashed**  
1 **egg**  
1 **egg white**  
1 tsp **stevia**  
1 tsp **cinnamon**

Place all ingredients into bowl and stir until a thick consistency is reached. Spray non-stick cooking spray on stovetop pan using medium heat. Use hands to shape batter into oatcake and place on pan. After a few minutes, flip oatcake to cook other side. Repeat process for remaining batter.

Makes 3 servings

Per serving:

**Calories155Carbs20gProtein13gFat3g**

# Pumpkin Pancakes

1/4 cup (60 g) pumpkin puree  
2/3 cup (55 g) oats  
1 egg white  
2 tbsp (30 g) low-fat cottage cheese  
1 tsp vanilla extract  
1 tsp cinnamon  
1 tsp stevia

Place all ingredients into blender or food processor and blend until smooth. Spray non-stick cooking spray on stovetop pan using medium heat. Pour batter onto pan. After a few minutes, flip pancake to cook other side. Repeat process for remaining batter.

Makes 3 servings

Per serving:

Calories 115 Carbs 15g Protein 7g Fat 3g

# No Whey, No Problem Protein Pancakes

1/2 cup (40 g) **oat flour**  
1 **egg**  
1-6 oz (170 g) **container Greek yogurt**  
1 tsp **baking powder**  
1 tsp **stevia**  
pinch **salt**

Place ingredients into bowl and stir. Spray non-stick cooking spray on stovetop pan using medium heat. Scoop out pancake batter and place onto pan. After a few minutes, flip pancake to cook other side.

Repeat process for remaining batter

Makes 1 serving

Per serving:

**Calories380Carbs46gProtein25gFat0g**

# Chocolate Peanut Butter French Toast

1/2 cup (120 ml) **egg whites**  
2 slices **whole wheat bread**  
1/4 cup (60 ml) **unsweetened almond milk**  
1 scoop (30 g) **chocolate whey protein**  
2 tbsp (30 g) **peanut butter**

Place egg whites, almond milk, and protein powder in bowl and stir. Pour batter into flat container. Dip bread slices into mixture, fully coating each side. Spray non-stick cooking spray on stovetop pan using medium heat. Place bread onto pan and cook until golden brown on each side. Spread peanut butter on each piece of bread.

Makes 2 servings

Per serving:

**Calories275Carbs20gProtein26gFat9g**

# Cinnamon French Toast

1/2 cup (120 ml) **egg whites**  
2 slices **whole wheat bread**  
2 tsp **stevia**  
1 tsp **cinnamon**  
pinch **vanilla whey protein**

Pour egg whites into flat container. Dip bread slices into egg whites, fully coating each side. Spray non-stick cooking spray on stovetop pan using medium heat. Place bread onto pan and cook until golden brown on each side. Sprinkle cinnamon, stevia, and vanilla whey protein powder onto each side.

Makes 2 servings

Per serving:

**Calories110Carbs15gProtein11gFat1g**

# Fluffy Protein Waffles

1/2 cup (40 g) **oats**  
1/2 cup (120 ml) **egg whites**  
1 scoop (30 g) **vanilla whey protein**  
1 tsp **stevia**  
1/2 cup (115 g) **low-fat cottage cheese**  
1 tsp **baking powder**  
pinch **salt**  
1 tsp **cinnamon**

Place ingredients into blender or food processor and blend until smooth. Spray non-stick cooking spray on waffle maker. Pour batter evenly into waffle maker. Cook for several minutes.

Makes 2 servings

Per serving:

**Calories210Carbs17gProtein28gFat4g**

# Chocolate Protein Sludge Waffles

2 whole grain waffles  
1 scoop (30 g) chocolate whey protein  
1 tbsp (5 g) unsweetened baking cocoa  
1/2 (50 g) banana, sliced  
1 tbsp water, or more

Toast 2 waffles. Place protein powder, unsweetened baking cocoa, and water into bowl. Stir until desired consistency is reached. Spread chocolate protein sauce onto waffles. Add banana slices on top of waffles.

Makes 1 serving

Per serving:

Calories 335 Carbs 45g Protein 30g Fat 7g



# Apple Cinnamon Protein Crepes

1 scoop (30 g) **vanilla whey protein**

1 cup (240 ml) **egg whites**

1/2 cup (120 g) **cup applesauce**

1 tsp **cinnamon**

2 tsp **stevia**

Place all ingredients into blender and blend thoroughly. Spray non-stick cooking spray on stovetop pan using medium heat. Pour batter onto pan and cover with lid. After a few minutes, flip pancake to cook other side. Repeat process for remaining batter.

Makes 2 servings

Per serving:

**Calories145Carbs8gProtein25gFat0g**

# Chocolate Protein Crepes

**3/4 cup (180 ml) egg whites**  
**1 egg**  
**1 scoop (30 g) chocolate whey protein**  
**1 tbsp peanut butter, softened**  
**2 tsp stevia**

Place all ingredients into blender bottle and shake thoroughly. Spray non-stick cooking spray on stovetop pan using medium heat. Pour batter onto pan in thin layer. Place lid on pan for 2 minutes. Flip crepe over with spatula to cook other side. Cook for additional 30 seconds.

Makes 1 serving

Per serving:

**Calories380Carbs7gProtein53gFat13g**

# Chocolate Oat Protein Cake

1/2 cup (40 g) **oats**  
1 scoop (30 g) **chocolate whey protein**  
1/2 cup (120 ml) **egg whites**  
1/4 cup (60 ml) **unsweetened almond milk**  
1 tsp **baking powder**  
pinch **salt**  
1 tsp **cinnamon**  
2 tsp **stevia**

Microwave all ingredients in bowl for 45 seconds and stir.  
Remove from microwave and stir again, especially around edges.  
If necessary, continue to microwave in 30-second intervals until  
fully cooked.

Makes 1 serving

Per serving:

**Calories340Carbs31gProtein42gFat5g**

# **Peanut Butter Cup Protein Oatmeal**

**1/2 cup (40 g) oats**  
**3/4 cup (180 ml) unsweetened almond milk**  
**1/4 cup (60 ml) water**  
**2 tbsp (30 g) fat-free Greek yogurt**  
**1 tbsp (15 g) peanut butter**  
**2 tbsp (10 g) unsweetened baking cocoa**  
**2 tsp stevia**

Microwave oats, unsweetened almond milk, and water in bowl according to directions listed on packaging and stir. Place Greek yogurt, peanut butter, baking cocoa, and stevia into another bowl and stir. Combine the two bowls into one and mix well.

Makes 1 serving

Per serving:

**Calories295Carbs37gProtein14gFat13g**

# Banana Split Protein Oatmeal

1/2 cup (40 g) **oats**  
1 cup (240 ml) **water**  
1-6 oz (170 g) **container strawberry yogurt**  
1/2 scoop (15 g) **vanilla whey protein**  
1 (100 g) **banana, sliced**  
1 tbsp (5 g) **unsweetened baking cocoa**  
2 tsp **stevia**  
1 tsp **cinnamon**

Microwave oats in bowl according to directions listed on packaging and stir. In another bowl, mix yogurt and protein powder. Add cooked oats to yogurt mixture. Slice banana and place on top of mixed oats. Sprinkle cocoa, stevia, and cinnamon on top.

Makes 2 servings

Per serving:

**Calories225 Carbs37gProtein17g Fat2g**

# Overnight Banana Protein Oatmeal

1/2 cup (40 g) **oats**  
1/2 cup (165 g) **fat-free Greek yogurt**  
1/2 cup (120 ml) **unsweetened almond milk**  
1 scoop (30 g) **vanilla whey protein**  
1/2 (50 g) **banana, sliced**  
1 tsp **cinnamon**  
1 tsp **stevia**

Place ingredients into bowl. Stir until well mixed. Cover and refrigerate overnight.

Makes 1 serving

Per serving:

**Calories390 Carbs46gProtein42g Fat5g**

# Overnight Chocolate Protein Oatmeal

1/2 cup (40 g) **oats**  
1/2 cup (120 ml) **unsweetened almond milk**  
1 scoop (30 g) **chocolate whey protein**  
2 tbsp (10 g) **unsweetened baking cocoa**  
1 tsp **stevia**  
1/2 (50 g) **banana, sliced**  
1 tbsp (8 g) **unsweetened carob chips**

Place oats, unsweetened almond milk, protein powder, unsweetened baking cocoa, and stevia into bowl and stir. Place banana slices and carob chips on top of oatmeal. Cover bowl with plastic wrap and refrigerate overnight or for at least 4 hours.

Makes 1 serving

Per serving:

**Calories360Carbs50gProtein32gFat7g**

# Slow-Cooked Steel Cut Oats

2 cups (320 g) **steel cut oats**

8 cups (2 L) **water**

2 (200 g) **bananas, sliced**

2 tsp **cinnamon**

pinch **salt**

Place all ingredients into slow-cooker and stir. Cook for 6 hours on low. Store remaining oats in refrigerator.

Makes 7 servings

Per serving:

**Calories205Carbs39gProtein6gFat3g**



# Cinnamon Roll Protein Oatmeal

1/2 cup (40 g) **oats**  
3/4 cup (180 ml) **unsweetened almond milk**  
1/4 cup (60 ml) **water**  
2 tbsp (30 ml) **fat-free Greek yogurt**  
3/4 scoop (20 g) **vanilla whey protein**  
1 tsp **vanilla extract**  
1 tsp **cinnamon**  
2 tsp **stevia**

Microwave oats, unsweetened almond milk, and water in bowl according to directions listed on packaging and stir. Place Greek yogurt, protein powder, vanilla extract, cinnamon, and stevia into another bowl and stir. Combine the two bowls into one and mix well.

Makes 1 serving

Per serving:

**Calories285Carbs31g Protein27gFat6g**

# Lemon Blueberry Protein Oatmeal

1/2 cup (40 g) **oats**  
3/4 cup (180 g) **unsweetened almond milk**  
1 tsp **lemon juice**  
1 scoop (30 g) **vanilla whey protein**  
2 tbsp (30 g) **fat-free Greek yogurt**  
1/2 cup (75 g) **blueberries**  
1 tsp **vanilla extract**  
2 tsp **stevia**

Cook oats, almond milk, and lemon zest on stove for around 10 minutes and stir occasionally. Remove oats from stove and place into bowl. Add remaining ingredients and mix well.

Makes 1 serving

Per serving:

**Calories350 Carbs40g Protein33g Fat6g**

# Pumpkin Pie Protein Oatmeal

2/3 cup (55 g) **oats**  
3/4 cup (180 ml) **unsweetened almond milk**  
1/2 cup (120 g) **pumpkin puree**  
1 tsp **cinnamon**  
pinch **nutmeg**  
1/2 scoop (15 g) **vanilla whey protein**

Microwave almond milk and oats in bowl according to directions listed on packaging and stir. Add pumpkin and stir. Sprinkle cinnamon, nutmeg, and protein powder onto oatmeal and re-stir.

Makes 1 serving

Per serving:

**Calories325Carbs47gProtein21gFat7g**

# **Peaches & Cream Protein Oatmeal**

**1/2 cup (40 g) oats**  
**3/4 cup (180 ml) unsweetened almond milk**  
**1/4 cup (60 ml) water**  
**1 cup (170 g) peaches, sliced**  
**1 tsp vanilla extract**  
**2 tsp stevia**  
**1 scoop (30 g) vanilla whey protein**  
**1 low-fat graham cracker**

**Microwave oats, unsweetened almond milk, and water in bowl according to directions listed on packaging and stir. Add remaining ingredients except for graham cracker and stir. Crush graham cracker and sprinkle on top of oats.**

**Makes 1 serving**

**Per serving:**

**Calories420Carbs63gProtein33gFat7g**

# Apple Pie Oatmeal

1 cup (240 ml) **unsweetened almond milk**

1/2 cup (40 g) **oats**

1/2 cup (65 g) **apples, chopped**

1/2 cup (120 g) **applesauce**

pinch **salt**

1 tsp **cinnamon**

1 tsp **vanilla extract**

1 tbsp (15 ml) **sugar-free syrup**

Place ingredients into pot using medium heat on stove. Cook for 10 minutes, stirring occasionally.

Makes 1 serving

Per serving:

**Calories255Carbs46gProtein6gFat6g**

# Key Lime Pie Protein Oatmeal

1/2 cup (40 g) **oats**  
3/4 cup (180 ml) **unsweetened almond milk**  
1/4 cup (60 ml) **water**  
1 tsp **lime juice**  
1 tsp **vanilla extract**  
2 tsp **stevia**  
1 scoop (30 g) **vanilla whey protein**  
1 **low-fat graham cracker**

Microwave oats, unsweetened almond milk, and water in bowl according to directions listed on packaging and stir. Add remaining ingredients except for graham cracker and stir. Crush graham cracker and sprinkle on top of oats.

Makes 1 serving

Per serving:

**Calories360Carbs49gProteins31gFat7g**

# Baked Banana Walnut Protein Oatmeal

1 (100 g) **banana, mashed**  
1/2 cup (40 g) **oats**  
2 tbsp (15 g) **walnuts, crushed**  
2 tbsp (30 g) **fat-free Greek yogurt**  
1/2 cup (120 ml) **unsweetened almond milk**  
1 **egg white**  
2 tsp **stevia**  
2 tsp **cinnamon**  
1 scoop (30 g) **vanilla whey protein**

Preheat oven to 350°F (180°C). Place all ingredients except protein powder into bowl and stir. Spray non-stick cooking spray on oven-safe casserole dish and add oat mixture. Bake for 30 minutes. Remove from oven and stir in protein powder.

Makes 1 serving

Per serving:

**Calories 500 Carbs 56g Protein 39g Fat 16g**

# **Peanut Butter & Jelly Protein Oatmeal**

**1/2 cup (40 g) oats**  
**3/4 cup (180 ml) unsweetened almond milk**  
**1/4 cup (60 ml) water**  
**1 tbsp (15 g) peanut butter, softened**  
**2 tbsp (30 g) sugar-free jelly**  
**2 tsp stevia**  
**1 scoop (30 g) vanilla whey protein**

Microwave oats, unsweetened almond milk, and water in bowl according to directions listed on packaging and stir. Add remaining ingredients and stir.

Makes 1 serving

Per serving:

**Calories410Carbs44gProtein33gFat14g**



# Strawberry Shortcake Oatmeal

1/2 cup (40 g) **oats**  
3/4 cup (180 ml) **unsweetened almond milk**  
1/4 cup (60 ml) **water**  
2 tbsp (30 g) **fat-free Greek yogurt**  
1/4 cup (40 g) **strawberries, sliced**  
2 tsp **vanilla extract**  
2 tsp **stevia**

Microwave oats, unsweetened almond milk, and water in bowl according to directions listed on packaging and stir. Place Greek yogurt, strawberries, vanilla extract, and stevia into another bowl and stir. Combine the two bowls into one and mix well.

