



COOKBOOK

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Read This Before Cooking!!

Frequently Asked Questions

1. What does “1 serving of veggies” in the recipes mean?

You will notice that this cookbook contains flexibility in each recipe. Many of the recipes reference “1 serving of veggies” or “1 serving of fruits.” At the very end of this cookbook is a reference section which contains tables with common fruits and vegetables that represent **1 whole serving equal to 100 calories. By that logic, a half serving is equal to 50 calories.**

If your recipe calls for 1 full serving of veggies, you can mix and match vegetable amounts based on the reference table to equal 100 total calories from vegetables. As an example, you may choose to eat both cucumber and tomatoes. If 600g cucumber and 450g tomatoes are each 1 full serving of vegetables, then you can eat 300g cucumber and 225g tomato in one recipe for one full serving of vegetables totaling 100 calories.

I repeat: 1 serving of fruit or vegetables is NOT what's listed on the package you're buying. 1 serving is 100 calories of that fruit/vegetable!!

2. How do I use the nutrition facts when there is flexibility in the recipes?

You will notice that recipes that include either a serving size of veggies or fruits also have nutrition facts, even though the type of vegetable or fruit is not specified. The nutritional guidelines are all rough estimates, with up to a 20% deviation from what the true total calorie and macronutrient contents will be. It is up to you to do your own calculations. I encourage you, once again, to focus on the total calories of each meal instead of the total amount of each macro in each meal.

3. Can I substitute X for Y???

There are NO RULES IN THIS KITCHEN! The kitchen is your oyster/haddock/cod! Make as many substitutions as you like according to your taste preferences and dietary needs.

There are a few things to keep in mind when choosing a substitution: The first is to ensure that whatever substitution you make serves a similar purpose as the ingredient the recipe calls for. As an example, let's say that the recipe calls for guar gum. Guar gum is a thickening agent, so

you cannot just replace that with a banana which provides a sweet banana taste. You can substitute guar gum for another thickening agent such as xanthan gum, but not a banana.

The next thing is to ensure that you substitute ingredients with similar protein and calorie content. As an example, let's say a recipe calls for 100g grilled chicken breast, but you want to use chicken thigh. You cannot just simply use 100g of chicken thigh and expect to get the same nutritional value from the recipe. Chicken thigh has more fat than chicken breast, so you can't just make that substitution with the same weight of chicken and expect the calories/macros to be the same.

This does not mean you are not allowed to eat chicken thighs. You can eat whatever you want. But if you want to maximize your protein and conserve calories and stick to the recipes as closely as possible, you should EITHER:

- 1 Keep the chicken thigh in the recipe but reduce the weight,
- 2 OR Choose something that is more similar to chicken breast in terms of calorie content as well as protein content. An appropriate substitution for 100g of chicken breast might be 100g extra-lean ground turkey.

Whatever you substitute, be sure to re-calculate the total calories so you can make sure your modifications are still appropriate for your diet and your goals.

4. Are your recipes friendly to vegan / vegetarian dieters?

See point #4. You can make as many substitutions as you want according to your taste AND dietary preferences. Not only that, I do have vegan / vegetarian recipes as written. If a recipe is vegan / vegetarian as written, it will be listed on the upper left hand side of the recipe page. There is also a page in the references section to be able to identify recipes based on the diet types they are friendly to.

5. Do I need to measure the food?

YES! You should measure your food with a food scale. **Grams are more accurate than measuring cups/utensils. Keep in mind that cooked meats weigh less than raw meats due to dehydration during cooking.** For example, a 100g raw chicken breast could be less than 100g after cooking, but still have the same calories.

6. Are the nutrition facts accurate?

Generally, you will never get the calories 100% accurate. Nutrition labels can be off by as much as 20% up or down. The best way to get as close as possible is to weigh everything yourself to the gram and do your own calculations. However, don't lose your mind obsessively trying to be perfect. **DON'T LOSE YOUR MIND!**

7. What is “regular ass bread?”

All of my recipes that have “regular ass bread” in them assume approximately 80-calorie slices of any brand of white bread. Here is a specific example: Pepperidge Farm Italian White Bread - 80 calories per slice.

But, in some grocery stores you may not be able to find 80 calorie white bread. If you can only find 100 calorie white bread, that is fine. Just know that when you make a sandwich, it will be 40 calories more (because 2 slices of white bread will each add 20 calories to the entire sandwich).

Just make sure you are keeping a close eye on your total calories

8. What if I need to follow a gluten-free diet because I have celiac disease?

Many of the recipes in this book are friendly to gluten-intolerant diets. Just make sure that whatever ingredient you purchase and use is CERTIFIED gluten-free. If you are celiac, you should know this. I shouldn't have to say it!

9. Can I substitute other sweetener brands / types other than the ones listed in the recipes?

Yes, you may substitute other sweeteners than the ones listed in the recipes, but DO YOUR HOMEWORK. Some sweeteners are stronger than others. 2 grams of packet sweetener is not the same as 2 grams of Erythritol. Whenever you go to make a substitution, ALWAYS research how the product influences the taste, and adjust accordingly

That all said, here are some guidelines to work with in case you want to use a different type of sweetener than what is provided in the recipe ingredients:

Sweetener	Equivalent
1 packet sweetener	2 tsp sweetener of choice
1 packet sweetener	8g Erythritol
12g Erythritol	1 tbsp Splenda

10. Where can I buy supplements or protein powder?

You can buy high-quality supplements and protein powder from trusted online retailers, health stores, or fitness shops.

11. I don't have a food scale! I don't know how to measure tablespoons! How do I know how much of a certain ingredient to use?

First of all, if you are reading this book and do not have a food scale to measure ingredients in grams, YOU SHOULD HAVE ONE! Go buy one right now!!

Second of all, you should not be converting weights to volume and vice versa. But sometimes, it's a bit easier and faster to do so. You will see that many of the recipes in this book have these types of conversions in the ingredients list

Here is a standard table for converting metric to standard units as well, in case you do not have a tool to measure weights. You can also use this as a reference for converting a weight unit to another weight unit, and a volume unit to another volume unit

NOTE THAT THESE ARE APPROXIMATIONS:

Unit 1	Unit 2	Unit 1	Unit 2
1 ml of fluid	1 gram	454 g	~1 lbs
3 tsp	1 tbsp	1000 g	1 kg
8 tbsp	1/2 cup	240 ml	1 cup
4 cups	1 litre	120 ml	1/2 cup
16 oz	1 lb	60 ml	1/4 cup
28 35g	1 ounce	30 ml	1/8 cup

12. There is a baked recipe that doesn't work! What happened?

There are many reasons why a particular baked good may not "work" for you, even if you follow the recipes precisely as written. Here are a few things that cause variation in baked recipe outcomes:

- Protein powders vary in their texture and ingredients. Casein protein has a very different texture from whey protein, for example.
- The type of baking dish used will make a difference in bake time. As an example, silicone baking pans tend to cool faster than metal baking dishes
- Ovens vary in their strength

You may need to “play” with your baked recipes a bit to get the right texture. Sometimes all it takes is adding 1 tbsp of water to make the batter just right.

13. Can I store food? How do I safely store my leftovers?

Making the most of your leftovers is an important way to cut down on food waste and help maximize your meal prep. Leftover food should be put in the freezer or fridge within a few hours of being cooked. All food should be stored in sealable, shallow containers as this will help them cool quicker. When storing bulk food, portion out the food into serving sizes and store in individual containers. It's important to label the food containers (recipe name and date cooked). This helps keep you aware of what is in each container, as well as how long it has been in the fridge/ freezer. Defrost frozen food in the fridge before reheating/cooking.

14. Difficulty Level

The color of the difficulty is reflected on the recipe page



Easy
Level



Medium
Level



Harder Than
Last Time



Breakfast

Breakfast

Anabolic Apple Pie Breakfast Bake



Vegetarian



Prep Time
20 Minutes



Ready In
1 Hour 10 Minutes



Difficulty
Medium

Ingredients

Makes 12 Servings. Serving size varies depending on how large or small you cut the pieces.

- 18 slices regular ass bread or one loaf (570g)
- 1920g (4 cartons/2000ml) egg whites
- 12g (1 1/5 tbsp) cinnamon
- 15g (1 tbsp) vanilla extract
- 15 packets (5/8 cup) sweetener
- 1500g or ~10 apples of your choice
- Cooking spray

Directions

- 1 Pre-heat the oven to 400°F (204°C)
- 2 Chop the apples into small pieces, set aside. In a bowl, whisk egg whites, cinnamon, sweetener, and vanilla. Then, incorporate the apples and mix with a spatula or utensil.
- 3 Tear the bread into small pieces and place in a bowl with the apples and egg mixture. Mix with your hands until the bread pieces have absorbed the liquid, creating a batter
- 4 Spray a casserole dish with cooking spray for 1 second. Pour the mixture into the casserole dish
- 5 Place the casserole dish uncovered in the middle rack and cook in the oven for approximately 50 minutes or until the liquid has been absorbed
6. Remove the casserole from the oven, let it cool, and serve.

Nutrition	Entire Batch	6 Servings	12 Servings
Calories	3250	541	270
Fat (g)	17	3	1
Carbs (g)	444	74	37
Fiber (g)	46	8	4
Protein (g)	265	44	22



Tasty tip: I love making this massive dish with Granny Smith apples. Use whichever apples you want.

Prep tip: For smaller eaters you may wish to only bake half a batch as this is a generous portion.



Breakfast

Anabolic French Toast



Vegetarian



Prep Time
10 Minutes



Ready In
20 Minutes



Difficulty
Medium

Anabolic French Toast is one of my classics! Enjoy this delicious high protein version of a North American classic breakfast

Ingredients

Makes 3 Slices

- 300g (1¼ cup) egg whites
- 3 slices regular ass bread
- 3 packets (2 tbsp) sweetener
- 2 8g (1 tsp) ground cinnamon
- 5g (1 tsp) vanilla extract
- Cooking spray

Top with

60 ml (~4 tbsp) low-calorie maple syrup (20 calories)

Directions

- 1 In a bowl, add egg whites, sweetener, cinnamon, and vanilla extract Whisk until spices are evenly distributed throughout the mixture
- 2 Heat a skillet over low-medium heat. Spray skillet with cooking spray
- 3 Dip bread slices into egg white mixture, and transfer to pan.
- 4 Spoon any leftover egg white mixture on to the bread in the pan.
If done slowly, the bread should absorb the mixture and get fluffy.
- 5 Let it cook for about 3-4 minutes on each side
- 6 Remove French toast from the pan and serve on a plate with suggested toppings Enjoy!

Nutrition	Entire Batch	1 Slice
Calories	400	133
Fat (g)	2	0.6
Carbs (g)	48	16
Fiber (g)	9	3
Protein (g)	45	15



Meal prep tip: If you want to save time, make as many batches as possible at once and store the cooked French toast in a sealed container in the refrigerator. That way you can heat up and enjoy whenever you want.

Tasty tip: I recommend pairing the French toast with fresh fruit or your favorite low-calorie syrup. If you want to add some extra protein serve the French toast with Strawberries and Cream (see page 207).



Breakfast

Banana Chocolate French Toast Roll-Ups



Vegetarian



Prep Time
10 Minutes



Ready In
20 Minutes



Difficulty
Medium

Ingredients

Makes 4 Servings

Filling

- 55g banana, sliced
- 16g (~1/2 scoop)
Chocolate PB Whey+Casein Protein Powder (or whey+casein of choice)
- 7.5g (1 tbsp) cocoa powder
- 15g (1 tbsp) water

French Toast Base

- 4 slices regular ass bread (80 calories per slice)
- 240g (1 cup) egg whites
- 3 packets (2 tsp) sweetener
- 2.8g (1 tsp) ground cinnamon
- 2.5g (1/2 tsp) vanilla extract
- Cooking spray

Toppings

- 6g (½ tbsp) powdered peanut butter (PB2)
- 75g strawberries
- 60 ml (1/4 tbsp) low-calorie maple syrup (10 calories)

Directions

- 1 In a bowl, mix the filling ingredients (except for the banana) with a fork or whisk until well mixed.
- 2 There are two ways to make the roll-up:
 - Option 1: Spread the mixture on top of the bread and add the sliced bananas. Then, fold the piece of bread in half and pinch/press the edges to seal in the filling.
 - Option 2: Flatten the bread with your hands. Then, spread the mixture onto the slices of bread, and add the sliced banana on top. Then, roll up the bread.
- 3 Whisk egg whites, cinnamon, and vanilla extract in a bowl.
- 4 Heat a pan over medium heat and spray with cooking spray.
- 5 Once the pan has achieved medium heat, submerge the sealed bread pockets into the egg mixture.
- 6 Remove and place onto the pan until the egg whites are fully cooked.
- 7 Remove from the pan and plate with optional toppings of powdered peanut butter (either mixed with water or dry), strawberries, and low-calorie maple syrup. Serve and enjoy!

Nutrition	Entire Batch	2 Roll Ups	1 Roll Up
Calories	680	340	170
Fat (g)	8	4	2
Carbs (g)	93	47	23
Fiber (g)	10	5	3
Protein (g)	57	29	15



Blueberry French Toast



Vegetarian

Prep Time
10 MinutesReady In
20 MinutesDifficulty
Medium

Ingredients

Makes 3 Servings

- 240g (1 cup) egg whites
- 3 slices regular ass bread (80 calories per slice)
- 90g blueberries
- 3 packets (2 tbsp) sweetener
- 2 8g (1 tsp) cinnamon
- 5g (1 tsp) vanilla extract
- Cooking spray

Recommended Toppings

60 ml (4 tbsp) low-calorie maple syrup (20 calories)

Directions

- 1 In a bowl, add egg whites, sweetener, cinnamon, and vanilla extract. Whisk until spices are evenly distributed throughout the mixture.
- 2 Heat a skillet over low-medium heat. Spray skillet with cooking spray. Place blueberries on the stove while the pan is heating up.
- 3 Whisk egg whites, cinnamon, and vanilla extract in a bowl. Dip the bread slices one by one into the mixture for 5 seconds. Place the bread slices in the pan on top of the blueberries. Spoon any leftover egg white mixture onto the bread in the pan. If done slowly, the bread should absorb the mixture and get fluffy.
- 4 Let cook for about 3-4 minutes on each side.
- 5 Remove blueberry French toast from the pan and serve on a plate with toppings. Suggestions for toppings are extra fruit and low-calorie syrup.

Nutrition	Entire Batch	2 Slices	1 Slice
Calories	440	294	147
Fat (g)	4	1	0.1
Carbs (g)	67	45	22
Fiber (g)	5	3	2
Protein (g)	35	23	12



Tasty tip: My absolute favorite topping for this recipe is the irreplaceable low-calorie maple syrup, and/or Cream Cheese Icing (see page 205).

Prep tip: I typically cook one mega batch at a time with an entire loaf of bread and eat it throughout the week.



Breakfast

Mega Peach French Toast Bake



Vegetarian



Prep Time
20 Minutes



Ready In
1 Hour



Difficulty
Medium

Ingredients

Makes 1 Batch. Serving size varies depending on how large or small you cut the pieces.

- 18 slices regular ass bread (or one loaf [570g] of regular ass bread)
- 1440g (3 cartons) egg whites
- 21g (3 tbsp) cinnamon
- 15g (1 tbsp) vanilla extract
- 15 packets (5/8 cup) sweetener
- 1500g (~10) nectarines or peaches, frozen or fresh, IT DOESN'T MATTER

Directions

- 1 Pre-heat the oven to 400°F (~205°C) Cut the nectarines/peaches
- 2 into small pieces In a bowl, whisk egg whites, cinnamon,
- 3 sweetener, and vanilla. Tear the bread into small pieces and place
- 4 in a bowl with the peaches, egg whites, cinnamon, sweetener, and vanilla. Mix with your hands until the bread pieces are well soaked with the batter.
- 5 Spray a casserole dish for 1 second. Pour the egg white/bread mixture into the casserole dish
- 6 Place the casserole dish uncovered in the middle rack and cook in the oven at 400°F (~205°C) for 40-50 minutes
- 7 Remove from the oven, let it cool and serve on a plate

Nutrition	Entire Batch	6 Servings	12 Servings
Calories	2810	470	235
Fat (g)	20	3	1 6
Carbs (g)	446	37	37
Fiber (g)	46	8	4
Protein (g)	223	37	18



Tasty tip: I love pairing this mega bake with Strawberries & Cream Dip ([see page 207](#)).



Breakfast

French Toast Rice Cake



Vegetarian



Prep Time
10 Minutes



Ready In
10 Minutes



Difficulty
Easy

Everyone knows that I'm famous for my Anabolic French Toast. This time I've taken it one step further, and made it MORE ANABOLIC THAN LAST TIME. You'll love these rice cakes since they are even more low-calorie dense than regular ass bread. If you're not a fan of chocolate, experiment with some different types of protein powder.

Ingredients

Makes 6 Cakes

- 6 rice cakes (up to 35 calories each)
- 120g (¾ cup) egg whites
- 10g (2 tsp) vanilla extract
- 17g (~½ scoop) **Chocolate Whey+Casein Protein Powder** (or whey+casein of choice)
- 2 packets sweetener

Nutrition	Entire Batch	3 Cakes	1 Cake
Calories	365	182	61
Fat (g)	0.5	0.2	0
Carbs (g)	47	23	8
Fiber (g)	0	0	0
Protein (g)	31	15	5



Prep tip:

- Let me share a secret, you can make this recipe with 35 less calories! Only use 5 rice cakes and soak them for longer.
- I personally use 6 rice cakes. It's quicker as you are not soaking them for as long, so it saves me time in the morning.

Directions

- 1 Heat a large pan over medium-low heat.
- 2 Place all ingredients (except rice cakes) into a bowl and whisk.
- 3 Once whisked thoroughly, dip the rice cakes into the bowl (~5 seconds each side) and flip them to make sure the egg whites are absorbed. Next, place them onto the pan.
- 4 If there is any egg white mixture remaining, pour it over the last rice cake you placed on the pan to ensure it is fully covered.
- 5 Flip the rice cakes until they are golden brown on the outside (or cooked to desired firmness).
- 6 Top with your favorite ingredients (best topped with sugar-free caramel syrup, chocolate syrup or low-calorie maple syrup).



Breakfast

Eggless French Toast



Vegan



Prep Time
10 Minutes



Ready In
25 Minutes



Difficulty
Medium

Think you need eggs to make French toast? Well think again! Finally, French toast that's high in protein and low in calories with ZEEEEEEERO animal products.

Ingredients

Makes 5 Servings

- 240g (1 cup) unsweetened vanilla cashew milk
- 5g (1 tsp) vanilla extract
- 3g (~1 tsp) cinnamon
- 50g (~1 1/2 scoops) **Vanilla PB Vegan Protein Powder** (or vegan protein powder of choice)
- 5 slices regular ass bread
- 3 packets sweetener

Nutrition	Entire Batch	3 Slices	1 Slice
Calories	625	375	125
Fat (g)	11	7	2
Carbs (g)	87	52	17
Fiber (g)	5	3	1
Protein (g)	46	27	9



Tasty tip:

- Top with low-calorie maple syrup.
- Add 1/4 - 1/2 serving (25-50 calories) fruit of your choice. I would choose blueberries!
- Feel free to use any flavor/brand of vegan protein powder.

Prep tip: • Experiment with your favorite unsweetened nut milk including macadamia, almond, or walnut, and use the one you like most. • For added protein, use 2 scoops of protein powder.

• For extra protein, use a plant-Based protein Nut milk (I use unsweetened vanilla Silk 8g plant protein almond & cashew).

Directions

- 1 Heat a large pan over medium heat
- 2 In a shallow flat dish add the cashew milk, vanilla extract, cinnamon and protein powder.
- 3 Whisk together until all ingredients are blended
- 4 Lay the bread in the mixture for a few seconds, flip over and repeat for the other side Quickly spray the pan with cooking spray.
- 5 Then, lay the slices on the pan and cook for 3-4 minutes or until lightly browned. Flip and cook for another 2-3 minutes on the other side You can repeat this process until the French toast is toasted to your desire
- 6 Remove from the pan, and serve on a plate Voilà, you have made yourself Eggless French Toast



Breakfast

Vegan Anabolic French Toast



Vegan



Prep Time
10 Minutes



Ready In
25 Minutes



Difficulty
Medium

This eggless French toast comes out a little soft, which is generally how I like mine. It's delicious, but if you like a crispy French toast, this may not be the one for you!

Ingredients

Makes 5 Servings

- 250g (1 cup) unsweetened vanilla plant-based protein nut milk of choice
- 28g (~1/4 cup) high-protein plant-based egg substitute (I used Veg Power Scramble)
- 5g (1 tsp) maple extract
- 1.5g (~1/2 tsp) cinnamon
- 5 slices regular ass bread
- 2 packets sweetener

Directions

- 1 Heat a pan over medium heat
- 2 In a shallow flat dish add the cashew milk, vanilla extract, cinnamon and protein powder, and whisk together until evenly blended
- 3 Lay the bread in the mixture and flip back and forth until fully saturated Repeat for all slices of bread
- 4 Quickly spray the pan with cooking spray. Then, lay the slices on the pan and spread any remaining batter on top of the slices Cook for ~5 minutes or until lightly browned. Flip and cook for another ~5 minutes on the other side You can repeat this process until the French toast is toasted to your desire
- 5 Remove from the pan, and serve on a plate and enjoy

Nutrition	Entire Batch	3 Slices	1 Slice
Calories	605	360	120
Fat (g)	12	7	2
Carbs (g)	85	6	17
Fiber (g)	6	4	1
Protein (g)	41	25	8



Tasty tip:

- Top with low-calorie maple syrup.
- Add 1/4 - 1/2 serving (25-50 calories) fruit of your choice. I would recommend using blueberries!

Prep tip:

- If the batter is too thick for your liking, substitute the plant-based protein nut milk for regular unsweetened cashew milk (I use Silk unsweetened vanilla 8g plant protein almond & cashew milk).
- To make extra anabolic, use 4 slices of bread instead of 5.



PB French Toast Roll-Ups



Vegan

Prep Time
15 MinutesReady In
20 MinutesDifficulty
Medium

French toast with an irresistible vegan twist! These Vea-NOT Butter French Toast Roll-Ups are the perfect way to make your breakfast more memorable, and a whole lot more delicious!

Ingredients

Makes 4 Servings

- 100g (~2 servings) Vea-NOT Butter (*see page 85*)
- 55g (1/2 serving) banana
- 4 slices regular ass bread
- 160g (2/3 cup) unsweetened vanilla cashew milk
- 16g (~1/2 scoop) **Vegan Protein Powder** (flavor of choice/ or brand of choice)
- 4 packets sweetener
- 5g (1 tsp) vanilla extract

Nutrition	Entire Batch	2 Roll Ups	1 Roll Up
Calories	655	328	164
Fat (g)	11	6	3
Carbs (g)	105	26	52
Fiber (g)	8	4	1
Protein (g)	46	24	12



Prep tip: To make this recipe extra anabolic, use plant-based protein nut milk (I use unsweetened vanilla Silk 8g plant protein almond & cashew).

Directions

- 1 In a bowl, mash the Vea-NOT Butter (*see page 85*) and banana with a fork until well mixed, and set aside.
- 2 In a shallow flat dish add the cashew milk, vanilla extract, cinnamon, sweetener, and protein powder.
- 3 Whisk together until all ingredients are mixed
- 4 Heat a pan over medium-high heat and spray with cooking spray.
- 5 Lay the bread in the mixture and let soak for 10 seconds, flip over and soak on the other side (repeat for all 4 slices of bread)
- 6 Lay the slices onto the pan and cook for 3-4 minutes or until lightly browned. Flip, and cook for another 2-3 minutes on the other side. You can repeat this process until the French toast is cooked to your desire (I like mine a little softer)
- 7 With the palm of your hand or a rolling pin, flatten each piece of French toast and add 1/4 of the Vea-NOT Butter/banana mixture to the center of each piece. Fold the bread in half and pinch the end with your fingers to seal the filling.
- 8 Add toppings: powdered peanut butter (either mixed with water or dry), strawberries, and low-calorie maple syrup (I eat it as is with no topping required)



Breakfast

Egg White Avocado Rice Cakes



Vegetarian



Prep Time
10 Minutes



Ready In
15 Minutes



Difficulty
Easy

Ingredients

Makes 3 Rice Cakes

- 3 rice cakes
- 60g avocado
- 90g sliced tomato
- 40g chopped onion
- 40g chopped tomato
- 240g (1 cup) egg whites of choice
(I prefer cheddar and chive)
- 1 tbsp minced garlic
- 1 tsp paprika
- 1 tbsp lemon juice (desired taste)
- Salt (desired taste)
- Cooking spray

Directions

- 1 In a medium bowl, mash up avocado to make it into a paste. Add the chopped tomato, chopped onion, paprika, minced garlic, lemon juice, salt & pepper, and mix
- 2 Heat a pan over medium-high heat. Spray with cooking spray. Place three egg rings on the skillet and place the egg whites in the egg rings
- 3 Lay the 3 rice cakes on a plate. Stack each rice cake with one of the egg white circles cooked in the egg white rings.
- 4 Divide the avocado mash and place on top of the egg white rings. Add sliced tomato on top
- 5 Serve as three open-faced pieces of rice cake deliciousness You may add fresh-squeezed lemon and cracked pepper if desired

Nutrition	Entire Batch	2 Cakes	1 Cake
Calories	390	260	130
Fat (g)	10	6	3
Carbs (g)	41	28	14
Fiber (g)	7	4	2
Protein (g)	32	20	10



Tasty tip: Top with lettuce to eat as an open-faced sandwich and to make less mess (this is what I do!).

Note: If you don't have egg rings, simply place the egg whites in the pan, cook and flip, then divide it into 3 pieces for each rice cake.



Breakfast

Egg White Avocado Toast



Vegetarian



Prep Time
10 Minutes



Ready In
15 Minutes



Difficulty
Easy

Ingredients

Makes 2 Servings

- 2 slices regular ass bread
- 60g avocado
- 90g sliced tomato
- 40g chopped onion
- 40g chopped tomato
- 240g (1 cup) whole eggs of choice
- 1 tbsp minced garlic (or 3 cloves, minced)
- 1 tsp paprika
- 1 tsp lemon juice
- Salt & pepper (to taste)

Nutrition	Entire Batch	1 Slice
Calories	430	215
Fat (g)	12	6
Carbs (g)	54	27
Fiber (g)	14	7
Protein (g)	35	18



Note:

- Although avocado is a high calorie-dense food, it is important to have some healthy fats every week for your hormones! Avocados have very healthy fats. It's all about balance!!
- If you can find flavored whole egg such as cheddar and chive, which is my favorite, use it.

Tasty tip: Top with lettuce if you want to eat it as an open-faced sandwich! (This is what I personally do!).

Directions

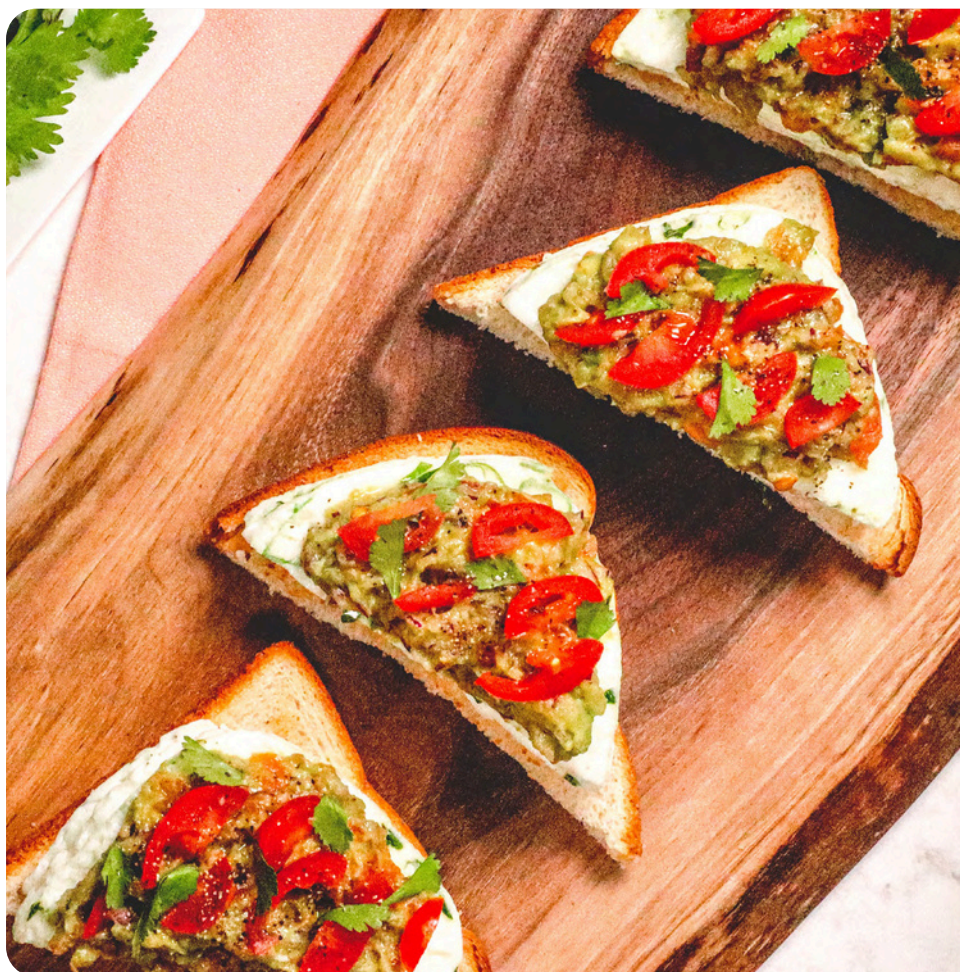
1 In a medium bowl, mash up avocado making it into a paste. Add the chopped tomato, onion, paprika, minced garlic, lemon juice, and salt & pepper, and mix

2 Place the bread slices in the toaster

3 Heat a pan over medium-high heat. Spray with cooking spray. Cook the egg whites in the pan.

4 Remove the toast from the toaster and place on a plate Divide the avocado mash and the cooked eggs/egg whites in half, place onto both slices and add sliced tomato on top

5 Serve as two open-faced pieces of toast deliciousness. Serve with fresh-squeezed lemon and cracked pepper if desired



Breakfast

Egg White Bites



Gluten-free



Vegetarian



Prep Time
10 Minutes



Ready In
30 Minutes



Difficulty
Medium

Ingredients

Makes 1 Batch (Serving may vary depending on your muffin liners)

- 480g (2 cups) egg whites
- 100g spinach leaves
- 100g tomato, diced (~20 calories)
- 4 slices fat-free cheese slices (or 76g shredded fat-free cheese)
- Salt & pepper (to taste)

Entire Batch

Calories 410

Fat (g) 1

Carbs (g) 23

Fiber (g) 4

Protein (g) 72



Note : If you are missing any of the vegetables or don't like them, please use something equivalent to the number of calories of vegetables of choice. You can also add sugar-free ketchup for a dipping sauce, which I always do!

Directions

- 1 Preheat the oven to 400°F (~205°C)
- 2 In a bowl, whisk the egg whites, cheese, salt, and pepper together well.
- 3 Spray a non-stick muffin pan with cooking spray.
- 4 Stuff the spinach evenly into each muffin mold. Then place the tomatoes in each hole on top of the spinach. Carefully fill up each hole with the egg white mixture to the top until used up.
- 5 Bake the egg white cups in the oven for 20 minutes or until fully cooked. Remove from the oven and use a fork to carefully pull them from the muffin tin. Transfer to a plate and serve.



Breakfast

Ham & Cheese Omelette



Gluten-free



Prep Time
15 Minutes



Ready In
20 Minutes



Difficulty
Medium

Ingredients

Makes 1 Omelette

- 480g (2 cups) egg whites
- 100g lean deli ham, diced
- 1 serving of your favorite veggies up to 100 calories (bell peppers, tomatoes, spinach, onions, etc)
- 4 slices (76g shredded) fat-free cheese slices (120 calories)
- Salt and pepper to taste
- 4 tbsp of your favorite salsa or sugar-free ketchup

Entire Batch

Calories 295

Fat (g) 2

Carbs (g) 22

Fiber (g) 5

Protein (g) 44



Note: Add your choice of veggies to add more volume and make this meal more filling.

Directions

- 1 In a bowl, whisk the egg whites well. Add all the remaining ingredients (except for the cheese) and mix well.
 - 2 Heat the stove over medium heat Using a nonstick skillet, spray with cooking spray, then add the egg mixture and cook on one side for 3 minutes, or until the egg whites are partially cooked.
 - 3 Add half the cheese, fold over in half, and cook for 2 minutes on low heat.
 - 4 Then when ready, flip, turn, or roll the omelette over and cook for an additional 2 minutes with remaining cheese slices on top to melt
- Once it is fully cooked, serve with salsa on top or on the side.



Breakfast

Ham, Spinach and Feta Omelette



Gluten-free



Prep Time
15 Minutes



Ready In
20 Minutes



Difficulty
Medium

Ingredients

Makes 1 Omelette

- 110g ham, diced
- 150g (⅔ cup) egg whites
- 100g spinach leaves
- 100g tomato, diced
- 14g crumbled reduced fat feta cheese (30 calories)
- Salt & pepper to taste

Entire Batch

Calories 265

Fat (g) 6

Carbs (g) 12

Fiber (g) 3

Protein (g) 41



Tasty tip: You can add any additional veggies you would like! There are no rules as long as you account for the macros.

Directions

- 1 In a nonstick skillet, steam the spinach with a little bit of water until the spinach wilts. Drain off the excess water and set aside.
- 2 In a bowl, whisk the egg whites well. Add all the remaining ingredients, including the steamed spinach, and mix well.
- 3 Heat the stove over medium heat Using a nonstick skillet, add the egg mixture and cook on one side for 3 minutes or until the egg whites are partially cooked. Make sure to work the egg mixture back and forth with a rubber spatula so it doesn't stick to the pan.
- 4 When ready, flip, turn, or roll the omelette over and cook for an additional 2 minutes
- 5 Once it is fully cooked, fold the omelette in half and serve



Breakfast

Tex Mex Omelette



Gluten-free



Prep Time
15 Minutes



Ready In
20 Minutes



Difficulty
Medium

Ingredients

Makes 1 Omelette

- 110g (4 oz) 95% extra lean ground beef, measured raw
- 150g (⅔ cup) egg whites
- 1 whole egg
- 2 slices (or 38g shredded) fat-free cheese (60 calories)
- 110g tomato, diced
- 60g yellow onion, diced
- 60g red bell pepper, diced
- 10g (~2 tbsp) green onion, diced

Spices to taste:

salt, pepper, chili powder, ground cumin

Optional toppings:

- 3 tbsp salsa
- 3 tbsp fat-free sour cream

Directions

- 1 In a nonstick skillet, cook the ground beef completely, then drain off the excess fat. Set aside to cool.
- 2 Grill all the vegetables in the pan. When finished, add the cooked ground beef
- 3 In a bowl, whisk the egg whites well. Add all the remaining ingredients (except the toppings) and mix well.
- 4 Heat the stove over medium heat Using a nonstick skillet, add the egg mixture and cook on one side for 3 minutes or until the egg whites are partially cooked. Make sure to work the egg mixture back and forth with a rubber spatula so it doesn't stick to the pan.
- 5 Then when ready, flip, turn or roll the omelette over and cook for an additional 2 minutes
- 6 Once it is fully cooked, fold the omelette in half and put on the plate. Serve with optional toppings of salsa and fat-free sour cream

Entire Batch

Calories 415

Fat (g) 8

Carbs (g) 28

Fiber (g) 5

Protein (g) 53



Meal-prep tip: Sauté the ground beef, onions, tomatoes & peppers in advance & refrigerate. Throw it in the pan to skip step #1 and save a few minutes when cooking your omelette.

Tasty tip: You can add any additional veggies you would like! There are no rules as long as you account for the macros.



Breakfast

Chocolate Berries N' Cream Crepe Explosion



Vegetarian



Prep Time
10 Minutes



Ready In
20 Minutes



Difficulty
Medium

Ingredients

Makes 4 Crepes

4 Crepini Egg White Wraps (or equivalent egg white wraps)

Filling

- 22g (2/3 scoop) protein powder of choice
- 3.5g (~½ tbsp) cocoa powder
- 1/2 packet (1 tsp) sweetener
- 80g (1/3 cup) 0% fat Greek yogurt
- 90g (1/2 serving) blueberries

Topping

- 6g (1 tbsp) powdered peanut butter (PB2)
- 3.5g (~½ tbsp) cocoa powder
- 1-1 1/2 tbsp water
- 150g (1/2 serving) strawberries

Nutrition	Entire Batch	2 Roll Ups	1 Roll Up
Calories	420	210	105
Fat (g)	10	4	2
Carbs (g)	39	20	10
Fiber (g)	9	4	2
Protein (g)	47	24	12

Directions

- 1 Lay the crepes out flat.
- 2 In a bowl, make the filling by mixing the protein powder, cocoa, sweetener, and Greek yogurt until well mixed.
- 3 Divide the filling up evenly to fill each crepe, and spread on one quarter of the far side of each crepe
- 4 Once the filling is placed onto the crepes, cut up your choice of fruit, divide, and place on top of filling on each crepe.
Starting with the side containing the filling, roll the crepe. Fold in both sides as you are rolling the crepe to secure the filling inside.
- 5 Once all rolled, spray a frying pan with cooking spray and heat over medium heat
- 6 Set each rolled crepe on the pan and let cook until crepe starts to crisp then flip and crisp the other side.
- 7
- 8 While the crepes are cooking, heat the rest of the fruit in the microwave for around 20-30 seconds.
- 9 Mix the peanut butter powder and cocoa powder with water to desired thickness
- 10 Once the crepes are done, place them on a plate, top them with the heated fruit and the peanut-cocoa drizzle, and ENJOY





Pancakes

Breakfast

Apple Protein Pancakes



Gluten-free



Vegetarian



Prep Time
10 Minutes



Ready In
20 Minutes



Difficulty
Easy

If you've ever wanted to combine the deliciousness of pancakes, apple pie, and GAINS, look no further than this extraordinary recipe for apple protein pancakes!

Ingredients

Makes 5 Pancakes

- 480g (2 cups) egg whites
- 65g (¾ cup) rolled oats
- 125g (½ cup) 0% fat cottage cheese
- 380g apples
- 1½ tsp cinnamon
- 5 packets (~3 tbsp) sweetener
- 6g (2 tsp) guar gum
- 5g (~1 tsp) baking powder

Top With

60 ml (4 tbsp) low-calorie syrup (20 calories)

Directions

- 1 Add all ingredients into the blender and blend on high for 1 minute, or until a uniform consistency is achieved
- 2 (OPTIONAL) Transfer blended mixture to an airtight container, and let sit in refrigerator for 4 hours (*Note: these can be eaten right away, but it is preferable to let the batter thicken over a few hours*).
- 3 Heat a skillet over low-medium heat and spray it with cooking spray. Add mixture to skillet and let sit for 1-2 minutes until edges appear cooked through.
Flip pancake with a spatula, and let sit for another 30-60 seconds, depending on doneness.
- 5 Remove pancake from the skillet and serve on a plate with low-calorie syrup.

Nutrition	Entire Batch	3 Pancakes	1 Pancake
Calories	820	492	164
Fat (g)	6	3	1
Carbs (g)	127	75	25
Fiber (g)	21	12	4
Protein (g)	73	44	15



Note :

- The batter will be quite thin/loose. Don't worry, cook slow on low-medium heat and be patient. These are one of my favorites.
- These are not normal pancakes. They will have a soft center since they are very low in calories.