Makes 1 serving

Per serving:

**Calories205 Carbs32g Protein9gFat5g**

# Berries & Granola Protein Parfait

1/2 cup (65 g) granola  
1 cup (230 g) fat-free Greek yogurt  
1 tsp stevia  
1/2 cup (75 g) blueberries  
1/2 cup (75 g) strawberries, sliced

Place yogurt, stevia, and granola into bowl and stir. Top with blueberries and strawberries.

Makes 1 serving

Per serving:

Calories470Carbs60gProtein52gFat4g

# Oven-Baked Cinnamon Banana Protein Oats

1 (100 g) **banana, mashed**  
1/2 cup (40 g) **oats**  
2 tbsp (30 g) **fat-free Greek yogurt**  
1/2 cup (120 ml) **unsweetened almond milk**  
1 **egg white**  
2 tsp **stevia**  
2 tsp **cinnamon**  
1 scoop (30 g) **vanilla whey protein**

Preheat oven to 350°F (180°C). Place all ingredients except protein powder into bowl and stir. Spray non-stick cooking spray on oven-safe casserole dish and add oat mixture. Bake for 30 minutes. Remove from oven and stir in protein powder.

Makes 1 serving

Per serving:

**Calories 410 Carbs 58g Protein 37g Fat 6g**

# Egg White Breakfast Sandwich

2 slices **whole wheat bread**  
1/2 cup (120 ml) **egg whites**  
2 tbsp (15 g) **low-fat mozzarella cheese**  
1 tsp **hot sauce**  
pinch **salt**  
pinch **pepper**

Toast 2 slices of bread and set aside . Spray non-stick cooking spray on stovetop pan using medium heat. Pour egg whites onto pan. Add seasonings, cheese, and hot sauce. Once cheese melts, place eggs onto toasted bread. Place other slice of bread on top to form sandwich.

Makes 1 serving

Per serving:

**Calories260 Carbs32gProtein25g Fat3g**

# Eggs On English Muffin

1 English muffin  
2 eggs  
2 tbsp (15 g) low-fat cheddar cheese  
pinch pepper  
1 tsp paprika

Spray non-stick cooking spray on stove. Put English muffin in toaster and begin cooking two eggs on stove sunny side up. When eggs are nearly cooked, top with cheese and wait until cheese melts. Remove eggs from stove and place on toasted English muffins.

Makes 1 serving

Per serving:

Calories260Carbs17gProtein21gFat12g

# Crambled Egg Burrito

**1 whole wheat tortilla**  
**1 egg**  
**2/3 cup (160 ml) egg whites**  
**2 tbsp (30 g) salsa**  
**1 tsp hot sauce**  
**pinch pepper**  
**1 tsp garlic powder**

Spray non-stick cooking spray on stovetop pan using medium heat. Pour egg whites and whole egg onto pan. Microwave tortilla for 20 seconds and place cooked eggs into warm tortilla. Add seasonings and hot sauce. Fold tortilla into burrito.

Makes 1 serving

Per serving:

**Calories290Carbs19g Protein26gFat10g**

# Egg White & Spinach Omelet

1 cup (240 ml) egg whites  
2/3 cup (20 g) baby spinach  
2 tbsp (30 g) salsa  
1 tsp hot sauce  
pinch pepper  
pinch salt  
1 tsp paprika

Spray non-stick cooking spray on stovetop pan using medium heat. Pour egg whites onto pan. Add seasonings and spinach. Place lid on pan and cook for 2-3 minutes or until done. Add salsa and hot sauce. Remove omelet from stove and fold in half.

Makes 2 servings

Per serving:

Calories140Carbs5gProtein27gFat0g

# Southwestern Breakfast Bowl

1 cup (240 ml) **egg whites**  
1/4 cup (65 g) **black beans**  
2 tbsp (30 g) **salsa**  
1 cup (30 g) **baby spinach**  
1/4 cup (30 g) **low-fat cheddar cheese**  
1 tsp **hot sauce**  
pinch **pepper**  
1 tsp **Southwestern seasoning**

Spray non-stick cooking spray on stovetop pan using medium heat. Pour egg whites and black beans onto pan. Add salsa and seasonings to cooked eggs. Place baby spinach into bottom of bowl. Add cooked egg and beans to bowl. Top with cheese and hot sauce for additional flavor.

Makes 1 serving

Per serving:

**Calories190 Carbs16g Protein31g Fat0g**



# Eggs & Oats Scramble

1/3 cup (25 g) **oats**  
1/2 cup (120 ml) **egg whites**  
1 **egg**  
1/3 cup (80 g) **tomatoes, diced**  
1/3 cup (10 g) **baby spinach**  
1/4 cup (30 g) **fat-free cheddar cheese**  
2 tbsp (30 g) **salsa**  
pinch **salt**  
1 tsp **cayenne pepper**

Place oats, egg whites and egg into bowl and stir. Let eggs soak in the oats for a few minutes. Spray non-stick cooking spray on stovetop pan using medium heat. Pour egg and oat mixture onto pan. Add diced tomatoes and spinach to cooked eggs in pan. Add seasonings. Top with cheese and salsa for additional flavor.

Makes 1 serving

Per serving:

**Calories300Carbs26gProtein34gFat7g**

# Tuna Pita Pocket

**2/3 cup (160 ml) egg whites**

**1 whole wheat pita**

**4 oz (115 g) tuna**

**1 tsp paprika**

**pinch pepper**

Spray non-stick cooking spray on a stovetop pan using medium heat.

Pour egg whites onto pan. Add tuna and seasonings to eggs (note that chicken may be substituted for tuna). Remove pan from stove.

Mix eggs, seasonings, and tuna in bowl. Cut whole wheat pita in half and fill each half with egg and tuna mixture.

Makes 1 serving

Per serving:

**Calories 280 Carbs 22g Protein 46g Fat 3g**

# Egg & Broccoli Scramble

1 cup (240 ml) **egg whites**  
2 **eggs**  
1 tsp **olive oil**  
1 cup (85 g) **broccoli, chopped**  
2 tbsp (30 g) **salsa**  
1 tsp **hot sauce**  
pinch **pepper**  
pinch **salt**  
1 tsp **garlic powder**

Spray non-stick cooking spray on stovetop pan using medium heat. Place egg whites and eggs onto pan. Break apart with spatula and begin to scramble eggs. Add remaining ingredients and cook for 5 minutes or until eggs are fully cooked.

Makes 1 serving

Per serving:

**Calories365Carbs11gProtein39gFat15g**

# Egg White & Veggie Muffins

1 cup (240 ml) egg whites  
1 cup (85 g) broccoli, chopped  
1/4 cup (40 g) onions, chopped  
1/4 cup (30 g) fat-free cheddar cheese  
2 tsp hot sauce  
1 tsp Cajun seasoning  
pinch pepper

Preheat oven to 425°F (220°C). Spray non-stick cooking spray on muffin pan. Place broccoli into six muffin holes, dividing evenly. Place onions on top of broccoli. Pour egg whites evenly into muffin holes. Add seasonings. Sprinkle cheese on top. Bake for 25 minutes.

Makes 6 servings

Per serving:

Calories40Carbs4gProtein7gFat0g

# Egg White & Chicken Muffins

2 cups (480 ml) **egg whites**  
3/4 cup (180 ml) **unsweetened almond milk**  
8 oz (225 g) **chicken breast, cooked and shredded**  
1/4 cup (30 g) **low-fat cheese**  
1 tsp **hot sauce**  
1 tsp **Southwestern seasoning**  
pinch **pepper**

Preheat oven to 375°F (190°C). Place egg whites, almond milk, and seasonings into bowl. Stir ingredients and set aside. Spray non-stick cooking spray on muffin pan. Place chicken at bottom of each muffin hole. Add cheese on top of chicken. Pour egg white mixture evenly into each muffin hole. Add seasonings and hot sauce. Bake for 30 minutes.

Makes 6 servings

Per serving:

**Calories95 Carbs1g Protein18gFat2g**

# Egg White Pizza

1 cup (240 ml) **egg whites**  
1 **egg**  
4 tbsp (60 g) **tomato paste**  
1 tsp **oregano**  
1 tsp **basil**  
1 tsp **garlic powder**  
1/3 cup (40 g) **low-fat mozzarella cheese**

Place egg and egg whites into bowl. Stir and set aside. To make pizza sauce, place tomato paste, oregano, and basil into another bowl and stir. Spray non-stick cooking spray on stovetop pan using medium heat. Add eggs to pan and cover with lid to cook for a few minutes. Turn stove to low heat setting and spread pizza sauce on top of eggs. Sprinkle garlic powder and shredded cheese on top of sauce. Remove from stove once cheese has melted.

Makes 1 serving

Per serving:

**Calories340Carbs10gProtein45gFat11g**

# Sweet Potato Hash Browns

5 oz (140 g) **sweet potatoes**

1/2 cup (80 g) **onions**

1 tbsp (15 ml) **olive oil**

1 cup (240 ml) **egg whites**

pinch **pepper**

pinch **salt**

1 tsp **paprika**

Grate peeled sweet potatoes and place into bowl. Spray non-stick cooking spray on stovetop pan using medium heat. Place onions into pan and cook for a few minutes. Add sweet potatoes, olive oil, and seasonings to pan, stirring frequently until cooked to desired texture. Spray non-stick cooking spray on another pan and scramble egg whites. Combine cooked sweet potatoes and egg whites and serve.

Makes 1 serving

Per serving:

**Calories185Carbs41gProtein28gFat14g**

# Lunch & Dinner



# Oven-Baked Chicken Parmesan

**32 oz (900 g) chicken breasts**  
**1/4 cup (30 g) shredded Parmesan cheese**  
**3/4 cup (45 g) Panko bread crumbs**  
**2 tsp basil**  
**2 tsp garlic powder**  
**2 egg whites**  
**1 cup (250 g) marinara sauce**  
**3/4 cup (90 g) low-fat mozzarella cheese**

Preheat oven to 450°F (230°C). Cover bottom of baking pan with aluminum foil with enough to fold over the top of pan. Cut chicken breasts in half and set aside. To make breading, place Parmesan cheese and Panko bread crumbs into bowl and stir. Add basil leaves and garlic powder. Place egg whites into another bowl. Coat chicken in egg whites with one hand and then coat in breadcrumb mixture with other hand and place coated chicken onto pan. Repeat process for remaining pieces of chicken. Cover chicken with aluminum foil over top of pan. Bake for 40 minutes. Uncover and pour marinara sauce over chicken. Sprinkle cheese on top of sauce. Return uncovered pan to oven for 5 minutes or until cheese melts.

Makes 8 servings

Per serving:

**Calories 170 Carbs 17g Protein 30g Fat 3g**

# Slow-Cooked Chicken & Sweet Potatoes

**12 oz (340 g) chicken breasts**  
**1 cup (240 ml) water**  
**1 cup (160 g) onions, chopped**  
**1 cup (115 g) baby carrots, diced**  
**1 (185 g) large sweet potato**  
**1 tsp paprika**  
**1 tsp pepper**  
**1 tsp garlic powder**  
**1 tbsp (15 ml) soy sauce**

Place all ingredients into slow-cooker. Cook for 6 hours on low or for 4 hours on high.

Makes 2 servings

Per serving:

**Calories 295 Carbs 32g Protein 39g Fat 1g**

# Low-carb Grilled Chicken Kabobs

**24 oz (680 g) chicken breasts**  
**1 (200 g) onion, chopped sliced**  
**1 (200 g) red bell pepper, chopped**  
**1 (200 g) green bell pepper, chopped**  
**1 cup (110 g) mushrooms, sliced**  
**1 tsp paprika**  
**1 tsp pepper**  
**pinch salt**

Chop peppers, onions, and mushrooms into pieces. Cut chicken into pieces with poultry shears. Slide peppers, chicken, onion, and mushrooms onto skewer. Spray non-stick cooking spray on grill. Season kabobs. Set skewers onto grill and cook for about 7 minutes, then flip kabobs to cook other side until done.

Makes 6 servings

Per serving:

**Calories 145 Carbs 7g Protein 25g Fat 1g**

# Oven-Baked Crispy Chicken Nuggets

**14 oz (400 g) chicken breasts**  
**1/2 cup (60 g) whole wheat breadcrumbs**  
**1/4 cup (15 g) Panko breadcrumbs**  
**2 tbsp (20 g) shredded Parmesan cheese**  
**2 egg whites**  
**1 tsp cayenne pepper**  
**1 tsp paprika**  
**pinch salt**

Preheat oven to 475°F (240°C). Cut chicken breasts into pieces with poultry shears. Spray non-stick cooking spray on baking sheet. Place breadcrumbs, cheese, and seasonings into bowl and stir. Place egg whites into another bowl. Coat chicken in egg whites with one hand and then coat in breadcrumb mixture with other hand and place coated chicken onto baking sheet. To make chicken extra crispy, lightly spray non-stick cooking spray on top of chicken nuggets. Bake for 10 minutes. Remove from oven and flip chicken to cook other side. Bake for additional 5 minutes.

Makes 3 servings

Per serving:

**Calories 230 Carbs 16 g Protein 31g Fat 3g**

# Chipotle Chicken Salad

## dressing:

3 tbsp (45 g) **fat-free sour cream**

1 tbsp (15 ml) **lime juice**

1 tsp **cilantro**

1 tsp **Southwestern seasoning**

2 tbsp (30 g) **salsa**

## salad:

4 cups (200 g) **lettuce**

1/4 cup (65 g) **black beans**

4 oz (110 g) **chicken breast, cooked and sliced**

6 (60 g) **tomato slices**

To make salad dressing, place sour cream, lime juice, cilantro, seasoning, and salsa into bowl and stir. Place lettuce into container with lid. Pour salad dressing onto lettuce and cover; shake to mix up ingredients. Top salad with black beans, chicken, and tomato.

Makes 1 serving

Per serving:

**Calories 260 Carbs 30g Protein 34g Fat 1g**

# Slow-Cooked Salsa Chicken & Black Beans

24 oz (680 g) **chicken breasts**  
1/2 cup (120 ml) **water**  
1-15 oz (425 g) **can black beans**  
1-1/2 cups (230 g) **salsa**  
2 tsp **Southwestern seasoning**  
1 tsp **pepper**  
1 tsp **garlic powder**  
pinch **salt**

Place all ingredients into slow-cooker. Cook 6 hours on low or 4 hours on high.

Makes 5 servings

Per serving:

**Calories 225 Carbs 20g Protein 33g Fat 3g**

# Baked Buffalo Chicken Tenders

18 oz (510 g) **chicken breasts**  
2 tsp **pepper**  
2 tsp **ground red pepper**  
1 tsp **cayenne pepper**  
1/2 cup (120 ml) **buffalo hot sauce**  
1/2 cup (40 g) **oat flour**  
1 tbsp (15 ml) **olive oil**

Preheat oven to 450°F (230°C). Cut chicken into strips with poultry shears and place into bowl. Add pepper, ground red pepper, cayenne pepper, and buffalo hot sauce. Mix together with your hands. Place oat flour (made by blending oatmeal in food processor) into plastic bag. Place chicken into bag and shake to coat chicken. Cover baking pan with aluminum foil with enough to fold over the top of pan and spray with non-stick cooking spray. Place chicken onto pan and drizzle olive oil on top. Bake for 15-20 minutes. Remove and flip chicken to cook other side. Return to oven for 20 minutes. Cool for 10 minutes and place chicken into bowl. Pour buffalo wing sauce on chicken.