Breakfast

Banana Chocolate Pancakes



Gluten-free



Vegetarian



Prep Time
10 Minutes



Ready In
15 Minutes



Difficulty
Easy

If you are looking for a twist on ordinary pancakes, these banana pancakes are made for you! The best part is they only take about 15 minutes to make

Ingredients

Makes 4 Pancakes

- 180g (¾ cup) egg whites
- 220g (~2 units) ripe bananas
- 33g (1 scoop) chocolate protein powder (130 calories, 25g protein)
- 65g (¾ cup) rolled oats
- 23.4g (~3 tbsp) cocoa powder
- 1 tsp cinnamon
- Cooking spray

Top With

60 ml (4 tbsp) low-calorie syrup (20 calories)

Directions

- 1 Add all ingredients into the blender and blend on high for 1 minute, or until a uniform consistency is achieved
- 2 (OPTIONAL) Transfer blended mixture to an airtight container, and let sit in refrigerator for 4 hours (*Note: these can be eaten right away, but it is preferable to let the batter thicken over a few hours*).
- 3 Heat a skillet over medium-high heat. Spray the pan with cooking spray, and add the batter to the pan to form a pancake
- 4 Allow to cook on one side for 2-4 minutes or until the edges start to appear cooked, and then flip.
- 5 Remove from the pan and serve Repeat until you've cooked as many pancakes as you want. (You may also store the extra batter and cook it later, or cook the extra pancakes now, and refrigerate until you are ready to eat them)

Nutrition	Entire Batch	2 Pancakes	1 Pancake
Calories	720	360	180
Fat (g)	8	4	2
Carbs (g)	106	52	27
Fiber (g)	15	8	4
Protein (g)	58	30	15



Tasty Tip: You can substitute regular egg whites for any flavored egg whites (such as MuscleEgg), or go half and half, for extra flavor. MuscleEgg comes in a variety of flavors including vanilla, strawberry, and pina colada!



Breakfast

Banana Protein Pancakes



Vegetarian



Prep Time
10 Minutes



Ready In
15 Minutes



Difficulty
Easy

Overripe bananas? No problem, we've got you covered. Tasty little chocolate yummy circles combined with all the sweetness and nutrients of the banana

Ingredients

Makes 5 Pancakes

- 480g (2 cups) egg whites
- 330g (~3 units) ripe bananas
- 90g (1 cup) rolled oats
- 125g (½ cup) 0% fat cottage cheese
- 1 5 (~½ tbsp) cinnamon
- 5 packets (3 tbsp) sweetener
- 6g (2 tsp) guar gum
- 5g (~1 tsp) baking powder
- Cooking spray

Top With:

60 ml (4 tbsp) low-calorie syrup (20 calories)

Directions

- 1 Add all ingredients into the blender and blend on high for 1 minute, or until a uniform consistency is achieved
- 2 (OPTIONAL) Transfer blended mixture to an airtight container, and let sit in refrigerator for 4 hours (*Note: these can be eaten right away, but it is preferable to let the batter thicken over a few hours*).
- 3 Heat the skillet over low-medium heat and spray it with cooking spray
- 4 Add the mixture to the skillet and let it cook for 3 minutes or until edges appear cooked through
- 5 Flip and cook the other side of the pancake until is golden brown. Remove the pancake from the skillet and set aside
- 6 Repeat step 4-5 until all the pancake batter has been used. Serve all pancakes on a plate with toppings of choice.

Nutrition	Entire Batch	3 Pancakes	1 Pancake
Calories	1000	600	200
Fat (g)	7	3	1
Carbs (g)	154	93	31
Fiber (g)	19	12	2
Protein (g)	80	48	16



Breakfast

Cheese & Chive Cauliflower Protein Pancakes



Vegetarian



Prep Time
15 Minutes



Ready In
30 Minutes



Difficulty
Easy

Ingredients

Makes 6 Pancakes

- 300g cauliflower
- 90g (1 cup) rolled oats
- 480g (2 cups) Cheddar and Chive fat-free egg whites or other flavored egg whites such as Garden Vegetable or Tex Mex
- 34g (1 scoop) **Vanilla Whey+Casein Protein Powder** (or whey+casein of choice)
- 3g (1 tsp) guar/xanthan gum
- Cooking spray
- Salt to taste

Nutrition	Entire Batch	3 Pancakes	1 Pancake
Calories	740	370	124
Fat (g)	6	3	1
Carbs (g)	75	13	38
Fiber (g)	20	9	3
Protein (g)	90	45	15



Tasty tip :

- It is better to make it a night before so that the mixture is thicker in the morning!
- You also don't have to use casein protein. If using whey protein and not casein it will not be as thick.
- If you can find flavored egg whites such as cheddar and chive which is my favorite, use them!! if not, you can just use regular egg whites.

Directions

- 1 Place the cauliflower in a blender and blend on high until it's shredded into small pieces like "cauliflower rice".
- 2 Add the cauliflower rice, oats, Cheddar and Chive egg whites, guar/xanthan gum, sweetener and protein powder into a blender. Blend on medium to form a uniform mixture
- 3 Heat up a non-stick skillet over medium-high heat
- 4 Spray the skillet with cooking spray for one second.
- 5 Drop the batter into the heated skillet and cook until the edges and bottom begin to brown.
- 6 Flip and cook the other side until it is golden brown.



Breakfast

Strawberry Chocolate Pancakes



Vegetarian



Prep Time
20 Minutes



Ready In
30 Minutes



Difficulty
Easy

Ingredients

Makes 3 Pancakes

- 240g (1 cup) egg whites
- 300g cauliflower
- ½ serving fruit of choice (150g strawberries is my preference)
- 45g (½ cup) rolled oats
- 33g (1 scoop) chocolate casein protein powder
- 3 packets (2 tbsp) sweetener
- 1 5g (~½ tsp) guar/xanthan gum
- 5g (~1 tsp) baking powder
- 45g sugar-free chocolate chips
- 5g (1 tbsp) cocoa powder
- 30 ml (2 tbsp) Walden Farms sugar-free chocolate syrup
- Cooking spray

Directions

- 1 Place the cauliflower in a blender and blend on high until it's shredded into small pieces like "cauliflower rice".
- 2 Add the oats, egg whites, protein powder, sweetener, guar or xanthan gum, baking powder (if used), cocoa powder and Walden Farms chocolate syrup into the blender Blend on medium until the batter is smooth
- 3 Heat up the skillet and spray with cooking spray for 1 second.
- 4 Pour 1/3 of the batter onto the skillet. Then place 1/3 of the fruit into the top of the batter, and 1/3 of the chocolate chips.
- 5 Cook until the edges and bottom begin to brown. Flip when it is ready then cook for a few more minutes. Remove from the pan, set aside
- 6 Repeat step 4-5 two more times. Serve with low-calorie syrup.

Nutrition	Entire Batch	2 Pancakes	1 Pancake
Calories	790	527	264
Fat (g)	21	14	7
Carbs (g)	89	60	30
Fiber (g)	23	16	8
Protein (g)	68	46	23



Tasty tip:

- It is better to make it a night before so that the mixture is thicker in the morning!
- You can opt to use the baking powder for extra thickness (especially if you use whey protein rather than casein). You can get away without the baking powder.



Breakfast

French Toast Blueberry Pancakes



Vegetarian



Prep Time
15 Minutes



Ready In
20 Minutes



Difficulty
Easy

Ingredients

Makes 2 Pancakes (4 Slice of Bread)

- 480g (2 cups) egg whites
- 4 slices regular ass bread (up to 80 calories per slice)
- 4 packets (~3 tbsp) sweetener
- 5 2g (~2 tsp) cinnamon
- 5g (1½ tsp) guar/xanthan gum
- 100g blueberries
- Cooking spray

Makes 2 Pancakes

60 ml (4 tbsp) low-calorie syrup (20 calories)

Directions

- 1 Add all ingredients (except blueberries) into the blender, and blend on high for 1 minute or until a uniform consistency is achieved
- 2 (OPTIONAL) Transfer blended mixture to an airtight container, and let sit in refrigerator for 4 hours (Note: these can be eaten right away, but it is preferable to let the batter thicken over a few hours)
- 3 Heat the skillet over low-medium heat. Spray skillet with cooking spray Add mixture to skillet and let sit for 1-2 minutes until edges appear cooked through
Add the blueberries to the pancake on the skillet
Once edges start to brown, flip the pancake in the skillet and let sit another 1-2 minutes
- 6 Remove pancake from the skillet and serve on a plate with low-calorie syrup or leftover blueberries

Nutrition	Entire Batch	2 Pancakes
Calories	665	330
Fat (g)	7	4
Carbs (g)	81	40
Fiber (g)	9	4
Protein (g)	65	32

Light version substitutions

Makes 2 pancakes (3 slices of bread)

Nutrition	Entire Batch	2 Pancakes
Calories	580	290
Fat (g)	6	3
Carbs (g)	66	33
Fiber (g)	8	4
Protein (g)	62	31



Breakfast

Pumpkin Apple Pancakes



Gluten-free



Vegetarian



Prep Time
15 Minutes



Ready In
20 Minutes



Difficulty
Easy

Ingredients

Makes 6 Pancakes

- 100g (~1 cup) rolled oats
- 480g (2 cups) egg whites
- 250g (1 cup) pumpkin purée
- 250g Granny Smith apples, (shredded or cut into small cubes)
- 4 packets (~3 tbsp) sweetener
- 5g (~1 tsp) baking powder
- 2 6g (~1 tsp) cinnamon
- 3g (1 tsp) guar gum
- Cooking spray

Top With:

60 ml (4 tbsp) low-calorie syrup (20 calories)

Directions

1 Combine all ingredients except for the apples in a blender, and blend for 30 seconds

2 (OPTIONAL) Transfer blended mixture to an airtight container, and let sit in refrigerator for 4 hours (Note: these can be eaten right away, but it is preferable to let the batter thicken over a few hours)

3 Remove the batter from the blender and stir in the shredded/ cubed apples (you can also place the apples onto the pancakes while cooking, since there are NO rules).

4 Heat a skillet over low-medium heat. Spray the skillet with cooking spray. Add the pancake mixture to the pan and let the pancakes get firm on one side before flipping.

Enjoy!

Nutrition	Entire Batch	3 Pancakes	1 Pancake
Calories	860	430	143
Fat (g)	8	3	1
Carbs (g)	126	63	21
Fiber (g)	29	15	5
Protein (g)	68	33	11



Breakfast

Quick & Easy Pancakes



Gluten-free



Vegetarian



Prep Time
15 Minutes



Ready In
20 Minutes



Difficulty
Easy

Ingredients

Makes 2 Pancakes

- 240 (1 cup) egg whites or Flavored Liquid MuscleEgg
- 25g (¾ scoop) casein protein
- 2 packets (4 tsp) sweetener
- 1g (~¼ tsp) guar gum
- Cooking spray

Top With:

60 ml (4 tbsp) low-calorie syrup (20 calories)

Directions

- 1 In a bowl, mix egg whites, casein protein, sweetener, and baking powder/guar gum with a fork until a uniform consistency is achieved
- 2 Heat the skillet over low-medium heat and spray it with cooking spray
- 3 Add mixture to the skillet and let it cook for 3 minutes or until edges appear cooked through
- 4 Flip and cook the other side of the pancake until is golden brown. Remove the pancake from the skillet and set a side
- 5 Repeat steps 4-5 until all the pancake batter has been used Serve all pancakes on a plate with toppings of choice.

Entire Batch

Calories 255

Fat (g) 1

Carbs (g) 13

Fiber (g) 0

Protein (g) 47



Note:

- This recipe is for hardcore dieters. Make them very thin and use flavored egg whites for better results.
- Make sure you are using CASEIN ONLY protein.



Breakfast

Strawberry Cheesecake Protein Pancakes



Gluten-free



Vegetarian



Prep Time
15 Minutes



Ready In
20 Minutes



Difficulty
Medium

Ingredients

Makes 6 Pancakes

- 480g (2 cups) egg whites
- 400g cauliflower
- 1 serving fruit of choice, sliced (300g strawberries recommended) (100 calories)
- 45g ($\frac{3}{8}$ cup) rolled oats
- 50g ($1\frac{1}{2}$ scoop) strawberry cheesecake (or flavour of choice) protein powder
- 3 packets (2 tbsp) sweetener to taste
- 1 5g ($\frac{1}{2}$ tsp) guar gum/xanthan gum
- Cooking spray

Nutrition	Entire Batch	3 Pancakes	1 Pancake
Calories	855	428	143
Fat (g)	8	3	1
Carbs (g)	132	66	22
Fiber (g)	40	21	7
Protein (g)	74	12	37

Directions

- 1 Place the cauliflower in a blender and blend on high until it's shredded
- 2 Place the remaining ingredients in the blender except the serving of fruit, and blend until smooth
- 3 Heat a skillet over low-medium heat. Spray with cooking spray for 1 second, then pour mixture onto the pan
- 4 Place the fruit on top of the pancakes while they're cooking.
- 5 Flip once the bottom is golden brown or until desired doneness. Enjoy!



Tasty Tip:

• To make these pancakes yummier I like to pre-cook the cauliflower. The easiest way to do this is to prepare a microwave safe container with a waffle dish cloth or a cheese cloth lining the container. Place the cauliflower inside of the container and on top of the cloth and microwave it for 7 min. Once it has cooled down, gather the ends together and squeeze out all of the excess juices.

• Casein protein is thicker than whey protein. If you use casein, you don't need as much guar/xanthan gum.



Breakfast

Vegan Chocolate Pancakes



Vegan



Prep Time
10 Minutes



Ready In
15 Minutes



Difficulty
Easy

Bananas and chocolate in pancake form, what's not to love!

Ingredients

Make 3 Servings

- 250g (1 cup) unsweetened vanilla plantbased protein nut milk of choice
- 28g (1/4 cup) plant-based egg substitute
- 110g (1 serving) bananas
- 33g (1 scoop) **Vegan Protein Powder** (chocolate PB or Vanilla PB / or brand of choice)
- 45g (1/2 cup) rolled oats
- 2 packets sweetener
- 3g (~1 tsp) cinnamon
- 1g (~1/3 tsp) guar gum
- 15g (~2 tbsp) cocoa powder

Nutrition	Entire Batch	1 Pancake
Calories	640	215
Fat (g)	15	5
Carbs (g)	74	25
Fiber (g)	14	5
Protein (g)	60	20



Note:

- You can replace the plant-based egg substitute with 1/2 scoop of vegan protein powder and 1 extra gram of guar gum.
- If you aren't a fan of chocolate, omit the cocoa powder, and use a different flavor of vegan protein powder.
- I use Silk unsweetened vanilla 8g plant protein almond & cashew milk.
- I use Vegg Power Scramble as my plant-based egg substitute.

Directions

- 1 Add all the ingredients into the blender, and blend on high speed for 1 to 2 minutes
- 2 Heat a pan on low-medium heat, and spray with cooking spray.
- 3 Pour the batter onto the pan You can either cook the 3 pancakes one at a time, or all at once if you have a large enough pan
- 4 Cook around 4 minutes, flip and cook 2 more minutes approximately
- 5 Repeat steps 3 and 4 if you are cooking your pancakes one at a time



Breakfast

Pumpkin Chocolate Chip Loaf



Vegetarian



Prep Time
20 Minutes



Ready In
1 Hour



Difficulty
Easy

Ingredients

Makes 5 Servings (Serving size varies depending on how large or small you cut the pieces.)

- 250g (1 cup) pumpkin purée
- 68g (2 scoops) **Whey Protein Powder**
- 30g (2 tbsp) water OR unsweetened almond milk
- 20g (3 tbsp) oat flour
- 25g (¼ cup) almond flour
- 6 packets (¼ cup) sweetener
- 3g (~½ tsp) baking soda
- 10g (~4 tsp) cinnamon
- 5g (1 tsp) vanilla extract
- 15g sugar-free chocolate chips (optional)

Nutrition	Entire Batch	Per Serving
Calories	700	140
Fat (g)	20	5
Carbs (g)	70	14
Fiber (g)	1	4
Protein (g)	68	14



Note:

- You can double up the chocolate chips to make the loaf more gooey (but be sure to re-calculate the calories!).
- You can add more cinnamon if you use vanilla protein powder and want to make the loaf more flavorful.

Directions

- 1 Preheat the oven to 350°F (~175°C)
- 2 Blend all ingredients together in a blender (except for the chocolate chips)
- 3 Fold the chocolate chips into the batter
- 4 Spray a loaf pan with cooking spray for 1 second. Then, pour the batter into the loaf pan
- 5 Place in the oven and bake for 15-20 minutes, or until a toothpick comes out clean
- 6 Let cool completely Slice and serve



Breakfast

Blueberry Banana Loaf



Gluten-free



Vegetarian



Prep Time
10 Minutes



Ready In
1 Hour



Difficulty
Easy

Ingredients

Makes 8 Servings (Serving size varies depending on how large or small you cut the pieces.)

- 125g (½ cup) unsweetened apple sauce
- 175g (~¾ cup) 0% fat Greek yogurt
- 180g (1½ cup) oat flour
- 110g banana
- 180g fresh blueberries
- 60g (¼ cup) egg whites
- 102g (3 scoops) **Vanilla**

Whey protein powder
(or whey+casein of choice)

- 6 packets (¼ cup) sweetener
- 5g (1 tsp) vanilla extract
- 7.5g (~1 ½ tsp) baking powder
- 3g (~½ tsp) baking soda

Directions

- 1 Preheat the oven to 325°F (~165°C)
- 2 Combine all wet ingredients into a bowl and mix, then add in mashed banana, and set aside
- 3 Combine all dry ingredients into another bowl and mix, then slowly combine the dry into the wet mixture and stir until there is a smooth consistency
- 4 Fold in blueberries, then pour the mixture into the loaf pan
- 5 Bake for 30-40 minutes, or until a toothpick comes out clean
- 6 Let cool completely before taking out of the pan, cutting and serving

Nutrition	Entire Batch	Per Serving
Calories	1500	190
Fat (g)	21	3
Carbs (g)	197	25
Fiber (g)	27	3
Protein (g)	133	17



Breakfast

Breakfast Egg Loaf



Vegetarian



Prep Time
10 Minutes



Ready In
30 Minutes



Difficulty
Medium

Delicious oven baked goodness with enough protein for two people, or one hungry individual.

Ingredients

Makes 2 Servings

- 60g (~4-6 slices) veggie meat deli slices
- 57g (3 slices) fat-free cheese or shredded equivalent
- 70g onion
- 60g red pepper
- 20g mushrooms
- 360g (1½ cups) egg whites
- 2g (~2 tsp) basil
- Garlic powder (to taste)
- Salt (to taste)

Nutrition	Entire Batch	Per Serving
Calories	490	245
Fat (g)	3	2
Carbs (g)	53	26
Fiber (g)	4	2
Protein (g)	65	33



Note:

- Can be made in muffin cups; layer the muffin cups with two pieces of veggie slices.
- Any veggie meat of choice can be used!
- You can use different veggies according to personal preference.
- Feel free to experiment and add either more veggie meat, or fat-free cheese to your preference.

Directions

- 1 Preheat the oven to 400°F (~205°C) and spray a small loaf pan with cooking spray
- 2 In a mixing bowl, add the egg whites, spices and vegetables. Then, stir the mixture
- 3 Layer the bottom and sides of the small loaf pan with the veggie meat deli slices
- 4 Pour the egg mixture over the veggie meat deli slices
- 5 Bake for 20 minutes at 400°F (~205°C)
- 6 Remove the loaf pan from the oven and place the cheese on top of the egg mixture
- 7 Lower the oven temperature to 350°F (~175°C) and bake for another 10 minutes, or until the egg whites seem cooked.
- 8 Remove from oven, let it cool down, cut into pieces and serve.



Breakfast

Carrot Apple Clusters



Vegan



Prep Time
20 Minutes



Ready In
40 Minutes



Difficulty
Easy

These clusters are a great way to get in your fruits and vegetables. They are super moist, flavorful and high in protein. A simple “grab and go” snack or a quick breakfast

Ingredients

Makes 12 Servings

- 200g shredded carrots
- 100g apples
- 99g (3 scoops) **Vegan Protein Powder** (flavor of choice / or brand of choice)
- 190g oat flour
- 180g (~3/4 cup) pumpkin purée
- 180g (~3/4 cup) unsweetened applesauce
- 10g (2 tsp) vanilla extract
- 3g (~1/2 tsp) salt (to taste)
- 5g (~1/2 tbsp) ground cinnamon
- 5-10 packets sweetener (or up to 1/3 cup of loose Splenda)

Directions

- 1 Preheat the oven to 350°F (~175°C)
- 2 Line a muffin tin with cupcake liners and spray with cooking spray.
- 3 In a large bowl, mix all the dry ingredients together thoroughly. In a separate bowl, mix all the rest of the ingredients together.
- 4 Add the wet ingredients to the dry ingredients and mix well until everything is well incorporated (the texture will be dense).
- 5 Fill the cupcake liners about 3/4 full of the batter “I put 1/4 cup in each cupcake liner!”
- 6 Bake in the oven for 20 minutes, or until a toothpick comes out clean
- 7 Remove from the oven and allow to cool down for at least 20 minutes before serving Makes 12 clusters

Nutrition	Entire Batch	1 Cluster
Calories	1395	116
Fat (g)	23	2
Carbs (g)	213	18
Fiber (g)	31	3
Protein (g)	99	8



Note:

- If pressed for time, simply add all ingredients into the same bowl and mix well (this is how I make it).
- Experiment with your favorite flavors of protein powder (I like vanilla or vanilla PB for these).





Muffins

Breakfast

Apple Cinnamon Muffins



Vegetarian



Prep Time
10 Minutes



Ready In
20 Minutes



Difficulty
Medium

Ingredients

Makes 6 Muffins

- 250g (1 cup) unsweetened applesauce
- 45 ml (3 tbsp) unsweetened almond milk
- 10g (2 tsp) vanilla extract
- 10g (2 tsp) apple cider vinegar
- 65g (~½ cup) oat flour
- 45g (~11/3 scoop) **Whey+Casein Protein Powder** (or whey+casein of choice)
- 12 packets (½ cup) sweetener
- 3g (~½ tsp) salt
- 2.5g (½ tsp) baking powder
- 1g (¼ tsp) baking soda
- 0.65g (~¼ tsp) cinnamon (if not using cinnamon protein powder you can add more)
- 80g chopped apples

Nutrition	Entire Batch	1 Muffin
Calories	600	100
Fat (g)	6	1
Carbs (g)	89	15
Fiber (g)	12	2
Protein (g)	53	9



Note: This recipe can easily be made vegan by switching the whey protein to Vegan protein powder.

Directions

- 1 Preheat the oven to 350°F (~175°C)
- 2 In a bowl mix all the wet ingredients together.
- 3 In a separate bowl mix all the dry ingredients (leave chopped apples out for now).
- 4 Once both are mixed, combine together and stir thoroughly until smooth
- 5 Add in some (but not all) of the chopped apples and then fold into the mixture
- 6 Scoop the muffin mixture into a silicone muffin mold until the well is ¾ full. Add the remaining apples to the tops of the muffin molds.
- 7 Bake in the oven for 18 minutes or until a toothpick comes out clean
- 8 Let the muffins cool in the molds for a few minutes before removing and serving



Breakfast

Banana Chocolate Protein Muffins



Vegetarian



Prep Time
10 Minutes



Ready In
40 Minutes



Difficulty
Medium

Ingredients

Makes 8 Muffins

- 220g banana
- 125g (½ cup) 0% fat Greek yogurt
- 200g (~7/8 cup) egg whites
- 90g (~¾ cup) self-rising flour
- 136g (4 scoops) **Chocolate Whey+Casein Protein Powder** (or whey+casein of choice)
- 4g (1 tsp) baking soda
- 5g (1 tsp) baking powder
- 5g (1 tsp) vanilla extract

Nutrition	Entire Batch	1 Muffin
Calories	1250	156
Fat (g)	13	2
Carbs (g)	147	19
Fiber (g)	15	2
Protein (g)	149	19

Directions

- 1 Preheat the oven to 350°F (~175°C). Place liners in a muffin tin and spray them with cooking spray.
- 2 In a bowl, mix all the dry ingredients together well. In a separate bowl or a stand mixer, whip together the rest of the ingredients until smooth. Add the dry ingredients to the wet ingredients and mix until incorporated.
- 3 Fill the muffin liners about ¾ of the way full with the batter. Bake the muffins in the oven for 20 minutes or until a toothpick comes out clean.
- 4 Remove the muffins from the oven and allow to cool for 20 minutes before serving.



Breakfast

Blueberry Protein Muffins



Vegetarian



Prep Time
10 Minutes



Ready In
40 Minutes



Difficulty
Medium

Ingredients

Makes 10 Muffins

- 250g (1 cup) unsweetened apple sauce
- 175g (~¾ cup) 0% fat Greek yogurt
- 60g (¼ cup) egg whites
- 68g (2 scoops) **Vanilla**
- **Whey+Casein Protein Powder** (or whey+casein of choice)
- 240g (2 cups) oat flour
- 270g fresh blueberries
- 5g (1 tsp) vanilla extract
- 6 packets (¼ cup) sweetener
- 6g (1½ tsp) baking powder
- 4g (½ tsp) baking soda

Nutrition	Entire Batch	1 Muffin
Calories	1620	160
Fat (g)	23	2
Carbs (g)	240	24
Fiber (g)	33	3
Protein (g)	119	12

Directions

- 1 Preheat the oven to 325°F (~165°C)
- 2 Combine all wet ingredients into a bowl and mix until evenly incorporated
- 3 In another bowl, combine all dry ingredients and mix. Then, combine the wet and dry ingredients in a bowl.
- 4 Mix until you get a smooth consistency Fold in blueberries
- 5 Spray a muffin tray with cooking spray, and pour the batter into the muffin trays. Be sure to leave approx ¼ - ½ inch (~1 cm) of room for the muffins to rise in each tray.
- 6 Bake for 15-20 minutes, or until a toothpick comes out clean (DON'T over bake or else they will be dry).
- 7 Let cool on a cooling rack and serve



Note: You can add in extra blueberries, since that is how I love making them. Double up on the blueberries and make sure to add the calories for the extra blueberries.



Breakfast

Carrot Apple Muffins



Vegetarian



Prep Time
20 Minutes



Ready In
45 Minutes



Difficulty
Medium

Ingredients

Makes 10 Muffins

- 190g (~1½ cups) oat flour
- 200g carrots (shredded)
- 102g (3 scoops) **Vanilla Whey+Casein Protein Powder** (or whey+casein of choice)
- 180g (¾ cup) egg whites
- 185g (¾ cup) unsweetened applesauce
- 100g (1 cup) Granny Smith apples (peeled & cut into small pieces)
- 40g (2 tsp) vanilla extract
- 4g (1 tsp) baking soda
- 1 tsp Kosher salt
- 1 tsp cinnamon

To Taste

- 10 packets (3 tbsp) sweetener

Directions

- 1 Preheat the oven to 350°F (~175°C). Line a muffin tin with liners and spray with cooking spray.
- 2 In a large bowl, mix all the dry ingredients together thoroughly. In a separate bowl, mix the wet ingredients with the apples and carrots
- 3 Slowly mix the dry ingredients into the wet ingredients bowl, until everything is well blended (the texture should be thicker than last time)
- 4 Fill the cupcake liners about ¾ full of the batter "I put ¼ cup in each cupcake liner!"
- 5 Bake in the oven for 20 minutes, or until a toothpick comes out clean
- 6 Remove from the oven and allow to cool down for at least 20 minutes before serving

Nutrition	Entire Batch	1 Muffin
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Calories	1535	155
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Fat (g)	21	2
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Carbs (g)	234	23
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Fiber (g)	61	6
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Protein (g)	131	13
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Breakfast

Chocolate Banana Muffins



Vegetarian



Prep Time
15 Minutes



Ready In
45 Minutes



Difficulty
Easy

Ingredients

Makes 10 Muffins

- 102g (3 scoops) **Chocolate Whey+Casein Protein Powder** (or whey+casein of choice)
- 330g banana
- 180g (¾ cup) egg whites
- 125g (~½ cup) 0% fat Greek yogurt
- 80g (~⅔ cup) oat flour
- 25g (5 tbsp) cocoa powder
- 75g sugar-free chocolate chips
- 180 ml (¾ cup) Stevia
- 30 ml (2 tbsp) hot water
- 8g (2 tsp) baking powder
- ½ tsp Kosher salt
- 5g (1 tsp) vanilla extract

Nutrition	Entire Batch	1 Muffin
Calories	1580	158
Fat (g)	41	4
Carbs (g)	206	21
Fiber (g)	27	3
Protein (g)	131	13

Directions

- 1 Preheat the oven to 350°F (~175°C). Place liners in a muffin tin and spray them with cooking spray.
- 2 In a bowl, mix all the dry ingredients together well.
- 3 In a separate bowl or a stand mixer, whip together the rest of the ingredients until smooth. Add the dry ingredients to the wet ingredients and mix well.
- 4 Fill the muffin liners about ¾ of the way full with the batter. Bake in the oven for 20 minutes, or until a toothpick comes out clean
- 5 Remove the muffins from the oven and allow to cool for 20 minutes before serving



Frosted PB Banana Protein Muffins



Gluten-free



Vegetarian

Prep Time
10 MinutesReady In
40 MinutesDifficulty
Harder Than Last Time

Ingredients

Makes 4 Servings

- 140g (~½ cup) 0% fat Greek yogurt
- 220g (~2 units) ripe bananas (mashed)
- 20g (~3 tbsp) powdered peanut butter (PB2)
- 60g (½ cup) oat flour
- 34g (1 scoop) **Whey+Casein Protein Powder** (or whey+casein of choice)
- 5g (1 tsp) baking powder

Frosting

- 125g (½ cup) 0% fat Greek yogurt
- 30g (5 tbsp) powdered peanut butter (PB2)

Nutrition

Nutrition	Entire Batch	1 Muffin
Calories	815	205
Fat (g)	13	3
Carbs (g)	95	24
Fiber (g)	17	4
Protein (g)	86	22



Note: You can use any protein powder here, but your best bet is to pick a flavor based on how you want the muffins to taste. If you want a chocolate flavored muffin, then choose chocolate flavored protein.

Directions

- 1 Pre-heat the oven to 350°F (~175°C)
- 2 Blend all ingredients in a blender until there is a smooth batter
- 3 Add the mixture into a muffin pan or a regular baking pan. Be sure to spray the pan with cooking spray before adding the batter.
- 4 Prepare the frosting by mixing the Greek yogurt and powdered peanut butter
- 5 Bake at 350°F (~175°C) for 20-25 minutes or until you can stick a toothpick into the muffin and the toothpick comes out clean.
- 6 Remove the muffins from the oven and let sit to completely to firm up.
- 7 Apply the frosting to each muffin if desired and serve.



Breakfast

Strawberry Peach Protein Muffins



Gluten-free



Vegetarian



Prep Time
20 Minutes



Ready In
1 Hour



Difficulty
Harder Than Last Time

Ingredients

Makes 10 Muffins

- 285g (1¼ cup) 0% fat Greek yogurt
- 180g (¾ cup) egg whites
- 30 ml (2 tbsp) unsweetened almond milk
- 45 ml (3 tbsp) unsweetened applesauce
- 2 packets (or 4 tsp) sweetener
- 5g (1 tsp) vanilla extract
- 160g (~1 cups) oat flour
- 33g (1 scoop) vanilla whey protein powder
- 2.5g (½ tsp) baking powder
- 2g (½ tsp) baking soda
- 40g fresh strawberries, sliced
- 40g fresh peaches, chopped

Frosting

- 30 ml (2 tbsp) Swerve 0-Calorie Icing Sugar
- 8 ml (½ tbsp) unsweetened almond milk

Directions

- 1 Preheat the oven to 350°F (177°C). Place liners in a muffin tin and spray them with cooking spray.
- 2 In a bowl, mix all the dry ingredients together well. In a separate bowl or a stand mixer, whip together the rest of the ingredients until smooth. Add the dry ingredients to the wet ingredients and mix until incorporated. Fold in the strawberries and peaches gently with a spoon until well mixed.
- 3 Fill the muffin liners about ¾ of the way full with the batter. Bake the muffins in the oven for 25 minutes or until a toothpick comes out clean
- 4 While the muffins are in the oven, add the frosting ingredients to a bowl and mix with a fork until well blended.
- 5 Remove the muffins from the oven and allow to cool for 15 minutes before placing the icing on top and serving



Nutrition	Entire Batch	1 Muffin
Calories	1010	101
Fat (g)	13	1
Carbs (g)	135	14
Fiber (g)	4	0
Protein (g)	91	9

Breakfast

Sunshine Muffins



Gluten-free



Vegetarian



Prep Time
20 Minutes



Ready In
1 Hour



Difficulty
Medium

Ingredients

Makes 12 Muffins

- 350g (~1½ cup) 0% fat Greek yogurt
- 220g ripe banana (mashed)
- 48g (½ cup) powdered peanut butter (PB2)
- 150g (1¼ cup) oat flour
- 68g (2 scoops) **Chocolate PB Whey+Casein Protein Powder** (or whey+casein of choice)
- 8g (2 tsp) baking powder

Frosting

- 125g (~½ cup) 0% fat Greek yogurt
- 30g (5 tbsp) powdered peanut butter (PB2)

Nutrition	Entire Batch	1 Muffin
Calories	1440	120
Fat (g)	22	2
Carbs (g)	14	15
Fiber (g)	29	2
Protein (g)	136	11



Note: If you don't want to get a bicep pump from mixing the ingredients manually, you may use a blender. First, put all of the dry ingredients in the blender, and pulse on high until there is an even, powdery consistency. Then, add the wet ingredients and pulse on medium until the batter is smooth and consistent.

Directions

- 1 Preheat the oven to 350°F (~175°C). Place liners in a muffin tin and spray them with cooking spray.
- 2 In a bowl, mix all the dry ingredients together well. In a separate bowl or a stand mixer, whip together the rest of the ingredients until smooth. Add the dry ingredients to the wet ingredients and mix until well incorporated.
- 3 Fill the muffin liners about ¾ of the way full with the batter. Bake the muffins in the oven for 30 minutes or until a toothpick comes out clean
- 4 Remove the muffins from the oven and allow to cool for 20 minutes before serving
- 5 OPTIONAL: If you wish to add frosting, simply mix the Greek yogurt with powdered peanut butter in a bowl, and then add a dollop to the top of each muffin.



Breakfast

Anabolic Hash Muffins



Vegetarian



Prep Time
20 Minutes



Ready In
40-50 Minutes



Difficulty
Medium

It's no secret that hash browns are a fan favorite. Now you can eat these at breakfast or on-the-go in a convenient muffin form

Ingredients

Makes 24 Servings

- 500g white potatoes
- 500g sweet potatoes
- 180g (1 cup) textured vegetable powder (TVP)
- 240g (1 cup) egg whites
- 95g (5 slices) fat-free cheese or shredded equivalent
- 5g (2/3 tsp) salt (to taste)
- 2g (1 tsp) pepper
- 1.5g (½ tsp) garlic powder
- 1g (½ tsp) onion powder
- 1g (½ tsp) paprika
- 6g (~1 tbsp) parmesan & herb seasoning

Nutrition	Entire Batch	1 Muffin
Calories	1630	70
Fat (g)	1	0
Carbs (g)	236	10
Fiber (g)	53	2
Protein (g)	158	7



Tasty tip:

- I like to dip these in no sugar-added ketchup.
- Use any combination of regular potatoes and sweet potatoes (to a total of 1000g).

Directions

- 1 Preheat the oven to 350°F (~175°C) and spray your muffin tin with cooking spray
- 2 Peel and shred potatoes with a cheese grater and place in a large mixing bowl.
- 3 Add the remaining ingredients to the bowl and mix in the fat-free shredded cheese (if you are using fat-free slices, do not add them yet, see next step). Gently stir until everything is well combined.
- 4 Pack the filling into the muffin cups tightly using your fingers (if you are using fat-free cheese slices, pack half the filling into the muffin cup, followed by some cheese, and finish by tightly packing the second half of the filling on top of the cheese). Repeat for each muffin cup until all are filled.
- 5 Bake for 40-50 minutes or until golden brown.
- 6 Allow to cool for 5-10 minutes before removing them from the muffin cups. Eat right away or place into a sealed container to enjoy later



Breakfast

French Toast Apple Muffins



Vegetarian



Prep Time
15 Minutes



Ready In
40 Minutes



Difficulty
Medium

You're going to love this one. As you probably know, I LOVE French toast, but also LOVE Honeycrisp apples. One day I woke up and decided to create a portable snack that utilizes both of these wonderful foods!

Ingredients

Makes 12 Servings

- 285g (2 servings) shredded apples (peeled/cored)
- 330g (~ 11/3 cups) egg whites
- 64g (2 scoops) **Vanilla PB Whey Protein Powder** (or whey of choice)
- 9 slices regular ass bread
- 8g (~1 tbsp) cinnamon
- 10g (2 tsp) vanilla extract

Nutrition	Entire Batch	1 Muffin
Calories	1310	110
Fat (g)	10	1
Carbs (g)	206	17
Fiber (g)	18	2
Protein (g)	108	9



Tasty tip: The muffins can be served as a snack or even for breakfast.

Directions

- 1 Preheat the oven to 350°F (~175°C)
- 2 Cut the bread into small square pieces and place in a large bowl.
- 3 Add the egg whites and vanilla extract to the bowl allowing the bread to soak up the liquid
- 4 In a separate bowl combine the protein powder and cinnamon mix, and add to the soaked bread. Combine both mixtures well. Allow this mixture to sit for a few minutes.
- 5 Divide the muffin mixture evenly into muffin cups and place in the oven for 25 minutes
- 6 Test the muffins with a toothpick. If the toothpick comes out clean, remove it from the oven. Allow to cool for 5-10 minutes before removing them from the muffin cups. Eat right away or place into a sealed container to enjoy later



Breakfast

Caramel Rice Cake Sandwiches



Vegetarian



Prep Time
10 Minutes



Ready In
10 Minutes



Difficulty
Easy

Are you looking for another way to use your rice cakes? Look no further! These Caramel Rice Cake Sandwiches will satisfy your sweet tooth, while filling you up with less calories than last time! Who would have thought you could have dessert for breakfast?

Ingredients

Makes 3 Rice Cake Sandwiches

- 6 caramel rice cakes (up to 50 calories per rice cake)
- 120g (~½ cup) egg whites
- 1g (~ ½ tsp) cinnamon

Filling

- 34g (~ 1 scoop) **Vanilla WheyProtein Powder** (or whey+casein of choice)
- 2.5g (~ 1/2 tsp) maple extract
- 35g (2 ½ tbsp) low-calorie maple syrup
- 1 packet sweetener
- 13g (up to 70 calories) toffee bits

Nutrition	Entire Batch	1 Rice Cake Sandwich
Calories	565	190
Fat (g)	5	1 5
Carbs (g)	82	27
Fiber (g)	0	0
Protein (g)	43	15

Directions

Stage 1 Filling:

- 1 Put 1 scoop of vanilla protein (or flavour of choice) in a bowl. Mix in
- 2 the low-calorie maple syrup, sweetener and maple extract. The mixture will look dry at first but will eventually mix to a thicker consistency (be patient!)

Stage 2 Rice Cakes/Assembly:

- 3 Pour the egg whites and cinnamon into a flat bottom container and whisk/mix well.
- 4 Dip 2 rice cakes into the egg white mixture for 4 seconds on each side (for the last 2 rice cakes, you may need to swirl them in the egg white mixture or shake the container side to side in order to fully cover them)
- 5 Place the dipped rice cakes onto a plate and pour 1/3 of the filling on top of a rice cake. Then sprinkle 1/3 of the toffee bits over the filling. Next, place the other rice cake on top, forming a sandwich.
- 6 Repeat steps 2-3 (from Stage 2), to make the three Caramel Rice Cake Sandwiches.
- 7 Heat a pan over low-medium heat, then spray for 1 second with non-stick cooking spray
- 8 Place the 3 Caramel Rice Cakes sandwiches on the pan. Heat for 4-5 minutes or until golden brown, flip and cook for 2-3 additional minutes
- 9 Remove from the pan and let cool for 1-2 minutes to allow the rice cake to harden. You can eat as a sandwich or with syrup using a fork and knife (I personally eat these as sandwiches).



Breakfast

Banana Cream Stuffed Rice Cake



Vegetarian



Prep Time
10 Minutes



Ready In
10 Minutes



Difficulty
Medium

I eat these as a sandwich. They're not messy and you can take this breakfast to-go! Quick, easy and delicious!