Makes 3 servings

Per serving:

**Calories 240 Carbs 9g Protein 35g Fat 6g**

# Citrus Marinated Chicken

**24 oz (680 g) chicken breasts**

**1 cup (240 ml) lemon juice**

**2 tbsp (30 ml) olive oil**

**1 tbsp garlic powder**

**2 tsp basil**

**1 tsp garlic pepper**

**1 tsp pepper**

Preheat oven to 450°F (230°C). To make marinade, place lemon juice, olive oil, and seasonings into plastic bag. Poke holes in chicken with fork and place into plastic bag. Seal bag and set flat on plate. Refrigerate for at least one hour. Cover bottom of pan with aluminum foil with enough to fold over the top of pan and place chicken onto pan. Add seasonings. Cover chicken with aluminum foil over top of pan. Bake for 1 hour.

Makes 4 servings

Per serving:

**Calories 225 Carbs 0g Protein 38g Fat 13g**



# Crispy Almond Chicken

**3/4 cup (90 g) almonds, chopped**

**2 tsp paprika**

**1 tsp chili powder**

**1 tsp garlic powder**

**1/2 cup (120 ml) egg whites**

**24 oz (680 g) chicken breasts**

Preheat oven to 400°F (200°C). Add spices to almonds. Place egg whites into another bowl. Cover bottom of baking pan with aluminum foil with enough to fold over the top of pan and spray with non-stick cooking spray. Dip chicken in egg whites with one hand and then in almonds with other hand and place coated chicken onto pan. Cover chicken with aluminum foil over pan.

Bake for 50 minutes.

Makes 4 servings

Per serving:

**Calories 300 Carbs 17g Protein 45g Fat 17g**

# Oatmeal Chicken Strips

**18 oz (225 g) chicken breasts**

**1/2 cup (40 g) oats**

**2 tsp garlic powder**

**2 tsp paprika**

**2 tsp ground cumin**

**1 tsp pepper**

**olive oil cooking spray**

Preheat oven to 350°F (180°C). Cover bottom of baking sheet with aluminum foil with enough to fold over top of pan. Cut chicken breasts into strips. Place oatmeal, spices, and chicken tenderloin into plastic bag. Close bag and shake to cover chicken with oat mixture. Bake for 30 minutes. Remove from oven and spray with olive oil cooking spray.

Return to oven for 5 minutes or until crispy.

Makes 2 servings

Per serving:

**Calories 215 Carbs 9g Protein 39g Fat 7g**

# Oven-Fried Chicken Breasts

**12 oz (340 g) chicken breasts**  
**1 cup (100 g) corn flake crumbs**  
**1 tsp pepper**  
**1 tsp cayenne pepper**  
**2 tbsp (15 g) Parmesan cheese**  
**2 egg whites**  
**olive oil cooking spray**

Preheat oven to 400°F (200°C). Cover bottom of baking pan with aluminum foil with enough to fold over the top of pan. Place corn flake crumbs, seasonings, and cheese into bowl. Place egg whites into another bowl. Coat chicken in egg whites with one hand and then coat in cornflake breadcrumb mixture with other hand on both sides and place onto pan. Repeat with other chicken breast. Cover chicken with aluminum foil over top of pan. Bake for 50 minutes. Lightly spray olive oil cooking spray on chicken. Return to oven for additional 5 minutes.

Makes 2 servings

Per serving:

**Calories 285 Carbs 21g Protein 38g Fat 2g**

# Grilled Chicken & Sweet Potatoes

**5 oz (140 g) sweet potato, sliced**

**6 oz (170 g) chicken breasts**

**10 (80 g) asparagus spears**

**1 tsp (5 ml) olive oil**

**pinch salt**

**pinch pepper**

Grill for 10 minutes or until juices run clear. Test with fork to check if sweet potatoes are fully cooked. Remove chicken and sweet potatoes from grill. Drizzle olive oil over asparagus and sprinkle with salt and pepper and place onto grill for about 3 minutes or until tender.

Makes 1 servings

Per serving:

**Calories 355 Carbs 32g Protein 38g Fat 10g**

# Chicken Teriyaki Stir Fry

2 cups (320 g) **brown rice, cooked**  
1/2 cup (120 ml) **water**  
4 cups (340 g) **frozen broccoli**  
12 oz (340 g) **cooked chicken breasts**  
2 tbsp (30 ml) **soy sauce**  
4 tbsp (60 ml) **teriyaki sauce**  
2 tsp **garlic powder**  
1 tsp **pepper**

Spray non-stick cooking spray on stovetop pan using medium heat. Add water, frozen broccoli, and chicken to pan. Cover with lid for a few minutes. Mix in rice, soy sauce, teriyaki sauce, garlic powder, and pepper until heated through.

Makes 3 servings

Per serving:

**Calories 315 Carbs 40g Protein 30g Fat 4g**

# Grilled Chicken Quesadillas

**3 oz (85 g) chicken breasts, sliced and cooked**  
**1 tsp taco seasoning**  
**1 whole wheat tortilla**  
**1/4 cup (30 g) low-fat cheddar cheese**  
**2 tbsp (20 g) onion, chopped**  
**1 tbsp (10 g) red pepper, chopped**  
**2 tsp (30 ml) lemon juice**

Warm up pre-cooked, frozen chicken strips on grill for 5 minutes. Place chicken into bowl and season to desired taste. Place whole wheat tortilla onto grill and add chicken to half of tortilla. Sprinkle cheese on top of chicken. Add onion, pepper, and lemon juice. Fold tortilla in half and close lid of grill. Cook for 3 to 5 a few minutes and remove from grill. Cut in half and serve.

Makes 1 servings

Per serving:

**Calories 270 Carbs 27g Protein 31g Fat 4g**

# Chicken & Tomato Pasta

**1 cup (110 g) brown rice pasta**  
**10 oz (285 g) chicken breasts, cooked and sliced**  
**1 cup (85 g) frozen broccoli**  
**1 cup (240 g) tomatoes, diced**  
**1 tsp garlic powder**  
**1 tsp basil**  
**1 tsp oregano**  
**2 tbsp (15 g) low-fat mozzarella cheese**

Place 2 cups water in stovetop pot using medium heat. Add pasta and cook for 15 minutes (or according to directions listed on packaging.)

Place 1/2 cup water, chicken, and broccoli onto skillet using medium heat. Place lid on skillet for 5 minutes and add tomatoes and seasonings. Turn heat to low and let simmer for 10 minutes. Combine pasta and chicken in bowl. Sprinkle shredded cheese on top and serve.

Makes 3 servings

Per serving:

**Calories 410 Carbs 49g Protein 36g Fat 5g**

# Chicken Fried Rice

**1/2 cup (50 g) mushrooms, sliced**  
**4 oz (115 g) chicken, cooked and sliced**  
**1 cup (160 g) brown rice, cooked**  
**1 egg**  
**1/4 cup (30 g) carrots, diced**  
**1/2 cup (70 g) peas**  
**1 cup (85 g) broccoli**  
**2 tbsp (30 ml) soy sauce**

Spray non-stick cooking spray on a stovetop pan using medium heat. Place mushrooms, chicken, rice, and egg onto pan. Cook egg with spatula and stir into mixture. Add carrots, peas, broccoli, and soy sauce. Stir until fully cooked.

Makes 2 servings

Per serving:

**Calories 260 Carbs 32g Protein 20g Fat 4g**



# Creamy Dijon Chicken

18 oz (510 g) **chicken breasts**  
1 cup (225 g) **fat-free Greek yogurt**  
1/3 cup (60 g) **Dijon mustard**  
1 tsp **paprika**  
2 tsp **garlic powder**  
1 tsp **pepper**  
1/2 cup (30 g) **Panko bread crumbs**

Preheat oven to 400°F (200°C). Place Greek yogurt, mustard, and spices into bowl and stir. Cover bottom of baking pan with aluminum foil with enough to fold over the top of pan. Place each chicken breast into Greek yogurt mixture, fully coating each piece of chicken. Place chicken onto pan. Repeat process for remaining chicken breasts. Sprinkle Panko bread crumbs over chicken. Cover chicken with aluminum foil over top of pan. Bake for 1 hour.

Makes 3 servings

Per serving:

**Calories 240 Carbs 11g Protein 41g Fat 1g**

# Buffalo Chicken Burger

**16 oz (455 g) ground chicken**  
**1/4 cup (30 g) whole wheat bread crumbs**  
**1 tsp pepper**  
**1 tsp garlic powder**  
**2 tsp crushed red pepper**  
**1/2 cup (120 g) buffalo wing sauce**  
**2 tbsp (30 g) light ranch dressing**

Combine all ingredients in bowl and mix with hands. Shape into four burgers. Place onto grill for 10 minutes.

Makes 4 servings

Per serving:

**Calories 225 Carbs 4g Protein 22g Fat 13g**

# Southwestern Chicken

**20 oz (565 g) chicken breasts**  
**1-1/2 cups (90 g) Panko bread crumbs**  
**1 tsp garlic powder**  
**2 tsp crushed red pepper**  
**2 tsp Southwestern seasoning**  
**1 tsp paprika**  
**1 tsp pepper**  
**1 tbsp olive oil**  
**1/2 cup (60 g) low-fat cheddar cheese**  
**2 egg whites**

Preheat oven to 400°F (200°C). Place breadcrumbs, seasonings, olive oil, and cheese into bowl and stir. Place egg whites and mustard into another bowl. Cover bottom of pan in aluminum foil with enough to fold over the top of pan. Coat chicken in egg whites with one hand and then coat in breadcrumb mixture with other hand and place coated chicken onto pan. Cover chicken with aluminum foil over top of pan. Bake for 50 minutes. Peel aluminum foil back from top and return chicken to top rack of oven for additional 10 minutes.

Makes 4 servings

Per serving:

**Calories 270 Carbs 19g Protein 41g Fat 5g**

# Pulled Barbeque Chicken Sandwiches

12 oz (340 g) **chicken breasts**  
3/4 cup (120 g) **onion, chopped**  
2 tsp **paprika**  
2 tsp **chili powder**  
1 tsp **pepper**  
2/3 cup (180 g) **barbecue sauce**  
6 **whole wheat hamburger buns**

Place chicken, onion, and spices into slow-cooker. Cook for 6 hours on low or for 4 hours on high. Pull chicken apart in container and mix in barbecue sauce. Toast whole wheat hamburger buns and add chicken.

Makes 6 servings

Per serving:

**Calories 285 Carbs 34g Protein 18g Fat 4g**

# Almond Chicken Strips

**1/2 cup (60 g) almonds**  
**1/4 cup (15 g) Panko bread crumbs**  
**1 tsp cayenne pepper**  
**1 tsp garlic powder**  
**16 oz (455 g) chicken**  
**1/2 cup (60 ml) egg whites**  
**olive oil cooking spray**

Preheat oven to 450°F (230°C). Blend almonds, bread crumbs and seasonings in blender and pour into bowl. Place egg whites into another bowl. Coat chicken in egg whites with one hand and then coat in breadcrumb mixture with other hand and place coated chicken onto baking sheet lined with aluminum foil. Spray non-stick cooking spray on chicken strips. Bake for 20 minutes.

Makes 4 servings

Per serving:

**Calories 240 Carbs 8g Protein 24g Fat 11g**

# Chicken & Bean Burrito

**1/2 cup (130 g) pinto beans, cooked**  
**2 tsp taco seasoning**  
**2 tbsp (30 g) salsa**  
**1 whole wheat tortilla**  
**3 oz (85 g) chicken**  
**2 tbsp (15 g) low-fat cheddar cheese**

Blend beans, taco seasoning and salsa in food processor. Place bean mixture and chicken on tortilla. Sprinkle cheese on top. Microwave for 15 seconds.

Makes 1 servings

Per serving:

**Calories 320 Carbs 44g Protein 33g Fat 6g**

# Honey Mustard Grilled Chicken

**1/2 cup (120 g) Dijon mustard**

**1/3 cup (110 g) honey**

**2 tbsp (30 g) barbecue sauce**

**24 oz (680 g) chicken breasts**

**1 tsp pepper**

Place mustard, honey, and barbecue sauce into bowl and stir. Dip chicken in sauce. Spray non-stick cooking spray on grill using medium heat. Place chicken onto grill. Apply extra sauce to chicken while grilling. Grill chicken for 20 minutes or until done, flipping halfway.

Makes 1 servings

Per serving:

**Calories 290 Carbs 26g Protein 38g Fat 7g**

# Chicken Caesar Salad

**1/3 cup (75 g) Greek yogurt**  
**1 tbsp garlic, minced**  
**1 tbsp (15 g) anchovy paste**  
**1 tbsp lemon juice**  
**1 tsp Worcestershire sauce**  
**1/4 cup Parmesan cheese**  
**1/2 tsp pepper**  
**pinch salt**  
**3 cups (170 g) lettuce**  
**4 oz chicken breasts, cooked and sliced**

Combine Greek yogurt, garlic, anchovy paste, lemon juice, Worcestershire sauce, Parmesan cheese, pepper, and salt to bowl and mix with spoon. Add lettuce to bowl. Stir in dressing and top with chicken.

Makes 1 servings

Per serving:

**Calories 230 Carbs 12g Protein 39g Fat 7g**



# Sweet & Sour Chicken

**1 cup (240 ml) pineapple juice**  
**1/3 cup (80 ml) water**  
**2 tbsp (30 ml) vinegar**  
**1 tbsp (15 ml) soy sauce**  
**1/2 cup (15 g) stevia**  
**3 tbsp (25 g) cornstarch**  
**2 cups (320 g) brown rice, cooked**  
**2 cups (170 g) broccoli, cooked**  
**12 oz (340 g) chicken breasts, cooked and sliced**

Add pineapple juice, water, vinegar, soy sauce, stevia, and cornstarch to stovetop pan using medium heat. Stir constantly. Cook until thick.

Pour over rice, broccoli, and chicken and stir.

Makes 3 serving

Per serving:

**Calories 305 Carbs 50g Protein 29g Fat 5g**

# Salsa Turkey Muffins

**16 oz (455 g) ground turkey**

**1 egg white**

**1/2 cup (40 g) oats**

**6 tbsp (90 g) salsa**

**1 tsp cayenne pepper**

**1 tsp garlic powder**

**pinch salt**

Preheat oven to 375°F (190°C). Place ingredients into bowl and mix with hands. Spray non-stick cooking spray on muffin pan. Shape turkey into muffins and place in muffin holes. Bake for 25-30 minutes.

Makes 10 serving

Per serving:

**Calories 70 Carbs 3g Protein 12g Fat 1g**

# Ground Turkey Chili

**1 tbsp (15 ml) olive oil**  
**1 cup (160 g) onions, chopped**  
**2 tsp garlic powder**  
**24 oz (680 g) ground turkey**  
**1-14 oz (400 g) can diced tomatoes**  
**2-15 oz (850 g) cans tomato sauce**  
**1-15 oz (425 g) can black beans**  
**2 cups (280 g) green peppers**  
**2 tbsp chili powder**

Place olive oil and onions on stovetop pan using medium heat. Cook for a few minutes. Add garlic powder, ground turkey, and pepper to pan. Break turkey into smaller pieces with spatula. Cook chili for 5 minutes. Add diced tomatoes, tomato sauce, black beans, green peppers, and chili powder, and stir. Turn stove to low temperature and place lid on top of pan. Simmer for 15 minutes.

Makes 7 serving

Per serving:

**Calories 270 carbs 27g protein 27g fat 8g**

# Turkey Meatloaf

**24 oz (680 g) ground turkey**

**3/4 cup (60 g) oats**

**1 egg**

**3/4 cup (120 g) onions, chopped**

**4 tbsp (65 g) tomato paste**

**1 tsp pepper**

**1 tsp oregano**

**2 tsp garlic powder**

**1 tsp parsley flakes**

Preheat oven to 350°F (180°C). Place ground turkey into bowl. Add oats, egg, onions, tomato paste, and seasonings. Mix ingredients together with hands. Spray non-stick cooking spray on pan and add turkey mixture. Bake for 50 minutes.

Makes 6 serving

Per serving:

**Calories 170 Carbs 10g Protein 30g Fat 5g**

# Tomato Basil Turkey Cutlets

**16 oz (455 g) turkey breast cutlets**

**1 tsp basil**

**1 tsp garlic powder**

**1 tbsp (10 g) onions, minced**

**1 cup (240 g) tomatoes, diced**

**1/4 cup (30 g) low-fat mozzarella cheese**

Preheat oven to 450° (230°C). Cover bottom of baking pan with aluminum foil with enough to fold over the top of pan. Place turkey breast cutlets onto pan. Sprinkle basil, garlic, and minced onions on top of turkey. Pour diced tomatoes on top and sprinkle with shredded cheese. Cover chicken with aluminum foil over top of pan. Bake for 45 minutes.

Makes 3 serving

Per serving:

**Calories 210 Carbs 4g Protein 41g Fat 3g**

# Turkey & Cheese Panini

**2 slices whole wheat bread**

**2 oz (55 g) sliced turkey**

**1 slice cheddar cheese**

**2 sprays spray butter**

Spray each slice of bread with butter. Place bread onto grill (butter side down). Place turkey on top of one slice of bread Place slice of cheese on top of turkey. Place other slice of bread on top of cheese. Grill for 2-3 minutes.

Makes 1 serving

Per serving:

**Calories 270 Carbs 28g Protein 20g Fat 9g**

# Jalapeño Cheddar Turkey Burgers

**20 oz (565 g) ground turkey**  
**2 oz (60 g) sliced jalapeños**  
**3/4 cup (90 g) fat-free cheddar cheese**  
**1 tsp crushed red pepper**

Combine ingredients in bowl. Mash up with hands. Shape into five burgers. Place onto grill for 10 minutes. Flip burgers after 5 minutes to cook other side.

Makes 5 serving

Per serving:

**Calories 190 Carbs 1g Protein 27g Fat 8g**

# Spaghetti & Turkey Meatballs

16 oz (455 g) **ground turkey**  
1/2 cup (60 g) **whole wheat bread crumbs**  
1 **egg**  
2 tsp **garlic powder**  
1 tsp **pepper**  
1 tsp **basil**  
1 tsp **oregano**  
1-13 oz package (390 g) **whole wheat pasta**  
1-1/2 cups (375 g) **marinara sauce**

Preheat oven to 350°F (180°C). Spray non-stick cooking oil on baking sheet. Place turkey, breadcrumbs, egg, and spices into bowl and mix with hands. Shape turkey mixture into meatballs and place on baking sheet. Bake for 15 minutes. Cook pasta according to directions listed on packaging. Remove turkey from oven and flip each meatball to cook other side. Return to oven for additional 10 minutes or until done. Place meatballs on cooked pasta. Warm marinara sauce on stove and add to dish.

Makes 6 serving

Per serving:

**Calories 420 Carbs 62g Protein 29g Fat 5g**



# Ground Turkey Stuffed Peppers

**1/2 cup (80 g) onion, diced**  
**19 oz (540 g) ground turkey**  
**1 tsp salt**  
**1 tsp pepper**  
**1/4 cup (60 g) tomato sauce**  
**1 tsp cilantro**  
**3 red peppers, halved and cleaned**  
**1/4 cup (30 g) low-fat cheddar cheese**

Preheat oven to 400°F (230°C). Cover bottom of baking pan with aluminum foil with enough to fold over the top of pan. Cook onions on stove for 2 minutes. Add ground turkey to stove and break into smaller pieces with spatula. Season with salt and pepper. Let turkey and onions cook for 10 minutes. Mix in tomato sauce and cilantro. Add mixture to bowl. Fill each halved pepper with ground turkey and place on baking pan. Bake in over for 30 minutes. Top with shredded cheddar cheese. Bake for additional 5 minutes or until cheese is melted.

Makes 3 serving

Per serving:

**Calories 290 Carbs 14g Protein 46g Fat 4g**

# Beef & Vegetable Stir Fry

**16 oz (455 g) 96/4 ground beef**  
**1 cup (160 g) onions, chopped**  
**1 package (460 g) stir fry frozen vegetables**  
**4 tbsp (60 ml) soy sauce**  
**1 tsp pepper**  
**1 tsp garlic powder**

Spray non-stick cooking spray on stovetop pan using medium heat.  
Place ground beef onto pan. Break meat into pieces with spatula.  
Cook meat for 5-8 minutes. Add onions, frozen vegetables, soy sauce  
and seasonings. Cook until vegetables are no longer frozen.

Makes 4 serving

Per serving:

**Calories 220 Carbs 9g Protein 26g Fat 5g**

# Taco Salad

**1/2 cup (80 g) onion, chopped**  
**6 oz (170 g) 96/4 ground beef**  
**2 tbsp taco seasoning**  
**2 tsp hot sauce**  
**2 cups (100 g) lettuce**  
**1/2 cup (130 g) pinto beans**  
**2 tbsp (15 g) low-fat cheddar cheese**  
**2 tbsp (30 g) salsa**

Spray non-stick cooking spray on stovetop pan using medium heat.

Cook onions for a few minutes. Place beef and taco seasoning on top of onions and continue cooking until beef is fully cooked.

Combine lettuce, hot sauce, beans, cheese, and salsa in bowl. Add seasoned beef and onions to lettuce bowl to create taco salad.

Makes 1 serving

Per serving:

**Calories 405 Carbs 37g Protein 47g Fat 9g**

# Grilled Pepper Jack Burgers

16 oz (455 g) **96/4 ground beef**  
4 slices **pepper jack cheese**  
1/4 cup (15 g) **whole wheat bread crumbs**  
2 tsp **crushed red pepper**  
pinch **salt**  
pinch **pepper**

Tear pepper jack cheese slices into pieces and set aside. Add all ingredients to bowl and mix with hands. Portion ground beef into four equal parts and form into hamburgers. Grill for 10 to 12 minutes, flipping halfway.

Makes 4 serving

Per serving:

**Calories220 Carbs5gProtein28g Fat8g**

# Beef Fajitas

**6 oz (170 g) beef strips, cooked**  
**2 tsp fajita seasoning**  
**2 tbsp (20 g) red pepper**  
**2 tbsp (20 g) green pepper**  
**2 tbsp (20 g) onion**  
**2 whole wheat tortillas**  
**2 tbsp salsa**  
**1/4 cup (30 g) low-fat cheddar cheese**

Place beef onto grill and sprinkle with 2 tsp. fajita seasoning. Slice about half of red pepper, green pepper, and onion, and cook vegetables on other half of grill. Add 2 tsp. fajita seasonings to peppers and onion. Cook for 3 to 5 minutes or until beef is warm. Place beef and vegetables into 2 tortillas. Top with salsa and cheese.

Makes 2 serving

Per serving:

**Calories 345 Carbs 30g Protein 26g Fat 12g**

# Beef Quesadillas

**3 oz (85 g) beef strips, cooked**  
**1 tsp taco seasoning**  
**1 whole wheat tortilla**  
**1/4 cup (30 g) low-fat cheddar cheese**  
**2 tbsp (20 g) onion, chopped**  
**1 tbsp (10 g) red pepper, chopped**  
**2 tsp (30 ml) lemon juice**

Warm up pre-cooked, frozen beef strips on grill for 5 minutes. Place beef into bowl and season to desired taste. Place whole wheat tortilla onto grill and add beef to half of tortilla. Sprinkle cheese on top of beef. Add onion, pepper, and lemon juice. Fold tortilla in half and close lid of grill. Cook for 5 minutes and remove from grill. Cut in half and serve.

Makes 1 serving

Per serving:

**Calories 305 Carbs 29g Protein 32g Fat 7g**

# Cajun Burgers

**16 oz (455 g) 96/4 ground beef**  
**1/4 cup (15 g) whole wheat bread crumbs**  
**3 tbsp (30 g) green onions, chopped**  
**1 tbsp cajun seasoning**  
**1 tbsp (15 g) Dijon mustard**

Add all ingredients to bowl and mix with hands. Portion ground beef into four equal parts and form into hamburgers. Grill for 10 to 12 minutes, flipping halfway.

Makes 4 serving

Per serving:

**Calories 160 Carbs 6g Protein 23g Fat 4g**

# Shrimp Quesadilla

**1 whole wheat tortilla**

**3 oz (85 g) shrimp**

**1/4 cup (35 g) green peppers, chopped**

**1/4 cup (30 g) low-fat cheddar cheese**

**1 tsp taco seasoning**

**1 tsp pepper**

**2 tbsp (30 g) salsa**

Spray non-stick cooking spray on stovetop pan using medium heat. Place tortilla onto pan. Place shrimp, green pepper, shredded cheese, seasonings and salsa onto one half of the tortilla. Fold tortilla in half with spatula. Cook each side until it is golden brown and cheese has melted.

Makes 1 serving

Per serving:

**Calories 310 Carbs 16g Protein 31g Fat 7g**



# Tomato Walnut Tilapia

**16 oz (455 g) tilapia filets**  
**2 tbsp (30 ml) lemon juice**  
**pinch salt**  
**1 tsp pepper**  
**8 (80 g) tomato slices**  
**1/4 cup (30 g) walnuts, chopped**  
**1/4 cup (30 g) whole wheat breadcrumbs**

Preheat oven to 425°F (220°C). Cover baking pan with aluminum foil with enough to fold over the top of pan. Place tilapia on pan. Add lemon juice, salt, pepper, and tomatoes to tilapia. Mix walnuts and breadcrumbs in bowl. Sprinkle walnut/bread coating on top of tilapia. Bake for 10-12 minutes.

Makes 4 serving

Per serving:

**Calories 190 Carbs 9g Protein 22g Fat 8g**

# Crispy Almond Salmon

**4 oz (110 g) salmon**  
**2 tbsp (20 g) almonds, crushed**  
**2 egg whites**  
**1 tbsp (15 ml) lemon juice**  
**pinch pepper**

Preheat oven to 450°F (230°C). Place crushed almonds into bowl. Crack two egg whites into another bowl. Add lemon juice and pepper, and stir. Spray non-stick cooking spray on baking sheet. Coat salmon in egg whites mixture with one hand and then in almond mixture with other hand and place on baking sheet. Bake for 10-15 minutes.

Makes 1 serving

Per serving:

Calories360 Carbs4g Protein41g Fat20g

# Crispy Oven-Baked Shrimp

9 oz (255 g) **shrimp**  
1 **egg white**  
1 **egg**  
2 **tblsp** (30 ml) **lemon juice**  
1/2 **cup** (30 g) **Panko bread crumbs**  
1 **tsp** **pepper**

Preheat oven to 350°F (180°C). Place egg white, egg, and lemon juice into bowl and stir. Place breadcrumbs and pepper into another bowl.

Spray non-stick cooking spray on baking sheet. Coat shrimp in egg mixture with one hand and then coat in breadcrumb mixture with other hand and place coated shrimp onto baking sheet. Repeat process for remaining shrimp. Bake for 20 minutes.

Makes 3 serving

Per serving:

**Calories 130 Carbs 8g Protein 21g Fat 1g**

# Crab Cakes

**2-4 oz (255 g) cans crab meat**  
**2 egg whites**  
**1/3 cup (25 g) oats**  
**2 tbsp (30 g) Dijon mustard**  
**1 tbsp (15 ml) Worcestershire sauce**

Drain crab cans and place into bowl. Add oats, egg whites, mixed vegetables, mustard, and Worcestershire sauce. Mix contents of bowl. Spray olive oil non-stick cooking spray on stovetop pan using medium heat. Shape crab cake mixture into 3 medium cakes. Place onto pan and cook on one side and then flip cakes to cook other side.

Makes 1 serving

Per serving:

**Calories 270 Carbs 21g Protein 39g Fat 6g**

# Tuna & Vegetable Stir Fry

**1-6 oz (170 g) can tuna, in water**  
**1/2 tsp paprika**  
**pinch salt**  
**3 tbsp (45 ml) soy sauce**  
**2 cups (170 g) broccoli, frozen**  
**3/4 cup (120 g) brown rice, cooked**

Place tuna into bowl. Add seasonings and soy sauce, and stir. Spray non-stick cooking spray on stovetop pan using medium heat. Add tuna and broccoli to pan. Place lid on pan and cook for 5 minutes or until broccoli is no longer frozen. Mix rice with tuna mixture in another bowl and serve.

Makes 1 serving

Per serving:

**Calories 390 Carbs 43g Protein 41g Fat 4g**

# Tuna, Rice & Vegetables

**1-6 oz (170 g) can tuna, in water**

**2 tbsp (30 g) salsa**

**2 cups (170 g) broccoli, frozen**

**2 tbsp (30 ml) lemon juice**

**1 cup (160 g) brown rice, cooked**

Spray non-stick cooking spray on stovetop pan using medium heat.

Place tuna and salsa onto pan. Mix thoroughly. Add broccoli, lemon juice, and rice to pan. Place lid on pan and let sit for several minutes until broccoli is heated through.

Makes 1 serving

Per serving:

**Calories 410 Carbs 49g Protein 37g Fat 6g**

# Salsa & Lime Tilapia

**6 oz (170 g) tilapia**  
**1 tsp pepper**  
**2 tbsp (30 ml) lime juice**  
**1 tsp lime rind**  
**2 tbsp (30 g) salsa**

Preheat oven to 450°F (230°C). Cover bottom of baking pan with aluminum foil with enough to fold over the top of pan. Spray foil with non-stick cooking spray. Place tilapia on top of foil and season to taste. Cut lime in half and squeeze juice on tilapia. Grate part of lime onto fish. Add salsa to top and then cover with aluminum foil. Bake for 10 to 12 minutes.