Ingredients

Makes 4 Stuffed Cakes Filling • 45g

(3 tbsp) egg whites

- 40g frozen OR overripe banana
- 36g (¼ cup) Swerve Icing Sugar
- 32g (1 scoop) **Vanilla Whey Protein Powder** (or whey of choice)

• 2.5g (½ tsp) vanilla extract

• 1.5g (1/2 tsp) guar gum

Rice Cake Base

- 8 rice cakes
- 120g (½ cup) egg whites
- 1g (½ tsp) cinnamon
- 2.5g (~½ tsp) vanilla extract

Nutrition	Entire Batch	1 Serving
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Calories	530	130
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Fat (g)	1	0.3
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Carbs (g)	73	18
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Fiber (g)	3	1
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Protein (g)	50	13
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Tasty tip:

- The riper a banana, the sweeter it will be!
- Optional: Top with fresh banana (not included in macros).

Directions

Stage 1 Filling:

- 1 Microwave the frozen banana for 30 seconds. Mash the thawed banana
- 2 with a fork until smooth. Place the mashed banana and the additional
- 3 filling ingredients into a bowl, and whisk until smooth (you can also use a hand blender, or fork if you'd like to mix longer than last time) Set aside

4

Stage 2 Rice Cakes/Assembly:

- 5 Pour the egg whites, cinnamon and vanilla extract into a flat bottom container and whisk or mix well.
- 6 Place 2 rice cakes into the egg white mixture for 5 seconds on each side. Place the dipped rice cakes onto a plate and pour ¼ of the filling on top of one rice cake Then place the other rice cake on top, forming a sandwich.
- 7 Repeat step 6 to make the four Banana Cream Stuffed Rice Cakes (for the last 2 rice cakes, swirl them in the egg white mixture or shake the container side to side in order to fully cover them If you have leftover filling, you can make a 5th sandwich, use it as a dip, or lick the bowl like I do!)
- 8 Heat a pan over low-medium heat, then spray for 1 second with non-stick cooking spray
- 9 Place the four Banana Cream Stuffed Rice Cakes on the pan. Heat for 3-4 minutes or until golden brown, flip and cook for 2-3 additional minutes
- 10 Remove from the pan and eat as a sandwich, or with syrup using a fork and knife



Chocolate Stuffed Rice Cakes



Vegetarian

Prep Time
10 MinutesReady In
20 MinutesDifficulty
Medium

Ingredients

Makes 4 Stuffed Cakes Filling

- 34g (1 scoop) **Chocolate Whey+Casein Protein Powder** (or whey+casein of choice)
- 45g (3 tbsp) low-calorie maple syrup
- 30g (2 tbsp) egg whites
- Optional: 1 g guar gum

Rice Cake Base

- 8 rice cakes
- 120g (½ cup) egg whites
- 2.5g (½ tsp) vanilla extract
- 1g (½ tsp) cinnamon

Nutrition	Entire Batch	1 Serving
Calories	500	125
Fat (g)	1	0.3
Carbs (g)	68	17
Fiber (g)	0.5	0.1
Protein (g)	47	12

Directions

Stage 1 (Filling):

- 1 Put 1 scoop of chocolate protein or (flavour of choice) in a bowl.
- 2 Mix in the low-calorie maple syrup and the egg whites until smooth. Optional: if the consistency is too thin, add guar gum.

Stage 2 (Rice Cakes/Assembly):

- 3 Heat a pan over low-medium heat.
- 4 Pour the egg whites, cinnamon and vanilla extract into a flat bottom container and whisk or mix well.
- 5 Place 2 rice cakes into the egg white mixture for about 5 seconds on each side. (For the last 2 rice cakes, you may need to swirl them in the egg white mixture or shake the container side to side in order to fully cover them) Place the dipped rice cakes onto a plate and pour ¼ of the filling on top of one rice cake. Then place the other rice cake on top, forming a sandwich.
- 6 Repeat step 5 to make the four Chocolate Stuffed Rice Cakes.
- 7 Spray the pan for 1 second with cooking spray.
- 8 Place the 4 sandwiches on the pan. Heat for 3-4 minutes or until golden brown, flip and cook for 2-3 additional minutes.
- 9 Remove from the pan and eat as a sandwich, or with low-calorie syrup using a fork and knife (I personally eat this as a sandwich).





Tacos, Wraps & Sandwiches

General Chicken/Beef/Egg Whites/Turkey Wrap Variations

For all wraps, add **1/4 serving (up to 25 calories worth) of veggies**. These veggies can be whatever you want; it doesn't matter! Coach Ely personally prefers some combination of cucumber, spinach, mushrooms, and onions. Remember, the more high volume, low calorie-dense the vegetables, the fuller you will feel after eating the wrap. Make it BIG so it makes you feel satiated. Don't choose avocado and full-fat peanut butter -- they're too calorically dense! Use a big piece of ROMAINE LETTUCE as a barrier so that your wraps stay together when you load it up with ingredients. Another tip is to add a few dashes of flavor for each wrap for extra deliciousness. ***The calories and macros in all of the wraps assume that you've added 1 tbsp of condiments (mustard, salsa, BBQ sauce, etc.), 1 tbsp soy bacon bits, and ½ tsp seasoning of choice.***

Ingredients	Calories	Fat (g)	Carbs (g)	Fiber (g)	Protein (g)
Chicken or Turkey on Joseph's Lavash Wrap • 1 Joseph's Flax, Oat Bran & Whole Wheat Lavash (145 calories) • 100g chicken/turkey breast (cooked) (130 calories) • ¼ serving veggies of choice (25 calories) • 15g (1 tbsp) light dressing (30 calories) • 1 slice (or 19g shredded) fat-free cheese (30 calories) • 5g (2 tsp) of Omega-6 crunch shelled flax OR 7g (2 tsp) soy bacon bits (30 calories) • Condiments of choice (20 calories): Skinny sauce, Walden Farms sauce, mustard, salsa, Guy's BBQ sauce, hot sauce, etc	410	11	35	9	45
Chicken or Turkey on Joseph's Lavash Wrap (Light Version) • 1 Joseph's Flax, Oat Bran & Whole Wheat Lavash (145 calories) • 100g chicken/turkey breast (cooked) (130 calories) • ¼ serving veggies of choice (25 calories) • 15g (1 tbsp) light dressing OR 1 slice (or 19g shredded) fat-free cheese (30 calories) • Condiments of choice (20 calories): Skinny sauce, Walden Farms sauce, mustard, salsa, Guy's BBQ sauce, hot sauce, etc	350	5-8	31	8	39-43
Extra-Lean Deli Meat on Joseph's Lavash Wrap • 1 Joseph's Flax, Oat Bran & Whole Wheat Lavash (145 calories) • 90-110g (~5 slices) extra-lean deli meat of choice (ham, chicken, and turkey are the best choices) (100 calories) • ¼ serving veggies of choice (25 calories) • 15g (1 tbsp) light dressing (30 calories) • 1 slice (or 19g shredded) fat-free cheese (30 calories) • 5g (2 tsp) of Omega-6 crunch shelled flax OR 7g (2 tsp) soy bacon bits (30 calories) • Condiments of choice (20 calories): Skinny sauce, Walden Farms sauce, mustard, salsa, Guy's BBQ sauce, hot sauce, etc	380	8	31	9	39
Ely's Diet Wrap: Extra-Lean Deli Meat on Joseph's Lavash Wrap • 1 Joseph's Flax, Oat Bran & Whole Wheat Lavash (145 calories) • 90-110g (~5 slices) extra-lean deli meat of choice (ham, chicken, and turkey are the best choices) (100 calories) • ¼ serving veggies of choice (25 calories) • 15g (1 tbsp) light dressing OR 1 slice (or 19g shredded) fat-free cheese (30 calories) • Condiments of choice (20 calories): Skinny sauce, Walden Farms sauce, mustard, salsa, Guy's BBQ sauce, hot sauce, etc	350	5-8	31	8	39-43
Ground Meat on Joseph's Lavash Wrap • 1 Joseph's Flax, Oat Bran & Whole Wheat Lavash (145 calories) • 80g extra-lean ground beef or turkey (cooked) (120 calories) • ¼ serving veggies of choice (25 calories) • 15g (1 tbsp) light dressing (30 calories) • 1 slice (or 19g shredded) fat-free cheese (30 calories) • 5g (2 tsp) of Omega-6 crunch shelled flax OR 7g (2 tsp) soy bacon bits (30 calories) • Condiments of choice (20 calories): Skinny sauce, Walden Farms sauce, mustard, salsa, Guy's BBQ sauce, hot sauce, etc	400	13	35	9	41

General Chicken/Beef/Egg Whites/Turkey Wrap Variations

Ingredients	Calories	Fat (g)	Carbs (g)	Fiber (g)	Protein (g)
Ground Meat on Joseph's Lavash Wrap (Light Version) <ul style="list-style-type: none"> • 1 Joseph's Flax, Oat Bran & Whole Wheat Lavash (145 calories) • 80g extra-lean ground beef or turkey (cooked) (120 calories) • ¼ serving veggies of choice (25 calories) • 15g (1 tbsp) light dressing OR 1 slice (or 19g shredded) fat-free cheese (30 calories) • Condiments of choice (20 calories): Skinny sauce, Walden Farms sauce, mustard, salsa, Guy's BBQ sauce, hot sauce, etc 	340	7-10	31	8	45
Egg Whites on Joseph's Lavash <ul style="list-style-type: none"> • 1 Joseph's Flax, Oat Bran & Whole Wheat Lavash (145 calories) • 180g (¾ cup) egg whites (cooked) (90 calories) • ¼ serving veggies of choice (25 calories) • 15g (1 tbsp) light dressing (30 calories) • 1 slice (or 19g shredded) fat-free cheese (30 calories) • 5g (2 tsp) of Omega-6 crunch shelled flax OR 7g (2 tsp) soy bacon bits (30 calories) • Condiments of choice (20 calories): Skinny sauce, Walden Farms sauce, mustard, salsa, Guy's BBQ sauce, hot sauce, etc 	370	9	35	9	41
Egg Whites on Joseph's Lavash (Light Version) <ul style="list-style-type: none"> • 1 Joseph's Flax, Oat Bran & Whole Wheat Lavash (145 calories) • 180g (¾ cup) egg whites (cooked) (90 calories) • ¼ serving veggies of choice (25 calories) • 15g (1 tbsp) light dressing OR 1 slice (or 19g shredded) fat-free cheese (30 calories) • Condiments of choice (20 calories): Skinny sauce, Walden Farms sauce, mustard, salsa, Guy's BBQ sauce, hot sauce, etc 	310	3-6	31	8	35-39
Chicken or Turkey on Flatout Light OR La Tortilla OR 90-110 Calorie Wrap of Choice <ul style="list-style-type: none"> • Wrap of choice (90-110 calories) • 65g chicken breast (cooked) (85 calories) • 1/5 serving veggies of choice (20 calories) • 10g (2 tsp) light dressing (20 calories) • 1 slice (or 19g shredded) fat-free cheese (30 calories) • Condiments of choice (15 calories): Skinny sauce, Walden Farms sauce, mustard, salsa, Guy's BBQ sauce, hot sauce, etc 	260-280	6	21	12-15	27
Chicken or Turkey on Flatout Light OR La Tortilla OR 90-110 Calorie Wrap of Choice <ul style="list-style-type: none"> • Wrap of choice (90-110 calories) • 65g (~4 slices) deli meat (65 calories) • 1/5 serving veggies of choice (20 calories) • 10g (2 tsp) light dressing (20 calories) • 1 slice (or 19g shredded) fat-free cheese (30 calories) • Condiments of choice (15 calories): Skinny sauce, Walden Farms sauce, mustard, salsa, Guy's BBQ sauce, hot sauce, etc 	240-260	6	21	12-15	26
Ground Meat on Flatout Light OR La Tortilla OR 90-110 Calorie Wrap of Choice <ul style="list-style-type: none"> • Wrap of choice (90-110 calories) • 60g extra-lean ground beef or turkey (cooked) (90 calories) • 1/5 serving veggies of choice (20 calories) • 10g (2 tsp) light dressing (20 calories) • 1 slice (or 19g shredded) fat-free cheese (30 calories) • Condiments of choice (15 calories): Skinny sauce, Walden Farms sauce, mustard, salsa, Guy's BBQ sauce, hot sauce, etc 	265-285	8	21	12-15	26
Egg Whites on Flatout Light OR La Tortilla OR 90-110 Calorie Wrap of Choice <ul style="list-style-type: none"> • Wrap of choice (90-110 calories) • 120g (½ cup) egg whites (60 calories) • 1/5 serving veggies of choice (20 calories) • 10g (2 tsp) light dressing (20 calories) • 1 slice (or 19g shredded) fat-free cheese (30 calories) • Condiments of choice (15 calories): Skinny sauce, Walden Farms sauce, mustard, salsa, Guy's BBQ sauce, hot sauce, etc 	235-255	5	21	12-15	26

Grilled Chicken Wrap with Mango Relish



Prep Time
10 Minutes



Ready In
15 Minutes



Difficulty
Medium

Ingredients

Makes 2 Servings

- 110g (4 oz) chicken breast, boneless and skinless (raw)
- 2 low-carb tortilla wraps (La Tortilla brand - 110 calories each, 220 calories total)
- 55g green cabbage, shredded
- 55g red cabbage, shredded
- 60g carrots, julienned/cut into thin strips
- 60g mango, diced
- 30g pineapple, diced
- 15g red onion, diced
- 1 tbsp cilantro, chopped
- 1 tbsp rice wine vinegar
- Salt and pepper

Nutrition	2 Wraps	1 Wrap
Calories	440	220
Fat (g)	8	4
Carbs (g)	61	30
Fiber (g)	31	16
Protein (g)	44	22



Note:

- To avoid breaking the tortilla I like laying a layer of romaine lettuce on top of the tortilla and before the other ingredients.
- Feel free to use the brand of wrap that is available to you.

Directions

- 1 In a bowl, mix together the mango, pineapple, cilantro and onion. Place in the fridge or to the side until you are ready for it
- 2 In a separate bowl, mix together the red and green cabbage, carrots, rice wine vinegar, ½ tsp salt and ½ tsp pepper. Set to the side
- 3 Season the chicken with salt and pepper and place on the grill. Cook over medium high heat for 3-5 minutes on each side or until the chicken is fully cooked Remove the chicken from the grill and cut into 1-inch strips
- 4 Begin to build the wraps with the grilled chicken, slaw and mango relish Serve and enjoy!



Whitefish with Coleslaw Tacos



Prep Time
10 Minutes



Ready In
30 Minutes



Difficulty
Medium

Ingredients

Makes 2 Servings

Ingredients for the Slaw Salad:

- 200g (2 cups) purple cabbage
- 85g (1/3 cup) 0% fat Greek yogurt
- 4 Mission or Mama Lupe's Tortillas (70 calories each)
- 15g green onion
- 15g red onion
- 100g tomato
- Juice of 1 lime
- 1 clove of garlic
- Salt and pepper to taste

Ingredients for the Fish:

- 200g (7oz) haddock RAW / 150g haddock COOKED
- Salt, pepper, cumin and coriander to taste

Directions

Directions for Slaw Salad:

- 1 Shred the cabbage into long thin strips and put into a large mixing bowl.
- 2 Dice the green onion and red onion. Add the diced onion and minced garlic to the cabbage bowl and toss to mix.
- 3 Add the Greek yogurt, lime juice, salt, and pepper to the cabbage bowl, mix well, and set aside.

Directions for Fish:

- 4 In a bowl, mix all the desired seasonings (salt, pepper, cumin and coriander) to taste. Place the haddock in the bowl and toss until both sides are fully coated with seasoning.
- 5 Place fish in a pan over medium heat, then flip the fish when the sides are turning white and cook for a few more minutes.
- 6 In the centre of the tortilla, spread the slaw salad from one end to the other. Cover the salad with pieces of cooked, warm haddock, and top with tomato.

Nutrition	Entire Batch	1 Taco
Calories	840	420
Fat (g)	17	9
Carbs (g)	121	60
Fiber (g)	26	13
Protein (g)	63	32



Tasty tip:

For an extra spicy kick add 1 tsp of sriracha, and 1 tsp of cilantro to balance the flavor.

- Feel free to use the brand of low-calorie wrap that is available to you.



Deli Meat Rice Cake



Prep Time
5 Minutes



Ready In
10 Minutes



Difficulty
Easy

Ingredients

Makes 4 Cakes

- 4 original or lightly salted rice cakes
- 8 slices (140g/5 oz) oven-roasted turkey or chicken deli meat of choice
- 30g (2 tbsp) low-fat or fat-free mayonnaise (up to 70 calories)
- 10g (2 tsp) sriracha
- 30g (2 tbsp) Dijon mustard
- Salt and pepper to taste
- Veggies of your choice (up to 10 calories total)
- Tomato, red onion, spinach, lettuce

Nutrition	Entire Batch	1 Cake
Calories	410	102
Fat (g)	7	1.5
Carbs (g)	41	10
Fiber (g)	1	0
Protein (g)	35	9



Prep tip: I love covering my cakes with romaine lettuce. This helps to keep everything together plus the extra crunch is delicious.

Directions

- 1 Place one slice of the roasted turkey or chicken on top of each of the rice cakes
- 2 In a bowl, mix mayonnaise, Dijon mustard and sriracha. Spread over the deli meat
- 3 Place veggies on tops of turkey/chicken
- 4 Top with second piece of deli meat.
- 5 Top with two or more layers of lettuce. Serve and enjoy!



Spicy Shredded Chicken on Rice Cakes



Prep Time
20 Minutes



Ready In
30 Minutes



Difficulty
Easy

Ingredients

Makes 4 Cakes

- 4 original or lightly salted rice cakes
- 100g chicken breast (measured raw) (130 calories)
- 30g (2 tbsp) low-fat or fat-free mayonnaise (up to 70 calories)
- 15g (1 tbsp) sriracha
- 15g (1 tbsp) Dijon mustard
- Salt and pepper to taste
- Veggies of your choice (up to 10 calories total)
- Tomato, red onion, spinach, lettuce

Directions

- 1 Boil chicken breast in a pot of water until fully cooked for about 10-15 minutes
- 2 Remove chicken from the pot and transfer to a cutting board Pat dry. Shred the chicken breast. You can do this with a fork, with a large grater, or with your hands.
- 3 In a bowl, mix mayonnaise, Dijon mustard and sriracha.
- 4 Place the chicken in the bowl with the mayo, mustard, and sriracha, and toss well until all of the chicken is coated.
- 5 Arrange rice cakes on a plate Spread chicken over the four rice cakes
- 6 Place veggies on top of the shredded chicken
- 7 Top with one large piece of lettuce.
- 8 Serve and enjoy

Nutrition	Entire Batch	1 Cake
Calories	375	94
Fat (g)	8	2
Carbs (g)	35	9
Fiber (g)	1	0
Protein (g)	25	6



Prep tip: I love covering my cakes with romaine lettuce. This helps to keep everything together plus the extra crunch is delicious.



Smoked Salmon Rice Cake Sandwich



Prep Time
Zeerrroo



Ready In
5 Minutes



Difficulty
Easy

Ingredients

Makes 1 Serving

- 1 rice cake
- 28g (~1 oz) smoked salmon (35-60 calories, depending on type of salmon used)
- 15g (1 tbsp) fat-free cream cheese (15 calories)
- Pepper to taste
- Veggie Options (5-10 calories total): spinach, tomato, capers, red onion, romaine lettuce

Entire Batch

Calories 120

Fat (g) 4

Carbs (g) 10

Fiber (g) 1

Protein (g) 8



Tasty tip:

- I love covering my cakes with romaine lettuce. This helps to keep everything together plus the extra crunch is delicious.
- Feel free to try this with a high-protein bread to add more protein than last time!

Directions

- 1 Set the rice cake on a plate Spread the cream cheese on the rice cake
- 2 Place the smoked salmon on top of the cream cheese
- 3 Add veggies of your choice. Top with lettuce and enjoy.



Open-Faced Tuna Rice Cakes



Prep Time
Zeerrroo



Ready In
5 Minutes



Difficulty
Easy

Ingredients

Makes 4 Cakes

- 4 original or lightly salted rice cakes
- 1 can of tuna
- 15g (1 tbsp) fat-free or low-fat mayonnaise (up to 35 calories)
- 15g (1 tbsp) Dijon mustard
- 1 tbsp pickles of your choice, cut in small pieces
- 20g red onion, diced
- 4 plain or lightly salted rice cakes
- Veggies of your choice (up to 15 calories total)
- Tomato, red onion, spinach, lettuce
- Pepper to taste

Nutrition	Entire Batch	1 Cake
Calories	330	83
Fat (g)	5	1
Carbs (g)	35	9
Fiber (g)	1	0
Protein (g)	35	9



Tasty tip:

- To make it cheesier than last time, add fat-free cheese!
- I love covering my cakes with romaine lettuce. This helps to keep everything together plus the extra crunch is delicious.

Directions

- 1 Make the tuna salad. Drain the tuna and place in a bowl with the red onion, light mayonnaise, Dijon mustard, diced pickles, and pepper. Mix with a fork until there is a creamy consistency.
- 2 Lay out the rice cakes and spread the tuna salad on top of the rice cakes
- 3 Add the remaining veggies on top of the tuna salad. Top with lettuce and eat as an open-faced sandwich.



Chicken Bites



Vegetarian

Prep Time
10 MinutesReady In
20 MinutesDifficulty
Easy

I love making this recipe for summer BBQs! It's easy, yummy, and you can meal prep in large quantities. Preserve frozen and grill as you need it.

Ingredients

Makes 1 Serving

- 454g (16 oz) raw chicken breast
- 60g (¼ cup) egg whites
- 4g (1 tbsp) Italian salad dressing
- 3g (1 tsp) paprika
- 5g (1 tsp) salt
- 2g (½ tsp) garlic powder
- 1g (½ tsp) pepper
- 0.5g (¼ tsp) cumin
- 0.5g (1 tsp) parsley flakes
- 0.5g (1 tsp) Mrs. Dash, or a spice blend of your choice

Nutrition	Entire Batch	1 Serving
Calories	500	250
Fat (g)	12	6
Carbs (g)	5	2.5
Fiber (g)	1	0
Protein (g)	92	46



Prep tip:

- The air fryer is my favorite method for reheating these, because they re-crisp again. Air fry them at 350°F for 5 minutes, flipping halfway through.
- The microwave is my least favorite way for reheating since they get a soft texture.

Directions

- 1 Cut the chicken breast into small pieces in a ziploc bag or a bowl or Pour Italian salad dressing over the chicken breast, toss it well, and add the egg whites then toss again. Seal and refrigerate for at least 1 hour (for better taste leave overnight)
- 2 Transfer the chicken pieces into a bowl and sprinkle with Mrs. Dash spice and toss to coat evenly
- 3 Place in an air fryer for approximately 10 minutes, until cooked
- 4 Remove from the air fryer, serve on a plate and pair with your favorite low-calorie dips.
- 5



Chicken Cheddar Patties



Vegetarian

Prep Time
30 MinutesReady In
30 MinutesDifficulty
Easy

I absolutely love chicken; this recipe is perfect for when we have leftover chicken at the house and it's just delishhh. They are crispy on the outside with a juicy cheesy interior, and the best is that you can re-crisp them in 5 minutes.

Ingredients

Makes 1 Patty

- 300g extra lean chicken breast
- 60g (~¼ cup) egg whites
- 19g (1 slice) fat-free cheddar cheese slice
- 0 7g (~1 tsp) dry parsley
- 30g ground TVP textured vegetable protein
- 1.9g (~1 tsp) onion powder
- 1.5g (~1 tsp) garlic powder
- 0 5g (~¼ tsp) pepper

Nutrition	Entire Batch	1 Patty
Calories	544	181
Fat (g)	7	2
Carbs (g)	17	6
Fiber (g)	7	2
Protein (g)	98	32



Prep tip:

- You can use vinyl gloves to shape the patties. It's way easier to shape them if the gloves are damp.
- The air fryer is my favorite method for reheating these patties, because they get crispy again. You can re-crisp the patties in the air fryer at 350°F for 5 minutes, flipping halfway through.
- The microwave is my least favorite way for reheating since they get a soft texture.

Tasty tip: I love pairing my cheddar patties with Crispy Onion Toppers (see page 113).

Directions

- 1 Add all the ingredients into the food processor and blend mixture for about 2 minutes
- 2 With the help of a spatula or your hands separate the mixture into 6 equal portions
- 3 Cut the cheese slice in 3 equal parts and set aside
- 4 Prepare a baking sheet or the air fryer basket with parchment paper and transfer two portions of the mixture onto the sheet. Dampen your hands under the tap water and push the portions down individually, forming a thin layer. Place one of the cheese portions on the first chicken patty, and with the help of a spatula lift and flip the other patty on top of the one with the cheese. Seal the patties with the help of your fingers and repeat the process 2 more times until you have completed 3 beautiful patties
- 7 Fry at 360°F for 10-15 minutes, or until they are golden brown.
- 8 Serve them warm and enjoy.



Hot Hamburg (Maritime Favorite!)



Prep Time
10 Minutes



Ready In
25 Minutes



Difficulty
Easy

Ingredients

Makes 1 Burger

- 2 slices of regular ass bread
- 120g (cooked) strained extra lean ground beef (94% lean) OR extra lean turkey/chicken
- Spices of choice
- Canned/package gravy (up to 40 calories/~½ cup)

Condiments

- No sugar added ketchup (30 calories)
- Mustard

Optional Sides

- 1-2 servings veggies (100-200 calories)
- Egg white fries.

Directions

1 Heat a pan over low-medium heat. Add lean ground beef to the pan and cook on both sides with your choice of spices (to taste), until the meat is fully cooked through

2 Beat up the gravy

3 Remove the cooked beef from the pan and set aside in a bowl to cool for a few minutes.

4 Place one slice of bread on a plate, top with hamburger, half of the gravy, place second slice of bread, and pour the remaining gravy on top

5 Eat right away with a side of veggies (I normally choose peas!).

Nutrition	Entire Batch	Open Faced
Calories	365	280
Fat (g)	10	9
Carbs (g)	36	21
Fiber (g)	1.5	1
Protein (g)	31	28



Note: Calories from optional sides (veggies & egg white fries) are not included in the estimated nutrition values. However, calories from gravy, ketchup, and mustard are!



Double Open-Faced Hot Chicken Burger



Prep Time
20 Minutes



Ready In
15 Minutes



Difficulty
Easy

Ingredients

Makes 1 Burger

- 2 slices regular ass bread (up to 80 calories per slice)
- 160g chicken breast (cooked)
- Spices of choice (Eg Mrs Dash, garlic, paprika, salt & pepper, etc)
- Canned/package gravy (up to 60 calories / ~¾ cup)
- Cooking spray

Condiments

- No sugar added ketchup (30 calories)

Optional Sides

- 1-2 servings veggies (100-200 calories)
- "Cauliflower Mashed Potatoes" (See Recipe)

Nutrition Per Burger

Calories 505

Fat (g) 13

Carbs (g) 39

Fiber (g) 2

Protein (g) 49



Note: Calories from optional sides (veggies & cauliflower mashed potatoes) are not included in the estimated nutrition values. However, calories from gravy and ketchup are.

Directions

1 Heat a pan over low-medium heat. Add chicken to the pan and cook on both sides with your choice of spices (to taste), until the meat is fully cooked through

2 Beat up the gravy

3 Place both pieces of bread side by side on a plate, top each slice with 80g of chicken and half the gravy.

4 Eat right away with a side of veggies (I normally choose peas!).



French Toast Grilled Cheese



Vegetarian

Prep Time
5 MinutesReady In
10 MinutesDifficulty
Easy

Who doesn't love French toast? And who doesn't love grilled cheese sandwiches? Well, I decided to combine these two American classic recipes and create an explosion of anabolic deliciousness. Once you try this recipe, it will become part of your every day meal rotation That's a guarantee!

Ingredients

Makes 1 Sandwich

- 480g (2 cups) egg whites
- 2 slices regular ass bread (160 calories)
 - 2 slices fat-free cheese OR 38g fat-free shredded cheese (60 calories)
- Salt & pepper to taste
- Cooking spray

Optional

- 45g (3 tbsp) sugar-free ketchup (add 30 calories) OR condiment of choice

Directions

- 1 Heat a non-stick pan over medium-low heat. Spray with cooking spray for one second
- 2 Pour egg mixture into the pan
- 3 Place bread slices on the pan for 15 seconds then flip.
- 4 Cook for a few minutes until the egg mixture is cooked. You can cover the pan to cook evenly or flip egg whites while cooking until desired readiness
- 5 Fold the egg mixture onto the bread slices and place a slice of cheese on top of each slice (add salt & pepper if desired)
- 6 Place bread slices on top of each other, allowing the cheese to melt inside the sandwich.
- 7 Turn off the heat, and place the sandwich onto a plate. Eat immediately with a fork with no sugar-added ketchup if desired. THIS IS ONE SITUATION WHERE YOU NEED TO PICK THE FORK UP!!

Nutrition Per Sandwich

Calories 480

Fat (g) 3

Carbs (g) 40

Fiber (g) 2

Protein (g) 69



Note: You can use high-protein bread to add more protein than last time.



Triple-Stacked French Toast Grilled Cheese



Vegetarian



Prep Time
5 Minutes



Ready In
10 Minutes



Difficulty
Easy

Ingredients

Makes 1 Sandwich

- 375g (1½ cups) egg whites
- 2 whole eggs
- 3 slices regular ass bread (240 calories)
- 3 slices (or 57g shredded) fat-free cheese (60 calories)
- Salt & pepper to taste
- Cooking spray

Optional

- 45g (3 tbsp) sugar-free ketchup (add 30 calories) OR condiment of choice

Nutrition Per Sandwich

Calories 670

Fat (g) 11

Carbs (g) 57

Fiber (g) 2

Protein (g) 75



Note: You can use high-protein bread to add more protein than last time.

Directions

- 1 Whisk the eggs and egg whites in a bowl until the mixture is fluffy.
- 2 Heat a non-stick pan over medium-low heat. Spray with cooking spray for one second
- 3 Pour egg mixture into the pan
- 4 Place bread slices on the pan for 15 seconds then flip.
- 5 Cook for a few minutes until the egg mixture is cooked. Flip again and cook until the egg is cooked Then fold any remaining egg mixture onto the bread slices, and place cheese on top of each slice of bread
- 6 Stack the three slices of bread on top of each other with the cheese in the center and allow the cheese to melt. Place the triple-stack sandwich onto a plate and eat with a fork and knife, and any condiments you desire
- 7 Cut the sandwich in two pieces and dip in sugar-free ketchup, my absolute favorite!



Sloppy joe “Open-Faced”



Prep Time
20 Minutes



Ready In
15 Minutes



Difficulty
Medium

Ingredients

Makes 4 Servings

- 450g (16 oz) extra lean ground turkey or extra lean meat of choice (measured raw)
- 8 slices regular ass bread/bun
- 1 packet Sloppy Joe Seasoning
- 1 jar/can 650-680 ml tomato sauce
- 6g (2 tsp) guar/xanthan gum
- 2 servings (200 calories) veggies of choice OR what I use: 250g red/yellow/orange bell pepper
- 225g mushrooms
- 250g onion
- 12g (~2 tsp) garlic paste

Directions

- 1 Heat a pan over medium heat Cook the turkey meat until it fully cooks through Remove from the pan and drain in a colander/strainer
- 2 Add in the onions, garlic, mushrooms and pepper Cook and stir for 5 minutes or until thoroughly mixed with the meat.
- 3 Add in the Sloppy Joe Seasoning, tomato sauce and the guar/xanthan gum. Mix with a spoon and reduce heat to low.
- 4 Place one serving (two slices of bread...toasted if you like it crispy!) on a plate and spread $\frac{3}{4}$ cup (180 ml) of the Sloppy joe mixture on to each slice of bread
- 5 Optional: Add a fat-free cheese slice on top of the Sloppy joe sandwich (adds 30 calories per serving).

Nutrition	Entire Batch	1 Serving
Calories	1800	450
Fat (g)	36	9
Carbs (g)	226	57
Fiber (g)	39	10
Protein (g)	124	31



Tasty tip: I use “Club House” Sloppy Joe Seasoning. However, if I don’t have it I use paprika, chili Pepper flakes, garlic, onion salt etc.



Veggie Sloppy joe “Open-Faced”



Prep Time
20 Minutes



Ready In
15 Minutes



Difficulty
Medium

Ingredients

Makes 4 Servings

- 454g (16 oz) ground veggie meat (Gardein or Yves) (496 calories)
- 8 slices regular ass bread
- 1 packet Sloppy Joe Seasoning
- 150g (5 oz) can tomato paste
- 125g (½ cup) no sugar added ketchup
- 250g (1 cup) tomato sauce
- 2 servings (200 calories) veggies of choice OR what I use: 250g red/yellow/orange bell pepper
- 225g mushrooms
- 250g onion
- 12g (~2 tsp) garlic paste

Nutrition	Entire Batch	1 Serving
Calories	1675	420
Fat (g)	22	5
Carbs (g)	231	58
Fiber (g)	40	10
Protein (g)	131	33



Prep tip: This is a large portion that you can eat for days! This stores well in the refrigerator. When you're ready to heat, take out a portion, place in a bowl and heat it up. Serve on a slice of regular ass bread for a single portion.

Tasty tip: I use “Club House” Sloppy Joe Seasoning. However, if I don't have it I use paprika, chili pepper flakes, garlic, onion salt etc.

Directions

- 1 Heat a pan over medium heat and lightly spray with cooking spray. Warm the veggie meat in the pan until it is thawed.
- 2 Add in the onions, garlic, mushrooms and pepper
- 3 Cook and stir for 5 minutes or until thoroughly mixed with the meat
- 4 Add tomato sauce, ketchup and tomato paste
- 5 Add Sloppy Joe Seasoning mix and reduce heat to low.
- 6 Let simmer for 10 minutes
- 7 Place two slices of bread on a plate and spread ¾ cup (180ml) of the Sloppy joe mixture on to each slice of bread



Cheesy Veggie Pigs in a Blanket (Hot Dog)



Vegetarian



Ready In
10 Minutes



Difficulty
Easy

Ingredients

Makes 1 Hot Dog

- 1 Slice (19g) fat-free cheese
- 1½ veggie tofu dogs (70 calories)
- 1 slice regular ass bread (80 calories)
- 15g (~1 tbsp) yellow mustard
- 15g (~1 tbsp) no sugar added ketchup

Directions

- 1 Toast the bread slices in a toaster oven or toaster
- 2 Boil, grill or microwave the veggie dogs as indicated on their package.
- 3 Lay the bread slices flat and spread the mustard, no sugar added, ketchup, and any other low-calorie condiments you desire.
- 4 Top off the sandwich with the veggie tofu dogs and fold in half. Enjoy!



Note: I eat 3-4 of these as a meal!!

Nutrition Per Hot Dog

Calories 200

Fat (g) 2

Carbs (g) 24

Fiber (g) 1

Protein (g) 18



Veggie Bologna Sandwich



Vegetarian



Ready In
10 Minutes



Difficulty
Easy

Ingredients

Makes 1 Sandwich

- 2 slices regular ass bread (160 calories)
- 4 slices veggie bologna (80 calories)
- 1 fat-free cheese slice or 19g shredded fat-free cheese (30 calories)
- Vegetables of choice (15 calories)

Top With

- Lettuce, tomato, & onion
- Condiments of choice (30 calories) mustard, horseradish, sugar-free ketchup, light mayonnaise, etc

Nutrition Per Sandwich

Calories 325

Fat (g) 8

Carbs (g) 39

Fiber (g) 5

Protein (g) 23



Note:

• As you know "there are no rules in my kitchen" so feel free to use any other products you have available. Just make sure to adjust the calories.

• Use high-protein bread to add more protein than last time.

Directions

- 1 Toast the bread slices in a toaster oven or toaster
- 2 Lay the bread slices flat and spread the condiments of choice onto the bread
- 3 Top one slice with veggie bologna, lettuce, tomato, and onion, or other veggies of choice, and place the other slice of bread on top
Enjoy!





Dips & Spreads

Vea-NOT Butter



Vegan

Prep Time
8 MinutesReady In
15 MinutesDifficulty
Medium

Chocolatey peanut butter at its finest!

Ingredients

Makes 6 Servings

- 100g canned white kidney beans (washed and drained)
- 66g (~2 scoops) **Vegan Protein Powder** (vanilla or chocolate preferred / or brand of choice)
- 48g (1/2 cup) powdered peanut butter (PB2)
- 80g (1/3 cup) unsweetened vanilla cashew milk
- 30g (2 tbsp) low-calorie maple syrup
- 1g (~1/3 tsp) guar gum
- 1g salt (to taste)

Directions

- 1 Add all the ingredients into a blender and blend for 1 minute on high speed. With a spatula, scrape the sides of the blender and push the mixture down to ensure all the ingredients are well blended.
- 2 Repeat the blending and scraping process 2 more times.
- 3 Once your Vea-NOT butter is lighter in color, thick and glossy, it is finished. Remove from the blender.
- 4 Allow to thicken and cool in the fridge as it will be hot from blending.



Tasty tip:

- Great for dipping your favorite fruits and vegetables.
- Keep refrigerated, and best if used within one week.

Prep tip:

- To make this extra anabolic use high protein plant based nut milk (I use unsweetened vanilla Silk 8g plant protein almond & cashew).
- It will thicken over time so you can add more milk and stir as needed. Add 80g-120g of unsweetened cashew milk for a thicker consistency, add less for a smoother consistency (the way I like it).

Nutrition	Entire Batch	Per Serving
Calories	640	105
Fat (g)	16	3
Carbs (g)	84	14
Fiber (g)	14	2
Protein (g)	70	12



Black Pepper Dressing



Vegan

Prep Time
5 MinutesReady In
5 MinutesDifficulty
Easy

This Southern Cambodia inspired sauce is one of the most flavorful and simple sauces that you can make. It goes great with just about anything!

Ingredients

Makes 1 Serving

- 4g (2 tsp) black pepper
- 40g green onion
- 40g (~3 tbsp) lemon juice
- 4g (1 tsp) Swerve Granulated Sugar
- 1g salt

Entire Batch

Calories 35

Fat (g) 0.1

Carbs (g) 8

Fiber (g) 5

Protein (g) 3



Note:

- Pour over a salad as a dressing!
- Pour the sauce into small dipping bowls, and serve with vegetables and more!
- It's important to keep this sauce in an airtight container and keep it refrigerated for up to 7 days.

Directions

- 1 Finely chop the onions and set aside
- 2 In a small bowl combine the pepper, salt, Swerve and lemon juice. Stir with a fork or a whisk until the salt and sugar have dissolved.
- 3 Add the green onions into the sauce and mix well.



Green Dip



Vegan

Prep Time
20 MinutesReady In
45 MinutesDifficulty
Medium

Not only does this dip taste amazing, but it is also a great source of protein, healthy fat and fiber!

Ingredients

Makes 10 Servings

- 340g frozen shelled edamame
- 85g frozen chopped spinach nuggets
- 15g (~¼ cup) nutritional yeast
- 85g soft tofu
- 5g (~1 tsp) light margarine
- 60g (¼ cup) unsweetened soy milk (or nut milk of choice)
- 30g (2 tbsp) fresh squeezed lemon juice
- 10g yellow onion
- 3g fresh garlic
- 1g (~¼ tsp) dry cumin
- 0.5g (~¼ tsp) red pepper flakes
- Sea salt (to taste)
- Pepper (to taste)
- 2 5g parsley (garnish)

Nutrition	Entire Batch	Per Serving
Calories	600	60
Fat (g)	22	2
Carbs (g)	50	5
Fiber (g)	23	2
Protein (g)	46	5



Note:

- You can refrigerate this dip for up to 5 days. Keep it in an airtight container.
- This dip goes well with any vegetable.
- Light margarine is optional.

Directions

- 1 Steam the edamame for 10 minutes or until tender, and the spinach for 5 minutes
- 2 In a blender, place all the ingredients except for the margarine, and blend it for 30-60 seconds at high speed
- 3 Open the lid, and with a spatula scrape the sides of the blender and push all the mixture together
- 4 Blend it again for 30-60 seconds at high speed, add the margarine, scrape the edges again and blend it one last time for 30-60 seconds at high speed, or until it reaches a smooth consistency
- 5 Serve in a bowl topped with fresh parsley.



Vegan Cheese Sauce



Vegan

Prep Time
5 MinutesReady In
15 MinutesDifficulty
Easy

This Vegan Cheese Sauce is a tasty sauce to add to any air fried broccoli, NuPasta, or as a dip with a raw vegetable tray.

Ingredients

Makes 3 Servings

- 285g unsweetened cashew milk
- 1g (~1/3 tsp) guar gum
- 15g (1 tbsp) lemon juice
- 22.5g nutritional yeast
- 3g (~1 tsp) garlic powder
- 2g (~1 tsp) onion powder
- 0.5g (~1/4 tsp) paprika
- 5g (~1 tsp) salt
- 2g (~1 tsp) pepper
- 30g (3 tbsp) hemp hearts

Directions

- 1 Place the hemp hearts in a small bowl and soak them in water for ~5 minutes, then strain the water.
- 2 In a blender, mix together the cashew milk, guar gum, lemon juice, nutritional yeast, garlic powder, onion powder, paprika, hemp hearts, salt and pepper
- 3 Blend on high for 1 minute. Spoon into a serving bowl and enjoy.



Note: To make extra anabolic, use a plant-based protein nut milk (I use unsweetened vanilla Silk 8g plant protein almond & cashew).

Nutrition	Entire Batch	Per Serving
Calories	300	110
Fat (g)	18	6
Carbs (g)	16	5
Fiber (g)	8	3
Protein (g)	13	4



Taco Dip



Prep Time
20 Minutes



Ready In
20 Minutes



Difficulty
Easy

This is a delicious and very high protein taco dip! It's best served with lower carb/reduced calorie baked tortilla chips or crackers for dipping

Ingredients

Makes 4 Servings

- 390g extra lean ground turkey
- 24g (~1 package) taco seasoning
- 420g (~12/3 cups) salsa
- 125g (½ serving) onion
- 5g (~ 1 tsp) minced garlic

Optional

- 152g shredded fat-free cheese

Nutrition	Entire Batch	Per Serving
Calories	705	175
Fat (g)	4	1
Carbs (g)	93	23
Fiber (g)	35	9
Protein (g)	72	18

Quick & Easy Chips

- 1 Preheat oven to 350°F (~175°C)
- 2 Lay out 1 Joseph's Lavash Bread (or similar low-calorie wrap).
- 3 Slice it into pieces with a pizza cutter, knife, etc
- 4 Cover a baking sheet with aluminum foil
- 5 Spread out the chips evenly
- 6 Bake for ~3-4 minutes (be very careful as you do NOT want to burn these)
- 7 Remove from oven to check chips
If they aren't crispy enough, put them in for another minute and monitor them closely until done

Directions

- 1 Preheat the oven to 350°F (~175°C)
- 2 Cut the onions into small pieces and add to a lightly sprayed frying pan, and sauté at a medium-high heat until lightly browned. Add the minced garlic to the pan and mix both together for 1 minute
- 3 Add the ground turkey to the pan Cook for approximately 7-8 minutes, or until fully cooked and most of the liquid has evaporated
- 4 Add salsa and let sit for 10 minutes on low-medium temperature.
- 5 Mix in the seasoning and remove from heat
- 6 Place the mixture into an oven safe dish (9"x9" casserole dish)
- 7 Place in the oven for ~10 minutes
- 8 Remove from the oven and enjoy!



Note:

- I often eat this straight out of the container with a fork cold before bed.
- If you choose to make it cheesy, add the cheese before placing the dish in the oven so it melts! Be sure to add the macros for the cheese.



Pea-NOT Butter



Vegetarian

Prep Time
10 MinutesReady In
~15 MinutesDifficulty
Easy

Ingredients

Makes 10 Servings

- 150g canned white kidney beans (washed and drained)
- 96g (3 scoops) **Vanilla PB Whey Protein Powder** (or whey of choice)
- 72g (3/4 cup) powdered peanut butter
- 150g (~2/3 cup) unsweetened vanilla cashew milk
- 45g (~3 tbsp) low-calorie maple syrup
- 1.5g (1/2 tsp) guar gum
- 1 5g salt (to taste)

Nutrition	Entire Batch	Per Serving
Calories	905	90
Fat (g)	17	2
Carbs (g)	118	12
Fiber (g)	24	2
Protein (g)	138	14

Directions

- 1 Add all the ingredients into a blender and blend for 30-60 seconds on high speed. With a spatula, scrape the sides of the blender and push the mixture down to ensure all the ingredients are well blended.
- 2 Blend for 30-60 seconds on high speed, and repeat the scraping process
- 3 Repeat step 2 (if desired)
- 4 Once your Pea-NOT Butter is lighter in color, thick, and glossy, it is ready to serve. Allow to cool in fridge for best results as Pea-NOT Butter will
- 5 thicken over time



Note:

- Use as a dip for your favorite fruits and vegetables, or thin it out to make your own savory peanut butter sauté sauce!
- IMO Powder contains only 2 calories per gram. This explains why the calories don't appear to add up, when they in fact do.
- As time passes, the Pea-NOT Butter will thicken. Add 1-2 tbsp of nut milk to re-soften it again.
- To make extra anabolic, use a plant-based protein nut milk (I use unsweetened vanilla Silk 8g plant protein almond & cashew).
- Best if used within 1 week.



Chocolate Pea-NOT Butter



Vegetarian

Prep Time
10 MinutesReady In
15 MinutesDifficulty
Easy

Powdered chocolate peanut butter exists. While it tastes ok, it still doesn't have the same consistency as the "real" thing. Challenge accepted! With this Chocolate NOT-ella Pea-NOT Butter, you're getting MORE protein than the mixed powder on it's own, with an even better texture!

Ingredients

Makes 6 Servings

- 100g canned kidney beans (washed and drained)
- ~70g (~2 scoops) **Chocolate Peanut Butter Whey+Casein Protein Powder** (or whey+casein of choice)
- 50g (~1/2 cup) chocolate powdered peanut butter
- 100g (~2/5 cup) unsweetened vanilla cashew milk
- 30g (2 tbsp) Walden Farms chocolate syrup
- 1g (~1/3 tsp) guar gum
- 1g salt (to taste)

Nutrition	Entire Batch	Per Serving
Calories	655	110
Fat (g)	8	1
Carbs (g)	90	15
Fiber (g)	11	2
Protein (g)	72	12

Directions

- 1 Add all the ingredients into a blender and blend for 30 seconds-1 minute on high speed. With a spatula, scrape the sides of the blender and push the mixture down to ensure all the ingredients are well blended.
- 2 Blend for another 30 seconds-1 minute on high speed, scrape the sides again with the spatula, and push down.
- 3 Repeat step 2 (if desired)
- 4 Once your Chocolate Pea-NOT Butter is lighter in color, thick, and glossy, it is ready to serve
- 5 Allow to cool in fridge for best results.



Note:

- IMO Powder contains only 2 calories per gram. This explains why the calories don't appear to add up, when they in fact do.
- As time passes, the Chocolate Pea-NOT Butter will thicken. Add 1-2 tbsp of nut milk to re-soften it again.
- If using whey protein or for thicker consistency, use 80g (1/3 cup) of nut milk. For a softer consistency, use 120g (1/2 cup) of nut milk.
- To make vegan, simply use vegan protein powder.
- You can eat on rice cakes with fruit/veggies, or in sandwiches as seen throughout the book.
- To make extra anabolic, use a plant-based protein nut milk (I use unsweetened vanilla Silk 8g plant protein almond & cashew).



Avocado Pea-NOT Butter



Vegetarian

Prep Time
8 MinutesReady In
~15 MinutesDifficulty
Easy

The healthier and tastier than last time way to eat Pea-NOT Butter. Rich in protein and healthy fats, this recipe can surely satisfy a sweet craving. I can eat it right off the spoon anytime of the day. It also goes well with celery and carrots and/or fruit.

Ingredients

Makes 5 Servings

- 60g (1 serving) avocado
- 55g (~1/4 cup) 0% fat-free Greek yogurt
- 64g (~2 scoops) **Vanilla PB Whey Protein Powder** (or whey of choice)
- 30g (~2.3 tbsp) powdered peanut butter
- 30g (~2 tbsp) low-calorie maple syrup
- 1.5g (~1/2 tsp) guar gum
- 1g salt (to taste)

Directions

1 Add all the ingredients into a blender and blend mixture for 2 minutes at high speed. Scrape the sides with a spatula and push the mixture down.

2 Blend it for 3 minutes on high speed, scrape the sides again with the spatula, blend it for 2 more minutes, and repeat the scraping process 1 more time

Once your Avocado Pea-NOT butter is lighter in color, thick, and glossy, it is ready to serve

Allow to cool in the fridge for best results. Refrigerate and eat within 3-5 days.

Nutrition	Entire Batch	Per Serving
Calories	540	110
Fat (g)	16	3
Carbs (g)	50	10
Fiber (g)	10	2
Protein (g)	68	14



Note:

- Avocados can change color when exposed to air, so seal/refrigerate in an airtight container.
- IMO Powder contains only 2 calories per gram. This explains why the calories don't appear to add up, when they in fact do.
- As time passes, the Avocado Pea-NOT Butter will thicken. Add 1-2 tbsp of nut milk to re-soften it again.
- It's important to use a protein powder that has peanut butter flavor.
- If not using FibrO, use 9g (1 tbsp) of Swerve Icing Sugar.



Apple Dip Delight



Vegetarian

Prep Time
10 MinutesReady In
10 MinutesDifficulty
Easy

This is one of my favorite staples in my morning routine! A healthy, high protein snack at any time for you or your family/friends

Ingredients

Makes 1 Serving

- 32g (1 scoop) **Vanilla PB Whey Protein Powder** (or whey of choice)
- 45g (3 tbsp) low-calorie maple syrup
- 30g (2 tbsp) egg whites
- 190g (1 serving) apples
- 1 packet sweetener
- 1.5g (1/2 tsp) guar gum

Directions

- 1 Using a spoon/fork, mix protein powder, low-calorie maple syrup, egg whites and guar gum until smooth.
- 2 Slice your fruit and dip into the glaze!

Total Per Batch

Calories 255

Fat (g) 1

Carbs (g) 35

Fiber (g) 6

Protein (g) 28



Note:

- For best consistency allow dip to sit for a few minutes before serving.
- You don't have to use apples!
- For a more filling snack, use 1.5-2 servings of apples which is only 50-100 additional calories.
- If using a whey+casein protein powder blend, use less guar gum, or none at all.



Veggie Taco Dip



Vegetarian

Prep Time
20 MinutesReady In
20 MinutesDifficulty
Easy

This is a scrumptious and very high protein taco dip! It is an absolutely delicious treat and best served with lower calories baked tortilla chips or crackers for dipping

Ingredients

Makes 4 Servings

- 390g veggie ground meat of choice
- 24g (~1 package) taco seasoning
- 420g (~12/3 cups) salsa
- 152g (8 slices) fat-free cheese or shredded equivalent
- 125g (½ serving) onion
- 5g (~1 tsp) minced garlic

Nutrition	Entire Batch	Per Serving
Calories	945	235
Fat (g)	4	1
Carbs (g)	110	28
Fiber (g)	35	9
Protein (g)	112	28

Quick & Easy Chips

- 1 Preheat oven to 350°F (~175°C)
- 2 Lay out 1 Joseph's Lavash Bread (or similar low-calorie wrap).
- 3 Slice it into pieces with a pizza cutter, knife, etc
- 4 Cover a baking sheet with aluminum foil
- 5 Spread out the chips evenly
- 6 Bake for ~3-4 minutes (be very careful as you do NOT want to burn these)
- 7 Remove from oven to check chips
If they aren't crispy enough, put them in for another minute and monitor them closely until done

Directions

- 1 Preheat the oven to 350°F (~175°C)
- 2 Cut the onions into small pieces and add to a lightly sprayed frying pan, and sauté at a medium-high heat until lightly browned. Add the minced garlic to the pan and mix both together for 1 minute
- 3 Lower the heat to low-medium, add the veggie meat to the onion mixture and heat for 5 minutes. Continuously stir the mixture
- 4 Add salsa and let sit for 5 minutes on low/medium temperature.
- 5 Mix in the seasoning, add the cheese to the mixture, and remove from heat
- 6 Place the mixture into an oven safe dish (9"x9" casserole dish)
- 7 Place in the oven for ~10 minutes or until the cheese has melted
- 8 Remove from the oven and enjoy!



Note:

- To make this recipe vegan, use your favorite vegan cheese, but remember - vegan cheese is higher in calories and lower in protein.
- Alternatively mix 1/2 the cheese in during step 5, and top with the other 1/2 in step 7 (10 minutes before removing it from the oven) for a cheesier looking dish.



Dill Weed Dip



Vegetarian

Prep Time
10 MinutesReady In
15 MinutesDifficulty
Easy

A savoury cream with a twist of sweetness. Add protein to your fish, wraps or veggies using this amazing dip!

Ingredients

Makes 3 Servings

- 240g (~1 cup) 0% fat-free Greek yogurt
- 15g (1 tbsp) fresh lime juice
- 2g (½ tsp) white vinegar
- 6g (1 tsp) light mayo
- 1g (1½ tsp) dill weed (dried)
- 2g (½ tsp) lemon pepper seasoning
- Salt (to taste - I use 1g)
- Pepper (to taste - I use 0.5g)

Directions

- 1 Place all the ingredients into a bowl, and stir with a fork or a whisk until everything is well mixed.
- 2 Transfer into a serving bowl and enjoy!

Nutrition	Entire Batch	Per Serving
Calories	145	50
Fat (g)	5	2
Carbs (g)	9	3
Fiber (g)	2	0.5
Protein (g)	25	8



Note:

- A great dip for your favorite roasted or fresh vegetables.
- Use it as a dressing in your wraps or favorite salad.
- Keep the dip refrigerated in an airtight container for no longer than 5 days.





Lunch

Lunch

Black Bean Stir Fry Wrap



Vegan



Prep Time
15 Minutes



Ready In
40 Minutes



Difficulty
Harder Than Last Time

If you liked my Vegan Black Bean Burgers and thought Green Dip was delicious, get ready to experience a new level of flavor with this delicious meatless wrap!

Ingredients

Makes 1 Serving

- 1 Vegan Black Bean Burger (*see page 144*)
- 30g (~2 tbsp) Green Dip (*see page 87*)
- 1 Joseph's Lavash Bread
- 30g lettuce
- 40g bell peppers (any color)
- 40g onions
- 40g mushrooms
- 30g spinach
- 15g (~1 tbsp) light mayo/salad dressing
- 15g (~1 tbsp) spicy mustard
- 15g (~1 tbsp) sugar-free BBQ sauce

Nutrition Per Wrap

Calories 400

Fat (g) 7

Carbs (g) 54

Fiber (g) 15

Protein (g) 29



Note:

- *Vegan Cheese Sauce (page 88) is another great addition to this wrap.*
- *Experiment with various veggies and make it as large as possible for maximum satiety!*
- *Add seasoning to the pan while cooking the burger/veggies if desired.*

Directions

- 1 Prepare a Vegan Black Bean Burger (*page 144*) and the Green Dip (*page 87*)
- 2 Heat a pan over medium heat, and spray with cooking spray.
- 3 Add the Vegan Black Bean Burger to the pan along with the bell peppers, onions, mushrooms
- 4 Using a spatula, chop up the burger and mix everything together
- 5 Cook for approximately ~5-10 minutes, or until the veggies are tender
- 6 Lay out one Joseph's Lavash Bread onto a plate and add a layer of romaine lettuce onto the wrap.
- 7 Spread the Green Dip onto the lettuce
- 8 Add the burger pieces/veggies from the pan onto the lettuce, and top it off with the light mayo, spicy mustard, and sugar-free BBQ sauce (or equivalent dressings of your choice)
- 9 Top with as much spinach as you can fit in the wrap.
- 10 Microwave your wrap for 30 seconds, fold in half, and eat over a plate, as you will likely have a salad leftover at the end of your meal.



Lunch

Vea-NOT Butter & Jam Sammy



Vegan



Prep Time
10 Minutes



Ready In
15 Minutes



Difficulty
Easy

A childhood favorite re-designed with more peanut butter and protein than ever before!

Ingredients

Makes 1 Serving

- 2 slices regular ass bread
- ~50g (1/4 cup) Vea-NOT Butter
(see page 85)
- 30g (~2 tbsp) sugar-free jam
(flavor of choice)

Rice Cake Version

Use 5 rice cakes rather than the bread, and eat open-faced for a quick and easy anytime snack

Nutrition Per Sandwich

Calories 275

Fat (g) 4

Carbs (g) 48

Fiber (g) 3

Protein (g) 17



Note:

- If you like a lot of jam or Vea-NOT Butter, add more of either!
- Toasting your bread first is optional.

Directions

- 1 Lay each slice of bread onto a plate
- 2 Spread 1/2 the Vea-NOT Butter onto each slice of bread.
- 3 Next, spread the sugar-free jam onto the Vea-NOT Butter
- 4 Place both slices together or eat open-faced
- 5 Cut the sandwich in half if desired.
- 6 Rejoice in the fact that I just had to write how to make a peanut butter and jam sandwich in a cookbook LOL!



Lunch

Vea-NOT Butter & Banana Sandwich



Vegan



Prep Time
10 Minutes



Ready In
15 Minutes



Difficulty
Easy

One of my childhood favorites, with extra protein!

Ingredients

Makes 1 Serving

- 2 slices regular ass bread
- ~50g (1/4 cup) Vea-NOT Butter
(see page 86)
- 110g (1 serving) banana

Directions

- 1 Lay each slide of bread onto a plate
- 2 Spread 1/2 the Vea-NOT Butter onto each slice of bread.
- 3 Next, thinly slice your banana into circles or strips
- 4 Place the banana onto the two slices of bread.
- 5 Place both slices together or eat open-faced
- 6 Cut the sandwich in half if desired.

Rice Cake Version

Use 5 rice cakes rather than the bread, and eat open-faced for a quick and easy anytime snack

Nutrition Per Sandwich

Calories 355

Fat (g) 4

Carbs (g) 69

Fiber (g) 6

Protein (g) 18



Note:

- If you like a lot of bananas, add more or if you like Vea-NOT Butter, add more. Just make sure to adjust the calories.
- I prefer toasting the bread.



Lunch

Grilled Vegan Skewers



Vegan



Prep Time
10 Minutes



Ready In
15 Minutes



Difficulty
Harder Than Last Time

Vegan Skewers are a delicious and easy way to eat your veggies and proteins at the same time, and a great addition to your summer BBQs

Ingredients

Makes 10 Servings

- 200g tempeh
- 225g (½ serving) mushrooms
- 250g (1 serving) red onion
- 300g (½ serving) zucchini
- 200g bell peppers
- 7g fresh garlic
- 80g (~1/3 cup) balsamic vinegar
- 15g (1 tbsp) soy sauce
- 1.5g (½ tsp) garlic powder
- 10 wooden skewers
- Salt and pepper (to taste)
- Cooking spray

Nutrition

	Entire Batch	Per Skewer
Calories	735	75
Fat (g)	24	2
Carbs (g)	85	9
Fiber (g)	22	2
Protein (g)	57	6



Note:

- It's important to leave a small space between each vegetable for air and heat to circulate (this cooks them evenly).
- If you decide to add other vegetables of your choice, note that it's important to use vegetables with similar cooking times.
- For extra taste, marinate the skewers overnight.

Directions

- 1 Soak the wood skewers in cold water for at least 15 minutes.
- 2 Chop the vegetables and tempeh into large pieces
- 3 Place all the vegetables and tempeh into a big bowl. Spray with cooking spray and season with salt, pepper, and garlic powder, and fold in the seasoning. Set aside.
- 4 In a medium bowl, add crushed garlic, balsamic vinegar, and soy sauce.
- 5 Begin making the skewers by sliding a mushroom to the end of each skewer.
- 6 Alternate the different coloured vegetables and tempeh onto the skewers, leaving some space between them. End each skewer with a mushroom.
- 7 Place the skewers onto a tray and pour the balsamic-soy mixture over them. Using a basting brush, spread the extra liquid over the skewers.
- 8 Preheat the grill over medium heat. Once it is hot, add the skewers and grill for ~5-8 minutes per side or until the veggies have softened and browned around the edges.



Lunch

Spaghetti N' Cheese



Vegan



Prep Time
20 Minutes



Ready In
30 Minutes



Difficulty
Harder Than Last Time

This vegan Spaghetti N' Cheese is amazing. It's perfect for lunch or dinner, very filling, and low in calories. Perfect to go with a high-protein side of your choosing

Ingredients

Makes 2 Servings

- 500g spaghetti squash
- 250g broccoli
- 285g unsweetened cashew milk
- 1g (1/3 tsp) guar gum
- 15g (1 tbsp) lemon juice
- 25g nutritional yeast
- 3g (~1 tsp) garlic powder
- 2g (~1 tsp) onion powder
- 1g (~1/2 tsp) paprika
- 3 4g (~1/2 tsp) salt
- 2g (1 tsp) pepper
- 30g (3 tbsp) hemp hearts

Nutrition	Entire Batch	Per Serving
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Calories	575	290
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Fat (g)	22	11
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Carbs (g)	68	34
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Fiber (g)	23	11
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Protein (g)	24	12
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Note:

- If you're vegetarian and want more protein, top with fat-free cheese.
- To make extra anabolic, use a plant-based protein nut milk (I use unsweetened vanilla Silk 8g plant protein almond & cashew).
- If you have higher blood pressure, I recommend avoiding salt.

Directions

- 1 Squash Prep:
 - Slice the spaghetti squash in half lengthwise, and clean out the seeds/ pulp
 - Place the squash skin up in a microwave-safe bowl. Add ~2 cm of water around the squash and microwave for 10 minutes on high.
- 2 Using a fork, scrape out the inside of the squash ("the noodles") into a bowl and discard the skin. Set aside.
- 3 Wash the broccoli and cut into bite-sized pieces Steam the broccoli until it's soft to the touch but still firm on the inside. Set aside.
- 4 Put the hemp hearts in a small bowl and soak them in warm/hot water for ~5 minutes. Strain the water.
- 5 To make the "cheese sauce", add the cashew milk, guar gum, lemon juice, nutritional yeast, garlic powder, onion powder, paprika, hemp hearts, salt, and pepper to a blender Blend on high for 1 minute
- 6 Warm a pan over medium heat and spray with cooking spray.
- 7 Add the spaghetti squash to the pan and heat for a few minutes.
- 8 From the blender, pour the "cheese sauce" over the spaghetti squash noodles, and gently mix until the sauce is well blended with the "noodles"
- 9 Fold the broccoli into the mixture and warm to desired temperature.
- 10 Serve on a plate with a high protein vegan side of your choice or on its own.



Lunch

Cabbage Plant-Based Soup



Vegetarian



Prep Time
20 Minutes



Ready In
50 Minutes



Difficulty
Medium

Cabbage Soup is a savory soup made with a variety of vegetables and spices. It's great for weight loss because it's low-calorie dense and hearty. It's also inexpensive and easy to make!

Ingredients

Makes 4 Servings

- 250g (1 serving) carrots
- 125g (½ serving) onions
- 398g canned sliced/stewed tomatoes
- 250g cabbage
- 15g (½ packet) dried onion soup
- 270g tomato juice
- 150g peppers
- 150g celery
- 198g vegetable broth
- 390g veggie ground meat
- 720g (~3 cups) water
- Black pepper (to taste)

Directions

- 1 Chop all the vegetables to desired thickness (the thicker the vegetables the longer they will take to soften).
- 2 Add the carrots, onion, diced tomatoes, cabbage, peppers, and celery in a large pot
- 3 Add the onion soup mix, tomato juice, broth, veggie ground and enough water to cover the vegetables (~720 g/ 3 cups).
- 4 Bring the pot to a boil *(Optional: at this point, I add 1 tbsp of guar gum and 2 cups of warm water to the pot. This adds more volume and thickens the recipe).*
- 5 Bring to a boil once again, reduce heat to a minimum and allow to simmer for an hour or longer until the vegetables are tender, while stirring occasionally
- 6 Remove from heat, allow to cool slightly, and eat at any time, or freeze for later use

Nutrition	Entire Batch	Per Serving
Calories	900	225
Fat (g)	7	2
Carbs (g)	139	35
Fiber (g)	49	12
Protein (g)	81	20



Note:

- You can also use a pressure cooker (35 minutes on high).
- Recipe will thicken over time. Add water to achieve your desired consistency, as well as lower the calories per cup.
- You can substitute any of the vegetables as long as it matches the calories/macros.



Lunch

"Meat" Lovers Pizza Pockets



Vegetarian



Prep Time
10 Minutes



Ready In
20 Minutes



Difficulty
Medium

If you love a lot of meat on pizza, give this meatless pizza pocket variation a try. You will be amazed how good they are.

Ingredients

Makes 3 Servings

- 3 hamburger buns
- 57g (3 slices) fat-free cheese or equivalent shredded
- 80g (1/3 cup) egg whites
- 90g (30 small slices) veggie pepperoni
- 45g (3 tbsp) pizza sauce

Nutrition	Entire Batch	Per Pocket
Calories	620	205
Fat (g)	8	3
Carbs (g)	84	28
Fiber (g)	4	1
Protein (g)	54	18



Note:

- I use a toaster oven for these!
- Eat these immediately as they are not as good when eaten as leftovers.
- I use 110 calorie buns.
- If your pockets won't seal properly, dip your fingers into some egg whites to help create a better seal.
- You can add more or less cheese/pepperoni based on your personal taste (just remember to adjust macros!).

Directions

- 1 Start by placing parchment paper onto a baking sheet, spray with cooking spray, and set aside. Preheat the oven to 350°F (~175°C)
- 2 Place the egg whites in a flat surface bowl.
- 3 Cut all 3 hamburger buns in half if not pre-cut
- 4 Quickly dip (~1 second) each half of the hamburger bun on both sides in egg whites and place on a plate with the inside part of the bun facing up.
- 5 Using a fork/spoon, scrape/hollow out about 5g of the top half of each bun (this will hold the filling).
- 6 Preheat the veggie pepperoni in the microwave for 20 seconds.
- 7 Add a layer of 5 small veggie pepperoni slices onto each top half of the buns (into the indentation)
- 8 Add 19g/1 slice of cheese on top of the veggie pepperoni for each bun
- 9 Add 1 tbsp of the sauce on top of each of the 3 pockets
- 10 Add the remaining 5 small veggie pepperoni slices onto each top half of the buns
- 11 Place the bottom half of the bun on top and seal the buns by slightly pinching around the edges to finish the pieces together, forming the pizza pockets
- 12 Flip the pockets (top side up) and place them on the baking sheet with parchment paper to prevent sticking
- 13 Bake at 350°F (~175°C) for 10 minutes or until golden brown.
- 14 Remove from the oven and let sit for about 5 minutes! (Be careful, they may be very hot)



Lunch

Veggie Bologna Club Sandwich



Vegan



Prep Time
10 Minutes



Ready In
25 Minutes



Difficulty
Medium

Club sandwiches have always been a favorite in my house. These delicious sandwiches are larger than last time, and great for breakfast, lunch, or supper. What's not to love? They are loaded with veggies and full of protein!

Ingredients

Makes 1 Serving

- 38g (2 slices) fat-free cheese or shredded equivalent
- 2 slices regular ass bread
- 120g (½ cup) egg whites
- 31g (2 slices) veggie bologna slices
- 40g romaine lettuce
- 50-100g veggies of choice (up to 20 calories)
- 10g (2 tsp) Dijon mustard
- 15g (~1 tbsp) light mayo
- 2g (1 tsp) oregano
- Low-calorie ranch dressing (optional)
- Salt (to taste)
- Pepper (to taste)

Directions

- 1 Preheat a nonstick skillet over medium-high heat and spray a thin layer of cooking spray
- 2 Pour the egg whites into the skillet. Add the seasoning throughout, then place the vegetables of choice and veggie bologna in the center. Let it cook until the top of the egg whites are no longer runny
- 3 Lower the heat and with a spatula tuck the sides into the center of the egg, making a square Push it to the side of the pan
- 4 Place the bread in the skillet and let it warm up. Flip and lay the cheese on the each bread slice then add the various condiments on top of each of the cheese slices
- 5 Place the egg square on top of one of the cheesy bread slices then add the lettuce
- 6 With the spatula place the cheesy bread on top of the lettuce making a sandwich and transfer onto a plate.
- 7 Cut in half and keep both halves together with toothpicks.

Nutrition

Calories 345

Fat (g) 2

Carbs (g) 40

Fiber (g) 2

Protein (g) 36



Note: You can use a toaster to heat the bread, and then add the ingredients (instead of using the pan).





Sides & Appetizers

Delicious Quesadilla



Prep Time
15 Minutes



Ready In
20 Minutes



Difficulty
Easy

You can simply never go wrong with a quesadilla! Have it however the heck you want - with beef, chicken, turkey, or whatever. It doesn't matter! The point is, it's going to be delicious, and it's going to be friendly to your low calorie-dense lifestyle without having to sacrifice taste.

Ingredients

Makes 1 Quesadilla

- 60g chicken breast, boneless and skinless OR 50g extra-lean ground turkey OR 40g extra-lean ground beef/steak (measured cooked)
- 2 low-carb high-fiber tortillas (70 calories per tortilla)
- 2 slices fat-free cheese or 38g fat-free shredded cheese (60 calories)
- ½ serving veggies (peppers/ onions/jalapenos/mushrooms) **(see page 210)**
- 40g (3 tbsp) your favorite salsa
- 30g (2 tbsp) fat-free sour cream
- Salt & pepper to taste

Nutrition Per Quesadilla

	Beef	Chicken	Turkey
Calories	360	365	370
Fat (g)	9	8	10
Carbs (g)	60	60	60
Fiber (g)	35	35	35
Protein (g)	32	36	33

Directions

- 1 Prep: grill chicken breast/ground turkey/ground beef/steak/etc with salt & pepper to taste and refrigerate until you are ready to make your quesadilla
- 2 Preheat the oven to 375°F (190°C) You may also pre-heat a toaster oven if you have that available in your kitchen
- 3 Add aluminum foil to a baking sheet and spray with cooking spray. Lay one tortilla flat on the piece of aluminum foil. Spread the veggies, cheese, and meat/poultry evenly on top of the tortilla. Add the 2nd tortilla on top, like a sandwich.
- 4 For the light version, you will want to fold the tortilla, so make sure the ingredients only take up half of the tortilla
- 5 Place the quesadilla in the oven or toaster oven for 5-10 minutes, or until it has reached desired warmth and doneness.
- 6 Remove the quesadilla from the oven/toaster oven and place on a plate. Slice like a pizza so you can easily eat it with your hands. Serve with fat-free sour cream and salsa for dipping sauce.

Nutrition Per Quesadilla

	Beef	Chicken	Turkey
Calories	255	260	260
Fat (g)	6	5	7
Carbs (g)	37	37	37
Fiber (g)	20	20	20
Protein (g)	23	27	24

Light Version (folded)

Use 1 tortilla and fold it in half instead of stacking 2 tortillas. Use ¼ serving veggies (25 calories), 1 slice (or 19g shredded) fat-free cheese (30 calories), 2 tbsp of your favorite salsa, and 2 tbsp



Rich and Creamy Macaroni



Prep Time
30 Minutes



Ready In
30 Minutes



Difficulty
Easy

Ingredients

Makes 6 Servings

- 170g Barilla cut macaroni (up to 560 calories)
- 1 pack NuPasta Konjac Angel Hair
- 2kg (~2 L) water
- 724g (750 ml) of fairlife milk
- 62g (~¼ cup) fat-free sour cream
- 30g (~3 tbsp) cornstarch
- 38g (2 slices) fat-free cheddar
- 25g (~4 tbsp) light parmesan cheese
- 14g (~1 tbsp) light margarine
- 23g (~¼ cup) nutritional yeast
- 0.8g (~1/4 tsp) nutmeg
- 17g (~2 tbsp) dry onion flakes
- 1.5g (~1 tsp) garlic powder
- 0.6 (~¼ tsp) smoked paprika
- 3.5g (~½ tsp) salt
- 0.4g (~½ tsp) pepper

Nutrition

	Entire Batch	Per Serving
Calories	1350	225
Fat (g)	30	5
Carbs (g)	175	29
Fiber (g)	17	3
Protein (g)	91	15



Tasty tip: For a thicker and richer taste add additional 20g of corn starch. Top with Parmesan & Herbs seasoning.

Directions

- 1 In a saucepan, mix the cold milk and the cornstarch
 - 2 Over low heat, warm the milk, slowly bring to boil, and whisk constantly to avoid any clumps Once the sauce has thickened up, add the parmesan and cheddar, and stir well.
 - 3 Add nutmeg, garlic, onion powder, paprika, salt, and pepper and mix until everything is fully incorporated Remove from the heat and set aside
 - 4 Remove the nuPasta from the package and soak in water for 15 minutes, chop in little pieces, and save for later
 - 5 Add the 2 L of water into a pot. Add 2 tbsp salt and bring it to a boil.
 - 6 Boil the macaroni for 11 minutes approximately or as the package indicates, drain well, and lay aside.
 - 7 Over low heat and in the same pot you cooked the macaroni, add 1 tbsp of light margarine. Once it is melted add the onion flakes and let them brown up. Add the sour cream and nutritional yeast and mix with a whisk. Lastly, mix in the cheese sauce.
- Mix in together with the pasta and enjoy!



Protein “Chips and Guacamole”



Vegetarian

Prep Time
5 MinutesReady In
5 MinutesDifficulty
Easy

Do you like dining at Mexican restaurants with the unlimited salsa, chips, and guacamole, but also like your gains? Look no further than this modified version of chips and guacamole!

Ingredients

Makes 4 Servings

- 1 Flatout Protein UP Flatbread or protein flatbread of choice (110 calories)

Guacamole

- 50g avocado
- 25g tomato
- 25g onions
- 25g jalapenos
- 1 tbsp fresh lime juice
- Salt and pepper

Nutrition Entire Batch

Calories 210

Fat (g) 11

Carbs (g) 28

Fiber (g) 8

Protein (g) 12



Tasty tip: For a spicy kick top with pepper flakes.

Prep tip: For an extra crispy chip, lightly spray the flatbread with cooking spray before baking. Keep an eye on your wrap because they burn quickly!

Directions

- 1 Slice an avocado into cubes Dice tomatoes, onion, and jalapenos

Place all in one bowl and mash with a spoon or a pestle. Add lime, salt, and pepper to taste

- 2 Slice your flatbread into tortilla chip-sized squares. Place chips on a toaster oven baking sheet Bake in a toaster oven for 3 minutes until the pieces are crispy like tortilla chips
- 3 Serve together as an appetizer or a delicious healthy snack



Smoked Salmon Pinwheels



Prep Time
5 Minutes



Ready In
10 Minutes



Difficulty
Easy

I normally do not like fish in a wrap, but I actually love these! And they help me get in my healthy omega-3 fats from the salmon. So if you think you don't like fish, give this a try and see for yourself.

Ingredients

Makes 1 Serving

- 60g (~2 oz) cold smoked salmon
- 1 low-carb tortilla wrap (Mission Carb Balance Tortilla, 70 calories)
- 50g frozen spinach, thawed and drained
- 30g red onion, shaved
- 10g capers
- 15g (1 tbsp) low-fat cream cheese (up to 35 calories)
- 1g (~½ tsp) black pepper
- Optional: 2 tsp fresh dill, chopped

Total Per Serving

Calories 200

Fat (g) 8

Carbs (g) 18

Fiber (g) 10

Protein (g) 18



Note: The calories in smoked salmon will vary depending on the fat content. I eat smoked salmon because it is a source of healthy fats. Make sure to check the labels. This is a whole meal for me.

Directions

1 Lay the tortilla wrap out flat and spread the cream cheese evenly to cover it. Next, cover the whole tortilla with the strips of smoked salmon. Sprinkle the black pepper, capers and dill on the smoked salmon evenly.

2 Spread the shredded spinach and the onions out on top of everything evenly so it covers the other ingredients. Start at the bottom of the tortilla and roll it up tightly all the way.

3 Use a knife to cut the rollup in sections about 2 inches (5 centimeters) thick. Each section should look like a pinwheel from the side if you rolled it correctly.

4 Transfer the pinwheels to a plate, serve and enjoy!



Vegan Balls



Vegetarian

Prep Time
45 MinutesReady In
~1 HourDifficulty
Harder Than Last Time

An easy way to step away from the carnivorous diet, these balls are super tasty and full of protein.

Ingredients

Makes 2 Servings

Balls

- 27g (1/3 cup) corn flake crumbs
- 24g (~1/3 cup) textured vegetable protein (TVP)
- 80g (~1/2 cup) unsweetened cashew milk
- 8g fresh parsley
- 30g onion
- 6g (~1 tbsp) Italian seasoning
- 300g veggie ground meat
- 2g (2/3 tsp approx) guar gum

Sauce

- 125g (~1/2 cup) water
- 3g (~1/3 cube) vegetable bouillon cubes
- 18g (~1 tbsp) vegan Worcestershire sauce

Nutrition	Per Batch	Serving Without Sauce	Serving With Sauce
Calories	655	330	350
Fat (g)	8	4	4
Carbs (g)	67	34	38
Fiber (g)	20	10	10
Protein (g)	79	40	40



Note: To make extra anabolic, use a plant-based protein nut milk (I use unsweetened vanilla Silk 8g plant protein almond & cashew).

Prep tip: You can choose to make more smaller balls, or less larger balls, since there are no rules! I personally like to make 6 balls per serving.

Directions

Balls:

1. Preheat the oven to 400°F (205°C) and prepare a baking sheet with parchment paper.
2. In a small container, whisk the cashew milk and guar gum together until clumps are gone. Set aside.
3. In a small coffee grinder/blender, grind the TVP until it turns into a flour-like consistency, and set aside.
4. Finely chop the onion and the parsley and place it in a large bowl. Add the veggie ground meat, the powdered TVP, and Italian seasoning. Mix well and set aside.
5. Add the corn flake crumbs to the cashew milk and mix well. Pour the mixture over veggie meat and use your hands to mix/knead the ingredients together.
6. Measure a tablespoon of the mixture and form it into a ball.
7. Repeat step 6 until there is no mixture left (14 balls about 1" in diameter).
8. Place all the balls onto the baking sheet, and bake for 10-15 minutes.

Sauce (Optional):

9. In a small pot, place the water, soup mix, and vegan Worcestershire. Boil for 5 minutes on high and stir constantly. Set aside to cool.
10. Once the balls are ready, plate them and pour the sauce on top (or use it on the side and dip).



Cauliflower Bites



Vegan

Prep Time
20 MinutesReady In
45 MinutesDifficulty
Medium

Don't let the name fool you, these are better than you think!

Ingredients

Makes 2 Servings

Filling

- 400g (~1 head) cauliflower

Batter

- 30g (3 tbsp) lupin flour
- 5g (~2 tsp) smoked paprika
- 0.5g (~ ¼ tsp) chilli powder
- 1g pepper
- 100g unsweetened almond milk
- 2g (~½ tsp) sea salt
- 30g (2 tbsp) sugar-free BBQ sauce

Breading

- 30g panko crumbs
- 35g (~1/2 cup) textured vegetable protein (TVP)
- 7g (~2 tsp) nutritional yeast

Nutrition	Entire Batch	Per Serving
Calories	515	260
Fat (g)	7	3
Carbs (g)	75	38
Fiber (g)	32	9
Protein (g)	42	12



Prep tip:

- You can also use an air fryer instead of the oven. Use the air crisp mode for 10-15 minutes.
- To make extra anabolic, use a plant-based protein nut milk (I use unsweetened vanilla Silk 8g plant protein almond & cashew).

Tasty tip: For vegetarians this goes well with low-calorie sour cream and celery. For vegans, low-calorie ketchup or BBQ sauces make for a great dip.

Directions

- 1 Preheat the oven 350°F (~175°C). Wash and break the cauliflower into florets/pieces of different sizes.
- 2 In a medium-sized bowl, combine the dry batter ingredients, then add the unsweetened almond milk and the BBQ sauce.
- 3 Whisk (or use a fork) out all the lumps until the mixture is thick and smooth
- 4 In a blender, food processor or spice grinder, blend the TVP until it is a semi fine powder.
- 5 In another medium-sized bowl add all the breading ingredients (including the ground TVP) and set aside
- 6 Add the cauliflower florets into the bowl of the batter mixture and coat them with your clean hands or a spatula (make sure that the florets are fully covered, even in between the stems).
- 7 Pick florets one by one, and dip them into the breading mixture until they are evenly coated
- 8 Place all the florets on a baking tray and bake for 15 minutes. Flip them over to the other side and bake them for 10 minutes
- 9 Remove from the oven and transfer to a plate. Serve with a low-calorie dip of your choice



Maple Podado Circles



Vegan

Prep Time
10 MinutesReady In
1 HourDifficulty
Medium

Sweet potatoes taken to the next level with both a CRUNCH, and a Canadian twist of maple syrup.