Makes 1 serving

Per serving:

**Calories 160 Carbs 2g Protein 30g Fat 4g**

# Tuna Burgers

**5 oz (140 g) tuna**

**1 egg white**

**2 tbsp (10 g) oats**

**1/4 cup (40 g) onion, chopped**

**1 tbsp (10 g) low-fat cheddar cheese**

Place all ingredients into bowl and mix thoroughly. Spray non-stick cooking spray on stovetop pan using medium heat. Shape tuna into patty with hands and place onto pan. Cook on stove for 3 minutes and then flip patty to cook other side. Cook for additional 3 minutes.

Makes 1 serving

Per serving:

**Calories 215 Carbs 11g Protein 35g Fat 5g**



# Salmon Burgers

**15 oz (425 g) canned salmon**  
**1 egg**  
**1/3 cup (40 g) whole wheat bread crumbs**  
**2 tbsp (30 ml) lemon juice**  
**1 tsp pepper**  
**pinch salt**

Combine ingredients in bowl. Spray non-stick cooking spray on stovetop pan using medium heat. Shape salmon into 3 patties. Cook on stove for few minutes and then flip patties to cook other side. Cook for additional 3 minutes or until fully cooked.

Makes 4 servings

Per serving:

**Calories 280 Carbs 8g Protein 32g Fat 14g**

# Fettuccine Alfredo

**1-14 oz (400 g) package fettuccine noodles**  
**1/2 tbsp (8 ml) olive oil**  
**1 cup (240 ml) unsweetened almond milk**  
**1 tbsp (8 g) whole wheat pastry flour**  
**2 oz (60 g) fat-free cream cheese**  
**1/4 cup (30 g) Parmesan cheese**  
**2 tbsp garlic powder**  
**1 tbsp basil**  
**2 tsp pepper**

Cook pasta according to directions listed on packaging. Pour olive oil into another pan using medium heat. Stir in almond milk, pastry flour, cream cheese, and Parmesan cheese. Add garlic powder, basil, and pepper, and stir until sauce thickens. Pour sauce on pasta noodles.

Makes 8 servings

Per serving:

**Calories 215 Carbs 39g Protein 6g Fat 3g**

# Shrimp Stir Fry

**2 cups (170 g) frozen stir fry vegetables**

**6 oz (170 g) shrimp**

**1 cup (160 g) brown rice**

**1 tsp paprika**

**pinch salt**

**1 tsp hot sauce**

Cook frozen stir fry vegetables on st ove until thawed. Add remaining ingredients. Continue to cook for 5 minutes.

Makes 1 serving

Per serving:

**Calories 420 carbs 53g protein 43g fat 4g**

# Mini Thin Crust Pizzas

**2 wheat sandwich rounds**  
**1/2 cup (60 g) low-fat mozzarella cheese**  
**4 tbsp (65 g) tomato puree**  
**1 tsp oregano**  
**1 tsp basil**

Preheat oven to 375°F (190°C). Split sandwich rounds in half and toast. Place tomato puree and stevia into bowl and stir. Spread sauce evenly on each sandwich round. Sprinkle basil and oregano on each sandwich round. Add additional toppings. Bake for 10 minutes.

Makes 2 servings

Per serving:

**Calories 215 Carbs 28g Protein 15g Fat 7g**

# Pizza Pita Pockets

**1 whole wheat pita**  
**4 tbsp (65 g) tomato paste**  
**2 oz (55 g) chicken breast, shredded**  
**1/2 cup (60 g) low-fat mozzarella cheese**  
**1 tsp oregano**  
**1 tsp crushed red pepper**  
**1 tsp basil**  
**pinch garlic powder**

Cut pita in half. Place 2 tbsp. tomato paste into each half. Sprinkle oregano, crushed red pepper, basil and garlic powder into pitas. Add 1/4 cup cheese and chicken into pitas. Microwave for 1 minute or until cheese melts.

Makes 1 servings

Per serving:

**Calories 350 Carbs 30g Protein 38g Fat 13g**

# Turkey Pepperoni Pita Pizza

**1 whole wheat pita**  
**1 tsp (8 ml) olive oil**  
**2 tbsp (30 g) tomato paste**  
**pinch basil**  
**pinch oregana**  
**1/4 cup (30 g) fat-free mozzarella cheese**  
**7 slices turkey pepperoni**

Preheat oven to 400°F (200°C). Place whole wheat pita onto pizza pan or baking sheet. Drizzle olive oil on top of pita. Spread tomato paste on top of pita. Add seasonings to taste. Sprinkle cheese on top of sauce and add pepperoni to top. Bake for 10 minutes.

Makes 1 servings

Per serving:

**Calories 285 Carbs 34g Protein 20g Fat 8g**

# Cauliflower Crust Pizza

**crust:**

**1 medium head cauliflower**

**2 eggs**

**1/2 cup (60 g) low-fat mozzarella cheese**

**1 tsp oregano**

**1 tsp basil**

**1 tsp garlic powder**

**pizza:**

**1 cup (245 g) tomato sauce**

**1/2 cup (60 g) low-fat mozzarella cheese**

Preheat oven to 350°F (180°C). Rice cauliflower in food processor. Microwave cauliflower rice with a small amount of water in casserole dish for 4 minutes. Place cooked cauliflower rice into bowl. Add cheese, eggs and spices into bowl and stir. Spray non-stick cooking spray on pizza stone. Add cauliflower mixture onto pizza crust on pizza stone. Bake for 20 minutes. Place tomato sauce, spices, stevia, garlic powder, oregano, and basil into another bowl and stir. Spread sauce on top of cauliflower crust and add cheese. Bake for additional 5 minutes.

Makes 2 servings

Per serving:

Calories 380 Carbs 32g Protein 32g Fat 15g

# Pizza Rollups

**1 package low-fat crescent rolls**  
**4 tbsp (65 g) tomato paste**  
**3/4 (90 g) low-fat mozzarella cheese**  
**24 slices turkey pepperoni**  
**2 tsp garlic powder**  
**2 tsp oregano**

Preheat oven to 375°F (190°C). Spray non-stick cooking spray on baking sheet. Spread out crescent rolls on baking sheet. Add spoonful of tomato sauce onto the wider half of each roll. Top each roll with cheese and 3 slices of turkey pepperoni. Roll each crescent roll, from the bottom up. Sprinkle top with garlic powder and oregano. Bake in oven for 12-15 minutes.

Makes 8 servings

Per serving:

**Calories 135 Carbs 14g Protein 7g Fat 7g**



# Sides & Snacks

# Mac & Cheese

**12 oz (340 g) brown rice elbow pasta, dry**  
**4 quarts (3.8 l) water**  
**1/2 cup unsweetened almond milk**  
**3/4 cup fat-free cheddar cheese**  
**1 tsp pepper**  
**2 tbsp (30 g) low-fat cottage cheese**  
**pinch salt**

Pour water into pot using medium heat. Add pasta and wait for water to boil. Drain pasta after 10 minutes or when fully cooked. Add almond milk, cheddar cheese, and cottage cheese to pasta and stir until cheese is melted.

Makes 8 servings

Per serving:

**Calories 170 Carbs 32g Protein 9g Fat 1g**

# Sweet Potato Fries

**3 (510 g) sweet potatoes, cut into fries**

**1-1/2 tbsp (23 ml) olive oil**

**1 tsp paprika**

**1 tsp cayenne pepper**

**pinch salt**

Preheat oven to 450°F (230°C). Add all ingredients to bowl. Mix together with hands to coat all potatoes. Spray non-stick cooking spray on baking sheet. Bake for 20 minutes, turning occasionally, or until fries are golden brown.

Makes 4 servings

Per serving:

**Calories 160 Carbs 26g Protein 3g Fat 5g**

# Oven-Baked Tortilla Chips

**5 whole wheat tortillas**

**1 tbsp (15 ml) olive oil**

**1 tsp lemon juice**

**1 tsp taco seasoning**

**1 tsp pepper**

**pinch salt**

Preheat oven to 400°F (205°C). Slice each tortilla into 8 equal parts with pizza cutter. Place olive oil and lemon juice into spray bottle or mister and shake. Spray non-stick cooking spray on baking sheet. Place tortillas on baking sheet. Spray each tortilla with olive oil and lemon juice mixture. Sprinkle with seasonings. Bake for 5 minutes. Remove and flip tortillas to cook other side. Bake for additional 5 minutes.

Makes 5 servings

Per serving:

**Calories 155 Carbs 24g Protein 5g Fat 5g**

# Sweet Potato Chips

**2(340 g) sweet potato, thinly sliced**

**1 tbsp (15 ml) olive oil**

**1 tsp pepper**

**1 tsp paprika**

**pinch salt**

Preheat oven to 400°F (200°C). Mix together with your hands to coat all potatoes. Spray non-stick cooking spray on baking sheet.

Bake for 10 minutes. Remove and flip chips to cook other side.

Bake for 5 additional minutes.

Makes 2 servings

Per serving:

**Calories 265 Carbs 48g Protein 3g Fat 8g**

# Onion Rings

1 (285 g) **onion, sliced**

1/4 cup (20 g) **pepper**

1 tsp **salt**

pinch **egg**

1 **egg whites**

Preheat oven to 450°F (230°C). Add seasoning to oat flour. Place egg and egg white into another bowl. Use fork to stir. Place onion slices in egg mixture, let soak, and cover in oat flour. Spray nonstick cooking spray on baking sheet. Place onion rings onto sheet. Bake for 5 minutes. Flip onion rings over and cook for 5 additional minutes.

Makes 2 servings

Per serving:

**Calories 130 Carbs 18g Protein 7g Fat 3g**

# Crispy Oven-Roasted Chickpeas

**1-15 oz (425 g) can chickpeas, rinsed**

**1 tsp olive oil**

**1 tsp cayenne pepper**

**pinch salt**

Preheat oven to 425°C (220°C). Spray non-stick cooking spray on baking pan. Place rinsed chickpeas onto baking pan. Bake for 10 minutes. Shake pan of chickpeas to cook other side. Bake for 10 additional minutes. Place cooked chickpeas in bowl. Add olive oil and seasonings and stir. Return to oven Bake for 5 additional minutes.

Makes 2 servings

Per serving:

**Calories 210 Carbs 11g Protein 11g Fat 6g**

# Cauliflower Breadsticks

**2 cups (300 g) cauliflower rice**  
**1 cup fat-free mozzarella cheese**  
**1 egg**  
**2 egg whites**  
**1 tsp pepper**  
**1 tsp oregano**  
**1 tsp basil**  
**1 tsp garlic**  
**pinch pepper**

Preheat oven to 350°F (180°C). Place all ingredients into bowl and stir. Cover baking pan with aluminum foil with enough to cover sides and spray with non-stick cooking spray. Place dough on foil. Bake for 30 minutes. Cover a second baking pan with aluminum foil with enough to cover sides and flip dough from first pan to second pan to cook other side. Increase oven temperature to 450°F (230°C) and bake for 10 minutes. Cut dough into breadstick pieces. Return to oven for 10 additional minutes.

Makes 2 servings

Per serving:

**Calories 185 Carbs 8g Protein 25g Fat 3g**



# Sweet Potato Wedges

2 (340 g) **sweet potatoes, peeled**

2 **egg whites**

1 tsp **cayenne pepper**

1 tsp **black pepper**

1 tsp **garlic powder**

pinch **salt**

Preheat oven to 450°F (230°C). Cut sweet potatoes into quarters. Place into bowl and add seasonings and egg whites. Coat wedges fully with egg mixture. Spray non-stick cooking spray on baking sheet. Place potato wedges on baking sheet. Bake for 10 minutes. Remove and flip wedges to cook other side. Bake for 5-10 additional minutes.

Makes 2 servings

Per serving:

**Calories 160 Carbs 34g Protein 7g Fat 0g**

# Pita Chips

**2 whole wheat pitas**  
**2 tsp olive oil**  
**1 tsp pepper**  
**1 tsp garlic powder**  
**pinch salt**

Preheat oven to 400° F (200°C). Cut pitas into four pieces each and then separate each in half to create 16 chips in total. Cover each pita chip in olive oil with cooking brush. Sprinkle seasonings on top. Bake for 6 minutes.

Makes 2 servings

Per serving:

**Calories 140 Carbs 21g Protein 7g Fat 5g**

# Mashed Sweet Potatoes

3 (510 g) **sweet potatoes, skin removed and baked**  
1/4 cup (60 ml) **unsweetened almond milk**  
1/2 cup **stevia**  
2 tsp **cinnamon**

Add all ingredients to bowl. Mash with handheld mixer.

Makes 2 servings

Per serving:

**Calories 225 Carbs 51g Protein 4g Fat 0g**

# Spinach Dip

1 cup (230 g) **fat-free Greek yogurt**

1 tbsp (15 ml) **olive oil**

1 tsp **garlic**

1 tsp **dill**

1 tsp **parsley**

2 cups (60 g) **baby spinach**

Place Greek yogurt, olive oil, garlic, dill, and parsley into bowl.  
Place baby spinach and small amount of water into another bowl.  
Microwave baby spinach for 1 minute. Cut baby spinach into smaller parts. Add to Greek yogurt bowl and stir.

Makes 2 servings

Per serving:

**Calories 130 Carbs 6g Protein 12g Fat 7g**

# Cauliflower Rice

**1 cauliflower head, rinsed**

Cut cauliflower into tiny pieces. Grind in food processor. Cover with lid and microwave for 3 minutes.

Makes 3 servings

Per 150G OR 1 cup serving:

**Calories 35 Carbs 6g Protein 3g Fat1 g**

# Buffalo Chicken Snack Wrap

**3 oz chicken, cooked**  
**2 tbsp (30 ml) buffalo hot sauce**  
**1 romaine lettuce leaf**  
**1 tbsp (15 ml) light ranch dressing**

Shred chicken in food processor and place into bowl. Microwave chicken for 30 seconds if desired. Pour wing sauce over chicken and stir. Place chicken over lettuce leaf. Top with ranch dressing.

Makes 1 serving

Per serving:

**Calories 130 Carbs 3g Protein 18g Fat 5g**

# Hummus

**1-1/2 cups (245 g) chickpeas, cooked**  
**1 tbsp olive oil**  
**2 tbsp lemon juice**  
**1 tsp garlic**  
**1 tsp crushed red pepper**  
**1 tsp paprika**

Place chickpeas, olive oil, lemon juice, and seasonings into food processor or blender and blend thoroughly.

Makes 5 serving

Per serving:

**Calories 110 Carbs 16g Protein 4g Fat 4g**

# Tuna Wrap

4 oz (115 g) **tuna**  
2 tbsp (20 g) **red pepper, diced**  
2 tbsp (20 g) **onion, diced**  
1 cup (85 g) **lettuce, shredded**  
2 **whole wheat tortillas**

Drain tuna and place into bowl. Place red pepper, onion and seasonings into bowl with tuna and stir. Place half of tuna into each tortilla. Top with lettuce.