Ingredients

Makes 2 Servings

- 450g sweet potatoes (peeled and cut into ~1/4 inch thick circles)
- 60g (~1/4 cup) low-calorie maple syrup
- 36g (1/2 cup) textured vegetable protein (TVP)
- Salt (to taste)
- Pepper (to taste)

Nutrition	Entire Batch	Per Serving
Calories	515	255
Fat (g)	0 4	0 2
Carbs (g)	101	51
Fiber (g)	19	10
Protein (g)	25	12



Prep tip:

- To save time don't peel the potatoes.
- Cooking time may vary depending on the oven. If they are not ready in the time listed, cook them for an additional 5 minutes.
- You can also cook these in an air fryer using the same prep method (times will vary).

Directions

- 1 Lay aluminum foil on a baking sheet and spray lightly with cooking spray
- 2 Peel and cut the sweet potatoes into ~1/4 inch thick circles. ز
- 3 Place the sweet potato pieces on the baking sheet.
- 4 Pour a few drops (~1/2 tsp) of low-calorie maple syrup on the center of each potato circle (you can use as much or as little as you like)
- 5 Top the pieces with 1/2 of the TVP (18 g) and spread evenly with a fork
- 6 Put the tray in the oven for 20 minutes at 400°F (~205°C)
- 7 Remove the potatoes from the oven, flip them over and repeat step 4 with the remaining half of the TVP (18 g).
- 8 Place the potatoes back in the oven and cook for ~20 minutes (or until golden brown).
- 9 Place on a plate and enjoy as is or with ketchup, low-calorie maple syrup, or side of choice!



Crispy Onion Toppers



Vegan

Prep Time
10 MinutesReady In
1 HourDifficulty
Medium

These are one of my favorite additions to a meal They're light and crispy and instantly add protein to any dish Give them a try on burgers, wraps, sandwiches and more!

Ingredients

Makes 3 Servings

- 375g (1½ serving) spanish onion
- 240g (1 cup) unsweetened almond milk
- 48g (~2/3 cup) crumbled textured vegetable protein (TVP)
- Black pepper (to taste)
- Salt (to taste)
- Cooking spray

Nutrition	Entire Batch	Per Serving
Calories	340	115
Fat (g)	3	1
Carbs (g)	50	17
Fiber (g)	15	5
Protein (g)	29	10



Tasty tip:

- Can be added to any casserole, sandwich, or dish for extra taste and crunch!
- To make extra anabolic, use a plant-based protein nut milk (I use unsweetened vanilla Silk 8g plant protein almond & cashew).

Directions

- 1 Preheat oven to 400°F (~205°C)
- 2 Remove the peel of the onion and slice the onion into rings to your desired thickness
- 3 Combine onions and almond milk in a container or bowl and let soak for 10-15 minutes. Drain and return onions to the bowl.
- 4 Grind the TVP into a powder-like consistency (using a coffee/spice grinder) Combine the ground TVP, salt and pepper
- 5 Sprinkle the onions with the TVP mixture and toss to coat the onions
- 6 Lightly spray the baking sheet and transfer the onions, spreading evenly. Bake, stirring once or twice (every 10-15 mins), until tender and crispy, about 25-30 minutes
- 7 Remove from the oven, let cool, and enjoy!



Blooming Onion



Vegetarian

Prep Time
10 MinutesReady In
30-40 MinutesDifficulty
Harder Than Last Time

Ah, the blooming onion. A very popular appetizer option among many restaurants. The problem? Regular blooming onions are breaded and fried in oil! My new anabolic blooming onion is loaded with protein and has all the crispy crunch you love, without the extra calories!

Ingredients

Makes 1 Serving

- 500g Spanish onion (250g per onion)
- 120g (½ cup) egg whites
- 5g (~1 clove) minced garlic
- 1.5g (~1 tsp) dried onion flakes
- 1.5g (~½ tsp) garlic powder
- 2g (~1 tsp) smoked paprika
- 16g (~3 5 tbsp) textured vegetable protein (TVP)

Entire Batch

Calories 330

Fat (g) 1

Carbs (g) 58

Fiber (g) 13

Protein (g) 28



Note: Some great dipping options are no sugar added ketchup or sugar-free BBQ sauce.

Directions

- 1 Preheat the oven to 375°F (190°C)
- 2 Start by cutting the onions. Remove the outer peels. Stand your onion stem side up.
- 3 Slice your onion in half without cutting through the base. Turn the onion a quarter turn and repeat this step so the onion is cut into quarters and the base is intact.
- 4 Mix the egg whites and spices all in a bowl, excluding the TVP. Flip the onion over and submerge the onion in the egg white mixture.
- 5 Place the onion on the parchment paper "root down", so the onion will unfold while cooking. Bake for 40 minutes or until golden brown.
- 6 After 20 minutes brush more of the egg white over the onion and continue to bake. You can do this a few times while the onion is cooking to add more protein to the onion.
- 7 10 minutes before you feel the onion is ready, sprinkle the TVP on top and cook for 10 more minutes.
- 8 Remove from the oven and transfer to a plate. Enjoy with dipping sauce.



Eggplant Circle Bites



Vegetarian

Prep Time
20 MinutesReady In
40-50 MinutesDifficulty
Medium

An amazing, high protein option featured in my Power 13 cookbook!

Ingredients

Makes 4 Servings

- 400g (1 serving) eggplant (weighed before drying)
- 80g (1/3 cup) egg whites
- 80g (~1¼ cups) textured vegetable protein (TVP)
- ~1 tbsp spices of choice (I personally like garlic, pepper, salt, garlic plus & vegetable spices)

Nutrition	Entire Batch	Per Serving
Calories	405	100
Fat (g)	1	0.2
Carbs (g)	48	12
Fiber (g)	27	7
Protein (g)	53	13



Note:

- When soaking the eggplant circles in the egg whites, the longer you leave them in, the better they'll be!
- The texture of the eggplant when ready should be crispy on the outside and softer on the inside.

Directions

- 1 Preheat the oven to 400°F (205°C)
- 2 Cut the eggplant widthwise into ½ inch thick circles (top and bottom can be sliced off and thrown out).
- 3 Fill a big bowl with water and a large amount of salt. The water should be salty like the ocean! Add your eggplant circles into the water, fully submerging them. Let soak for 5 minutes. Remove the eggplant circles and rinse well with cold water.
- 4 Line a colander with paper towel. Place the damp eggplant into the colander to dry and set aside
- 5 Place the TVP into a blender and grind for 10 seconds Mix/stir the TVP and spices together in a bowl with a fork.
- 6 Place parchment paper or aluminum foil on a baking sheet (if using aluminum foil make sure to spray it with cooking spray).
- 7 Poke the eggplant circles with a fork. Add the egg whites and eggplant into a sealable container and shake them until they've been coated evenly, then set aside
- 8 Dip the eggplant circles, covered in the egg whites, into the TVP/spices mixture, and ensure both sides are coated (just like breading chicken) Lay onto the baking sheet
- 9 Place on the middle rack of the oven and bake at 400°F (205°C) for 40 minutes Make sure to check after about 30 minutes Flip the eggplant halfway through (like cooking French fries).
- 10 Remove from the oven and let cool for a few minutes. Enjoy!





Dinner

Dinner

Cauliflower Pizza Crust

Prep Time



Gluten-free



Vegetarian



Ready In
1 Hour



Difficulty
Medium

Ingredients

Makes 6 Crusts (~7 inches each)

- 100g (~7/8 cup) self-raising flour
- 700g (3 cups) cooked cauliflower rice
- 180g (¾ cup) egg whites
- 250g (1 cup) 0% fat Greek yogurt
- 9g (1 tbsp) guar/xanthan gum
- 1.6g (~1 tsp) garlic powder
- 6g (~¼ tsp) kosher salt
- 0.7g (~½ tsp) oregano
- 0.7g (~½ tsp) dry basil

Nutrition

	Entire Batch	Per Serving
Calories	795	133
Fat (g)	14	2
Carbs (g)	109	18
Fiber (g)	9	2
Protein (g)	48	8

Directions

- 1 OPTIONAL: Prep cauliflower rice (*either see the recipe in this book on page 134 or purchase pre-cooked cauliflower rice.*)
- 2 Pre-heat the oven to 400°F (~205°C)
- 3 In a bowl mix flour, guar/xanthan gum, garlic powder, salt, oregano, and basil.
- 4 Add in the Greek yogurt and fold together to form a ball
- 5 In another bowl combine cooked cauliflower rice and egg whites. Mix well.
- 6 Add the cauliflower mixture to the flour mixture and combine well. You can use your hands or a hand blender
- 7 Let stand at room temperature for 20 minutes
- 8 Divide the mixture into six 150g portions (~7 inch crusts)
- 9 Line a baking sheet with parchment paper. Stretch one portion of the mixture into a 'circle'. The size will differ depending on how thick or thin you want your crust. You can fit multiple crusts on one baking sheet, leaving a small amount of space between them.
- 10 Bake at 400°F (~205°C) for 30-35 minutes or until lightly browned.
- 11 Remove from the oven and let cool for a few minutes. Repeat steps 9 and 10 until all crusts are baked

Suggested Pizza Recipes

2 Cauliflower Veggie Pizzas

- 2 cauliflower pizza crusts
- 55g (6 tbsp) pizza sauce (60 calories)
- 3 slices (or 57g shredded) fat-free cheese
- ½ serving veggies of your choice: peppers, onions, mushrooms, spinach, tomatoes (up to 50 calories)

Entire Batch

Calories	463
Fat (g)	7
Carbs (g)	65
Fiber (g)	11
Protein (g)	32

2 Cauliflower Meat Lovers Pizzas

- 2 cauliflower pizza crusts
- 55g (6 tbsp) pizza sauce (60 calories)
- 3 slices (or 57g shredded) fat-free cheese
- Meat of your choice up to 100g: chicken, cooked minced turkey or veggie meat (up to 50 calories)

Entire Batch

Calories	468
Fat (g)	8
Carbs (g)	55
Fiber (g)	7
Protein (g)	40

Dinner

"Flatout" Pizza with Bison



Prep Time
7 Minutes



Ready In
16 Minutes



Difficulty
Easy

Ingredients

Makes 2 Mini Pizzas

- 2 "Flatout" Rustic White Artisan Thin Pizza Crust or 2 thin pizza crusts of choice (up to 130 calories each)
- 2 slices OR 38g fat-free cheese (60 calories)
- 100g ground bison (measured cooked)
- 125g (½ cup) low-fat pizza sauce (up to 50 calories)
- Toppings of choice (up to 50 calories), peppers, onions, mushrooms, spinach
- Cooking spray
- Spices (to taste)

Nutrition	Entire Batch	1 Mini Pizza
Calories	620	310
Fat (g)	12	6
Carbs (g)	76	38
Fiber (g)	8	4
Protein (g)	54	27



Note: Use whatever low-calorie flatbread or wrap of your choice.

Directions

1 Heat a frying pan over medium heat Add cooking spray and sauté onions, mushrooms, and peppers Add ground bison and sauté until fully cooked

Toast the pizza crusts on a baking sheet in the oven or toaster oven at 350°F (~175°C) for 3 minutes Remove from the oven and let sit for a few minutes.

Add all ingredients to the flatbread except for the cheese. Place in oven for another 3 minutes

Place the cheese slices on the pizzas and place in the oven for 3 minutes Remove from the oven and enjoy the melted deliciousness



Dinner

"Golden Home" Protein Pizza with Beef



Prep Time
7 Minutes



Ready In
16 Minutes



Difficulty
Easy

Ingredients

Makes 1 Mini Pizza

- 1 "Golden Home" Ultra Thin Protein pizza crust (130 calories)
- 1 slice OR 19g shredded fat-free cheese (30 calories)
- 35g extra lean ground beef (measured cooked)
- 70g (¼ cup) pizza sauce (25 calories)
- Toppings of choice: peppers, onions, mushrooms, spinach

Directions

1 Heat a frying pan over medium heat Add cooking spray and sauté onions, mushrooms, and peppers Add ground beef and sauté until fully cooked

2 Toast "Golden Home" Ultra Thin Pizza Crusts at 350°F (~175°C) on a baking sheet for 3 minutes Remove from oven and let sit for a few minutes.

Add all ingredients to the crust except for the cheese Place in the oven for another 3 minutes

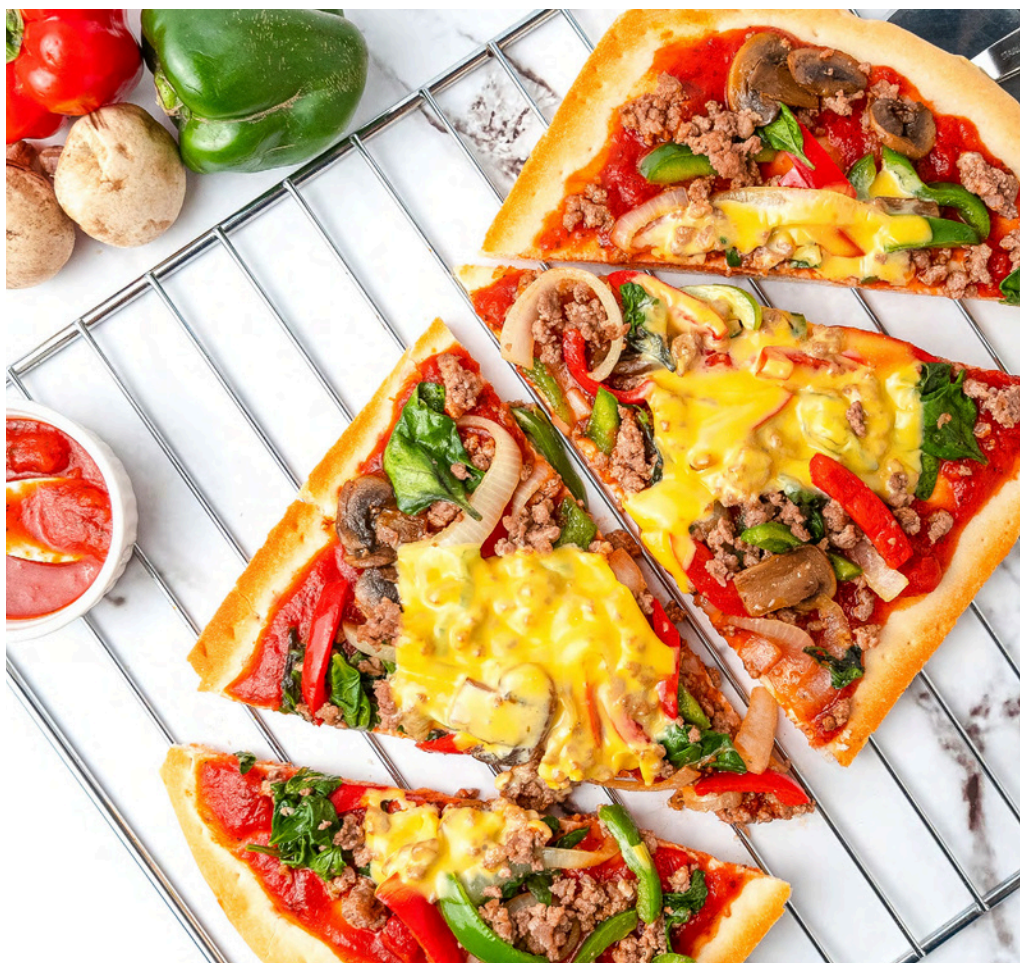
Place the cheese slices on the pizzas and place in the oven for 3 minutes Remove from the oven and enjoy this Golden homemade protein pizza

Nutrition Per Pizza

Calories	275
Fat (g)	4
Carbs (g)	39
Fiber (g)	5
Protein (g)	20



Note: Use whatever protein crust of choice.



Dinner

Hawaiian Protein Pizza Crust



Prep Time
15 Minutes



Ready In
40 Minutes



Difficulty
Harder Than Last Time

Pizza for the soul. Yes, I do think pineapple belongs on pizza! Perfect high protein pizza variation for keeping up with your super tasty low-calorie meals.

Ingredients

Makes 4 Mini Pizzas

- 1000g extra lean chicken breast
- 120g (~½ cup) egg whites
- 30g marble cheddar
- 1.5g (~1/4 tsp) garlic paste
- 0.7g (~½ tsp) oregano
- 0.4g (~½ tsp) pepper
- 1.7g (~¼ tsp) salt

Toppings

- 100g pizza sauce
- 50g fresh pineapple
- 30g turkey bacon
- 60g light mozzarella
- Fresh basil

Directions

- 1 Preheat the oven 450°F (230°C) Cut the chicken into pieces and
- 2 place in the food processor Add the spices, cheese, and egg whites
- 3 to the food processor. Blend for approximately 2 minutes, until the chicken has broken down and the cheese and spices are completely blended
- 4 Prepare a baking sheet with parchment paper. Divide the mixture into 4 portions and place each portion on the parchment paper
- 5 Dampen your hands with tap water. Push the mixture down, creating a nice thin and circular-shaped crust
- 6 Place the tray into the oven and cook them for 15 minutes or until the chicken is fully cooked
- 7 Take the pizza crust out of the oven and top it with your favorite pizza toppings Don't forget the pineapple!
- 8 Place the pizzas back into the oven and cook them for 10 more minutes or until the cheese looks nice and crispy
- 9 Serve with fresh basil and enjoy.

Nutrition	Entire Batch	1 Mini Pizza
Calories	1550	387
Fat (g)	39	10
Carbs (g)	27	7
Fiber (g)	3.5	1
Protein (g)	276	69



Dinner

Anabolic Meat Lasagna



Prep Time
30 Minutes



Ready In
80 Minutes



Difficulty
Harder Than Last Time

Ingredients

Makes 6 Servings

- 2 cans (16 oz) Palmini low carb lasagna sheets
- 8 slices fat-free cheese (or 152g shredded fat-free cheese) (240 calories)
- 1 X 500g bag frozen spinach (weighed frozen), thawed and drained
- 250g zucchini, sliced lengthwise
- 500g (2 cups) 0% fat cottage cheese
- 455g 93% lean ground turkey/chicken (measured raw)
- 1000g (4 cups) pasta sauce of choice (up to 50 calories per 125g)
- 60 ml (¼ cup) water
- 125g onion, diced
- 2 tsp minced garlic or 2 garlic cloves, minced

Nutrition	Entire Batch	Per Serving
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Calories	2074	346
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Fat (g)	52	9
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Carbs (g)	149	25
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Fiber (g)	30	5
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Protein (g)	219	37
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Note: This lasagna is a staple in my freezer. It reheats like fresh out of the oven!

Directions

- 1 Pre-heat the oven to 400°F (204°C) Spray a 9 x 13 inch (22 cm x 33 cm) casserole dish with cooking spray. Boil Palmini lasagna sheets for about 5
- 2 minutes to soften them Sauté garlic and onions in a pan over medium-
- 3 high heat until golden brown. Remove from the burner, transfer into a bowl, and set aside. In the same pan, cook the lean ground turkey until
- 4 fully cooked When fully cooked, remove from the pan, drain/rinse out any excess fat, and add to the bowl of onions and garlic. Add pasta sauce
- 5 along with 60ml (¼ cup) water to the turkey mixture and mix well. Mix or blend 0% fat cottage cheese and spinach (thawed and drained). Spread ¼
- 6 cup of the turkey sauce on the bottom of the casserole dish (this is a very thin layer, it won't cover the entire dish).

A Place about 12 Palmini sheets over the sauce

B Lay half of the zucchini on top of the Palmini lasagna sheets

C Spread half of the cottage cheese/spinach mix on top of the zucchini

D Spread 1/3 of the pasta sauce mix over the cottage cheese/spinach.

E Repeat steps A-D one more time

Lay the last 12 Palmini lasagna sheets and spread the remaining pasta sauce on them, and top with 8 fat-free cheese slices. Spray the

- 7 underside of tin foil with cooking spray (prevents sticking to the cheese) and cover the lasagna Be sure to "tent" the foil so that there's space between the cheese and the foil (you don't want the cheese to stick to the foil when baking). After 40 minutes, remove the foil and bake for
- 8 another 10 minutes (to brown the cheese). Remove the lasagna from the oven and let cool for 5 minutes before cutting and serving

9



Dinner

Classic Meat Lasagna



Prep Time
30 Minutes



Ready In
80 Minutes



Difficulty
Harder Than Last Time

Ingredients

Makes 6-8 Servings

- 9 regular ass lasagna noodles
- 8 slices fat-free cheese (or 152g shredded fat-free cheese) (240 calories)
- 1 X 500g bag frozen spinach (weighed frozen), thawed and drained
- 250g zucchini, sliced lengthwise
- 455g low-fat ricotta cheese
- 455g 93% lean ground turkey/chicken (measured raw)
- 1000g (4 cups) pasta sauce of choice (up to 50 calories per 125g)
- 80 ml (1/3 cup) water
- 125g onion, diced
- 2 tsp minced garlic or 2 garlic cloves, minced

Nutrition	Entire Batch	6 Servings	8 Servings
Calories	2770	462	346
Fat (g)	72	12	9
Carbs (g)	314	52	39
Fiber (g)	41	7	5
Protein (g)	223	37	28

Directions

- 1 Pre-heat the oven to 400°F (~205°C) Spray a 9 x 13 inch (~22 cm x 33 cm) casserole dish with cooking spray.
- 2 Sauté garlic and onions in a pan over medium-high heat until golden brown. Remove from the burner, transfer into a bowl, and set aside
- 3 In the same pan, cook the lean ground turkey until fully cooked. When fully cooked, remove from the pan and add to the bowl of onions & garlic, along with 80ml (1/3 cup) of water. Add pasta sauce to the turkey mixture and mix well.
- 4 In a separate bowl, mix ricotta cheese and spinach (thawed and drained)
- 5 Spread ¼ cup of the turkey sauce on the bottom of the casserole dish (this is a very thin layer, it won't cover the entire dish).
A Place 3 lasagna noodles over the sauce
B Lay half of the zucchini on top of the noodles
C Spread half of the ricotta cheese/spinach mix on top of the zucchini
D Spread 1/3 of the pasta sauce mix over the ricotta.
E Repeat steps A-D one more time
- 6 Lay the last 3 lasagna noodles and spread the remaining pasta sauce on them, and top with 8 fat-free cheese slices. Spray the underside of tin foil with cooking spray (prevents sticking to the cheese) and cover the lasagna. Be sure to "tent" the foil so that there's space between the cheese and the foil (you don't want the cheese to stick to the foil when baking). After 40 minutes,
- 8 remove the foil and bake for another 10 minutes (to brown the cheese). Remove the lasagna from the oven and let cool for 5
- 9 minutes before cutting and serving



Dinner

Anabolic Veggie Lasagna



Gluten-free



Vegetarian



Prep Time
30 Minutes



Ready In
80 Minutes



Difficulty
Harder Than Last Time

Ingredients

Makes 6 Servings

- 2 cans (16 oz) Palmini low carb lasagna sheets
- 8 slices fat-free cheese (or 152g shredded fat-free cheese) (240 calories)
- 1 X 500g bag frozen spinach (weighed frozen), thawed and drained
- 250g zucchini, sliced lengthwise
- 500g (2 cups) 0% fat cottage cheese
- 330g Yves Veggie Ground Round (or equivalent veggie ground beef of choice up to 360 calories)
- 1000g (4 cups) pasta sauce of choice (up to 50 calories per 125g) (1/2 cup)
- 60 ml (¼ cup) water
- 125g onion, diced
- 2 garlic cloves, minced

Nutrition	Entire Batch	Per Serving
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Calories	1754	292
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Fat (g)	18	3
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Carbs (g)	182	30
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Fiber (g)	41	7
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Protein (g)	194	32
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Note: If you can't purchase Yves Ground Round in your country, go for a similar product local to you. US customers may opt for Gardein products. Always be sure to re-calculate the calorie information if you opt for a different product.

Directions

- 1 Pre-heat the oven to 400°F (~205°C) Spray a 9 x 13 inch (~22 cm x 33 cm) casserole dish with cooking spray. Boil Palmini lasagna
- 2 sheets for about 5 minutes to soften them Sauté garlic and
- 3 onions in a pan over medium-high heat until golden brown. Remove from the burner, transfer into a bowl, and set aside In a separate bowl, mix OR blend 0% fat cottage cheese and spinach
- 4 (thawed and drained). Spread ¼ cup of the veggie meat sauce on the bottom of the casserole dish (this is a very thin layer, it won't
- 5 cover the entire dish)

A Place about 12 Palmini sheets over the sauce

B Lay half of the zucchini on top of the Palmini lasagna sheets

C Spread half of the cottage cheese/spinach mix on top of the zucchini

D Spread a third of the pasta sauce mix over the cottage cheese/ spinach

E Repeat steps A-D one more time

- 6 Lay the last 12 Palmini lasagna sheets and spread the remaining pasta sauce on them, and top with 8 fat-free cheese slices. Spray
- 7 the underside of tin foil with cooking spray (prevents sticking to the cheese) and cover the lasagna Be sure to "tent" the foil so that there's space between the cheese and the foil (you don't want the cheese to stick to the foil when baking). Put casserole dish in
- 8 preheated oven to bake After 40 minutes, remove the foil and bake for another 10 minutes (to brown the cheese) Remove the lasagna from the oven and let cool for 5 minutes before cutting
- 9 and serving



Dinner

Classic Veggie Lasagna



Vegetarian



Prep Time
30 Minutes



Ready In
80 Minutes



Difficulty
Harder Than Last Time

Ingredients

Makes 6-8 Servings

- 9 regular ass lasagna noodles
- 8 slices fat-free cheese (or 152g shredded fat-free cheese) (240 calories)
- 1 X 500g bag frozen spinach (weighed frozen), thawed and drained
- 250g zucchini, sliced lengthwise
- 455g low-fat ricotta cheese
- 330g Yves Veggie Ground Round (or equivalent veggie ground beef of choice up to 360 calories)
- 1000g (4 cups) pasta sauce of choice (up to 50 calories per 125g) (½ cup)
- 80g (~1/3 water)
- 125g onion, diced
- 2 garlic cloves, minced

Nutrition	Entire Batch	6 Servings	8 Servings
Calories	2540	408	306
Fat (g)	37	6	5
Carbs (g)	347	58	43
Fiber (g)	52	9	7
Protein (g)	198	33	25



Note: When Ally and I come home from a vacation, Ally loves to see the freezer stacked up with extra batches of veggie lasagna.

Directions

- 1 Pre-heat the oven to 400°F (~205°C) Spray a 9 x 13 inch (~22 cm x 33 cm) casserole dish with cooking spray. Sauté garlic and onions on a pan over medium-high heat until golden brown. Remove the onions and garlic and add them to a bowl along with the veggie meat and pasta sauce, then add 80ml etc (1/3 cup) of water. In a separate bowl, mix ricotta cheese and spinach (thawed and drained) Spread ¼ cup of the veggie meat sauce on the bottom of the casserole dish (this is a very thin layer, it won't cover the entire dish)

A Place 3 lasagna noodles over the sauce

B Lay half of the zucchini on top of the noodles

C Spread half of the ricotta cheese/spinach mix on top of the zucchini

D Spread 1/3 of the pasta sauce mix over the ricotta.

E Repeat steps A-D one more time

- 5 Lay the last 3 lasagna noodles and spread the remaining pasta sauce on them, and top with 8 fat-free cheese slices. Spray the underside of tin foil with cooking spray (prevents sticking to the cheese) and cover the lasagna Be sure to "tent" the foil so that there's space between the cheese and the foil (you don't want the cheese to stick to the foil when baking). Put casserole dish in preheated oven to bake After 40 minutes, remove the foil and bake for another 10 minutes (to brown the cheese) Remove the lasagna from the oven and let cool for 5 minutes before cutting and serving



Dinner

Baked Lemon Garlic Salmon with Asparagus



Gluten-free



Prep Time
10 Minutes



Ready In
30 Minutes



Difficulty
Medium

Ingredients

Makes 6 Servings

- 1000g (35 oz) salmon filet
- 1000g asparagus spears
- 500g yellow onion, dice or sliced
- 1-2 tsp minced garlic (or 2 garlic cloves, minced)
- 2 lemons (1 for slices and one for zest)
- Spices: kosher salt, black pepper, (to taste)
- 2g (~1 tsp) fresh dill, chopped

Nutrition	Entire Batch	Per Serving
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Calories	2560	425
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Fat (g)	120	20
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Carbs (g)	94	16
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Fiber (g)	25	4
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Protein (g)	246	41
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Note: The cooking time will vary depending on the thickness of the salmon. If you have a thinner cut of salmon (around 1 inch) then check several times while baking to ensure the salmon does not overcook.

Directions

- 1 Preheat the oven to 450°F (~230°C)
- 2 Prepare a baking sheet with parchment paper and add the asparagus. Lightly coat the asparagus with cooking spray, then sprinkle minced garlic, onions, lemon zest, and salt & pepper and shake the baking sheet to mix them up
- 3 Lay a tin foil sheet flat on the counter and place the salmon filet skin down on the sheet. Sprinkle and rub the dill and salt & pepper onto the filet. Arrange lemon slices on top of the salmon.
- 4 Gently fold the foil around and on top of the filet until completely sealed
- 5 Transfer the filet onto the baking sheet, making sure the asparagus is not underneath but on each side of the filet.
- 6 Bake the salmon for 15-20 minutes or until the salmon is cooked through at its thickest part
- 7 Remove the baking sheet from the oven Carefully open the foil being aware of the hot steam.
- 8 Use tongs to portion the asparagus onto plates. Then with a knife, cut the filet into 6 servings. With a spatula, place each portion of filet onto the plate beside the asparagus. Arrange the lemon slices as desired & enjoy!



Dinner

Chicken Cacciatore



Gluten-free



Prep Time
15 Minutes



Ready In
30 Minutes



Difficulty
Medium

Ingredients

Makes 4 Servings

- 300g (11oz) chicken breast, boneless and skinless, cut in 1-inch cubes
- 700g tomato, diced
- 200g yellow onion
- 200g celery, diced
- 200g white mushrooms, sliced
- 4 garlic cloves, minced
- 500g (~500 ml) chicken broth
- 156g (1 small can 2/3 cup) tomato paste
- Salt and pepper to taste

Directions

- 1 Heat a nonstick skillet over medium-high heat. Spray with cooking spray and add the chicken breast. Sear the chicken on all sides.
- 2 Add the chicken broth to the skillet with all the remaining ingredients and stir well.
- 3 Bring the mixture to a rolling boil, then cover with a lid and reduce to a low simmer. Continue to cook on medium-low heat for 20 minutes. After 20 minutes, remove the lid and raise the temperature to medium-high. Cook for 5 minutes to reduce the liquid in the skillet and form a thick sauce. You want the sauce to be slightly thick. The dish is supposed to be almost like a stew.
- 4 Remove from the heat and transfer the chicken cacciatore to a bowl. Garnish with fresh chopped parsley, serve and enjoy!

Nutrition	Entire Batch	Per Serving
Calories	1020	255
Fat (g)	14	4
Carbs (g)	108	27
Fiber (g)	29	7
Protein (g)	117	29



Prep tip: To make a more filling recipe add 1 litre of broth rather than 500 ml. This will increase the portion size without adding calories, helping you feel more full. Also it will keep "ghrelin" from punching you in the face and making you want to eat!



Dinner

New Age Chicken Nuggets



Gluten-free



Prep Time
20 Minutes



Ready In
15 Minutes



Difficulty
Medium

Perfectly golden and crispy on the outside, and juicy on the inside Plus they are freezer-friendly, so feel free to prep a large batch

Ingredients

Makes 2 Servings

- 300g lean chicken breast
- 60g (1/4c) egg whites
- 2 4g (~1 tsp) onion salt
- Pepper to taste
- 60g (~4/5 cup) textured vegetable protein (TVP)

Nutrition	Entire Batch	Per Serving
Calories	623	312
Fat (g)	7	3.5
Carbs (g)	27	14
Fiber (g)	11	6
Protein (g)	107	53



Prep tip:

- The air fryer is my favorite method for reheating these, because they can re-crisp again. Air fry them at 350°C for 5 minutes, flipping halfway through.
- The microwave is my least favorite way for reheating since they get a soft texture.

Tasty tip: I really like eating these nuggets with a side of Spaghetti N' Cheese (see page 101).

Directions

- 1 In a coffee grinder add the TVP and onion salt, and blend until it is fully broken down. Set aside in a container.
- 2 Add the rest of the ingredients into the food processor and blend it for about 2 minutes
- 3 Prepare a baking sheet or the air fryer basket
- 4 Dampen your hands under tap water and divide the mixture into 8 equal parts Shape each part into a nugget
- 5 One by one, place a nugget into the container of TVP, coat on all sides, and place on the sheet or in the basket
- 6 Air fry or bake the nuggets for 10-15 minutes at 360°C, or until golden brown.
- 7 Pair with your favorite potato recipe and sugar-free ketchup. Enjoy!



Dinner

Citrus Tilapia, Shrimp & Vegetables



Gluten-free



Prep Time
15 Minutes



Ready In
30 Minutes



Difficulty
Medium

Ingredients

Makes 5 Servings

- 850g (30oz) tilapia filet (measured raw)
- 425g (15oz) shrimp, peeled and deveined (measured raw)
- 550g zucchini, cut into strips
- 550g green cabbage, shredded
- 300g tomatoes, diced
- 550g yellow squash, cut into strips
- 300g carrots, cut into strips
- 5 garlic cloves, minced
- 50g yellow onion, minced
- Zest and juice of 5 lemons
- Salt & pepper to taste
- 75 ml (5 tbsp) water

Nutrition	Entire Batch	Per Serving
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Calories	1880	380
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Fat (g)	26	5
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Carbs (g)	148	30
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Fiber (g)	41	8
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Protein (g)	285	57
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Note: You can use any low-fat white fish if you don't have access to tilapia. In Canada, you can make this recipe with haddock or cod. Use whatever white fish is local to your area.

Directions

1 Heat a skillet over medium-high heat. Spray with cooking spray. Add all of the vegetables, and toss with salt and pepper. Once the vegetables are mostly cooked, add the shrimp and sauté until mostly cooked

Pre-heat the oven to 400°F (~205°C). Spray a baking sheet with cooking spray, and then lay the tilapia flat on the baking sheet.

3 Pour lemon juice and zest over the fillets.

4 Transfer the sautéed vegetables and shrimp to the top of the tilapia fillets.

5 Place all in the oven for 8-12 minutes, or until the tilapia is fully cooked

6 Remove the fish and vegetables from the oven, and plate and serve Enjoy!



Dinner

High Protein Breadcrumbs Substitute



Gluten-free



Prep Time
15 Minutes



Ready In
20 Minutes



Difficulty
Easy

This crispy oven-fried fish will be your favorite. The fish comes out flaky and juicy in the interior, with a nice crunchy coating on the exterior

Ingredients

Makes 4 Servings

- 500g of haddock *skinless protein of choice
- 30g (~2/5 cup) textured vegetable protein (TVP)
- 60g Whisps cheese crisps (320 calories)
- Salt and pepper to taste

Nutrition

	Entire Batch	Per Serving
Calories	845	211
Fat (g)	26	7
Carbs (g)	11	3
Fiber (g)	0	0
Protein (g)	123	31

Directions

- 1 Place the fish over paper towels, dry it well, and then season it with a pinch of salt and pepper Set aside
- 2 In a coffee grinder add the TVP and Whisps, and blend until it is fully broken down. Transfer to a shallow container or a food tray.
- 3 Pre-heat the air fryer to 400°F and prepare an air fryer tray
- 4 To bread the fish, place the pieces one by one into the dry mixture, carefully flip it over and toss again. Shake off any excess and place in the air fryer
- 5 Air fry the fish for 15 minutes.
- 6 Remove from the air fryer, pair with your favorite side, and serve.



Prep tip:

- The air fryer is my favorite method for cooking these but there are NO RULES! If you don't have access to a fryer, bake them at 380°F for 20 minutes, flipping them halfway through.
- Use a measuring cup or a spoon to pound the breading onto the fish.
- When I am dieting hardcore, I like replacing the Whisps with 60g of Shake n Bake, which decreases the calories.

Tasty tip: I love pairing this recipe with a side of Dill Weed Dip (see page 95) and Blooming Onion (see page 114).

Light Version Substitutions

- 500g of haddock *skinless protein of choice
- 30g textured vegetable protein (TVP)
- 60g shake n Bake
- Salt and pepper to taste

Nutrition

	Entire Batch	Per Serving
Calories	750	189
Fat (g)	7	2
Carbs (g)	54	14
Fiber (g)	0	0
Protein (g)	102	26



Dinner

NuPasta Chicken Stir Fry



Gluten-free



Prep Time
10 Minutes



Ready In
25 Minutes



Difficulty
Easy

Ingredients

Makes 1 Small Serving

- 1 package of NuPasta (35 calories)
- 125g (½ cup) pasta sauce (up to 60 calories)
- 90g chicken breast (measured cooked)
- ½ serving veggies (50 calories) *(see page 210)*
- Spices/condiments to taste
- Cooking spray

Nutrition Small Serving

Calories 320

Fat (g) 6

Carbs (g) 33

Fiber (g) 15

Protein (g) 33

Large Version Substitutions

- 1 package of NuPasta (35 calories)
- 195g (¾ cup) pasta sauce (up to 90 calories)
- 180g chicken breast (cooked)
- 1 full serving of veggies (100 calories) *(see page 210)*

Nutrition Large Serving

Calories 555

Fat (g) 9

Carbs (g) 48

Fiber (g) 22

Protein (g) 65

Directions

- 1 Prepare NuPasta according to package instructions, and set aside
 - 2 Heat a pan over medium heat. Spray pan with cooking spray. Add veggies and chicken to pan and sauté until everything is cooked through. Add spices to taste.
- Add cooked NuPasta and pasta sauce to the pan and sauté all together for a few minutes.
- Serve and eat altogether in a bowl.



Pasta Variations: Chicken & Beef

Ingredients	Calories	Fat (g)	Carbs (g)	Fiber (g)	Protein (g)
Pedon MORE THAN Pasta with Chicken & Tomato Sauce (Small) <ul style="list-style-type: none"> • 50g Pedon MORE THAN Pasta (up to 165 calories) • 65g (1/4 cup) pasta sauce (up to 30 calories) • ¼ serving veggies of choice (up to 25 calories) (<i>see page 210</i>) • 45g chicken breast (cooked) 	325	5	43	7	27
Pedon MORE THAN Pasta with Chicken & Tomato Sauce (Medium) <ul style="list-style-type: none"> • 85g Pedon MORE THAN Pasta • 85g (1/3 cup) pasta sauce (up to 40 calories) • ½ serving veggies of choice (up to 50 calories) (<i>see page 210</i>) • 70g chicken breast (cooked) 	515	7	71	12	45
Pedon MORE THAN Pasta with Chicken & Tomato Sauce (Large) <ul style="list-style-type: none"> • 100g Pedon MORE THAN Pasta • 125g (1/2 cup) pasta sauce (up to 60 calories) • ½ serving veggies of choice (up to 50 calories) (<i>see page 210</i>) • 70g chicken breast (cooked) 	585	7	83	14	48
Pedon MORE THAN Pasta with Beef & Tomato Sauce (Small) <ul style="list-style-type: none"> • 50g Pedon MORE THAN Pasta (up to 165 calories) • 65g (1/4 cup) pasta sauce (up to 30 calories) • ¼ serving veggies of choice (up to 25 calories) (<i>see page 210</i>) • 35g extra-lean ground beef (cooked) 	320	6	43	7	24
Pedon MORE THAN Pasta with Beef & Tomato Sauce (Medium) <ul style="list-style-type: none"> • 85g Pedon MORE THAN Pasta • 85g (1/3 cup) pasta sauce (up to 40 calories) • ½ serving veggies of choice (up to 50 calories) (<i>see page 210</i>) • 55g extra-lean ground beef (cooked) 	510	8	71	12	39
Pedon MORE THAN Pasta with Beef & Tomato Sauce (Large) <ul style="list-style-type: none"> • 100g Pedon MORE THAN Pasta • 125g (1/2 cup) pasta sauce (up to 60 calories) • ½ serving veggies (up to 50 calories) (<i>see page 210</i>) • 55g extra-lean ground beef (cooked) 	580	9	83	14	42



Tasty tip: For a cheesier taste add 1-2 cheese slices, and make sure to include the macros.