Makes 2 serving

Per serving:

**Calories 220 Carbs 26g Protein 19g Fat 4g**



# Crispy Kale Chips

**4 cups (270 g) kale, cut into pieces**

**1 tbsp olive oil**

**1 tsp salt**

**1 tsp pepper**

Preheat oven to 300°F (150°C). Place sliced kale, olive oil, and seasonings into storage container. Place lid on top of container and shake vigorously. Spray non-stick cooking spray on baking sheet. Place kale on top of baking sheet. Bake for 15-20 minutes.

Makes 2 serving

Per serving:

**Calories 130 Carbs 13g Protein 4g Fat 8g**

# Protein Shakes

# Piña Colada Protein Shake

**1 cup ice**

**1 cup (240 ml) unsweetened almond milk**

**1 scoop (30 g) vanilla whey protein**

**1/2 cup (190 g) pineapple, frozen**

**1 tsp coconut extract**

Combine ingredients into blender. Blend until smooth

Makes 1 serving

Per serving:

Calories 225 carbs 22g protein 26g fat 4g

# Frozen Mocha Protein Shake

- 1 cup ice**
- 1 cup (240 ml) unsweetened almond milk**
- 1 scoop (30 g) chocolate whey protein**
- 1 tbsp (5 g) instant coffee**
- 1 tbsp (5 g) unsweetened baking cocoa**
- 1 tbsp (1.5 g) stevia**
- 2 tbsp (15 g) fat-free Greek yogurt**

Combine ingredients into blender. Blend until smooth.

Makes 1 serving

Per serving:

Calories 180 carbs 8g protein 29g fat 4g

# Strawberries & Cream Protein Shake

**1 cup ice**  
**1 cup (240 ml) unsweetened almond milk**  
**1 scoop (30 g) vanilla whey protein**  
**1 tsp vanilla extract**  
**2 tbsp fat-free Greek yogurt**  
**1 cup (150 g) strawberries, frozen**

Combine ingredients into blender. Blend until smooth.

Makes 1 serving

Per serving:

Calories 220 Carbs 18g Protein 29g Fat 4g

# Peanut Butter Banana Protein Shake

**1 cup ice**  
**1 cup (240 ml) unsweetened almond milk**  
**1 scoop (30 g) chocolate whey protein**  
**1/2 (50 g) banana, frozen**  
**1 tbsp (15 g) peanut butter**  
**1 tsp cinnamon**

Combine ingredients into blender. Blend until smooth.

Makes 1 serving

Per serving:

Calories 310 Carbs 22g Protein 29g Fat 12g

# Fruit & Veggie Protein Shake

**1 cup ice**  
**1/4 cup (60 ml) orange juice**  
**1 cup (240 ml) unsweetened almond milk**  
**1 scoop (30 g) vanilla whey protein**  
**1/2 (50 g) banana**  
**1/2 cup (75 g) strawberries, frozen**  
**2 cups (60 g) baby spinach**

Combine ingredients into blender. Blend until smooth.

Makes 1 serving

Per serving:

Calories 270 Carbs 32g Protein 29g Fat 4g

# Meal Replacement Shake

**2 cups (380 ml) water**  
**2 scoops (60 g) whey protein**  
**1 cup (80 g) oats**  
**2 tbsp (30 g) peanut butter**

Combine ingredients into blender. Blend until smooth.

Makes 1 serving

Per serving:

**Calories 740 Carbs 68g Protein 65g Fat 24g**



# Eggnog Protein Shake

**1 cup ice**  
**1/2 cup (115 g) fat-free Greek yogurt**  
**1/2 cup (120 ml) unsweetened almond milk**  
**1 scoop (30 g) vanilla whey protein**  
**1 tbsp (1.5 g) stevia**  
**1 tsp nutmeg**  
**1 tsp cinnamon**  
**1 tsp vanilla extract**

Combine ingredients into blender. Blend until smooth.

Makes 1 serving

Per serving:

Calories 205 Carbs 8g Protein 36g Fat 2g

# Chocolate Protein Milkshake

**1/2 cup (110 g) low-fat cottage cheese**  
**1 scoop (30 g) chocolate whey protein**  
**1/2 cup (120 ml) unsweetened almond milk**  
**1 cup ice**  
**1 tbsp (5 g) unsweetened baking cocoa**  
**1 tsp stevia**

Combine ingredients in blender. Blend until smooth.

Makes 1 serving

Per serving:

**Calories 235 Carbs 11g Protein 35g Fat 5g**

# Strawberry Sunrise Protein Smoothie

**1/2 cup ice**

**1/2 cup (115 g) fat-free Greek yogurt**

**1 cup (240 ml) unsweetened almond milk**

**1 scoop (30 g) vanilla whey protein**

**1 cup (150 g) strawberries, frozen**

Combine ingredients into blender. Blend until smooth.

makes 1 serving. per serving:

**Calories 270 Carbs 22g Protein 38g Fat 4g**

# Sweet Potato Protein Shake

**1 cup ice**  
**1 cup (240 ml) unsweetened almond milk**  
**1 scoop (30 g) vanilla whey protein**  
**2 tbsp stevia**  
**4 oz (115 g) sweet potato, cooked**  
**1 tsp cinnamon**  
**1 tsp pumpkin pie spice**

Combine ingredients into blender. Blend until smooth.

Makes 1 serving

Per serving:

Calories 260 carbs 27g protein 27g fat 4g

# Strawberry Kiwi Protein Shake

**1 cup ice**

**1/2 cup (30 g) fat-free Greek yogurt**

**1/2 cup (120 ml) unsweetened almond milk**

**1 scoop (30 g) vanilla whey protein**

**1/2 cup (75 g) strawberries**

**1/2 (40 g) kiwi, sliced**

Combine ingredients into blender. Blend until smooth.

Makes 1 serving

Per serving:

Calories 250 Carbs 19g Protein 37g Fat 2g

# Peanut Butter and Jelly Protein Shake

**1 cup ice**  
**1 cup (240 ml) unsweetened almond milk**  
**1 scoop (30 g) vanilla whey protein**  
**1/4 cup (55 g) fat-free Greek yogurt**  
**1 tbsp (15 g) sugar-free jelly**  
**1 tsp cinnamon**  
**1-1/2 tbsp (25 g) peanut butter**

Combine ingredients into blender. Blend until smooth.

Makes 2 serving

Per serving:

Calories 175 Carbs 8g Protein 18g Fat 8g

# Cheesecake Protein Shake

**1 cup ice**  
**1 cup (240 ml) unsweetened almond milk**  
**1 scoop (30 g) whey protein**  
**1 tbsp (1.5 g) stevia**  
**1 tbsp (15 g) peanut butter**  
**2 tbsp fat-free Greek yogurt**  
**1 tbsp unsweetened baking cocoa**  
**1/4 packet (10 g) sugar-free gelatin mix**

Combine ingredients into blender. Blend until smooth.

Makes 2 serving

Per serving:

Calories 155 Carbs 9g Protein 16g Fat 6g

# Pumpkin Pie Protein Shake

**1 cup ice**  
**1 cup (240 ml) unsweetened almond milk**  
**1 scoop (30 g) vanilla whey protein**  
**1/2 cup (120 g) canned pumpkin**  
**1 tbsp (1.5 g) stevia**  
**2 tsp pumpkin pie spice**  
**1 (60 g) graham cracker sheet**

Combine ingredients into blender. Blend until smooth.

Makes 1 serving

Per serving:

Calories 260 Carbs 25g Protein 28g Fat 6g



# No Whey Protein Shake

**1 cup ice**  
**1 cup (240 ml) pasteurized egg whites**  
**1/4 cup (60 ml) orange juice**  
**1/2 (50 g) banana, frozen**  
**1 tsp coconut extract**

Combine ingredients into blender. Blend until smooth.

Makes 1 serving

Per serving:

Calories 200 Carbs 20g Protein 25g Fat 0g

# Weight Gainer Protein Shake

**1 cup ice**

**1 cup (240 ml) low-fat milk**

**2 scoops (30 g) chocolate whey protein**

**1/2 cup (40 g) oats**

**1/3 cup (25 g) almonds**

Combine ingredients into blender. Blend until smooth.

Makes 1 serving

Per serving:

**Calories 660 Carbs 52g Protein 67g Fat 21g**

# **Desserts & Baked Goods**

# No-Bake Chocolate Peanut Butter Cookies

1-1/2 cups (120 g.) **oats**  
1/2 cup (120 ml) **unsweetened almond milk**  
1/4 cup (5 g) **stevia**  
2 tbsp (10 g) **unsweetened baking cocoa**  
1/4 cup (65 g) **peanut butter, softened**  
1/4 cup (60 g) **applesauce**  
1 tsp **cinnamon**

Place ingredients into bowl and stir. Shape mixture into round cookies and place onto wax paper. Refrigerate for 30 minutes.

Makes 14 servings

Per serving:

**Calories 65 Carbs 8g Protein 2g Fat 3g**

# Peanut Butter Protein Cookies

**1 cup (255 g) peanut butter, softened**  
**2 egg whites**  
**3/4 cup (20 g) stevia**  
**1 scoop (30 g) vanilla whey protein**  
**1 tsp cinnamon**

Preheat oven to 350°F (180°C). Place ingredients into bowl and stir. Spray non-stick cooking spray on baking sheet. Shape dough into round cookies. Bake for 10 minutes.

Makes 10 servings

Per serving:

**Calories 175 Carbs 5g Protein 9g Fat 13g**

# Chocolate Chip Cookies

**1 cup (120 g) whole wheat pastry flour**  
**1 pinch salt**  
**1 tsp baking powder**  
**2 tbsp (30 g) applesauce**  
**1 egg white**  
**1 tsp vanilla extract**  
**3/4 cup (20 g) stevia**  
**1/4 cup (30 g) unsweetened carob chips**

Preheat oven to 350°F (180°C). Place pastry flour, salt, and baking powder into bowl. Place applesauce, egg white, stevia, and vanilla extract into another bowl. Combine bowls into one and stir. Add carob chips to dough and stir again. Spray non-stick cooking spray onto baking sheet. Shape dough into cookies. Bake for approximately 8 minutes.

Makes 4 servings

Per serving:

**Calories 150 Carbs 29g Protein 4g Fat 2g**

# Chocolate Protein Cake

**1 scoop (30 g) chocolate whey protein**  
**2 tbsp (15 g) whole wheat pastry flour**  
**1 tbsp (5 g) unsweetened baking cocoa**  
**1 tbsp (1.5 g) stevia**  
**1 tsp baking powder**  
**1 tbsp (15 g) applesauce**  
**1 egg**  
**1 (100 g) banana, sliced**

Spray non-stick cooking spray on microwave-safe bowl. Microwave all ingredients for one minute in bowl and stir. If not done, stir and continue to microwave in 10 second intervals.

Makes 1 servings

Per serving:

**Calories 350 Carbs 41g Protein 34g Fat 6g**

# Oatmeal Protein Cookies

**1-3/4 cup (140 g) oats**  
**4 scoops (120 g) vanilla whey protein**  
**1/2 cup (125 g) applesauce**  
**1/2 cup (125 ml) egg whites**  
**1 tbsp (15 ml) olive oil**  
**1 tbsp (1.5 g) stevia**  
**1 tbsp cinnamon**

Preheat oven to 325°F (170°C). Place ingredients into bowl and stir. Spray non-stick cooking spray on baking sheet. Shape batter into 7 round cookies and place onto baking sheet. Bake for 10-15 minutes.

Makes 7 servings

Per serving:

**Calories 170 Carbs 18g Protein 18g Fat 3g**



# Chocolate Pumpkin Protein Cake

**1/4 cup (60 g) pumpkin puree**  
**2 tbsp (15 g) whole wheat pastry flour**  
**1 tsp baking powder**  
**2 egg whites**  
**2 tbsp (3 g) stevia**  
**2 tbsp (10 g) unsweetened baking cocoa**  
**1 scoop (30 g) chocolate whey protein**  
**1 tbsp (15 ml) water**

Spray non-stick cooking spray on microwave safe bowl. Place pumpkin puree, pastry flour, baking powder, egg whites, stevia, and baking cocoa into bowl and stir. Microwave for 2-3 minutes. Place protein powder and 1 tbsp. water at a time into another bowl until thick consistency is reached. Spread protein icing onto cake.

Makes 1 servings

Per serving:

**Calories 250 Carbs 25g Protein 35g Fat 3g**

# Apple Cinnamon Cake Bites

**1-1/2 cups (150 g) whole wheat pastry flour**  
**1/2 cup (55 g) bran flakes**  
**2 tbsp (15 g) milled flax seed**  
**1/2 cup (15 g) stevia**  
**1 tsp baking powder**  
**1 tsp cinnamon**  
**2 eggs**  
**1 tbsp (15 ml) olive oil**  
**2 cups (490 g) applesauce**

Preheat oven to 350°F (180°C). Place pastry flour, bran flakes, flax seed, stevia, baking powder, and cinnamon into bowl. Place eggs, olive oil, and applesauce into another bowl. Combine two bowls into one and stir. Spray non-stick cooking spray on baking pan. Pour batter into baking pan. Bake for 25-30 minutes.

Makes 12 servings

Per serving:

**Calories 105 Carbs 17g Protein 3g Fat 3g**

# Classic Protein Cheese cake

**24 oz (670 g) fat-free cream cheese, softened**

**2 scoops (60 g) chocolate whey protein**

**3/4 cup (20 g) stevia**

**1 tsp vanilla extract**

**3 eggs**

**1 tbsp (15 ml) lemon juice**

Preheat oven to 350°F (180°C). Add ingredients to bowl. Mix with hand mixer. Spray non-stick cooking spray on 9 inch pie pan. Pour batter into pie pan. Bake for 45 minutes. Refrigerate for 3 hours.

Makes 8 servings

Per serving:

**Calories 150 Carbs 7g Protein 21g Fat 2g**

# Microwave Protein Cake

**2 tbsp (15 g) whole wheat pastry flour**  
**1 scoop (30 g) chocolate whey protein**  
**1 egg**  
**1 tbsp (15 g) applesauce**  
**1 tbsp (5 g) unsweetened baking cocoa**  
**1 tbsp baking powder**  
**1 tbsp (1.5 g) stevia**

Place ingredients into bowl and stir. Microwave for 45 seconds. If not done, stir and continue to microwave in 10 second intervals.

Makes 1 servings

Per serving:

**Calories 260 Carbs 18g Protein 33g Fat 6g**

# Blueberry Protein Cheesecake

**24 oz (670 g) fat-free cream cheese, softened**  
**1 cup (140 g) blueberries**  
**2 scoops (60 g) vanilla whey protein**  
**3/4 cup (20 g) stevia**  
**1 tsp vanilla extract**  
**3 eggs**  
**1 tbsp (15 ml) lemon juice**

Preheat oven to 350°F (180°C). Add ingredients to bowl. Mix with hand mixer. Add blueberries to bowl and stir. Spray non-stick cooking spray on 9 inch pie pan. Pour batter into pie pan. Bake for 45 minutes. Refrigerate for 3 hours.

Makes 8 servings

Per serving:

**Calories 160 Carbs 9g Protein 21g Fat 2g**

# Strawberry Protein Cheesecake

**24 oz (670 g) fat-free cream cheese, softened**  
**1 cup (140 g) strawberries, sliced**  
**2 scoops (60 g) vanilla whey protein**  
**3/4 cup (20 g) stevia**  
**1 tsp vanilla extract**  
**3 eggs**  
**1 tbsp (15 ml) lemon juice**

Preheat oven to 350°F (180°C). Add ingredients to bowl. Mix with hand mixer. Add strawberries to bowl and stir. Spray non-stick cooking spray on 9 inch pie pan. Pour batter into pie pan. Bake for 45 minutes. Refrigerate for 3 hours.

Makes 8 servings

Per serving:

**Calories 160 Carbs 9g Protein 21g Fat 2g**

# No-crust Pumpkin Pie

**2 cups (480 g) pumpkin puree**  
**1/4 cup (5 g) stevia**  
**1/4 cup (60 ml) egg whites**  
**1 cup (240 ml) unsweetened almond milk**  
**1 scoop (30 g) vanilla whey protein**  
**1 tsp vanilla extract**  
**1 tsp cinnamon**

Preheat oven to 350°F (180°C). Place ingredients in blender and blend until smooth. Spray non-stick cooking spray on baking pan. Pour batter into pan. Bake for 45 minutes. Refrigerate for approximately 90 minutes.

Makes 4 servings

Per serving:

**Calories 85 Carbs 10g Protein 10g Fat 1g**

# Chocolate Peanut Butter Protein Cheesecake

**24 oz (670 g) fat-free cream cheese, softened**  
**2 scoops (60 g) chocolate whey protein**  
**3/4 cup (20 g) stevia**  
**1/2 cup (130 g) peanut butter, softened**  
**2 tbsp (10 g) unsweetened baking cocoa**  
**1 tsp vanilla extract**  
**3 eggs**  
**1 tbsp (15 ml) lemon juice**

Preheat oven to 350°F (180°C). Add ingredients to bowl. Mix with hand mixer. Spray non-stick cooking spray on 9 inch pie pan. Pour batter into pie pan. Bake for 45 minutes. Refrigerate for 3 hours.

Makes 10 servings

Per serving:

**Calories 200 Carbs 9g Protein 20g Fat 8g**



# Cheesecake In A Bowl

**4 oz (115 g) fat-free cream cheese**  
**1 tbsp (15 g) fat-free Greek yogurt**  
**1 scoop (30 g) vanilla whey protein**  
**1 tbsp (1.5 g) stevia**  
**1/4 cup (90 g) bran flakes**  
**1 tsp cinnamon**

Place cream cheese, Greek yogurt, protein powder and stevia into bowl and stir. Sprinkle bran flakes and cinnamon on top.

Makes 1 servings

Per serving:

**Calories 280 Carbs 19g Protein 42g Fat 2g**

# Sweet Potato Protein Pie

**16 oz (455 g) sweet potatoes, cooked**  
**1/2 cup (120 ml) unsweetened almond milk**  
**2 eggs**  
**1/4 cup (60 g) applesauce**  
**2 scoops (60 g) vanilla whey protein**  
**3/4 cup (20 g) stevia**  
**1 tsp vanilla extract**  
**1 tsp cinnamon**

Preheat oven to 350°F (180°C). Peel sweet potatoes and slice into smaller pieces. Place sweet potatoes and all other ingredients into bowl. Mix with an electric or handheld mixer until smooth. Spray non-stick cooking spray on 9 inch pie pan. Add batter to pie pan. Bake for 1 hour. Refrigerate for 2-3 hours.

Makes 8 servings

Per serving:

**Calories 105 Carbs 14g Protein 9g Fat 2g**

# Chocolate Peanut Butter Protein Brownies

**1 cup (120 g) whole wheat pastry flour**  
**2 scoops (60 g) chocolate whey protein**  
**3 tbsp (15 g) unsweetened baking cocoa**  
**1 tsp baking powder**  
**1/2 cup (15 g) stevia**  
**1/4 cup (60 ml) egg whites**  
**1/2 cup (120 ml) unsweetened almond milk**  
**1/2 cup (130 g) peanut butter, melted**

Preheat oven to 350°F (180°C). Place all ingredients except peanut butter into bowl and stir. Pour melted peanut butter on top of batter. Spray non-stick cooking spray on baking pan. Pour batter into pan. Bake for 15 minutes.

Makes 6 servings

Per serving:

**Calories 250 Carbs 23g Protein 16g Fat 1g**

# Black Bean Chocolate Brownies

**1-15 oz (425 g) can black beans, rinsed**  
**1/4 cup (30 g) whole wheat pastry flour**  
**1/2 cup (15 g) stevia**  
**6 tbsp (30 g) unsweetened baking cocoa**  
**1 tsp baking powder**  
**1 tsp vanilla extract**  
**pinch salt**

Preheat oven to 350°F (180°C). Place ingredients into food processor and blend thoroughly. Spray non-stick cooking spray on baking pan. Pour batter into baking pan. Bake for 20-25 minutes.

Makes 4 servings

Per serving:

**Calories 120 Carbs 28g Protein 6g Fat 1g**

# Chocolate Protein Brownies

**1 cup (120 g) whole wheat pastry flour**  
**2 scoops (60 g) chocolate whey protein**  
**4 tbsp (20 g) unsweetened baking cocoa**  
**1 tsp baking powder**  
**1 pinch salt**  
**1/4 cup (5 g) stevia**  
**1 egg**  
**2 egg whites**  
**1 cup (245 g) applesauce**

Preheat oven to 350°F (180°C). Place ingredients into bowl and stir. Spray non-stick cooking spray on baking pan. Pour batter into pan. Bake for 20 minutes.

Makes 9 servings

Per serving:

**Calories 100 Carbs 15g Protein 8g Fat 1g**

# Coffee Cup Brownies

**1/4 cup (30 g) whole wheat pastry flour**  
**2 tbsp (10 g) unsweetened baking cocoa**  
**2 tbsp (3 g) stevia**  
**1 egg**  
**1 tbsp (15 ml) water**

Place ingredients into coffee cup or mug and stir. Microwave for 30 seconds. Stir and continue to microwave in 10 second intervals if needed until done.

Makes 1 servings

Per serving:

**Calories 210 Carbs 30g Protein 10g Fat 6g**

# Banana Chocolate Chip Muffins

**2 cups (240 g) whole wheat pastry flour**  
**2 (200 g) bananas, mashed**  
**1 egg**  
**1/4 cup (5 g) stevia**  
**1/2 cup (125 g) applesauce**  
**1/4 cup (60 ml) unsweetened almond milk**  
**1 tsp vanilla extract**  
**1 tsp cinnamon**  
**1/4 cup (30 g) unsweetened carob chips**  
**1 tsp baking powder**  
**pinch salt**

Preheat oven to 350°F (180°C). Place ingredients into bowl and stir thoroughly. Spray non-stick cooking spray on muffin pan. Pour batter evenly into 12 muffin holes. Bake for 20 minutes.

Makes 12 servings

Per serving:

**Calories 105 Carbs 20g Protein 3g Fat 1g**

# Chocolate Pumpkin Muffins

1-1/2 cups (150 g) **whole wheat pastry flour**  
2 scoops (60 g) **vanilla whey protein**  
1 tsp (10 g) **baking powder**  
**pinch salt**  
3 tbsp (15 g) **unsweetened baking cocoa**  
1/4 cup (5 g) **stevia**  
2 **egg whites**  
1 cup (240 ml) **unsweetened almond milk**  
1/2 cup (125 g) **applesauce**  
1/2 cup (120 g) **pumpkin puree**  
2 tsp **cinnamon**

Preheat oven to 350°F (180°C). Place pastry flour, protein powder, baking powder, salt, baking cocoa, and stevia into bowl and stir. Place egg whites, almond milk, applesauce, and pumpkin into another bowl and stir. Combine the two bowls into one and mix together. Spray nonstick cooking spray on muffin pan. Pour batter evenly into 12 muffin holes. Bake for 20 minutes.

Makes 12 servings

Per serving:

**Calories 90 Carbs 15g Protein 7g Fat 1g**



# Chocolate Banana Protein Muffins

2 scoops (60 g) **chocolate whey protein**  
2 **egg whites**  
1 cup (80 g) **oats**  
2 tbsp (30 g) **applesauce**  
1 (100 g) **banana**  
1 tsp **baking powder**  
1 pinch **salt**

Preheat oven to 350°F (180°C). Place ingredients into bowl and stir. Spray non-stick cooking spray on muffin pan. Pour batter evenly into 9 muffin holes. Bake for 12 minutes.

Makes 12 servings

Per serving:

**Calories 75 Carbs 14g Protein 3g Fat 1g**

# Banana Oat Protein Muffins

1 cup (80 g) **oats**  
2 scoops (60 g) **vanilla whey protein**  
1 (100 g) **banana, mashed**  
1/4 cup (60 g) **applesauce**  
2 **egg whites**  
1 tsp **baking powder**  
1 tsp **cinnamon**  
pinch **salt**

Preheat oven to 350°F (180°C). Place ingredients into bowl and stir. Spray non-stick cooking spray on muffin pan. Pour batter evenly into muffin holes. Bake for 15-20 minutes.

Makes 5 servings

Per serving:

**Calories 135 Carbs 19g Protein 2g Fat 2g**

# Chocolate Oat Muffins

**1 cup (80 g) oats**  
**1 cup (240 ml) unsweetened almond milk**  
**2 egg whites**  
**2/3 cup (165 g) applesauce**  
**1 cup (120 g) whole wheat pastry flour**  
**5 tbsp (25 g) unsweetened baking cocoa**  
**1/2 cup (15 g) stevia**  
**1 tsp baking powder**  
**1 pinch salt**

Preheat oven to 400°F (200°C). Place oats and almond milk into bowl. Let soften for a few minutes. Add egg whites and applesauce to the softened oats and stir. Place pastry flour, unsweetened baking cocoa, stevia, baking powder, and salt into another bowl and stir.

Pour bowl of oat mixture into bowl of dry ingredients and mix thoroughly. Spray non-stick cooking spray on muffin pan. Pour batter evenly into 12 muffin holes. Bake for 20 minutes.

Makes 12 servings

Per serving:

**Calories 75 Carbs 14g Protein 3g Fat 1g**

# Cheesecake Protein Cupcakes

8 oz (225 g) **fat-free cream cheese**  
3/4 cup (165 g) **low-fat Greek yogurt**  
1 **egg**  
1 **egg white**  
1/4 cup (5 g) **stevia**  
1 scoop (30 g) **chocolate whey protein**  
3 tbsp (15 g) **unsweetened baking cocoa**

Preheat oven to 350°F (180°C). Place ingredients into bowl. Mix with handheld mixer. Spray non-stick cooking spray on muffin pan. Pour batter evenly into 8 muffin holes. Bake for 20 minutes.

Makes 8 servings

Per serving:

**Calories 90 Carbs 5g Protein 11g Fat 2g**

# **Peaches & Cream Protein Muffins**

**1-1/2 cup (80 g) whole wheat pastry flour**  
**2 scoops (60 g) vanilla whey protein**  
**1 cup (140 g) peaches, mashed**  
**1/2 cup (60 g) applesauce**  
**1/2 cup (15 g) stevia**  
**1/2 cup (165 g) fat-free Greek yogurt**  
**2 egg whites**  
**1 egg**  
**1 tsp baking powder**  
**2 tbsp vanilla extract**  
**1 tsp cinnamon**  
**pinch salt**

Preheat oven to 350°F (180°C). Place ingredients into bowl and stir. Spray non-stick cooking spray on muffin pan. Pour batter evenly into muffin holes. Bake for 20 minutes.

Makes 12 servings

Per serving:

**Calories 100 Carbs 15g Protein 8g Fat 1g**

# Blueberry Protein Muffins

**1-1/2 cup (80 g) whole wheat pastry flour**  
**2 scoops (60 g) vanilla whey protein**  
**1 cup (145 g) blueberries**  
**1/2 cup (60 g) applesauce**  
**1/2 cup (165 g) fat-free Greek yogurt**  
**1/2 cup (15 g) stevia**  
**2 egg whites**  
**1 egg**  
**1 tsp baking powder**  
**1 tsp vanilla extract**  
**1 tsp cinnamon**  
**1 pinch salt**

Preheat oven to 350°F (180°C). Place ingredients into bowl and stir. Spray non-stick cooking spray on muffin pan. Pour batter evenly into muffin holes. Bake for 20 minutes.

Makes 12 servings

Per serving:

**Calories 100 Carbs 16g Protein 8g Fat 1g**

# Peanut Butter Banana Frozen Yogurt

**1/2 cup (115 g) fat-free Greek yogurt**

**1 ( 100 g) frozen banana**

**2 tbsp (30 g) peanut butter**

Chop frozen banana into pieces. Place all ingredients into food processor and blend thoroughly.

Makes 2 servings

Per serving:

**Calories 180 Carbs 17g Protein 11g Fat 8g**

# Apple Cinnamon Protein Muffins

**1-1/2 cup (80 g) whole wheat pastry flour**  
**2 scoops (60 g) vanilla whey protein**  
**1 cup (125 g) apples, diced**  
**1/2 cup (60 g) applesauce**  
**1/2 cup (165 g) fat-free Greek yogurt**  
**1/2 cup (15 g) stevia**  
**2 egg whites**  
**1 egg**  
**1 tsp baking powder**  
**1 tsp vanilla extract**  
**1 tsp cinnamon**  
**1 pinch salt**

Preheat oven to 350°F (180°C). Place ingredients into bowl and stir. Spray non-stick cooking spray on muffin pan. Pour batter evenly into muffin holes. Bake for 20 minutes.

Makes 2 servings

Per serving:

**Calories 100 Carbs 15g Protein 8g Fat 1g**



# Pumpkin Pie Protein Yogurt

**1/2 cup (115 g) fat-free Greek yogurt**

**1/2 cup (120 g) pumpkin puree**

**1 tsp cinnamon**

**pinch nutmeg**

**1 tbsp (1.5 g) stevia**

**1 scoop (30 g) vanilla whey protein**

Place ingredients into bowl and stir.

Makes 1 servings

Per serving:

**Calories 225 Carbs 17g Protein 38g Fat 2g**

# Frozen Berry Protein Yogurt

**1/2 cup (115 g) fat-free Greek yogurt**

**1 cup (170 g) mixed frozen berries**

**1 scoop (30 g) vanilla whey protein**

Combine ingredients into food processor or blender and blend thoroughly.

Makes 1 servings

Per serving:

**Calories 225 Carbs 25g Protein 37g Fat 2g**

# Chocolate Frozen Protein Yogurt

**1/2 cup (115 g) fat-free Greek yogurt**  
**3/4 scoop (20 g) chocolate whey protein**  
**1 tbsp (1.5 g) stevia**  
**2 tbsp (10 g) unsweetened baking cocoa**  
**1 cup (150 g) strawberries, frozen**

Combine ingredients into food processor or blender and blend thoroughly.