Dinner

Prosciutto-Wrapped Stuffed Chicken & Veggies



Gluten-free



Prep Time
20 Minutes



Ready In
20 Minutes



Difficulty
Harder Than Last Time

Ingredients

Makes 4 Servings

- 440g (~15oz) chicken breast, boneless and skinless (raw)
- 4 slices (56g, 120 calories) prosciutto
- 600g spinach
- 300g red bell pepper, diced
- 4 garlic cloves, minced
- Salt, pepper and Italian seasoning (to taste)
- 125 ml (½ cup) water (to sauté veggies)

Nutrition	Entire Batch	1 Serving
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Calories	840	210
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Fat (g)	16	4
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Carbs (g)	44	11
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Fiber (g)	20	5
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Protein (g)	140	35
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Note: If the chicken breast weighs less, add small pieces of chicken on top until you have the correct amount.

Directions

- 1 Preheat the oven to 375°F
- 2 Place the red bell peppers, spinach, garlic, and water in the pan and cook over medium-high heat
- 3 Steam the veggies until the water has evaporated, then turn off the heat
- 4 Slice the chicken breast horizontally in half, creating an opening, but do not cut all the way through. Season the chicken on both sides with salt, pepper and Italian seasoning to taste.
- 5 Lay the chicken on a flat surface with the prosciutto on the bottom and chicken on the top
- 6 Stuff the opening of the chicken with the steamed veggies.
- 7 Carefully fold the prosciutto over the stuffed chicken to seal everything inside. Place on a baking sheet open side down. Repeat this until you have all of your chicken stuffed, folded, and on the baking sheet
- 8 Bake in the oven for 20 minutes
- 9 Once the chicken is fully cooked remove from the oven, place on a dish, and eat slower then last time!!



Dinner

Swedish Meatballs



Prep Time
20 Minutes



Ready In
40 Minutes



Difficulty
Harder Than Last Time

Ingredients

Makes 23 Small Meatballs (or 23 Servings)

- 900g (32 oz) lean ground turkey or beef, raw
- 160g panko breadcrumbs
- 960 ml beef broth
- 30g (~4 tbsp) corn starch
- 60g (~4 tbsp) water
- 1-2 tsp of the following spices (to taste): salt, black pepper, garlic powder, onion powder, ground cinnamon, nutmeg
- ½ tsp clove (ground)

Nutrition	Entire Batch	1 Meatball
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Calories	2150	95
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Fat (g)	78	3
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Carbs (g)	168	7
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Fiber (g)	5	0
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Protein (g)	194	8
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Note: I prefer my meatballs smaller so i'll make 23 small balls from this batch, but you might like bigger balls, so make fewer bigger balls if you like.

Directions

- 1 Preheat the oven to 400°F (~205°C) In a large bowl, add the ground turkey, breadcrumbs, and spices Mix together thoroughly to make sure the turkey meat gets all the seasonings
- 2 Using an ice cream scoop, portion out the meatball mixture as desired Form the balls in your hands by rolling them back and forth. Place them on a baking sheet tray that has been coated with cooking spray
- 3 Bake the meatballs in the oven for 20 minutes or until they are cooked all the way through, or have an internal temperature of 165°F (~74°C) Remove them from the oven and set aside to rest
- 4 In a skillet, add the beef broth and heat over high heat While the broth is heating up, mix the cornstarch and water together in a small bowl.
- 5 Once the beef broth is boiling, add the cornstarch/water mixture and whisk constantly until the sauce thickens slightly.
- 6 Reduce the heat to a low simmer and add the meatballs.
- 7 Once the sauce has thickened and the meatballs are covered in the gravy, transfer to a serving bowl and garnish with fresh chopped parsley. Serve with toothpicks so people can eat one at a time Enjoy!



Dinner

Cauliflower Rice



Gluten-free



Vegetarian



Prep Time
10 Minutes



Ready In
1 Hour



Difficulty
Easy

Ingredients

Makes 3 Cups

- 700g cauliflower
- 4 liters water

Entire Batch

Calories 175

Fat (g) 1

Carbs (g) 37

Fiber (g) 18

Protein (g) 14



Note:

- You can purchase either frozen or fresh cauliflower rice from many stores. If you're lazy, you can just use those!!
- You can use this instead of rice or potatoes in any meal for more fiber, less calories, and more protein than last time!

Directions

- 1 Bring a large pot of water to a boil. Add the cauliflower and cook until it is soft enough to stick a fork through
- 2 Remove the cauliflower from the pot and strain in a collander to dry Let stand for about 10 minutes
- 3 Place the cauliflower in a blender and blend on high until it is shredded into little pieces
- 4 Once cool to touch, wrap the cauliflower in cheesecloth, twist and squeeze out any additional liquid Repeat this process until there is no more moisture coming off of the cloth.



Dinner

Cauliflower Mashed Potatoes



Gluten-free



Vegetarian



Prep Time
10 Minutes



Ready In
30 Minutes



Difficulty
Medium

Ingredients

Makes 8 Servings

- 900g (2 lbs or ~6 medium) potatoes
- 900g (2 lbs) cauliflower florets
- 230g (1 cup) fat-free sour cream
- 9g (~3 tbsp) guar gum or xanthan gum
- 8g (2 tsp) baking powder
- Spices to taste
- Salt

Optional garnish

- 1 tbsp chives or scallions, diced potatoes

Entire Batch

Calories 150

Fat (g) 1

Carbs (g) 33

Fiber (g) 8

Protein (g) 5

Light Version Substitutions

- 450g (1 lb) potatoes
- 450g (1 lb) cauliflower florets
- 6g (2 tsp) guar/xanthan gum
- 8g (2 tsp) baking powder (makes it thicker)

Light Version

Calories 90

Fat (g) 0

Carbs (g) 19

Fiber (g) 4

Protein (g) 3

Directions

1. Boil 4 liters (or 4 quarts) of water with salt over high heat. Once water starts to boil, reduce heat to medium to bring the water to a simmer. Add the potatoes and leave in pot until fully cooked through. Drain in a colander and add to blender (I like to use my Ninja blender!).
2. Separately, cook the cauliflower in a boiling pot of water. Drain in a colander and add to blender.
3. Add baking powder, spices, half of the fat-free sour cream, and guar gum to blender and pulse blend until smooth.
4. Serve with the remaining fat-free sour cream and any preferred spices and garnish.



Dinner

Egg White Fries



Gluten-free



Vegetarian



Prep Time
10 Minutes



Ready In
45 Minutes



Difficulty
Medium

Ingredients

Makes 1 Serving

- 175g white potatoes or 115g sweet potatoes
- 120g (½ cup) egg whites
- Salt and pepper (to taste)

Optional

- Any spices you desire (garlic powder, vegetable seasoning, Club House, seasoning salt)

Directions

- 1 Pre-heat the oven to 400°F (~205°C)
- 2 Cut the potatoes lengthwise into fries. Place in a large bowl.
- 3 Pour the egg whites over the cut potatoes. Sprinkle with salt and pepper, and any additional seasonings you desire
- 4 Place parchment paper on a baking sheet. Spray with cooking spray for 1 second, and then place the potato fries on the sheet
- 5 Remove from the oven and flip the potatoes. Allow to cool down and enjoy!

Nutrition Per Serving

Calories	330
Fat (g)	1
Carbs (g)	61
Fiber (g)	8
Protein (g)	2



Note: Choose sweet or white potatoes, whatever you desire!



Dinner

Inside-Out Baked Potatoes



Gluten-free



Vegetarian



Prep Time
10 Minutes



Ready In
45 Minutes



Difficulty
Medium

Ingredients

Makes 1 Serving

- 300g white potato (1 large potato)
- 120g (½ cup) 0% fat Greek yogurt
- 45g (3 tbsp) salsa
- 1 slice (19g shredded) fat-free cheese (30 calories)
- 50g deli meat of choice (50 calories), chopped
- 1 tbsp sliced green onion
- Salt & pepper (to taste)

Nutrition Per Serving

Calories 450

Fat (g) 4

Carbs (g) 74

Fiber (g) 8

Protein (g) 32

Directions

- 1 Pre-heat the oven to 350°F (~175°C)
- 2 Slice the potatoes in half and cook in the microwave until fully cooked You may also bake in the oven until completely cooked
- 3 Scoop out the white part of the potato and place into a separate bowl. Make sure the skin remains intact.
- 4 In the bowl containing the scooped potato, add Greek yogurt, salsa, cheese, and chopped deli meat. Mix well.
- 5 Spray a baking sheet with cooking spray and place the potato half skins on it Spoon the potato mixture back into each of the potato skins, and place the baking sheet in the oven for 10 minutes
- 6 Remove from the oven and serve. Top with green onion, cheese and salt & pepper if desired



Dinner

Vegan Pad Thai



Vegan



Prep Time
30 Minutes



Ready In
40 Minutes



Difficulty
Medium

Lower in calories and higher in protein than regular Pad Thai, so you can eat more than last time!

Ingredients

Makes 2 Servings

- 420g NuPasta - Fettucini
- 200g (~½ serving) bell peppers, red, orange, yellow
- 125g carrots, shredded
- 125g red onion
- 100g snow peas
- 30g bean sprouts
- 170g tofu, soft

Sauce Ingredients:

- 9g (~1 tbsp) garlic powder
- 6g (~1 tbsp) onion powder
- 6g (~1 tbsp) ground ginger
- 28g (¼ cup) plant-based egg (I used Vegg Power Scramble)
- 24g (4 tbsp) powdered peanut butter (PB2)
- 30g (2 tbsp) water
- ⅓ cup (80g) vegetable stock
- 30g (2 tbsp) rice wine vinegar
- 15g (1 tbsp) fresh lime juice
- 45g (3 tbsp) low-calorie maple syrup
- 30g (2 tbsp) soy sauce
- 15g (~1 tbsp) minced garlic
- 12g (1 tbsp) minced ginger

Directions

1. Cut the onions and bell peppers into thin slices.
2. Spray a large skillet/wok and bring it to a medium heat.
3. Add the onions to the skillet/wok and cook until tender. Add the remaining veggies and let cook until all vegetables are soft to the touch.
4. Cut the tofu into pieces (size of choice).
5. Add the tofu and strained NuPasta to the skillet/wok and fold veggies into the pasta (do not mix vigorously as that will break the pasta).
6. Lower the heat to medium-low and continue cooking.
7. In a separate bowl mix together all the ingredients for the sauce, and pour over the vegetables in the skillet/wok. Fold the veggies, sauce and pasta together.
8. Let marinate in the skillet/wok for 10 minutes (or eat right away if you would like).



Note:

- If you're missing 1 or 2 liquid ingredients, don't worry! The recipe will still taste great. There are no rules in the anabolic kitchen. Feel free to make small adjustments to portion sizes and ingredients.
- For more volume, double the recipe and use 840g of NuPasta.

Nutrition	Entire Batch	Per Serving
Calories	720	360
Fat (g)	15	7
Carbs (g)	110	55
Fiber (g)	32	16
Protein (g)	56	28



Dinner

Bean Chili



Vegan



Prep Time
10 Minutes



Ready In
30 Minutes



Difficulty
Medium

Whether you're relaxing and watching your favorite show, or eating as a family on a cold winter day, this hearty bean chili is sure to satisfy!

Ingredients

Makes 5 Servings

- 250g (1 serving) onion
- 10g (~2 tsp) minced garlic
- 1 can (398 ml/14 oz) black beans
- 1 can (398 ml/14 oz) red kidney beans
- 1 can (796 ml/28 oz) crushed tomatoes
- (1 package) chili seasoning
- 23g (~1½ tbsp) chipotle purée
- 1 tbsp (15 g) rice vinegar
- 180g (¾ cup) water
- 225g (1/2 serving) mushrooms (50 cal)
- 175g (~½ serving) bell peppers (any color)
- 36g (½ cup) textured vegetable protein (TVP)
- Cooking spray

Optional:

- Fat-free sour cream (to taste)
- Salsa (to taste)
- Chopped cilantro (to taste)

Directions

- 1 Lightly spray a medium-sized pot with cooking spray and heat over medium heat. Add the onion, TVP, garlic, mushrooms, and bell peppers to the pot. Cook until everything becomes tender.
- 2 Strain and rinse the beans well.
- 3 Add the beans, crushed tomatoes, chili seasoning and ½ cup of water into the pot. Bring them to a boil, then reduce the heat and simmer for ~10 minutes, stirring occasionally, to blend flavors.
- 4 Stir in the chipotle purée, rice vinegar and add salt/pepper to taste.
- 5 Let simmer for ~15-20 minutes (If you have time, you can simmer longer than 20 minutes as it can help increase flavor). Serve in a bowl with your choice of optional toppings and enjoy!



Note: If missing chipotle chili purée or rice vinegar, it's still ok, you can sub an extra 1/2 package of chili seasoning.

Nutrition	Entire Batch	Per Serving
Calories	1375	275
Fat (g)	9	2
Carbs (g)	248	50
Fiber (g)	66	13
Protein (g)	76	15

Dinner

Vegan Inside-Out Baked “Podado”



Vegan



Prep Time
15 Minutes



Ready In
30 Minutes



Difficulty
Medium

Ingredients

Makes 1 Serving

- 300g (~1 large) potato
- 125g (~1/2 cup) 0% fat-free oat-based vegan yogurt
- 45g (3 tbsp) salsa
- 5g (~1 tbsp) nutritional yeast
- 50g veggie ground meat
- 10g green onion
- Salt (to taste)
- Pepper (to taste)

Nutrition Per Serving

Calories 360

Fat (g) 2

Carbs (g) 65

Fiber (g) 10

Protein (g) 20



Note: Cook in bulk making 4-6 servings. This will give you leftovers and save you time!

Directions

- 1 Preheat the oven to 350°F (~175°C)
- 2 Slice the potato in half, and cook in the microwave for 5 minutes, or until fully cooked
- 3 Take a spoon and gently scoop out the white part of the potato and place into a separate bowl. Make sure the skin remains intact while doing this (kind of like scooping out an avocado)
- 4 In the bowl containing the scooped potato, add vegan yogurt, salsa, nutritional yeast, and veggie ground meat. Mix well.
- 5 Spray a baking sheet with cooking spray, and place the hollow potato half skins on it
- 6 Spoon the potato mixture back into each of the potato skins and place the baking sheet in the oven for 10 minutes
- 7 Remove from the oven and serve. Top with green onions, salt and pepper (if desired)



Dinner

Vegan Stuffed Peppers



Vegan



Prep Time
20 Minutes



Ready In
50 Minutes



Difficulty
Harder Than Last Time

These stuffed peppers are filled with a delicious blend of veggies, veggie ground meat, and seasoning that is sure to impress!

Ingredients

Makes 4 Servings

- 390g veggie ground meat
- ~500g (4) large bell pepper (any colour or mixed)
- 48g (~2/3 cup) textured vegetable protein (TVP)
- 190g (~¾ cup) tomato sauce
- 75g mushrooms
- 75g spinach
- 50g cauliflower rice
- 125g (½ serving) onions
- 2 5g (1 tsp) pre-minced garlic
- 1g crushed basil
- Any seasoning of choice (to taste)
- Salt (to taste)
- Pepper (to taste)
- Cooking spray

Nutrition	Entire Batch	Per Serving
Calories	1000	250
Fat (g)	12	3
Carbs (g)	113	28
Fiber (g)	41	10
Protein (g)	120	30



Note:

- *Vegan cheese is a great optional topping for this dish.*
- *If you aren't vegan, you can add 38g of fat-free shredded cheese/fat-free cheese slices, parmesan, or feta if desired (calories not calculated in the macros).*

Directions

- 1 Preheat the oven to 375°F (190°C) Cut the tops off the peppers and
- 2 clean out the core leaving you with a hollow pepper (resembling a bowl). Cut the remaining pieces of the tops of the peppers into small pieces
- 3 Dice the yellow onions into small cubes and mince the garlic (see cooking for morons)
- 4 In a pan or microwave, heat the veggie ground meat and place in a bowl.
- 5 Sauté onion and garlic for 5 minutes then add all additional vegetables to the pan Once the vegetables are soft add the veggie ground meat, tomato sauce, TVP, and seasonings of choice
- 6 Portion the mixture into each pepper. Place into a dish that will keep the peppers standing up right (a loaf pan works best).
- 7 Bake for 25 minutes, take out of the oven, and let stand for a few minutes to cool before eating (it's hot, don't burn the roof of your mouth)



Dinner

Vegan Stuffed Tomatoes



Vegan



Prep Time
20 Minutes



Ready In
30-40 Minutes



Difficulty
Harder Than Last Time

You've probably had stuffed peppers, maybe even stuffed mushrooms. But, have you ever had stuffed tomatoes? Now is your chance! This dish has a delicious vegetarian combination of flavours that work perfectly together, all while being united by a flavorful baked tomato.

Ingredients

Makes 6 Tomatoes

- 1500g (~6) large tomatoes
- 340g veggie ground meat
- 48g (~2/3 cup) textured vegetable protein (TVP)
- 10g chopped parsley
- Vegan cheese of choice (up to 180 cals)
- Vegan parmesan (to taste up to 40 cals)
- Pepper (to taste)
- Salt (to taste)

Directions

- 1 Preheat the oven to 350°F (~175°C)
- 2 Grind your TVP into a semi fine powder (use a coffee/spice grinder).
- 3 Cut a thin slice off the top of the tomatoes.
- 4 Gently scoop the pulp from the tomatoes and place it in a bowl. Place the tomato shells upside down on a paper towel to allow any excess liquid to drain
- 5 Mix the veggie ground meat, tomato pulp, parmesan cheese, cheddar cheese, salt, and pepper until evenly mixed (~20-30 seconds)
- 6 Fill the tomatoes with the stuffing mixture and top with parsley.
- 7 Place the tomatoes in a baking dish and cover with aluminum foil.
- 8 Bake until tomatoes are tender and stuffing is hot (~20 minutes).

Nutrition	Entire Batch	1 Tomato
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Calories	1140	190
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Fat (g)	27	5
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Carbs (g)	119	20
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Fiber (g)	42	7
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Protein (g)	108	18
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Note:

- You can also make this higher in protein and vegetarian by using regular low-fat cheese.
- Eat on its own as a meal or combine with other vegan sides.



Dinner

Sweet “Podado” Casserole



Vegan



Prep Time
30 Minutes



Ready In
~1 Hour



Difficulty
Medium

Stuck between sweet and savory for your next meal? Look no further! If you don't know why the title says “podado” do you even watch YouTube?

Ingredients

Makes 3 Servings

- 720g sweet potato
- 48g (⅔ cup) textured vegetable protein (TVP)
- 125g (½ cup) pineapple, crushed/ canned
- 30g (2 tbsp) vegetable broth
- Salt (to taste)
- Pepper (to taste)

Nutrition	Entire Batch	Per Serving
Calories	840	280
Fat (g)	1	0.2
Carbs (g)	173	58
Fiber (g)	30	10
Protein (g)	36	12



Prep tip:

- To make a higher protein and more filling meal, as a side, add 100 calories of any high protein vegetable of choice. I like asparagus, mushrooms or bok choy (not included in macros).
- You can use ½ sweet potatoes and ½ regular potatoes if desired.

Directions

1. Preheat the oven to 350°F (~175°C).
2. Peel the sweet potatoes, cut them in half and boil until soft.
3. Strain the water and mash thoroughly. With a blender or a hand masher.
4. In a large pot, add vegetable broth, the crushed pineapple, and 24g of the TVP. Add salt and pepper to your desired taste.
5. Add the mashed sweet potato to the broth mixture and mash again until smooth.
6. Transfer into an oven safe dish and top with the remaining TVP.
7. Place in the oven and bake for 30 minutes.
8. Remove from the oven and cut into thirds. Serve on a plate with your choice of sides and enjoy!



Dinner

Vegan Black Bean Burgers



Vegan



Prep Time
15 Minutes



Ready In
40 Minutes



Difficulty
Harder Than Last Time

This recipe is so simple and delicious. Make it once and it will have a permanent place in your weekly routine. Make them on a BBQ or in the oven for a quick and tasty meal

Ingredients

Makes 6 Servings including Buns

- 6 regular ass hamburger buns
- 540 ml can (~360g drained) black beans
- 20g fresh parsley
- 60g bell peppers (red, orange and/or yellow)
- 30g red onion
- 70g yellow onion
- 87g (3/4 cup) vegan ground beef
- 60g (1/4 cup) tomato sauce
- 6g (2 tsp) guar gum
- 7g (~2 tsp) liquid smoke
- 2.5g (~1/2 tsp) salt
- 1.5g (3/4 tsp) black pepper
- 1.5g (~1/2 tsp) garlic powder
- 120g lettuce
- 150g tomatoes
- Condiments of choice (10 cals per burger)
- Optional: vegan cheese

Directions

- 1 Preheat the oven to 375°F (190°C), and prepare a baking sheet with parchment paper
- 2 Drain and rinse the canned black beans and chop the parsley, onion and peppers
- 3 In a food processor, add all of your ingredients except for the lettuce, tomato, condiments and vegan cheese and blend for 1 minute. Scrape down the sides and blend it again for 30-60 seconds.
- 4 Once the mixture is fully combined, scoop 1/6 of the mixture and place it gently on the baking sheet. You can shape the patty using your fingers. Continue this process until you have 6 patties on your baking sheet
- 5 Bake the patties for 25 minutes. Let them cool for a few minutes. Add to a bun/lettuce bun if desired, and top with lettuce, tomato, condiments, and vegan cheese (optional)



Note:

- You can use 6g of agar agar rather than guar gum if desired.
- I use Gardein vegan ground beef (if using a different vegan ground beef adjust calories accordingly).
- The Green Dip ([see page 87](#)) and/or Vegan Cheese Sauce ([see page 88](#)) would be a great addition to the burger.

Nutrition

	Entire Batch	Burger with Bun	Burger without Bun
Calories	1330	220	110
Fat (g)	14	2	1
Carbs (g)	246	41	20
Fiber (g)	42	7	6
Protein (g)	67	11	8



Dinner

Vegetarian Pad Thai



Vegetarian



Prep Time
30 Minutes



Ready In
40 Minutes



Difficulty
Harder Than Last Time

Give this Pad Thai a try! It's lower in calories and higher in protein than regular Pad Thai!

Ingredients

Makes 2 Servings

- 420g NuPasta - Fettucini
- 200g (~1/2 serving) bell peppers (red, orange, yellow)
- 125g carrots (shredded)
- 125g red onion
- 100g snow peas
- 30g bean sprouts
- 170g soft tofu

Sauce Ingredients

- 9g (~1 tbsp) garlic powder
- 6g (~1 tbsp) onion powder
- 6g (~1 tbsp) ground ginger
- 180g (¾ cup) egg whites
- 24g (4 tbsp) powdered peanut butter (PB2)
- 30g (2 tbsp) water
- 1/3 cup (80g) vegetable stock
- 30g (2 tbsp) rice wine vinegar
- 15g (1 tbsp) fresh lime juice
- 45g (3 tbsp) low-calorie maple syrup
- 30g (2 tbsp) soy sauce
- 12g (1 tbsp) Worcestershire sauce
- 15g (1 tbsp) minced garlic

Directions

- 1 Cut up the veggies
- 2 Spray a large skillet/wok and bring it to a medium heat.
- 3 Add the onions to the skillet/wok and cook until tender. Add the remaining veggies and let cook until all vegetables are soft to the touch Cut the tofu into pieces (size of choice) Add the tofu and
- 4 strained NuPasta to the skillet/wok and fold
- 5 veggies into the pasta (do not mix vigorously as that will break the pasta)
- 6 Lower the heat to medium-low and continue cooking.
- 7 In a separate bowl mix together all the ingredients for the sauce, and pour over the vegetables in the skillet/wok. Fold the veggies, sauce and pasta together
- 8 Let marinate in the skillet/wok for 10 minutes (or eat right away if you would like).



Note: If you're missing 1 or 2 liquid ingredients, don't worry! The recipe will still taste great. There are no rules in the anabolic kitchen.

Nutrition	Entire Batch	Per Serving
Calories	695	345
Fat (g)	13	6
Carbs (g)	108	54
Fiber (g)	32	16
Protein (g)	55	28



Dinner

Veggie Shepherd's Pie



Vegetarian



Prep Time
20 Minutes



Ready In
1 Hour



Difficulty
Harder Than Last Time

Shepherd's pie comes from England and is traditionally made with lamb. In North America we normally serve our shepherd's pie with beef (some call this cottage pie). I like to make my shepherd's pie with veggie ground.... It still tastes amazing and both myself and Ally enjoy this meatless variation as much as the regular version

Ingredients

Makes 4 Servings

- 390g veggie ground meat
- 250g (~1 cup) tomato sauce
- 200g (4/5 cup) egg whites
- 125g (½ cup) vegetable broth
- 750g potatoes
- 400g (1 serving) cauliflower
- 125g (1/2 serving) onion
- 5g (~1 clove) garlic
- 300g frozen carrots, peas, and corn mix
- 30g (2 tbsp) sugar-free BBQ sauce
- 47g (~1 package) shepherd's pie seasoning mix
- Salt & pepper (to taste)
- Cooking spray

Nutrition	Entire Batch	Per Serving
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Calories	1250	310
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Fat (g)	3	1
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Carbs (g)	319	80
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Fiber (g)	50	13
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Protein (g)	76	19
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Tasty tip: I like it with Portobello Patties (see page 149) and of course no sugar added ketchup.

Directions

- 1 Preheat the oven to 350°F (~175°C)
- 2 Peel and boil the potatoes, and cut, clean and boil the cauliflower. Next, place both into a blender and set aside (do not blend yet!)
- 3 Cut the onions, mince the garlic, and add them to a pan
- 4 Heat the pan over medium heat and sauté until lightly browned. Add the frozen vegetables (carrots, peas and corn) to the pan and heat for 5-7 minutes
- 5 Lower the heat to medium-low and add the veggie ground meat to the pan, lightly folding the meat and vegetables together
- 6 Add the vegetable broth, tomato sauce, 1/2 of the egg whites (100g) and seasonings to taste. Let sit on low heat for 5 minutes.
- 7 Spray a casserole dish with cooking spray and spread the veggie meat mixture from the pan evenly into the dish
- 8 Place in the oven for 10-15 minutes (this will allow the mixture to form on the bottom of the casserole dish)
- 9 Remove from the oven, spread (with a spoon or basting brush) the bbq sauce over the veggie meat mixture, and let stand
- 10 Blend the potatoes, cauliflower, remaining half of the egg whites (100g), add salt and pepper to taste until smooth
- 11 Spread the potato mixture evenly over the veggie meat layer and place back in the oven for 30 minutes, or until the top of the potatoes are lightly browned.
- 12 Remove from the oven and let stand for 10 minutes before serving



Dinner

Inside-Out Baked “Podado”



Vegetarian



Prep Time
15 Minutes



Ready In
30 Minutes



Difficulty
Medium

Turn your baked podadoes into a high protein delicacy

Ingredients

Makes 1 Serving

- 300g (~1 large) potato
- 125g (~1/2 cup) 0% fat-free Greek yogurt
- 45g (3 tbsp) salsa
- 49g (1 slice) fat-free cheese or shredded equivalent
- 50g veggie ground meat
- 10g green onion
- Salt (to taste)
- Pepper (to taste)

Nutrition Per Serving

Calories 405

Fat (g) 2

Carbs (g) 61

Fiber (g) 8

Protein (g) 34



Prep tip:

- If using fat-free cheese slices, you may place the cheese on the bottom of the hollowed-out potato skins before spooning the mixture on top.
- Cook in bulk (make ~5 servings). You'll have these available for days!

Directions

- 1 Preheat the oven to 350°F (~175°C)
- 2 Slice the potato in half and cook in the microwave for 5 minutes, or until fully cooked
- 3 Take a spoon and gently scoop out the white part of the potato and place into a separate bowl. Make sure the skin remains intact while doing this (kind of like scooping out an avocado)
- 4 In the bowl containing the scooped potato, add yogurt, salsa, and veggie ground meat. Mix well.
- 5 Spray a baking sheet with cooking spray and place the hollow potato half skins on it
- 6 Spoon the potato mixture back into each of the potato skins and place the baking sheet in the oven for 10 minutes
- 7 Remove from the oven and serve. Top with green onions, salt and pepper (if desired)



Dinner

Vegetarian Black Bean Burgers



Vegetarian



Prep Time
15 Minutes



Ready In
45 Minutes



Difficulty
Medium

A can of black beans is one of those foods that always seems to be lurking in the back of your pantry. If you need a new and improved way to use it up, try this black bean protein burger.

Ingredients

Makes 5 Servings (Including Buns)

- 540 ml can (~360g drained) black beans
- 60g bell peppers (red, orange and/or yellow)
- 60g red onion
- 75g mushrooms
- 120g (½ cup) egg whites
- 5 regular ass hamburger buns
- Seasonings of choice (to taste)
- 1 7g (~¼ tsp) salt
- 1 5g (¾ tsp) black pepper
- 1.5g (~½ tsp) garlic powder
- 2 5g (~2 ½ tsp) parmesan and herb seasoning mix

Toppings

- 120g lettuce/spinach
- 150g tomato
- Veggies of choice
- No sugar-added ketchup (to taste)
- Mustard (to taste)

Directions

- 1 Preheat oven to 350°F (~175°C) Drain and rinse the canned black beans, and set them aside in a microwave safe bowl.
- 2 Microwave the beans for 45-60 seconds and place in a blender or food processor. Add the egg whites, peppers, mushrooms, and onions Blend on high until the beans are broken and mixed thoroughly (~20 sec)
- 3 Place parchment paper on a cookie sheet Using a ½ cup measuring utensil, scoop out a serving of the mixture, form it into a patty and place on the parchment paper And repeat 4 times
- 4 Bake for 30-35 minutes, until the patties hold shape
- 5 Let cool for a few minutes before building your bean burger on the bun



Note:

- You can use any vegetables you wish.
- To lower calories, feel free to omit the buns and eat as a lettuce bun burger.
- Serve with a high protein side, or have a parfait for dessert to get all the protein you need.

Nutrition	Entire Batch	Burger with Bun	Burger without Bun
Calories	1060	210	100
Fat (g)	10	2	0.5
Carbs (g)	198	40	19
Fiber (g)	28	6	5
Protein (g)	58	12	9



Dinner

Portobello Patties



Vegetarian



Prep Time
15 Minutes



Ready In
30 Minutes

Difficulty
Harder Than Last Time

These veggie burgers are easy to make and a great alternative to beef that even meat lovers would enjoy. Eat them as is, or add a bun with some vegetables to make a veggie burger!

Ingredients

Makes 4 Servings

- 225g (~4) portobello mushrooms
- 80g (1/3 cup) egg whites
- 84g fat-free feta cheese (or 76g / 4 fat-free cheese slices)
- 36g (~1/2 cup) textured vegetable protein (TVP)
- 25g (~2 tbsp) balsamic vinegar
- 30g (2 tbsp) soy sauce
- 10g (~1 tbsp) dry vegetable soup mix
- 10g (~2 cloves) garlic
- 0 4g (~1/2 tsp) pepper
- 0 7g (~1/2 tsp) oregano

Nutrition

	Entire Batch	1 Patty
Calories	400	105
Fat (g)	1	0 3
Carbs (g)	41	11
Fiber (g)	10	2
Protein (g)	54	14



Note:

- You can BBQ these patties. If you do, a grilling sheet works best.
- You can also eat this as a burger. (Make sure you calculate calories of the bun).

Directions

- 1 Preheat the oven to 350°F (~175°C)
- 2 Spray an oven safe dish with cooking spray.
- 3 Place the portobello mushrooms in the dish right side up Gently wiggle and remove the stems with your fingers. This makes pockets that will help hold the mixture.
- 4 In a separate bowl, mix together the egg whites, soy sauce, balsamic vinegar, garlic, vegetable soup mix, pepper, and oregano
- 5 Completely cover the tops of the mushrooms with TVP.
- 6 Slowly pour the mixture over each of the mushrooms and allow the liquid to soak into them Keep as much as possible on top of the mushrooms without spilling into the pan.
- 7 Bake for ~15 minutes (If using fat-free feta, add to the mushrooms before cooking If using fat-free cheese slices, cook for ~10 minutes, remove the mushrooms from the oven, add the fat-free cheese and cook for another ~5 minutes)
- 8 Remove from the oven and serve as a side dish, or add a bun and turn it into a veggie burger Enjoy!



Dinner

Mushroom and Pea Risotto



Vegetarian



Prep Time
35 Minutes



Ready In
45-60 Minutes



Difficulty
Medium

Risotto may sound intimidating but this one is pretty easy. Creamy rice without the cream, filled with all the goodies I love!

Ingredients

Makes 8 Servings

- 10g fresh garlic or garlic paste
- 250g Spanish onions
- 150g (¾ cup) arborio rice
- 900 ml mushroom broth
- 796 ml (2 can) small peas
- 284 ml (1 can) low-fat cream of mushroom soup
- 450g chopped mushrooms of any kind, fresh or canned (no rules in this kitchen)
- 60g (~1/2 cup) light parmesan cheese
- 6-8g (~1 tsp) salt
- 2g (~1/2 tsp) pepper to taste
- Cooking spray

Nutrition

	Entire Batch	Per Serving
Calories	1525	190
Fat (g)	25	3
Carbs (g)	235	29
Fiber (g)	39	5
Protein (g)	86	11



Prep tip: Risotto thickens over time so it is even better the next day!

For cheesier risotto add an additional 40g of light parmesan. It will only add 150 calories to the recipe.

Pro tip: for this dish is the Prosciutto-Wrapped Stuffed Chicken & Veggies (see page 132).

Directions

- 1 Wash the arborio rice in a strainer under cold tap water, making sure you have removed all dust
- 2 Preheat a large saucepan (at least 12 inches) over medium heat. Spray with cooking spray.
- 3 Add the garlic and onions and cook until the onions are soft and translucent, for approximately 3 minutes
- 4 Place all of the mushrooms in the pan, add salt, and stir. Cook them until some of the water has been released, and they shrink to about half of the size
- 5 Add the rice and the cream of mushroom soup and stir well.
- 6 Slowly add all of the broth into the pan and stir until everything is combined
- 7 Once the broth is boiling, reduce the heat to low and cover with a lid. Let it cook for 20 minutes
- 8 Turn off the stove. Remove the lid, add the 3P's (pepper, peas, and parmesan) and stir well. Cover again and let it sit for 15-30 more minutes

Transfer to a plate, and enjoy! Or you can let it cool, transfer it to an airtight container, and store it in the fridge



Dinner

Mushroom Butternut Squash Risotto

Difficulty



Vegetarian



Prep Time
35 Minutes



Ready In
45-60 Minutes



Ingredients

Makes 8 Servings

- 10g fresh garlic or garlic paste
- 250g Spanish onions
- 150g (¾ cup) arborio rice
- 900 ml mushroom broth
- 822 ml (2 cans) asparagus
- 284 ml (1 can) butternut squash purée
- 450g chopped mushrooms of any kind, fresh or canned (no rules in this kitchen)
- 60g (~1/2 cup) light parmesan cheese
- 6-8g (~1 tsp) salt
- 2g (~1/2 tsp) pepper to taste
- Cooking spray

Nutrition	Entire Batch	1 Serving
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Calories	1256	157
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Fat (g)	10	1
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Carbs (g)	212	26
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Fiber (g)	30	4
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Protein (g)	66	8
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Prep tip: Risotto thickens over time so it is even better the next day!

For cheesier risotto add an additional 40g of light parmesan. It will only add 150 calories to the recipe

Tasty tip: My go to for this dish are The Swedish Meatballs (see page 133).

Directions

- 1 Wash the arborio rice in a strainer under cold tap water, making sure you have removed all dust
- 2 Preheat a large saucepan (at least 12 inches) over medium heat
Spray with cooking spray.
- 3 Add the garlic and onions and cook until the onions are soft and translucent, for approximately 3 minutes
- 4 Place all of the mushrooms in the pan, add salt, and stir Cook them until some of the water has been released, and they shrink to about half of the size
- 5 Add the rice and the butternut squash purée and stir well.
- 6 Slowly add all of the broth into the pan and stir until everything is combined
- 7 Once the broth is boiling, reduce the heat to low and cover with a lid Let it cook for 20 minutes
- 8 Turn off the stove. Remove the lid, add the PAP (pepper, asparagus, and parmesan) and stir well. Cover again and let it sit for 15-30 more minutes
- 9 Transfer to a plate, and enjoy! Or you can let it cool, transfer it to an airtight container, and store it in the fridge



Dinner

Feta and Beet Risotto



Vegetarian



Prep Time
30 Minutes



Ready In
45-60 Minutes



Difficulty
Medium

Ingredients

Makes 8 Servings

- 10g fresh garlic or garlic paste
- 250g Spanish onions
- 150g (¾C) arborio rice
- 900 ml vegetable broth
- 796 ml (2 cans) small peas
- 284 ml (1 can) cream of celery soup
- 398g canned diced beets
- 90g (~4 5 tbsp) light feta
- Cooking spray
- Salt and pepper to taste

Nutrition	Entire Batch	1 Serving
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Calories	1511	189
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Fat (g)	25	3
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Carbs (g)	246	31
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Fiber (g)	43	5
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Protein (g)	75	9.5
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Prep tip: Risotto thickens over time so it is even better the next day!

For cheesier risotto add an additional 40g of light parmesan. It will only add 150 calories to the recipe

Tasty tip: I also like making this risotto with mushrooms.

Feel free to experiment with some of your favorite vegetables, and don't forget to add the extra calories to the macros.

My go to for this risotto is the New Age Chicken Nuggets, (see page 127).

Directions

- 1 Wash the arborio rice in a strainer under cold tap water, making sure you have removed all dust
- 2 Preheat a large saucepan (at least 12 inches) over medium heat. Spray with cooking spray.
- 3 Add the garlic and onions and cook until the onions are soft and translucent, for approximately 3 minutes
- 4 Add the rice and the cream of celery soup and mix well.
- 5 Slowly add the broth into the pan, and stir until everything has combined
- 6 Once the broth is boiling, reduce the heat to low and cover with a lid. Let it cook for 20 minutes
- 7 Turn off the stove. Remove the lid, add the 3P's (pepper, peas and parmesan), the diced beets and stir well. Cover again and let it sit for 15-30 more minutes

Transfer to a plate, and enjoy! Or you can let it cool, transfer it to an airtight container, and store it in the fridge



Dinner

Eggy Protein Rice



Gluten-free



Prep Time
25 Minutes



Ready In
35 Minutes



Difficulty
Easy

Perfect for that time of day after work and before dinner, for late night snacks, or to accompany the main course. I eat this eggy rice all the time It's quick, tasty, and anabolic

Ingredients

Makes 4 Servings

- 180g (~1C) basmati rice
- 22 8g (2 cubes) chicken bouillon
- 1000g (~4C) fat free egg creations, cheese and chives
- Pepper to taste

Nutrition	Entire Batch	1 Serving
Calories	1260	315
Fat (g)	10	3
Carbs (g)	300	75
Fiber (g)	0	0
Protein (g)	134	33



Prep tip: If you are dieting add more egg whites to make this recipe extra anabolic or if you are in a calorie surplus add more rice. Just remember to adjust the extra calories in the macros

Tasty tip: You can add all types of veggie combos to this. I'll let you choose from your favorite ones. You won't be disappointed!

Directions

- 1 Wash the rice in a colander under cold tap water.
- 2 Place the rice, bouillon, and water in a pot and bring it to a boil, no lid
- 3 Reduce the heat and simmer for 15 minutes
- 4 Remove from the heat and let it sit, covered for 10 minutes then fluff with a fork.
- 5 Preheat a frying pan and lightly spray it with cooking oil.
- 6 Pour the egg whites in and let them cook until the eggs are firm, not runny Remove from the heat
- 7 With a spatula, break up the egg whites, and mix in with the cooked rice. Season with pepper.
- 8 Serve with your favorite vegetables, protein or eat it by itself.





Treats & Snacks

Apple Cinnamon Protein Rice Cakes



Gluten-free



Vegetarian

Prep Time
10 MinutesReady In
15 MinutesDifficulty
Easy

Ingredients

Makes 6 Cakes

- 6 plain rice cakes
- Sliced apples (¾ serving ~1 medium sized apple) (I use a Granny Smith apple)
- 34g (1 scoop) **Chocolate**
- **Whey Protein Powder**
(or whey+casein of choice)
- 12g (2 tbsp) powdered peanut butter (PB2)
- 30 ml (2 tbsp) water
- 1 packet (or 2 tsp) sweetener
- Cinnamon to taste

Directions

- 1 Mix the protein powder and powdered peanut butter in a bowl. Slowly add water to make a thick consistency. Add sweetener if you desire more sweetness like I do.
- 2 Spread the mixture over the rice cakes
- 3 Wash the apple and cut into thin slices and place on top of the rice cake
- 4 Sprinkle with cinnamon. Enjoy!

Nutrition	Entire Batch	1 Cake
Calories	485	81
Fat (g)	7	1
Carbs (g)	80	13
Fiber (g)	10	1.5
Protein (g)	35	6



Chocolate PB Chilled Rice Cakes



Vegetarian

Prep Time
10 MinutesReady In
15 MinutesDifficulty
Easy

Ingredients

Makes 3 Cakes

- 3 plain rice cakes
- 17g (½ scoop) **Chocolate Whey Protein Powder** (or whey+casein of choice)
- 12g (2 tbsp) powdered peanut butter (PB2)
- 30 ml (2 tbsp) water

Optional

- 1 packet (2 tsp) sweetener
- Add 30g bananas, apples or strawberries

Directions

- 1 Mix the chocolate protein powder and peanut butter powder in a bowl. Add water slowly to make a liquid paste consistency. (You may add a packet of sweetener if you prefer a very sweet taste).
- 2 Spread the mixture over the rice cakes
- 3 Place on a plate and put in the freezer for approximately 10-15 minutes
- 4 Remove from the freezer and top with fresh sliced strawberries, bananas, or apples Enjoy!

Nutrition Per Serving	Banana Rice Cake	Strawberry Rice Cake	Apple Rice Cake
Calories	275	255	265
Fat (g)	3	3	3
Carbs (g)	38	34	36
Fiber (g)	3	3	3
Protein (g)	22	22	22



Treats

Chocolate PB Banana Rice Cakes



Vegetarian



Prep Time
10 Minutes



Ready In
20 Minutes



Difficulty
Easy

Ingredients

Makes 1 Serving

- 4 plain rice cakes
- 110g (1 serving) banana
- 12g (2 tbsp) powdered peanut butter (PB2)
- 17g (½ scoop) **Chocolate Whey Protein Powder** (or whey+casein of choice)
- Water (to desired thickness)

Optional

- 1 packet (2 tsp) sweetener

Directions

- 1 Set the rice cakes on a plate Mix chocolate protein powder and
- 2 powdered peanut butter in a bowl. Add water slowly to make a liquid paste consistency (add one packet of sweetener if you desire sweetness, I like it sweet).
- 3 Spread the chocolate protein and powdered peanut butter mix over the rice cakes
- 4 Top the rice cakes with thinly sliced banana.

Nutrition	Entire Batch	1 Cake
Calories	360	90
Fat (g)	3	0.75
Carbs (g)	76	19
Fiber (g)	3	0.75
Protein (g)	23	6



Blueberry Protein Cookies



Gluten-free



Vegetarian

Prep Time
15 MinutesReady In
30 MinutesDifficulty
Easy

Who doesn't love blueberries? And protein? And cookies?! Need I say more? Feast your taste buds on these delicious blueberry protein cookies. With almost 20 grams of protein for 2 cookies, how could you go wrong with this tasty delight?

Ingredients

Makes 12 Cookies • 180g (1½

cups) oat flour

• 102g (3 scoops) **Vanilla**

Whey+Casein Protein Powder
(or whey+casein of choice)

• 250g (1 cup) 0% fat Greek yogurt

• 135g (¾ serving) fresh blueberries

• 125 ml (½ cup) low-calorie maple
syrup

• 5g (1 tsp) vanilla extract

• 4g (1 tsp) baking powder

• 5g (1 tsp) baking soda

• 1 tsp salt

Directions

1 Preheat the oven to 350°F (~175°C) and spray a baking sheet with cooking spray

2 In a bowl, mix all the dry ingredients together well. In a separate bowl, mix all the wet ingredients together well. Add the wet ingredients to the dry ingredients and combine until fully mixed throughout. Fold in the blueberries and mix gently.

3 Place small spoonfuls of the batter on the baking sheet 1-2 inches (3-5cm) apart. Place in the oven and bake for 8-10 minutes or until the cookies begin to turn golden brown. Remove from the oven and allow the cookies to cool down for 10 minutes before serving.

Nutrition	Entire Batch	1 Cookie
Calories	1360	113
Fat (g)	20	1.6
Carbs (g)	167	14
Fiber (g)	22	2
Protein (g)	132	11



Chocolate Brownie Cookies



Vegetarian

Prep Time
10 MinutesReady In
20 MinutesDifficulty
Easy

Ingredients

Makes 10 Brownies

• Whisk wet

- 1 large egg
- 48g (½ cup) powdered peanut butter (PB2) mix with 90g (¾ cup) water
- 6 packets (¼ cup) sweetener
- 30g (2 tbsp) unsweetened applesauce

• Mix dry

- 50g (~1½ scoops)
Chocolate Whey Protein Powder (or whey+casein of choice)
- 16g (~2 tbsp) self-rising flour
- 20g (¼ cup) cocoa powder
- 5g (1 tsp) baking soda

• Mix-ins

- 30g (2 tbsp) mini sugar-free chocolate chips

Directions

- 1 Preheat the oven to 350°F (~175°C)
- 2 In a bowl, whisk together all the wet ingredients.
- 3 In another bowl, mix the dry ingredients together.
- 4 Gradually add the dry ingredients into the wet and mix thoroughly until smooth. Then add in the chocolate chips.
- 5 Using a spoon, drop 10 cookies onto parchment/splat mat (the cookies will spread a little).
- 6 Bake for 6-8 minutes. Depending on your protein, the cooking time may vary. It's best to undercook so they are fudgy.
- 7 Let them cool slightly and put on a cooling rack to prevent cookies from continuing to bake or dry out.

Nutrition	Entire Batch	1 Cookie
Calories	800	80
Fat (g)	34	3
Carbs (g)	73	7
Fiber (g)	22	2.2
Protein (g)	70	7



Note: To make less calories and more protein, use (1/4 cup) egg whites instead of the whole egg!



Fudgy Chocolate Cookies



Vegetarian

Prep Time
15 MinutesReady In
10 MinutesDifficulty
Easy

Ingredients

Makes 8 Cookies

Whisk wet

- 60g (¼ cup) egg whites
- 72g (¾ cup) powdered peanut butter (PB2) mix with 125g (½ cup) water
- 4 packets (~ 3 tbsp) sweetener
- 45g (3 tbsp) unsweetened applesauce

Mix dry

- 50g (~1½ scoops) **Chocolate Whey+Casein Protein Powder** (or whey+casein of choice)
- 16g (~2 tbsp) self-rising flour
- 20g (¼ cup) cocoa powder
- 5g (1 tsp) baking soda

Mix-ins

- 15g mini sugar-free chocolate chips

Directions

- 1 Preheat the oven to 350°F (~175°C) and spray a baking sheet with cooking spray
2. In a bowl, mix all the dry ingredients together with a fork or a whisk. In a separate bowl, mix all the wet ingredients together. Combine ½ of the dry into the wet ingredients and repeat this process two more times. Fold in the mini chocolate chips.
3. Scoop the batter using an ice cream scoop or a measuring cup onto a baking sheet. Make sure to space at least 1-2" apart.
4. Place in the oven and bake for 7-10 minutes or until the cookies are golden brown.
5. Remove from the oven and allow the cookies to cool down for 10 minutes before serving.



Nutrition	Entire Batch	1 Cookie
Calories	675	84
Fat (g)	15	1.5
Carbs (g)	93	12
Fiber (g)	50	6
Protein (g)	82	10

Cinnamon Raisin Loaf



Gluten-free



Vegetarian

Prep Time
15 MinutesReady In
40 MinutesDifficulty
Easy

Ingredients

Makes 12 Squares

- 180g (¾ cup) egg whites
- 570g (2⅓ cup) unsweetened apple sauce
- 12 packets (~1½ cup) sweetener
- 300g (~9½ scoops) **Whey Protein Powder** (or whey of choice)
- 120g raisins
- 7.5g (1½ tsp) baking powder
- ~4g (¾ tsp) baking soda
- 8g (~1 tbsp) cinnamon
- 0.8g (~¼ tsp) nutmeg

Nutrition	Entire Batch	1 Square
Calories	1870	155
Fat (g)	20	2
Carbs (g)	188	16
Fiber (g)	11	1
Protein (g)	250	21

Directions

- 1 Preheat the oven to 325°F (~165°C)
- 2 Combine all wet ingredients in a bowl, whisk, and set aside.
- 3 In a separate large bowl, combine all dry ingredients and stir, then add wet ingredients and stir until smooth consistency.
- 4 Spray a loaf pan with cooking spray. Pour the batter into the loaf pan and bake for 25-30 minutes or until a toothpick comes out clean
- 5 Remove from the oven and allow the squares to cool down for 10 minutes



PB Chocolate Chip Cookies



Gluten-free



Vegetarian

Prep Time
20 MinutesReady In
40 MinutesDifficulty
Easy

Ingredients

Makes 8 Servings

- 60g (⅓ cup) powdered peanut butter (PB2)
- 68g (2 scoops) **Chocolate Whey+Casein Protein Powder** (or whey+casein of choice)
- 375g chickpeas (canned, rinsed)
- 60g (¼ cup) egg whites
- 30g (2 tbsp) sugar-free chocolate chips
- 60 ml (¼ cup) low-calorie maple syrup
- 5g (1 tsp) vanilla extract
- 2 packets (~1 tbsp) sweetener
- 2g (½ tsp) baking powder
- ¼ tsp sea salt
- Cooking spray

Nutrition	Entire Batch	1 Square
Calories	1215	152
Fat (g)	28	4
Carbs (g)	135	17
Fiber (g)	30	4
Protein (g)	111	14

Directions

- 1 Preheat the oven to 350°F (~175°C) and spray a baking sheet with cooking spray
- 2 Place all ingredients (except the chocolate chips) in a blender and blend until smooth. Then, add the chocolate chips and mix with a spatula until well mixed.
- 3 Spray a square pan with cooking spray for 1 second. Spread the batter in the square pan
- 4 Place the pan in the oven and bake for 15-17 minutes or until a toothpick comes out clean
- 5 Remove from the oven and allow the cookie bake to cool down for 10 minutes
- 6 Cut into 8 pieces or however many servings are desired.



Pumpkin Protein Squares



Gluten-free



Vegetarian

Prep Time
10 MinutesReady In
40 MinutesDifficulty
Easy

Ingredients

Makes 12 Squares

- 60g (⅓ cup) powdered peanut butter (PB2)
- 68g (2 scoops) **Whey+Casein Protein Powder** (or whey+ casein of choice)
- 250g (1 cup) pumpkin purée
- 2.5g (½ tsp) baking powder
- ¼ tsp sea salt
- 5g (1 tsp) vanilla extract
- 375g (~2 cups) chickpeas (1 large 540 ml/19 oz can, rinsed)
- 20g sugar-free chocolate chips
- 60g (¼ cup) egg whites
- 110g banana
- 125g (½ cup) 0% fat cottage cheese
- 60 ml (¼ cup) Walden Farms sugar-free chocolate syrup
- 2 packets (~1 tbsp) sweetener
- Cooking spray

Nutrition	Entire Batch	1 Square
Calories	1500	125
Fat (g)	29	3
Carbs (g)	10	1
Fiber (g)	39	3
Protein (g)	12	11



Note: Divide the batch into portions according to your preferred serving size and daily calorie requirements.

Directions

- 1 Pre-heat the oven to 350°F (~175°C)
- 2 Place all ingredients (except the chocolate chips) into a blender and blend on medium until smooth
- 3 Spray a mixing bowl for 1 second with cooking spray. Add the mixture to the bowl and fold in the chocolate chips.
- 4 Spray an 8"x 8" (20 cm x 20 cm) square pan with cooking spray for 1 second. Spread the mixture with the chocolate chips in the square pan
- 5 Place in the oven and bake until a toothpick comes out clean (approximately 45 minutes)
- 6 Remove from the oven and let sit to cool completely and firm up.
- 7 Slice according to your preferred portion sizes and serve!



Double Chocolate Protein Cookies



Gluten-free



Vegetarian

Prep Time
15 MinutesReady In
40 MinutesDifficulty
Easy

Ingredients

Makes 8 Cookies

- 68g (2 scoops) **Chocolate PB Whey+Casein Protein Powder** (or whey+casein of choice)
- 60g prepared FibrO syrup (or IMO syrup of choice) (*Refer to "FibrO Prep" below*)
- 60g (~½ cup) oat flour
- 24g (¼ cup) powdered peanut butter (PB2)
- 25g (5 tbsp) cocoa powder
- 80 ml (1/3 cup) unsweetened almond milk
- 10 packets (¾ cup) sweetener
- 1g (~¼ tsp) baking powder
- 60g (¼ cup) egg whites
- 60 ml (¼ cup) Walden Farms chocolate syrup
- 15g chocolate chips (80 calories)
- Cooking spray

Directions

- 1 Preheat the oven to 375°F (190°C)
- 2 Mix all dry ingredients together in a bowl (except FibrO).
- 3 Follow the "FibrO Prep" at the bottom left of the page.
- 4 In a separate bowl, combine the almond milk and FibrO syrup, stir and then heat in the microwave for 45 seconds.
- 5 Add the syrup/almond milk and egg whites to the dry mix, and stir until it forms a consistent dough
- 6 Spray the cookie sheet with cooking spray. With your hands, shape 8-12 dough balls, and place on the cookie sheet 2" (5 cm) apart from each other
- Place the chocolate chips evenly on each cookie
- 8 Place in the oven for 12 minutes Remove and let cool until you are ready to serve
- 9 Eat warm or cold. I like them warm better!

Nutrition	Entire Batch	1 Cookie
Calories	807	101
Fat (g)	17	2
Carbs (g)	130	16
Fiber (g)	59	7
Protein (g)	76	10



Caramel Protein Chocolate Bar



Gluten-free



Vegetarian

Prep Time
10 MinutesReady In
2 HoursDifficulty
Medium

Ingredients

Makes 12 Bars

- 272g (8 scoops) **Chocolate PB Whey+Casein Protein Powder** (or whey+casein of choice)
- 400g (~1¼ cup) prepared FibrO syrup (or IMO syrup of choice) **(Refer to "FibrO Prep" below)**
- 120g (½ cup) Walden Farms caramel/chocolate syrup
- 5g (1 tsp) caramel extract
- Cooking spray

Nutrition	Entire Batch	1 Bar
Calories	1760	147
Fat (g)	16	1
Carbs (g)	332	28
Fiber (g)	60	5
Protein (g)	200	17



Prep tip: To help transfer the gooey mixture, I recommend that you spray your fingers with cooking spray to help to evenly distribute across the tray.

Directions

- 1 Follow the "FibrO Prep" at the bottom left of the page. If your FibrO
- 2 syrup is cold, microwave it in a bowl until bubbles start to form (about 30 seconds on high)
- 3 Remove bowl from microwave and add remaining ingredients. Combine all the ingredients together with a mixer or spoon until you achieve a sticky, doughy consistency
- 4 Spread mixture onto a silicone tray and transfer to a freezer
- 5 After about 1 hour in the freezer, remove the tray and let sit at room temperature for 5 minutes Slice the batch into portion sizes of choice Wrap individual pieces in parchment paper and return them to the freezer
- 6 Chocolate protein bars should remain in the freezer until they are ready to be eaten



Eva Dunbar's Coconut Power Protein Bar



Vegetarian

Prep Time
20 MinutesReady In
2 HoursDifficulty
Medium

Ingredients

Makes 12 Bars

- 272g (8 scoops) **Chocolate Whey+Casein Protein Powder** (or whey+casein of choice)
- 400g (~1¼ cup) prepared FibrO
- 30g unsweetened coconut fine flakes
- 20g (¼ cup) cocoa powder
- 110g Special K Protein Cereal
- 5g (1 tsp) coconut extract
- ½ tsp lemon rind
- Cooking spray

Directions

- 1 Follow the "FibrO Prep" at the bottom left of the page. If your FibrO
- 2 syrup is cold, microwave it in a bowl until bubbles start to form (about 30 seconds on high)
- 3 Remove bowl from microwave and add remaining ingredients. Combine all the ingredients together with a mixer or spoon until you achieve a sticky, doughy consistency
- 4 Spread mixture onto a silicone tray and transfer to a freezer
- 5 After about 1 hour in the freezer, remove the tray and let sit at room temperature for 5 minutes Slice the batch into portion sizes of choice Wrap individual pieces in parchment paper and return them to the freezer
- 6 Coconut protein bars should remain in the freezer until they are ready to be eaten

Nutrition	Entire Batch	1 Bar
Calories	2260	188
Fat (g)	26	2
Carbs (g)	428	36
Fiber (g)	80	7
Protein (g)	236	20



Prep tip: To help transfer the gooey mixture, I recommend that you spray your fingers with cooking spray to help to evenly distribute across the tray.



Holiday Chocolate Protein Bar



Gluten-free



Vegetarian

Prep Time
20 MinutesReady In
2 HoursDifficulty
Medium

Ingredients

Makes 12 Bars

- 272g (8 scoops) **Chocolate Whey+Casein Protein Powder** (or whey+casein of choice)
- 400g (~1¼ cup) prepared FibrO
- 120 ml (½ cup) Walden Farms chocolate syrup
- 20g (¼ cup) cocoa powder
- 45g Christmas colored chocolate chips
- 5g (1 tsp) caramel extract (or peppermint extract)
- Cooking spray

Directions

- 1 Follow the "FibrO Prep" at the bottom left of the page. If your FibrO
- 2 syrup is cold, microwave it in a bowl until bubbles start to form (about 30 seconds on high)
- 3 Remove bowl from microwave and add remaining ingredients. Combine all the ingredients together with a mixer or spoon until you achieve a sticky, doughy consistency
- 4 Spread mixture onto a silicone tray and transfer to a freezer
- 5 After about 1 hour in the freezer, remove the tray and let sit at room temperature for 5 minutes Slice the batch into portion sizes of choice Wrap individual pieces in Parchment paper and return them to the freezer
- 6 Holiday chocolate protein bars should remain in the freezer until they are ready to be eaten

Nutrition	Entire Batch	1 Bar
Calories	1970	164
Fat (g)	28	2
Carbs (g)	362	30
Fiber (g)	63	5
Protein (g)	203	17



Prep tip: To help transfer the gooey mixture, I recommend that you spray your fingers with cooking spray to help to evenly distribute across the tray.



Protein PB Chocolate Bar



Gluten-free



Vegetarian

Prep Time
20 MinutesReady In
2 HoursDifficulty
Medium

Ingredients

Makes 12 Bars

- 238g (7 scoops) **Chocolate PB Whey+Casein Protein Powder** (or whey+casein of choice)
- 400g (~1¼ cup) prepared FibrO
- 120 ml (½ cup) Walden Farms chocolate syrup
- 20g (4 tbsp) cocoa powder
- 60g (⅓ cup) peanut butter powder (PB2)
- Cooking spray

Directions

- 1 Follow the "FibrO Prep" at the bottom left of the page.
- 2 If your FibrO syrup is cold, microwave it in a bowl until bubbles start to form (about 30 seconds on high)
- 3 Remove bowl from microwave and add remaining ingredients. Combine all the ingredients together with a mixer or spoon until you achieve a sticky, doughy consistency
- 4 Spread mixture onto a silicone tray and transfer to a freezer
- 5 After about 1 hour in the freezer, remove the tray and let sit at room temperature for 5 minutes. Slice the batch into portion sizes of choice. Wrap individual pieces in parchment paper and return them to the freezer
- 6 Chocolate bars should remain in the freezer until they are ready to be eaten. Eat within 5 minutes of removing from the freezer for best results

Nutrition	Entire Batch	1 Bar
Calories	1960	163
Fat (g)	29	2
Carbs (g)	368	31
Fiber (g)	79	7
Protein (g)	205	17



Prep tip: To help transfer the gooey mixture, I recommend that you spray your fingers with cooking spray to help to evenly distribute across the tray.



SKOR Protein Bar



Gluten-free



Vegetarian

Prep Time
20 MinutesReady In
2 HoursDifficulty
Medium

Ingredients

Makes 12 Bars

- 272g (8 scoops) **Chocolate PB Whey+Casein Protein Powder** (or whey+casein of choice)
- 400g (~1¼ cup) prepared FibrO

- caramel or chocolate syrup
- 20g (¼ cup) cocoa powder
- 40g Skor chipits (toffee bits)
- 5g (1 tsp) caramel extract
- Cooking spray

Nutrition	Entire Batch	1 Bar
Calories	1970	164
Fat (g)	30	3
Carbs (g)	356	30
Fiber (g)	60	5
Protein (g)	200	17



Prep tip: To help transfer the gooey mixture, I recommend that you spray your fingers with cooking spray to help to evenly distribute across the tray.

Note: I stock up on this SKOR bar during the summer. It's a great snack for warm days.

Directions

- 1 Follow the "FibrO Prep" at the bottom left of the page.
- 2 If your FibrO syrup is cold, microwave it in a bowl until bubbles start to form (about 30 seconds on high)
- 3 Remove bowl from microwave and add remaining ingredients. Combine all the ingredients together with a mixer or spoon until you achieve a sticky, doughy consistency
- 4 Spread mixture onto a silicone tray and transfer to a freezer
- 5 After about 1 hour in the freezer, remove the tray and let sit at room temperature for 5 minutes Slice the batch into portion sizes of choice Wrap individual pieces in parchment paper and return them to the freezer
- 6 SKOR protein bars should remain in the freezer until they are ready to be eaten



Special K Banana Crunch Chocolate Protein Bar



Vegetarian

Prep Time
20 MinutesReady In
2 HoursDifficulty
Medium

Ingredients

Makes 12 Bars

- 238g (7 scoops) **Chocolate PB Whey+Casein Protein Powder** (or whey+casein of choice)
- 400g (~1½ cup) prepared FibrO
 - caramel or chocolate syrup
 - 220g (2) overripe bananas
 - 110g Special K Protein Cereal
 - Cooking spray

Directions

- 1 Follow the "FibrO Prep" at the bottom left of the page.
- 2 If your FibrO syrup is cold, microwave it in a bowl until bubbles start to form (about 30 seconds on high)
- 3 Remove bowl from microwave and add remaining ingredients. Combine all the ingredients together with a mixer or spoon until you achieve a sticky, doughy consistency
- 4 Spread mixture onto a silicone tray and transfer to a freezer
- 5 After about 1 hour in the freezer, remove the tray and let sit at room temperature for 5 minutes. Slice the batch into portion sizes of choice. Wrap individual pieces in parchment paper and return them to the freezer
- 6 Special K protein bars should remain in the freezer until they are ready to be eaten. Eat within 5 minutes of removing from the freezer for best results

Nutrition	Entire Batch	1 Bar
Calories	2190	183
Fat (g)	22	2
Carbs (g)	444	37
Fiber (g)	81	7
Protein (g)	197	16



Prep tip: To help transfer the gooey mixture, I recommend that you spray your fingers with cooking spray to help to evenly distribute across the tray.



Double Chocolate Protein Popcorn



Gluten-free



Vegetarian

Prep Time
10 MinutesReady In
20 MinutesDifficulty
Medium

Ingredients

Makes 2 Servings

- 2 bags SmartPop popcorn (~400calories - because not all kernels pop)
- 80g (~¾ cup) prepared FibrO
- 50g (~1½ scoop) **Chocolate Whey+Casein Protein Powder** (or whey+casein of choice)
- 30g (2 tbsp) Walden Farms chocolate syrup or sugar-free chocolate syrup of choice
- 1 packet (2 tsp) sweetener

Nutrition	Entire Batch	Per Serving
Calories	740	370
Fat (g)	9	5
Carbs (g)	140	70
Fiber (g)	34	17
Protein (g)	48	24



Prep tip: It can take some work to get the popcorn evenly coated. If you don't mind getting a little messy, use your hands.

Directions

- 1 Pop popcorn in the microwave per directions. Once popped, place the popped popcorn in a larger bowl than last time. Remove all unpopped kernels (this makes a HUGE difference!).
- 2 Follow the "FibrO Prep" at the bottom left of the page.
- 3 If your FibrO syrup is cold, microwave it in a bowl until bubbles start to form (about 30 seconds on high)
- 4 Add chocolate syrup, protein powder and sweetener to the FibrO syrup and stir with a spoon.
- 5 Pour the syrup/protein powder mixture on top of the popped SmartPop, and carefully mix with a spatula until well combined.
- 6 Place and store the chocolate popcorn in the freezer. Eat half now and save the rest for later if you can!! (Although you might not be able to this is crazy good)



Protein Popcorn



Gluten-free



Vegetarian

Prep Time
10 MinutesReady In
20 MinutesDifficulty
Medium

Ingredients

Makes 2 Servings

- 1 bag SmartPop popcorn (~200 calories - because not all kernels pop)
- 60g prepared FibrO syrup (or IMO)
- 34g (1 scoop) **Whey+Casein Protein Powder** (or whey+casein of choice)
- 30g (2 tbsp) sugar-free maple syrup

Nutrition	Entire Batch	Per Serving
Calories	440	220
Fat (g)	7	4
Carbs (g)	93	46
Fiber (g)	17	9
Protein (g)	31	15



Prep tip: It can take some work to get the popcorn evenly coated. If you don't mind getting a little messy, use your hands.

Directions

- 1 Pop popcorn in the microwave per directions. Once popped, place the popped popcorn in a large bowl. Remove all unpopped kernels (this makes a HUGE difference!).
- 2 Follow the "FibrO Prep" at the bottom left of the page.
- 3 If your FibrO syrup is cold, microwave it in a bowl until bubbles start to form (about 30 seconds on high)
- 4 Add the sugar-free maple syrup and protein powder scoop to the bowl of liquid FibrO syrup, and mix with a spoon until even throughout
- 5 Pour the syrup/protein powder mixture on top of the popped SmartPop, and carefully mix with a spatula until well combined.
- 6 Place and store the coated popcorn in the freezer. Eat half now and save the rest for later if you can!! (Although you might not be able to this is crazy good)



Apple Poop



Vegan

Prep Time
15 MinutesReady In
25-50 MinutesDifficulty
Easy

This is a perfect recipe for anyone whose favorite season of the year is Fall—the season of apple picking, apple pie, apple cider, apple strudel, everything with apples! Apple Goop will satisfy your year-round Fall sweet tooth cravings while helping you to stick to your diet plan. It is also friendly to vegans, vegetarians, and people following a gluten-free diet.

Ingredients

Makes 1 Serving

- 45g (½ cup) rolled oats
- 570g (3 servings) apples
- 6 packets (~1 tbsp) sweetener
- 10g (~1¼ tbsp) guar gum
- 2 5g (~1 tsp) cinnamon
- 1 L water

Entire Batch

Calories 450

Fat (g) 3

Carbs (g) 108

Fiber (g) 22

Protein (g) 6

Mega Poop

- 180g (2 cups) rolled oats
- 2kg apples
- 20 packets (13 tbsp) sweetener
- 21g (~3 tbsp) guar gum
- 3 L water
- 8-16g (1-2 tbsp) cinnamon

Nutrition Mega Poop

Calories 1760

Fat (g) 14

Carbs (g) 426

Fiber (g) 82

Protein (g) 25

Directions

- 1 Chop apples into medium cubes
- 2 Add apples, oats, sweetener, and cinnamon to a large microwave-safe container and toss with a fork.
- 3 In a blender add water and guar gum. Blend on high for 15-30 seconds. This will allow the guar gum to blend into a smooth goop-like consistency
- 4 Add the blended water/guar gum mixture to the microwave-safe container, and stir all ingredients with a fork.
- 5 Place the container in the microwave and heat on high. Remove the bowl from the microwave, add water and stir as needed until the apples are soft. This may take anywhere from 10-40 minutes depending on how strong your microwave is and how soft you want your apples to be!



Prep tip: This can easily be prepared on the stove if desired.



Banana Chocolate Protein Donuts



Gluten-free



Vegetarian

Prep Time
20 MinutesReady In
40 MinutesDifficulty
Medium

Ingredients

Makes 4 Donuts

- 220g (2) bananas
- 125g (½ cup) 0% fat Greek yogurt
- 180g (¾ cup) egg whites
- 95g (~¾ cup) flour of choice
- 136g (4 scoops) **Chocolate WheyProtein Powder** or whey+casein of choice
- 5g (1 tsp) baking soda
- 4g (1 tsp) baking powder
- 5g (1 tsp) vanilla extract

Directions

- 1 Preheat the oven to 350°F (~175°C)
- 2 Add the banana and yogurt in a blender and blend till smooth
- 3 Add in the rest of the ingredients and blend again until everything is well mixed.
- 4 Spray a donut pan with cooking spray. Fill the donut pan ½ - ¾ full and bake for approximately 10 minutes
- 5 Once done, let cool for approximately 1 minute Take the donut out of the molds and let them cool on a wire rack.

Nutrition	Entire Batch	1 Donut
Calories	1350	325
Fat (g)	10	3
Carbs (g)	168	42
Fiber (g)	11	3
Protein (g)	147	37



Blondies



Gluten-free



Vegetarian

Prep Time
20 MinutesReady In
1 HourDifficulty
Medium

Ingredients

Makes 12 Blondies

- 60 ml (¼ cup) low-calorie maple syrup
- 240 ml (1 cup) unsweetened almond milk
- 5g (1 tsp) vanilla extract
- 12 packets (or ~½ cup) sweetener
- Cooking spray
- 48g (½ cup) powdered peanut butter (PB2)
- 90g (~¾ cup) all-purpose flour
- 5g (1 tsp) baking powder
- Pinch of salt

Fudge Sauce

- 15g (3 tbsp) cocoa powder
- 18g (3 tbsp) powdered peanut butter (PB2)
- 60 ml (¼ cup) low-calorie maple syrup
- Up to 15 ml (1 tbsp) water (to desired consistency)

Nutrition	Entire Batch	1 Blondie
Calories	738	62
Fat (g)	21	2
Carbs (g)	147	12
Fiber (g)	24	2
Protein (g)	69	6

Directions

- 1 Pre-heat the oven to 350°F (~175°C)
- 2 Place all ingredients in the blender except for the fudge sauce. Blend until there is a smooth consistency.
- 3 Spray a cake or “brownie” pan with cooking spray. Add the gooey blondie mixture to the pan, and spread evenly.
- 4 Place the blondies in the oven and bake at 350°F (~175°C) for 25-30 minutes, or until a toothpick test comes out clean.
- 5 While the blondies are cooking, mix all the fudge sauce ingredients together. The topping is now complete.
- 6 Remove the blondies from the oven and let sit for about 10-15 minutes. Drizzle the fudge sauce on top of the blondie. Then, slice the blondie batch into portion sizes of choice.
- 7 Serve and enjoy the mouth-watering blondies!



Peanut Butter Cupcakes



Gluten-free



Vegetarian

Prep Time
20 MinutesReady In
1 HourDifficulty
Medium

Ingredients

Makes 8 Cupcakes

- 60g (½ cup) powdered peanut butter (PB2)
- 68g (2 scoops) **Chocolate PB Whey+Casein Protein Powder** (or whey+casein of choice)
- 375g chickpeas (canned, rinsed)
- 20g sugar-free chocolate chips
- 60g (¼ cup) egg whites
- 175g (¾ cup) 0% fat Greek yogurt
- 15g (1 tbsp) vanilla extract
- ¼ tsp sea salt
- 2 packets (~1 tbsp) sweetener
- 60g (~¼ cup) Walden Farms syrup flavor of choice
- 2.5g (~½ tsp) baking powder

Nutrition	Entire Batch	1 Cupcake
Calories	1310	165
Fat (g)	28	4
Carbs (g)	140	18
Fiber (g)	30	4
Protein (g)	130	16

Directions

- 1 Pre-heat the oven to 350°F (~175°C)
- 2 Blend all ingredients except for chocolate chips until smooth
- 3 Add in chocolate chips and mix in by hand
- 4 Prepare a cupcake pan with cooking spray or cupcake liners. Add the mixture to the pan, leaving a little space for the cupcakes to rise
- 5 Bake at 350°F (~175°C) for 15-17 minutes or until you can stick a toothpick into the cupcake and the toothpick comes out clean
- 6 Remove from the oven and let sit to cool completely to firm.



Protein Cinnamon Roll



Vegetarian

Prep Time
20 MinutesReady In
45 MinutesDifficulty
Medium

Ingredients

Makes 1 Roll Dough

- 30g (~¼ cup) self-rising flour
- 17g (~½ scoop) **Vanilla**
Whey+Casein Protein Powder
(or whey+casein of choice)
- 60g (~¼ cup) 0% fat Greek yogurt

Filling

- 30 ml (2 tbsp) low-calorie maple syrup
- 1 5g (½ tsp) cinnamon
- 2.5g (½ tsp) sweetener

Glaze

- 16g (~½ scoop) vanilla protein powder
- 45 ml (3 tbsp) sugar-free syrup (to taste)

Directions

- 1 Preheat the oven to 350°F (~175°C)
- 2 Add all dough ingredients to a large bowl. Whisk until mixture begins to form dough (it will be sticky). With your hands, roll the dough into a ball and let sit
- 3 Place the dough on a floured surface and spread out into a long rectangle using wet fingers.
- 4 Spread the filling over the dough, then roll into a log. (May need a butter knife to help roll if sticking to the surface)
- 5 Lightly spray a microwave or oven safe small ceramic dish. Place the roll into the ceramic dish and drizzle any leftover filling on top.
- 6 Bake for approximately 15-20 minutes, checking for doneness after 15 minutes
- 7 Remove from the oven and let cool on a cooling rack. Combine the glaze ingredients in a bowl and stir until smooth. Coat the cinnamon roll with the glaze and top with a sprinkle of cinnamon. Enjoy!

Entire Batch

Calories 335

Fat (g) 2

Carbs (g) 46

Fiber (g) 1

Protein (g) 35





Desserts

Anabolic Avalanche



Vegetarian

Prep Time
10 MinutesReady In
20 MinutesDifficulty
Medium

Ingredients

Small Serving

- 17g (½ scoop) **Whey+Casein Protein Powder** (or whey+casein of choice)
- 5g (1 tbsp) cocoa powder
- 1 5g (½ tsp) guar/xanthan gum
- 15 ml (1 tbsp) water

Shake/Ice Cream

- 34g (½ scoop) **Vanilla Whey+Casein Protein Powder** (or whey+casein of choice)
- 1 5g (½ tsp) guar/xanthan gum
- ½ serving frozen fruit of choice (50 cals)
- 60 ml (¼ cup) unsweetened almond milk
- 1 packet (2 tsp) sweetener
- *Ice
- **Top With:** 15 ml (1 tbsp) sugar-free chocolate sauce (5 calories)

Medium Serving

- 25g (~¾ scoop) **Whey+Casein Protein Powder** (or whey+casein of choice)
- 7g (1½ tbsp) cocoa powder
- 1 5g (½ tsp) guar gum

Ice Cream

- 50g (~1½ scoops) **Vanilla Whey+Casein Protein Powder** (or whey+casein of choice)
- ~2g (¾ tsp) guar gum
- 1 serving fruit
- 90ml (¾ cup) unsweetened almond milk

Toppings: 15ml (1 tbsp) sugar-free chocolate syrup

Large Serving

- 34g (1 scoop) **Whey+Casein Protein Powder** (or whey+casein of choice)
- 10g (2 tbsp) cocoa powder
- 1 5g (½ tsp) guar gum
- 20ml (4 tsp) water

Ice Cream

- 68g (2 scoops) **Vanilla Whey+Casein Protein Powder** (or whey+casein of choice)
- 3g (1 tsp) guar gum
- 1½ servings fruit
- 120ml (½ cup) unsweetened almond milk
- **Toppings:** 30ml (2 tbsp) sugar-free chocolate syrup

Directions

- 1 Mix all ingredients for the Chocolate Cake Chunks in a microwave-safe bowl with a whisk until evenly mixed.
- 2 Microwave the batter for 60 seconds until it is cooked fully through and resembles a cake (note that microwave times may vary as they have different power - keep adding 10 seconds at a time until fully cooked through)
- 3 Remove the cake from the bowl and cut into bite-sized chunks.
- 4 Next, place all of the ingredients for the shake/ice cream into a blender Blend all together until the batter is very thick and smooth. You may need to scrape down the sides to ensure it blends perfectly
- 5 Remove ice cream from the blender and place into a bowl. Add the lava cake chunk toppings as well as your low-calorie/sugar-free chocolate sauce to the top
- 6 Eat immediately and try to not get brain freeze Enjoy!

Nutrition	Small Serving	Medium Serving	Large Serving
Calories	285	430	620
Fat (g)	5	7	9
Carbs (g)	20	35	51
Fiber (g)	3	10	14
Protein (g)	40	58	80



Note:

• This recipe can vary greatly depending on many factors such as microwave strength, personal taste for sweetness, type of protein used, and amount of ice used.

• *More ice equals more volume/filling but less taste, less ice equals less volume/filling but more taste. Make adjustments for your personal taste preferences.



Chocolate Protein Ice Cream Pudding



Vegetarian

Prep Time
10 MinutesReady In
10 MinutesDifficulty
Medium

Ingredients

Small Serving

- 34g (1 scoop) **Whey+Casein Protein Powder** (flavor of choice)
- 80g (1/3 cup) 0% fat Greek yogurt
- 60 ml (¼ cup) unsweetened almond milk
- 10g fat-free chocolate Jell-O pudding (35 calories)
- 10g (~1 5 tbsp) chocolate peanut butter powder (PB2)
- 5g (1 tbsp) cocoa powder
- 1 5g (½ tsp) guar/xanthan gum
- 1 packet (2 tsp) sweetener
- Ice

Medium Serving

- 50g (1½ scoop) **Whey+Casein Protein Powder** (flavor of choice)
- 125g (½ cup) 0% fat Greek yogurt
- 90 ml (⅓ cup) unsweetened almond milk
- 15g fat-free chocolate Jell-O pudding (50 calories)
- 15g (~2 5 tbsp) chocolate peanut butter powder (PB2)
- 7.5g (1½ tbsp) cocoa powder
- ~2g (¾ tsp) guar/xanthan gum
- 2 packets (4 tsp) sweetener
- Ice

Large Serving

- 68g (2 scoops) **Whey+Casein Protein Powder** (flavor of choice)
- 175g (¾ cup) 0% fat Greek yogurt
- 120 ml (½ cup) unsweetened almond milk
- 20g fat-free chocolate Jell-O pudding (70 calories)
- 20g (~3 5 tbsp) chocolate peanut butter powder (PB2)
- 10g (2 tbsp) cocoa powder
- 3g (1 tsp) guar/xanthan gum
- 3 packets (2 tbsp) sweetener

Directions

- 1 Add all ingredients to a blender Blend for 1 minute on medium-high speed until there is a smooth consistency Note that if you use casein protein, the protein ice cream pudding will be thicker.
- 2 Scrape sides of the blender and ensure all ingredients are blended You may have to pulse the blender a few times depending on the consistency you want to achieve. You can always add more ice or water to get the consistency you desire.
- 3 Pour the mixture out of the blender and into a bowl to consume immediately. You may top with powdered peanut butter, fresh blueberries, Walden Farms low-calorie syrup, or popcorn; anything that makes it more interesting and delicious for you IT DOESN'T MATTER! There are NO rules in this kitchen! Just be sure that you account for your toppings when tracking your calories.