Makes 1 servings

Per serving:

**Calories 225 Carbs 26g Protein 32g Fat 2g**

# Mango Frozen Protein Yogurt

**1/2 cup (115 g) fat-free Greek yogurt**

**3/4 cup (140 g) mango, frozen**

**1 scoop (30 g) vanilla whey protein**

Combine ingredients into food processor or blender and blend thoroughly.

Makes 12 servings

Per serving:

**Calories 270 Carbs 28g Protein 37g Fat 2g**

# Strawberry Kiwi Protein Yogurt

**1/2 cup (115 g) fat-free Greek yogurt**

**1/2 cup (70 g) strawberries, frozen**

**1/2 scoop (85 g) kiwi, frozen**

**1 scoop (30 g) vanilla whey protein**

Combine ingredients into food processor or blender and blend thoroughly.

Makes 12 servings

Per serving:

**Calories 260 Carbs 26g Protein 36g Fat 1g**

# Cottage Cheese Ice Cream

**1 cup (225 g) low-fat cottage cheese**  
**1/2 scoop (15 g) chocolate whey protein**  
**1 tbsp (1.5 g) stevia**  
**1 tbsp (15 g) peanut butter**  
**1 tbsp (5 g) unsweetened baking cocoa**  
**1/4 cup (60 ml) unsweetened almond milk**

Place ingredients into blender and blend until smooth. Pour into bowl and cover. Freeze for 90 minutes.

Makes 2 servings

Per serving:

**Calories 180 Carbs 8g Protein 22g Fat 7g**

# Chocolate Banana Ice Cream

2 (200 g) **bananas, frozen**  
2 **tbsp** (10 g) **unsweetened baking cocoa**  
2 **tbsp** (3 g) **stevia**  
3 **tbsp** (45 ml) **unsweetened almond milk**

Cut frozen bananas into pieces. Place ingredients into food processor or blender and mix well. Add 1 **tbsp.** almond milk at a time to reach desired consistency.

Makes 2 servings

Per serving:

**Calories 120 Carbs 30g Protein 1g Fat 1g**

# Chocolate Protein Ice Cream

**small bag:**

**1 scoop (30 g) chocolate whey protein**

**1 tbsp (5 g) unsweetened baking cocoa**

**1 tsp. stevia**

**1 cup (240 ml) unsweetened almond milk**

**large bag:**

**3 cups ice**

**1/2 cup (150 g) salt**

Place whey protein, baking cocoa, stevia, and almond milk into small bag. Place ice and salt into large bag. Seal small bag and place into large bag. Close large bag. Shake bags for 10 minutes to freeze. Remove small bag of ice cream and serve.

Makes 1 servings

Per serving:

**Calories 165 Carbs 7g Protein 25g Fat 4g**



# Chocolate Peanut Butter Ice Cream

**1 tbsp (15 g) peanut butter, softened**  
**1 cup (240 ml) unsweetened almond milk**  
**1 scoop (30 g) vanilla whey protein**  
**1 tbsp (1.5 g) stevia**  
**1 tbsp (5 g) unsweetened baking cocoa**

Place softened peanut butter, almond milk, protein powder, stevia, and baking cocoa into blender bottle. Shake blender bottle. Turn on ice cream maker, pour in liquid, and wait 20 minutes.

Makes 1 servings

Per serving:

**Calories 265 Carbs 10g Protein 30g Fat 13g**

# Brown Rice Protein Pudding

**1 cup (160 g) brown rice, cooked**  
**1 scoop (30 g) chocolate whey protein**  
**1 tbsp (5 g) unsweetened baking cocoa**  
**1 tbsp (15 g) unsweetened almond milk**

Place ingredients into food processor and blend.

Makes 2 servings

Per serving:

**Calories 175 Carbs 26g Protein 14g Fat 2g**

# Rice Crispy Treats

**1/2 cup (170 g) honey**  
**1 cup (255 g) peanut butter**  
**3 cups (90 g) brown rice cereal**  
**1 tsp vanilla extract**

Melt honey and peanut butter on stovetop pan using medium heat. Add vanilla extract and cereal, and stir. Spread evenly onto baking pan. Refrigerate for 90 minutes. Remove from fridge and cut into 16 pieces.

Makes 16 servings

Per serving:

**Calories 105 Carbs 15g Protein 2g Fat 4g**

# Chocolate Covered Protein Strawberries

**1 lb (455 g) strawberries**  
**2 scoops (60 g) chocolate whey protein**  
**1 tbsp (10 g) unsweetened baking cocoa**  
**2 tsp stevia**  
**1 tbsp (15 ml) water**

Place protein powder, baking cocoa, and stevia into bowl and stir. Add 1 tbsp. water into bowl at a time until thick consistency is reached. Dip strawberries into chocolate protein sauce and place onto wax paper covered plate. Freeze for 30 minutes or until chocolate hardens.

Makes 3 servings

Per serving:

**Calories 130 Carbs 15g Protein 17g Fat 1g**

# Protein Gelatin

**1 packet (90 g) sugar-free gelatin mix**

**1 scoop (30 g) whey protein**

Prepare gelatin according to directions listed on packaging. Boil 2 cups water on stovetop pan. Turn off stove and add gelatin packet to water, and stir. Pour into another pan. Place 2 cups cold water and protein powder into shaker bottle and shake. Pour protein powder onto gelatin. Refrigerate for 4 hours.

Makes 2 servings

Per serving:

**Calories 100 Carbs 2g Protein 16g Fat 1g**

# Peanut Butter Protein Balls

**1 cup (255 g) peanut butter, softened**  
**4 scoops (120 g) chocolate whey protein**  
**1 tbsp (5 g) unsweetened baking cocoa**  
**1 tbsp (1.5 g) stevia**  
**1 tsp vanilla extract**

Place peanut butter and protein powder into bowl and stir. Add baking cocoa, stevia, and vanilla extract, and stir again. Roll mixture into balls with your hands and place onto wax-covered plate. Refrigerate for 30 minutes. Store in freezer of refrigerator.

Makes 3 servings

Per serving:

**Calories 130 Carbs 4g Protein 10g Fat 8g**

# Chocolate Protein Granola

**2 cups (160 g) oats**  
**1/2 scoop (15 g) chocolate whey protein**  
**1 tbsp (5 g) unsweetened baking cocoa**  
**1 tsp vanilla extract**  
**1 tsp olive oil**  
**1 tsp cinnamon**  
**1 tbsp (1.5 g) stevia**  
**1/4 cup (60 ml) water**

Preheat oven to 350°F (180°C). Combine ingredients into bowl and stir. Spray non-stick cooking spray on baking sheet. Spread granola onto baking sheet. Bake for 20 minutes.

Makes 2 servings

Per serving:

**Calories 180 Carbs 28g Protein 8g Fat 4g**

# Protein Cookie Dough

**1 scoop (30 g) chocolate whey protein**  
**1 tbsp (15 g) peanut butter, softened**  
**1 tbsp (5 g) unsweetened baking cocoa**  
**1/3 cup (80 ml) unsweetened almond milk**

Combine whey protein and melted peanut butter in another bowl. Add small amount of almond milk at a time to mixture to maintain thick consistency. Add baking cocoa to mixture and stir. Freeze for 30 minutes.

Makes 1 servings

Per serving:

**Calories 240 Carbs 10g Protein 28g Fat 10g**



# Chocolate Banana Protein Pizza

**1 whole wheat pita**  
**1/4 cup (55 g) fat-free Greek yogurt**  
**1 scoop (30 g) chocolate whey protein**  
**1 tbsp (5 g) unsweetened baking cocoa**  
**1/2 (50 g) banana, sliced**

Preheat oven to 350°F (180°C). Place pita onto plate. Bake for 5 minutes. To make sauce, place yogurt, protein powder, and baking cocoa into bowl and stir. Remove pita from oven and spread sauce onto pita. Place banana slices on top.

Makes 1 servings

Per serving:

**Calories 315 Carbs 43g Protein 37g Fat 2g**

# Chocolate Peanut Butter Protein Fudge

**5 scoops (150 g) chocolate whey protein**  
**1 cup (240 ml) unsweetened almond milk**  
**3 tbsp (50 g) peanut butter, softened**

Add protein powder to bowl and stir. Add additional almond milk or protein powder if needed. Spread fudge onto baking pan. Freeze for 30 minutes. Cut into small squares.

Makes 10 servings

Per serving:

**Calories 95 Carbs 3g Protein 13g Fat 3g**

# No-Bake Chocolate Fudge

**16 oz (450 g) fat-free cream cheese**  
**8 tbsp (40 g) unsweetened baking cocoa**  
**1/2 cup (15 g) stevia**  
**1 tsp vanilla extract**  
**3 tbsp (30 g) almonds, crushed**

Place ingredients into electric mixer bowl and blend thoroughly. Line baking pan with aluminum foil and spread fudge into pan. Sprinkle crushed almonds on top. Freeze for 30 minutes

Makes 4 servings

Per serving:

**Calories 180 Carbs 16g Protein 18g Fat 4g**

# Chocolate Protein Mousse

**1 cup (240 g) pumpkin puree**  
**1 scoop (30 g) chocolate whey protein**  
**1 tbsp (1.5 g) stevia**  
**1 tbsp (5 g) unsweetened baking cocoa**  
**1/2 cup (120 ml) unsweetened almond milk**  
**4 ice cubes**

Place ingredients into blender or food processor and blend until smooth.

Makes 1 servings

Per serving:

**Calories 115 Carbs 12g Protein 15g Fat 2g**

# Casein Protein Fluff

**2 scoops (60 g) casein protein**  
**2/3 cup (160 ml) unsweetened almond milk**

Place ingredients into electric mixing bowl and blend for 10 minutes or until fluffy.

Makes 1 servings

Per serving:

**Calories 255 Carbs 8g Protein 49g Fat 3g**

# Protein Popsicles

**1 cup (240 ml) unsweetened almond milk**  
**1/4 cup (55 g) fat-free Greek yogurt**  
**1 scoop (30 g) chocolate whey protein**  
**1/2 (50 g) banana, frozen**

Place ingredients into blender and blend thoroughly. Pour into popsicle molds. Freeze for 2 hours or until frozen.

Makes 3 servings

Per serving:

**Calories 80 Carbs 7g Protein 11g Fat 1g**

# Protein Banana Bites

**1 (100 g) banana, frozen**  
**1 scoop (30 g) chocolate whey protein**  
**2 tsp (10 g) unsweetened baking cocoa**  
**1/4 cup (60 ml) unsweetened almond milk**  
**3 tbsp (50 g) peanut butter**

Slice frozen banana into pieces. Place protein powder, baking cocoa, peanut butter, and almond milk into bowl and stir to reach thick consistency. Add extra almond milk if needed. Cover plate with wax paper. Dip bananas into chocolate peanut butter sauce and place on wax plate. Freeze for 1 hour.

Makes 8 servings

Per serving:

**Calories 110 Carbs 7g Protein 6g Fat 6g**

# Chocolate Peanut Butter Protein Spread

**1 cup (230 g) fat-free Greek yogurt**  
**1 scoop (30 g) chocolate whey protein**  
**2 tbsp (30 g) peanut butter**  
**1 tbsp (1.5 g) stevia**

Place ingredients into bowl and stir. Refrigerate until ready to serve.

Makes 4 servings

Per serving:

**Calories 115 Carbs 5g Protein 14g Fat 4g**



# Protein Peanut Butter Cups

**1 scoop (30 g) chocolate whey protein**

**2 tbsp (30 ml) water**

**2 tsp stevia**

**1 tbsp (5 g) unsweetened baking cocoa**

**1 tbsp (15 g) peanut butter, melted**

Place protein powder, water, stevia, and baking cocoa into bowl and stir. Fill bottom of muffin container with half of chocolate mixture from bowl. Freeze for 30 minutes. Remove and place peanut butter on top. Return to freezer for 20 minutes. Remove and add remaining chocolate mixture on top. Freeze for 20 minutes or until hardened and serve. Store unused cups in freezer.

Makes 1 servings

Per serving:

**Calories 230 Carbs 9g Protein 29g Fat 10g**

# Banana Protein Bread

**1/2 cup (15 g) stevia**  
**2 scoops (60 g) vanilla whey protein**  
**2 tbsp (60 g) fat-free Greek yogurt**  
**2 cup (240 g) whole wheat pastry flour**  
**1/2 cup (120 ml) unsweetened almond milk**  
**1 (100 g) banana, mashed**  
**2 eggs**  
**2 egg whites**  
**1 tsp baking powder**  
**pinch salt**  
**2 tsp cinnamon**

Preheat oven to 350°F (180°C). Place all ingredients except protein powder into bowl and stir. Spray non-stick cooking spray on oven-safe casserole dish and add oat mixture. Bake for 30 minutes. Remove from oven and stir in protein powder.

Makes 7 servings

Per serving:

**Calories 410 Carbs 31g Protein 16g Fat 2g**

# Pumpkin Protein Bread

**1 cup (240 g) pumpkin puree**  
**1- 1/3 cup (160 g) whole wheat pastry flour**  
**1/2 cup (125 g) applesauce**  
**1/4 cup (5 g) stevia**  
**1 tsp baking soda**  
**1/2 cup (120 ml) egg whites**  
**1 tsp cinnamon**

Preheat oven to 325°F (170°C). Place ingredients into bowl and stir. Spray non-stick cooking spray on bread pan. Pour batter into pan. Bake for 40 minutes.

Makes 6 servings

Per serving:

**Calories 115 Carbs 30g Protein 6g Fat 1g**

# Blueberry Protein Bread

**1/2 cup (15 g) stevia**  
**2 scoops (60 g) vanilla whey protein**  
**2 tbsp (60 g) fat-free Greek yogurt**  
**2 cup (240 g) whole wheat pastry flour**  
**1/2 cup (120 ml) almond milk**  
**1 (100 g) banana, mashed**  
**1-1/2 cup (210 g) blueberries**  
**2 eggs**  
**2 egg whites**  
**1 tsp baking powder**  
**pinch salt**

Preheat oven to 375°F (190°C). Place ingredients into bowl and stir.  
Spray non-stick cooking spray on bread pan. Pour batter into pan.  
Bake for 40 to 45 minutes.

Makes 7 servings

Per serving:

**Calories 215 Carbs 34g Protein 14g Fat 2g**

# Strawberry Protein Bread

2 (200 g) **bananas, mashed**  
1-1/2 cups (180 g) **whole wheat flour**  
1/2 cup (15 g) **stevia**  
2 scoops (60 g) **vanilla whey protein**  
1 tsp **baking powder**  
pinch **salt**  
6 oz (170 g) **fat-free Greek yogurt**  
2 **eggs**  
1 cup (140 g) **strawberries, diced**

Preheat oven to 375°F (190°C). Place ingredients into bowl and stir.  
Spray non-stick cooking spray on bread pan. Pour batter into pan.  
Bake for 40 to 45 minutes.

Makes 7 servings

Per serving:

**Calories 200 Carbs 32g Protein 13g Fat 2g**