Nutrition	Small Serving	Medium Serving	Large Serving
Calories	265	400	530
Fat (g)	5	8	10
Carbs (g)	20	30	40
Fiber (g)	3	5	7
Protein (g)	39	58	77



Cottage Cheese Chocolate PB Delight



Vegetarian

Ready In
10 MinutesDifficulty
Easy

Ingredients

Makes 2 Servings

- 500g (2 cups) 0% fat cottage cheese
- 720 ml (3 cups) unsweetened almond milk (90 calories)
- 34g (1 scoop) **Chocolate PB Whey+Casein Protein Powder** (or whey+casein of choice)
- 24g (1/4 cup) powdered peanut butter (PB2)
- 1 packet fat-free sugar-free Jell-O chocolate pudding (140 calories)
- 6g (2 tsp) guar/xanthan gum
- 15g (3 tbsp) cocoa powder
- 10 packets (3/8 cup) sweetener (to taste)

Nutrition	Entire Batch	1 Serving
Calories	820	100
Fat (g)	15	2
Carbs (g)	80	10
Fiber (g)	15	2
Protein (g)	89	11

Directions

- 1 Add all ingredients to a blender Blend for 3 minutes on medium-high speed until there is a smooth consistency Note that the more casein protein is used, the thicker the pudding will be.
- 2 Remove pudding from blender and transfer to an airtight container Your pudding is ready to eat! Refrigerate any leftovers



Note: Experiment with whey protein flavors and fat-free Jell-O pudding flavor combinations! Who knows, you might find you like vanilla protein with fat-free sugar-free pistachio Jell-O!



Fat-Free Chocolate Jell-O Protein Pudding



Vegetarian

Ready In
10 MinutesDifficulty
Easy

Ingredients

Makes 2 Servings

- 360g (1½ cup) lactose-free protein milk
- 120g (½ cup) unsweetened almond milk
- 3g (1 tsp) guar/xanthan gum
- 34g (1 scoop) **Whey+Casein Protein Powder** (or whey+casein of choice)
- 1 packet fat-free sugar-free chocolate Jell-O pudding (140 calories)

Nutrition	Entire Batch	1 Serving
Calories	210	105
Fat (g)	2	1
Carbs (g)	25	12
Fiber (g)	2	1
Protein (g)	23	11.5



Note:

- Experiment with protein and fat-free Jell-O pudding flavor combinations!
- Use the lactose free milk with the highest protein you can find (mine has 13g of protein per cup).

Directions

- 1 Add all ingredients to a blender Blend for 3 minutes on medium-high speed until there is a smooth consistency
- 2 Remove pudding from blender and transfer to an airtight container Pudding is ready to eat



Protein Mousse



Gluten-free



Vegetarian

Prep Time
10 MinutesReady In
15 MinutesDifficulty
Easy

Ingredients

Makes 2 Servings • 375g (1½ cup) 0% fat Greek yogurt

• 34g (1 scoop) **Whey+Casein**

Protein Powder (or whey+casein of choice)

• 2 packets (4 tsp) sweetener

• 15g (1 tbsp) low-calorie syrup of choice

Topping

• Top with berries and syrup

Nutrition	Entire Batch	1 Serving
Calories	380	190
Fat (g)	3	1.5
Carbs (g)	27	13
Fiber (g)	3	1.5
Protein (g)	60	30

Directions

- 1 Mix the yogurt, protein powder, low-calorie syrup, and sweetener together in a bowl.
- 2 Whip with a mixer for approximately 2 minutes until all of the ingredients are evenly blended and the mixture is fluffy.
- 3 Top with berries and any additional syrup. Serve and enjoy!



Cottage Cheese Protein Pudding



Vegetarian

Prep Time
5 MinutesReady In
10 MinutesDifficulty
Easy

Ingredients

Makes 9 Servings

- 500g (2 cups) 0% fat cottage cheese
- 1 L (~4 cups) unsweetened almond milk
- 68g (2 scoops) **Chocolate Whey+Casein Protein Powder** (or whey+casein of choice)
- 1 packet fat-free sugar-free chocolate Jell-O pudding (140 calories)
- 13-18g (~1 5-2 tbsp) xanthan or guar gum
- 10 packets (~6 tbsp) sweetener

Nutrition	Entire Batch	4 Servings	1 Serving
Calories	900	400	100
Fat (g)	9	4	1
Carbs (g)	126	56	14
Fiber (g)	18	8	2
Protein (g)	72	32	8

Directions

- 1 Add all ingredients to a blender Blend for 3 minutes on medium/high speed until there is a smooth consistency
- 2 Remove pudding from blender and transfer to an air-tight refrigerator safe container Pudding is ready to eat



Note:

- Experiment with different combinations of Jell-O pudding and protein powder flavors. Variety is the spice of life!
- This recipe was made to my sweetness preference. Adjust for your own taste!



Chocolate Protein Lava Cake (Mega Batch)



Vegetarian

Prep Time
10 MinutesReady In
15 MinutesDifficulty
Easy

Ingredients

Makes 4-6 Servings

- 170g (5 scoops) **Chocolate Whey+Casein Protein Powder** (or whey+casein of choice)
- 40g (½ cup) cocoa powder
- 360g (1½ cup) egg whites
- 240g (1 cup) water
- 12 packets (½ cup) sweetener (to taste)
- 6g (2 tsp) guar/xanthan gum
- Cooking spray

Nutrition	Entire Batch	4 Servings	6 Servings
Calories	1000	250	167
Fat (g)	9	2	1
Carbs (g)	43	11	7
Fiber (g)	20	5	3
Protein (g)	167	42	28



Note: Divide the batch into portions according to your preferred serving size and daily calorie requirements.

Directions

- 1 Add all the ingredients into a blender and blend until smooth
- 2 Spray 4-6 microwave safe mugs/containers with cooking spray for 1 second
- 3 Pour the batter into the mugs/containers, and microwave on high for 30 seconds, or until it reaches the consistency of your desire (additional 10 seconds at a time) Do not overcook, ensure the center is very gooey



Chocolate Pumpkin Peanut Butter Cake



Gluten-free



Vegetarian

Prep Time
20 MinutesReady In
1 HourDifficulty
Medium

Ingredients

Makes 4 Servings

- 60g (~½ cup) powdered peanut butter (PB2)
- 68g (2 scoops) **Chocolate Whey+Casein Protein Powder** (or whey+casein of choice)
- 250g (1 cup) pumpkin purée
- 2g (½ tsp) baking powder
- 2 5g (½ tsp) baking soda
- ¼ tsp sea salt
- 5g (1 tsp) vanilla extract
- 80g (1/3 cup) egg whites
- 125g (½ cup) 0% fat cottage cheese
- 130g chickpeas (cooked)
- 15 packets (⅔ cup) sweetener (to taste)

Nutrition	Entire Batch	1 Serving
Calories	920	230
Fat (g)	12	3
Carbs (g)	93	23
Fiber (g)	24	6
Protein (g)	102	26

Directions

- 1 Preheat the oven to 350°F (~175°C)
- 2 Prepare the batter If you are pressed for time, simply place all the ingredients into the blender and blend until there is a smooth, creamy consistency
- 3 If you are NOT pressed for time, prepare the batter this way: First, blend the chickpeas in the blender until there is a smooth consistency. Then, in a separate bowl, mix the the dry ingredients. In another bowl, mix the wet ingredients including the blended chickpeas. Then, add the dry ingredients to the bowl of wet ingredients, and mix well.
- 4 Spray a baking dish with cooking spray. Pour the batter in the greased pan and place in the oven Bake the cake for 30-40 minutes or until fully cooked (it may be more or less depending on your oven and the size of your pan - best to keep an eye on it) Use a toothpick and insert it in the middle of the cake If it comes out clean then it is done
- 5 Remove the cake from the oven and let it cool for 20-30 minutes before cutting and serving



CG Vanilla Ice Cream



Vegetarian

Prep Time
5 MinutesReady In
~9 HoursDifficulty
Easy

All the creaminess from Ben & Jerry's but better This is a re-freezable ice cream

Ingredients

Makes 1 Serving • 115g (~½ cup)

cottage cheese

• 375 (~1 ½ cup) Greek yogurt

• 8g (¼ scoop) **Vanilla Ice**

Cream Protein Powder or any protein powder you desire.

• 55g (~½ cup) fat-free Cool Whip

• 125g (½- cup) fairlife protein milk

• 10g (½ package) vanilla Jell-O powder

• 5 cm scraped from the interior of a vanilla bean

• ¾ tsp vanilla extract

• ½ tsp (~1.5g) guar gum

Directions

- 1 Add all the ingredients into the power blender and blend until all ingredients are fully incorporated
- 2 Transfer the mixture into an airtight container and close with the lid
- 3 Place the ice cream in the freezer for 6 hours
- 4 Before consuming, thaw the ice cream in the refrigerator for 4-5 hours. Scrape gently with a spoon, mold the ice cream into a bowl and enjoy!

Nutrition	Entire Batch	1 Serving
Calories	565	141
Fat (g)	4	1
Carbs (g)	50	12
Fiber (g)	0	0
Protein (g)	66	16.5



Note:

- Do not over freeze the ice cream, not more than 9 hours.
- If your freezer has a soft-freeze area I recommend storing the ice cream there.
- Re-freeze for longer storage but not longer than 2 weeks.
- If you do not have vanilla bean on hand, use 1.5 tsp of vanilla extract.

Tasty tip: This is the foundation for making ice cream. Feel free to explore and twist other textures and flavors. You can add one serving (100 calories) of fruit of choice.



Blueberry Protein Shake

Ready In



Vegetarian

Prep Time
10 MinutesDifficulty
Easy

Ingredients

Makes 1 Large Serving

- 50g (~1½ scoops)
Whey+Casein Protein Powder
(or whey+ casein of choice)
- 90g (½ serving) frozen blueberries
- 1 5g (½ tsp) guar/xanthan gum
- 120 ml (½ cup) unsweetened almond milk
- 1 packet (2 tsp) sweetener
- Ice

Makes 1 Small Serving

- 34g (1 scoop) **Whey+Casein Protein Powder** (or whey+casein of choice)
- 45g (¼ serving) frozen blueberries
- 1g (¼ tsp) guar/xanthan gum
- 90 ml (¾ cup) unsweetened almond milk
- Ice

Nutrition	1 Large Serving	1 Small Serving
Calories	305	185
Fat (g)	5	3
Carbs (g)	28	14
Fiber (g)	7	4
Protein (g)	39	26



Prep tip: You can make this recipe vegan by using Vegan Protein Powder (keep in mind it's thicker than normal vegan protein powders)!

Tasty tip: I will often eat popcorn in a bowl while consuming a protein shake to make it a complete meal. This is one of my most common evening meals, especially when dieting!

Directions

1 Add all ingredients to a blender Blend for 1 minute on medium high speed until there is a smooth consistency Note that if you use casein protein, the shake will be thicker.

2 Scrape sides of the blender and ensure all ingredients are blended You may have to pulse the blender a few times depending on the consistency you want to achieve. You can always add more ice or almond milk to get the consistency you desire

3 Pour the mixture out of the blender and into a mug to consume immediately. You may drizzle with powdered peanut butter, fresh blueberries, or Walden Farms low-calorie syrup.



Chocolate Blueberry PB Protein Ice Cream



Vegetarian

Prep Time
10 MinutesReady In
10 MinutesDifficulty
Easy

Ingredients

Makes 1 Large Serving

- 68g (2 scoops) **Chocolate PB Whey+Casein Protein Powder** (or whey+casein of choice)
- 180g (1 serving) frozen blueberries
- 175g (¾ cup) 0% fat Greek yogurt
- 24g (¼ cup) chocolate peanut butter powder (chocolate PB2)
- 3g (1 tsp) guar/xanthan gum
- 120 ml (½ cup) unsweetened almond milk
- 3 packet (2 tbsp) sweetener
- *Ice

Makes 1 Medium Serving

- 50g (~1½ scoops) **Chocolate PB Whey+Casein Protein Powder** (or whey+casein of choice)
- 135g (¾ serving) frozen blueberries
- 12g (2 tbsp) chocolate peanut butter powder (chocolate PB2)
- ~2g (¾ tsp) guar/xanthan gum
- 90 ml (⅓ cup) unsweetened almond milk
- 2 packet (4 tsp) sweetener
- *Ice

Nutrition	Large Serving	Medium Serving
Calories	575	355
Fat (g)	10	7
Carbs (g)	51	33
Fiber (g)	11	9
Protein (g)	75	44

Directions

1 Add all ingredients to a blender Blend for 1 minute on medium high speed until there is a smooth consistency Note that if you use casein protein, the ice cream will be thicker.

2scrape sides of the blender and ensure all ingredients are blended You may have to pulse the blender a few times depending on the consistency you want to achieve. You can always add more ice or water to get the consistency you desire.

3 Pour the mixture out of the blender and into a bowl to consume immediately



Note:

- You can make this recipe vegan by using vegan protein powder!
- *Add approx 2 cups of ice depending on how thick and sweet you would like the ice cream.

Prep tip: You may top with powdered peanut butter, fresh blueberries, Walden Farms low-calorie syrup, or popcorn; anything that makes it more interesting and delicious for you. IT DOESN'T MATTER! There are NO rules in this kitchen! Just be sure that you account for your toppings when tracking your calories.



Chocolate PB Protein Ice Cream



Vegetarian

Prep Time
10 MinutesReady In
10 MinutesDifficulty
Easy

Ingredients

Large Size

- 68g (2 scoops) **Whey+Casein Protein Powder** (flavor of choice)
- 20g (~¼ cup) chocolate powdered peanut butter (PB2)
- 10g (2 tbsp) cocoa powder
- 120 ml (½ cup) unsweetened almond milk
- 3g (1 tsp) guar/xanthan gum
- 3 packets (2 tbsp) sweetener
- Ice

Medium Size

- 50g (1½ scoops) **Whey+Casein Protein Powder** (flavor of choice)
- 15g (~3 tbsp) chocolate powdered peanut butter (PB2)
- 7.5g (1½ tbsp) cocoa powder
- 90 ml (¾ cup) unsweetened almond milk
- ~2g (¾ tsp) guar/xanthan gum
- 2 packets (4 tsp) sweetener
- Ice

Small Size

- 34g (1 scoop) **Whey+Casein Protein Powder** (flavor of choice)
- 10g (~2 tbsp) chocolate powdered peanut butter (PB2)
- 5g (1 tbsp) cocoa powder
- 60 ml (¼ cup) unsweetened almond milk
- 1 5g (½ tsp) guar/xanthan gum
- 1 packets (2 tsp) sweetener
- Ice

Nutrition	Large Serving	Medium Serving	Small Serving
Calories	380	280	190
Fat (g)	11	8	5
Carbs (g)	21	16	10
Fiber (g)	7	5	4
Protein (g)	61	45	28

Directions

- 1 Add all ingredients to a blender Blend for 1 minute on medium-high speed until there is a smooth consistency Note that if you use casein protein, the ice cream will be thicker.
- 2 Scrape sides of the blender and ensure all ingredients are blended You may have to pulse the blender a few times depending on the consistency you want to achieve. You can always add more ice or water to get the consistency you desire.
- 3 Pour the mixture out of the blender and into a bowl to consume immediately



Note: • You can make this recipe vegan by using vegan protein powder! • You can also experiment with your favorite whey+casein protein powders.

Prep tip: You may top with powdered peanut butter, fresh blueberries, Walden Farms low-calorie syrup, or popcorn; anything that makes it more interesting and delicious for you. IT DOESN'T MATTER! There are NO rules in this kitchen! Just be sure that you account for your toppings when tracking your calories.



Netflix & Chill'd Protein Ice Cream

Original recipe by "The Iron Musket"



Vegetarian



Prep Time
5 Minutes



Ready In
10 Minutes



Difficulty
Medium

Ingredients

Makes Entire Batch

Ice Cream

- 50g (1½ scoops) peanut butter protein powder (225 calories, 33g protein)
- 45g powdered peanut butter (PB2)
- 7g Snyder's Itty Bitty Mini pretzels
- 3g (1 tsp) guar gum
- 1 packet sweetener (2 tsp) OR ~½ tbsp Stevia/Erythritol
- 405g ice
- 115g water
- ½ tsp salt

Chocolate Fudge

- 17g (½ scoop) chocolate protein powder (75 calories)
- 12g Walden Farms sugar-free syrup
- 5g (1 tbsp) cocoa powder
- 1g (¼ tsp) guar gum
- ½ packet sweetener OR 1 tsp Stevia/Erythritol

Nutrition	Entire Batch	1 Serving
Calories	480	240
Fat (g)	10	5
Carbs (g)	34	17
Fiber (g)	8	3
Protein (g)	60	30

Directions

1 To make the chocolate fudge, mix the sugar-free syrup, chocolate protein powder, stevia, cocoa powder, and guar gum in a bowl. When all ingredients are thoroughly mixed, place the bowl in the freezer for 1 hour

2 Next, make the peanut butter ice cream Place the pretzels in a plastic bag, crush them thoroughly, and set aside. Then, in a bowl, mix the crushed pretzels with the remaining dry ingredients (salt, stevia, guar gum, powdered peanut butter, and peanut butter protein powder).

3 Add the water, ice and peanut butter ice cream mixture to a blender. Blend on high for 1 minute. After 1 minute, scrape down the sides/edges if needed Blend again for 1 minute and 30 seconds on high After blending, the consistency should be a thick cream

4 Scoop out the peanut butter ice cream mixture into a container of your choice and place it inside the freezer for 10 minutes After 10 minutes, take your peanut butter ice cream mixture out of the freezer along with the chocolate fudge.

5 Cut your chocolate fudge into small pieces and dip them into the crushed pretzels for the extra crunch Garnish the chocolate fudge chunks on top of your peanut butter ice cream Optionally, you may add whole pretzels as desired and Walden Farms calorie-free syrup for extra taste Enjoy!



Strawberry Protein Ice Cream



Vegetarian

Prep Time
10 MinutesReady In
10 MinutesDifficulty
Easy

Ingredients

Large Size

- 68g (2 scoops) **Whey+Casein Protein Powder** (flavor of choice)
- 300g frozen strawberries (1 serving)
- 175g (¾ cup) 0% fat Greek yogurt
- 3g (1 tsp) guar/xanthan gum
- 120 ml (½ cup) unsweetened almond milk
- 3 packets (2 tbsp) sweetener
- Ice

Medium Size

- 50g (~1½ scoops) **Whey+Casein Protein Powder** (flavor of choice)
- 225g frozen strawberries (¾ serving)
- 125g (½ cup) 0% fat Greek yogurt
- ~2g (¾ tsp) guar/xanthan gum
- 90 ml (⅓ cup) unsweetened almond milk
- 2 packets (4 tsp) sweetener
- Ice

Small Size

- 34g (1 scoop) **Whey+Casein Protein Powder** (flavor of choice)
- 150g frozen strawberries (½ serving)
- 80g (1/3 cup) 0% fat Greek yogurt
- 1.5g (½ tsp) guar/xanthan gum
- 60 ml (¼ cup) unsweetened almond milk
- 1 packet (2 tsp) sweetener
- Ice

Nutrition	Large Serving	Medium Serving	Small Serving
Calories	460	350	230
Fat (g)	8	6	5
Carbs (g)	46	28	18
Fiber (g)	12	9	7
Protein (g)	71	47	27

Directions

- 1 Add all ingredients to a blender Blend for 1 minute on medium-high speed until there is a smooth consistency Note that if you use casein protein, the ice cream will be thicker.
- 2 Scrape sides of the blender and ensure all ingredients are blended You may have to pulse the blender a few times depending on the consistency you want to achieve. You can always add more ice or water to get the consistency you desire.
- 3 Pour the mixture out of the blender and into a bowl to consume immediately



Note: • You can make this recipe vegan by using vegan protein powder! • You can also experiment with your favorite whey+ casein protein powders.

Prep tip: You may top with powdered peanut butter, fresh blueberries, Walden Farms low-calorie syrup, or popcorn; anything that makes it more interesting and delicious for you.



Chocolate Strawberry Proteinsicles



Vegetarian

Prep Time
20 MinutesReady In
2.5 HoursDifficulty
Medium

Chocolate Strawberry Proteinsicles are a delicious frozen, fruity, and chocolatey treat. They are EXTREMELY anabolic due to the high protein content relative to everything else (62% of the calories come from PROTEIN)! Coach Ely's entire freezer is stuffed with these because they are delicious, anabolic, and amazing!

Ingredients

Makes 1 Batch (Approx. 4 Medium Servings)

- 240 ml (1 cup) unsweetened almond milk
- 119g (3½ scoops) **Chocolate PB Whey+Casein Protein Powder** (or whey+casein of choice)
- 300g frozen strawberries (1 serving)
- 3g (1 tsp) guar/xanthan gum
- 1 package fat-free Jell-O chocolate pudding (140 calories)
- 125g (½ cup) 0% fat Greek yogurt
- 5 packets (~3 tbsp) sweetener (to taste)

Directions

- 1 Add all ingredients into the blender and blend for 1 minute
- 2 With a spatula, scrape the edges of the blender pushing the mixture towards the bottom.
- 3 Blend again for 1 more minute or until you have reached a smooth and fluffy consistency. Repeat the scraping process and blend again if necessary
- 4 Using a spatula, remove the mixture from the blender and transfer into silicone trays Place the trays in the freezer
- 5 Let them sit in the freezer for at least 3 hours
- 6 Place the bottom of the ice tray under hot water from the tap for about 10 seconds to make them easy to remove Pop them out and eat frozen or place into an airtight container, put them into the freezer and eat later

Nutrition	Entire Batch	1 Serving
Calories	810	196
Fat (g)	12	3
Carbs (g)	72	18
Fiber (g)	16	4
Protein (g)	100	24



Note: Popsicle trays vary in size, so do your homework and divide the total batch calories into the amount of trays you have. So if this entire batch makes 4 trays, then divide the calories by 4 to know how much 1 serving is.



Strawberry Proteinsicles



Vegetarian

Prep Time
20 MinutesReady In
2.5 HoursDifficulty
Medium

This recipe is just like the chocolate strawberry proteinsicles except with some peanut butter flavor!

Ingredients

Makes 1 Batch (Approx. 4 Large Servings)

- 320ml (~1¼ cups) ice water
- 150g frozen strawberries (½ serving)
- 170g (5 scoops) **Chocolate PB Whey+Casein Protein Powder** (or whey+casein of choice)
- 250g (1 cup) 0% fat Greek yogurt
- 72g (¾ cup) chocolate peanut butter powder (PB2)
- 3g (1 tsp) guar/xanthan gum
- 5 packets (~3 tbs) sweetener (to taste)

Directions

- 1 Add all ingredients into the blender and blend for 1 minute
- 2 With a spatula, scrape the edges of the blender pushing the mixture towards the bottom.
- 3 Blend again for 1 more minute or until you have reached a smooth and fluffy consistency. Repeat the scraping process and blend again if necessary
- 4 Using a spatula, remove the mixture from the blender and transfer into silicone trays Place the trays in the freezer
- 5 Let them sit in the freezer for at least 3 hours
- 6 Place the bottom of the ice tray under hot water from the tap for about 10 seconds to make them easy to remove Pop them out and eat frozen or place into an airtight container, put them into the freezer and eat later

Nutrition	Entire Batch	1 Serving
Calories	1215	303
Fat (g)	20	5
Carbs (g)	84	21
Fiber (g)	32	8
Protein (g)	180	45



Note:

- Popsicle trays vary in size, so do your homework and divide the total batch calories into the amount of trays you have. So if this entire batch makes 4 trays, divide the calories by 4 to know how much 1 serving is.
- For a creamier texture use your favorite nut milk instead of water.



Strawberry Cheesecake Proteinsicles



Vegetarian

Prep Time
10 MinutesReady In
2.5 HoursDifficulty
Medium

Ingredients

Makes 1 Batch (Approx. 4 Large Servings)

- 360 ml (1½ cups) unsweetened almond milk
- 186g (5½ scoops) **Whey+Casein Protein Powder** (or whey+casein of choice)
- 450g frozen strawberries (1½ servings)
- 9g (3 tsp) guar/xanthan gum
- 175g (¾ cup) 0% fat Greek yogurt
- 1 packet cheesecake fat-free Jell-O pudding (100 calories)
- 12 packets (½ cup) sweetener (to taste)

Directions

- 1 Add all ingredients into the blender and blend for 1 minute
- 2 With a spatula, scrape the edges of the blender pushing the mixture towards the bottom.
- 3 Blend again for 1 more minute or until you have reached a smooth and fluffy consistency. Repeat the scraping process and blend again if necessary
- 4 Using a spatula, remove the mixture from the blender and transfer into silicone trays Place the trays in the freezer
- 5 Let them sit in the freezer for at least 3 hours
- 6 Place the bottom of the ice tray under hot water from the tap for about 10 seconds to make them easy to remove Pop them out and eat frozen or place into an airtight container, put them into the freezer and eat later

Nutrition	Entire Batch	1 Serving
Calories	1160	290
Fat (g)	16	4
Carbs (g)	92	23
Fiber (g)	2	7
Protein (g)	160	40



Note: Popsicle trays vary in size, so do your homework and divide the total batch calories into the amount of trays you have.



Vanilla Berry Proteinsicles



Vegetarian

Prep Time
10 MinutesReady In
2.5 HoursDifficulty
Medium

Ingredients

Makes 1 Batch (Approx. 4 Large Servings)

- 240 ml (1 cup) water
- 170g (5 scoops) **Vanilla Whey+Casein Protein Powder** (or whey+casein of choice)
- 280g frozen mixed berries
- 3g (1 tsp) guar/xanthan gum
- 250g (1 cup) 0% fat Greek yogurt
- 10 packets ($\frac{3}{8}$ cup) sweetener (to taste)

Nutrition	Entire Batch	1 Serving
Calories	1020	255
Fat (g)	12	3
Carbs (g)	84	21
Fiber (g)	24	6
Protein (g)	152	38



Note: Popsicle trays vary in size, so do your homework and divide the total batch calories into the amount of trays you have. So if this entire batch makes 4 trays, then divide the calories by 4 to know how much one serving is.

Directions

- 1 Add all ingredients into the blender and blend for 1 minute
- 2 With a spatula, scrape the edges of the blender pushing the mixture towards the bottom.
- 3 Blend again for 1 more minute or until you have reached a smooth and fluffy consistency. Repeat the scraping process and blend again if necessary
- 4 Using a spatula, remove the mixture from the blender and transfer into silicone trays Place the trays in the freezer
- 5 Let them sit in the freezer for at least 3 hours
- 6 Place the bottom of the ice tray under hot water from the tap for about 10 seconds to make them easy to remove Pop them out and eat frozen or place into an airtight container, put them into the freezer and eat later



Donuts/Vonuts



Vegan

Prep Time
20 MinutesReady In
30-40 MinutesDifficulty
Medium

Vegan donuts are easy to find. BUT, how many of those are low in calories and high in protein?
Almost ZEEEEEEEEEEEEERRRO. Until now!

Ingredients

Makes 4 Donuts

Donut Base

- 4 regular ass hamburger buns
- 120g (1/2 cup) unsweetened vanilla cashew milk
- 16g (~1/2 scoop) **Vegan Protein Powder** (flavor of choice / or brand of choice)

Filling

- 33g (1 scoop) **Vegan Protein Powder** (flavor of choice / or brand of choice)
- 45g (~3 tbsp) sugar-free strawberry jam
- 45g (~3 tbsp) low-calorie syrup

Topping

- 9g (1 tbsp) Swerve Icing Sugar

Nutrition	Entire Batch	1 Donut
Calories	800	200
Fat (g)	22	6
Carbs (g)	101	25
Fiber (g)	4	1
Protein (g)	44	11



Note: • You can use any flavor of no sugar added jam. • If you like a creamier donut center, add 1-2 tbsp of low-calorie maple syrup or nut milk of choice.

• To make extra anabolic, use a plant-based protein nut milk (I use unsweetened vanilla Silk 8g plant protein almond & cashew).

Directions

- 1 Start by placing parchment paper onto a baking sheet and spray with cooking spray, then set aside Preheat the oven to 350°F (~175°C)
- 2 In a bowl, add the filling ingredients and mix until smooth, then set aside. You have now completed the filling for your vonuts.
- 3 Combine the cashew milk and 16g of the protein powder in a separate bowl, and mix until smooth
- 4 Cut all 4 hamburger buns in half if not pre-cut
- 5 Quickly dip (~1/2 second) each half of the hamburger bun on both sides in the mixture, and place on a plate with the inside part of the bun facing up.
- 6 Press in the center of the 4 top buns slightly with your fingers to make a bowl-like indentation in the center. (This will hold the filling).
- 7 Add the filling to the 4 indentations you just made on the top half of the buns.
- 8 Place the bottom half of the buns on top and seal the buns by slightly pinching around the edges to seal the pieces together, forming the donuts
- 9 Flip the donuts and place them on the sprayed baking sheet with parchment paper to prevent sticking (It should look like a hamburger at this point)
- 10 Bake at 350°F (~175°C) for 10 minutes or until golden brown.
- 11 Place 9g (1 tbsp) of Swerve Icing Sugar onto a plate. Spray the tops of donuts quickly with cooking spray, and coat the tops and/or bottom of the donuts by gently placing them top down into the Swerve Icing Sugar and gently swirling them around before flipping and swirling again (or simply sprinkle some Swerve on top. I personally like a lot of Swerve).
- 12 Eat immediately or place into a sealed container to enjoy later (if you don't know how to eat a donut, visit Will Tennyson's YouTube channel for more details)



6-Pack Jelly Donuts



Vegetarian

Prep Time
10 MinutesReady In
30-40 MinutesDifficulty
Medium

A healthier and homemade take on a classic, the famous jelly-filled donut! It's hard to believe how great these are! A must try!

Ingredients

Makes 6 Donuts Donut Base

- 6 regular ass hamburger buns
- 160g (2/3 cup) egg whites

Filling

- 64-68g (2 scoops) **Vanilla**

Whey Protein Powder (any flavor / or brand of choice)

- 60g (~1/4 cup) sugar-free jam
- 60g (1/4 cup) low-calorie syrup

Topping

- 12g (~4 tsp) Swerve Icing Sugar

Nutrition	Entire Batch	Per Serving
Calories	1035	170
Fat (g)	11	2
Carbs (g)	147	25
Fiber (g)	6	1
Protein (g)	85	14



Note:

- Experiment with protein powder and sugar-free jam flavors to create your favorite variation!
- Adjust calories if using larger buns.
- If the donuts aren't sealing well, dip your fingers into egg whites to help seal them.
- If using thick protein powder such as casein, mix in 1-2 tbsp of low-calorie maple syrup or nut milk of choice.

Directions

- 1 Start by placing parchment paper onto a baking sheet and spray with cooking spray, set aside Preheat the oven to 350°F (~175°C)
- 2 In a bowl add the protein powder, sugar-free strawberry jam, and low-calorie syrup. Mix with a spoon until smooth (~1 min) and set aside (it will look dry at first, just keep mixing!) You have now completed the filling for the donuts.
- 3 Place the egg whites in a flat surface bowl.
- 4 Cut all 6 hamburger buns in half (if not pre-cut)
- 5 Scrape out 5g of bread from the top half of each buns (ONLY the top)
- 6 Quickly dip (~1 second) each half of the hamburger bun on both sides in egg whites, and place on a plate with the scraped out part of the top buns facing up
- 7 Add the filling to the 6 hollowed out buns (top halves).
- 8 Place the bottom half of the buns on top and seal the buns with your fingers by slightly pinching around the edges to seal the two halves together forming the donuts
- 9 Flip the donuts and place them on the baking sheet with parchment paper to prevent sticking (It should look like a hamburger at this point)
- 10 Bake at 350°F (~175°C) for 8-12 minutes or until golden brown (do not overcook) Remove from the oven and let cool
- 11 Place 12g (~4 tsp) of Swerve Icing Sugar onto a plate. Spray the tops of donuts quickly with cooking spray, and coat the tops and/or bottom of the donuts by gently placing them top down into the Swerve Icing Sugar and gently swirling them around before flipping and swirling again (or simply sprinkle some Swerve on top.
- 12 Eat immediately or place into a sealed container to enjoy later (if you don't know how to eat a donut, visit Will Tennyson's YouTube channel for more details)



Boston Cream Donuts



Vegetarian

Prep Time
10 MinutesReady In
30-40 MinutesDifficulty
Medium

Ingredients

Makes 6 Donuts Donut Base

- 6 regular ass hamburger buns
- 100g (~2/5 cup) egg whites

Filling

- 34g (1 scoop) **Whey+Casein Protein Powder** (or whey+casein of choice)
- 5g (1 tsp) vanilla extract
- 60g (~1/4 cup) 0% fat-free Greek yogurt
- 30g (~1/3 cup) light Cool Whip
- 60g (1/4 cup) egg whites
- 5g sugar-free vanilla instant pudding mix
- 60g (1/4 cup) low-calorie syrup

Topping

- 9g (~1 tbsp) Swerve Icing Sugar

Nutrition	Entire Batch	1 Donut
Calories	893	223
Fat (g)	13	3
Carbs (g)	122	30
Fiber (g)	13	3
Protein (g)	56	14



Note:

- Adjust calories if using larger buns.
- If the donuts aren't sealing well, try dipping your fingers into egg whites to help seal them.
- If using whey protein powder, use 1 tbsp less egg whites for the filling (45g instead of 60g).

Directions

- 1 Start by placing parchment paper onto a baking sheet, set aside Preheat the oven to 350°F (~175°C)
- 2 In a bowl add the protein powder, 60g (1/4 cup) of egg whites, Greek yogurt, Cool Whip, instant pudding mix, syrup, and vanilla extract. Mix with a spoon until smooth and set aside. You have now completed the filling for the donuts
- 3 Place 100g (~2/5 cup) of egg whites in a flat surface bowl.
- 4 Cut all 6 hamburger buns in half (if not pre-cut)
- 5 Quickly dip (~1 second) each half of the hamburger bun on both sides in egg whites, and place on a plate with the inside part of the bun facing up. Press in the center of the 6 top buns slightly with your fingers to make a bowl-like indentation in the center. (This will hold the filling).
- 6 Add the filling to the 6 indentations you just made in the top half of the buns.
- 7 Place the bottom half of the buns on top and seal the buns with your fingers
- 8 by slightly pinching around the edges to seal the two halves together forming the donuts
- 9 Flip the donuts and place them on the baking sheet with parchment paper to prevent sticking (It should look like a hamburger at this point)
- 10 Bake at 350°F (~175°C) for about 10 minutes or until golden brown (do not overcook) Remove from the oven and let cool
- 11 Place 9g (~1 tbsp) of Swerve Icing Sugar onto a plate. Spray the tops of donuts quickly with cooking spray, and coat the tops and/or bottom of the donuts by gently placing them top down into the Swerve Icing Sugar and gently swirling them around before flipping and swirling again (or simply sprinkle some Swerve on top).
- 12 Eat immediately or place into a sealed container to enjoy later



Pretty Pink Parfait



Vegetarian

Prep Time
15 MinutesReady In
~3 HoursDifficulty
Medium

Creamy, thick, fresh, yummy and pretty A quick and easy grab and go breakfast, snack or dessert One of the MUST haves in my fridge

Ingredients

Makes 4 Parfaits

- 96-102g (3 scoops) **Vanilla Whey+Casein Protein Powder** (or whey+casein of choice)
- 465g (~2 cups) 0% fat-free Greek yogurt
- 200g frozen strawberries
- 220g fresh mango
- 200g fresh kiwi
- 140g fresh blueberries
- 3 packets sweetener
- 5g (1 tsp) vanilla extract
- 2g guar gum (use 3 g if using whey protein)
- 20g (3 tbsp) ground flax seed
- ~40g (4) cherries (topping)

Nutrition	Entire Batch	1 Parfait
Calories	1080	270
Fat (g)	12	3
Carbs (g)	117	29
Fiber (g)	20	5
Protein (g)	136	34



Note:

- Scrape the sides of the blender if the batter is not mixing properly.
- Keep refrigerated until you are ready to eat!
- To save time, just stir the batter/fruit in a bowl and eat. At this point it will be a "pink parfait", and not so pretty. But it will taste the same!
- Experiment with your favorite protein flavors.

Directions

- 1 Slice the mango and kiwi and set aside.
- 2 Place the yogurt, protein powder, frozen strawberries, flax seeds, sweetener, guar gum, and vanilla extract into a blender, and blend for 60-90 seconds. At this point you will have a smooth batter consistency
- 3 Parfait Assembly:
 - Using a tall glass start by placing one layer of fruit on the bottom
 - Add 3-4 tbsp of the batter and repeat this process (fruit, batter, fruit...) until you have filled the glass.
 - Top the parfait with a cherry.
- 4 Repeat step 3 for the remaining 3 parfaits Place in the fridge for at least 3 hours before serving



Choco-Berry Parfait



Vegetarian

Prep Time
10 MinutesReady In
~3 HoursDifficulty
Medium

This anabolic parfait features sliced strawberries laying in a smooth chocolate peanut butter batter...what's not to like?

Ingredients

Makes 4 Parfaits

- 400g fresh strawberries
- 460g (~2 cups) 0% fat-free Greek yogurt
- 68g (2 scoops) **Chocolate PB Whey+Casein Protein Powder** (or whey+casein of choice)
- 30g (~2 tbsp) Walden Farms chocolate syrup
- 13g (~2 tbsp) flax meal
- 20g (~3 tbsp) chocolate powdered peanut butter (PB2)
- 2g guar gum (2/3 tsp) (if using whey protein powder use 3g guar gum)
- ~40g (4) cherries

Nutrition	Entire Batch	1 Parfait
Calories	835	210
Fat (g)	10	2
Carbs (g)	79	20
Fiber (g)	17	4
Protein (g)	105	26



Note:

- To save time, just add strawberries throughout.
- Experiment using whatever combination of fruit you like to keep your taste buds guessing.

Directions

- 1 Cut the strawberries in thin slices, and set aside. Place the yogurt,
- 2 protein powder, powdered peanut butter, flax meal, guar gum, and the chocolate syrup into a blender and blend until you have reached a smooth batter consistency (~1 minute)
- 3 Parfait Assembly:
 - Using a glass, start by placing a layer of strawberries around the sides and bottom
 - Add 1/4 of the batter until you have filled the glass.
 - Top the parfait with a cherry.
- 4 Repeat step 3 for the remaining 3 parfaits Place in the fridge for at least 3 hours before serving



Watermelon Zesty Proteinsicles



Vegetarian

Prep Time
15 MinutesReady In
~4 HoursDifficulty
Medium

Watermelon proteinsicles are a must have summer treat. Quick, easy, refreshing, super high protein and packed with flavor.

Ingredients

Makes 1 Serving

- 60g ice
- 175g (¾ cup) 0% fat-free Greek yogurt
- 110g unsweetened cashew milk
- 330g (1 serving) frozen watermelon
- 68g (2 scoops) **Vanilla Whey+Casein Protein Powder** (or whey+casein of choice)
- 7 5g (~½ tbsp) lemon juice
- 6g (~½ tbsp) lemon zest
- 5g (~½ tbsp) Swerve Icing Sugar
- 1 5g (~1/2 tsp) guar/xanthan gum

Directions

- 1 Add all ingredients into the blender and blend for 1 minute
- 2 With a spatula, scrape the edges of the blender pushing the mixture towards the bottom.
- 3 Blend again for 1 more minute or until you have reached a smooth and fluffy consistency. Repeat the scraping process and blend again if necessary
- 4 Using a spatula, remove the mixture from the blender and transfer into silicone trays Place the trays in the freezer
- 5 Let them sit in the freezer for at least 3 hours
- 6 Place the bottom of the ice tray under hot water from the tap for about 10 seconds to make them easy to remove Pop them out and eat frozen or place into an airtight container, put them into the freezer and eat later

Nutrition 1 Serving

Calories 235

Fat (g) 2

Carbs (g) 22

Fiber (g) 3

Protein (g) 34



Note: To make extra anabolic, use a plant-based protein nut milk (I like unsweetened vanilla Silk 8g plant protein almond & cashew).



Peach Moose-Sicles



Vegetarian

Prep Time
15 MinutesReady In
~3 HoursDifficulty
Easy

Looking for a light, smooth and creamy cold snack that's full of protein? Give my new frozen peach mousse recipe a try. They make a great dessert, or even a late night snack when you want to squeeze in a little extra protein!

Ingredients

Makes 1 Batch (18 Servings)

- 460g frozen peaches
- 80g (~1/3 cup) fat-free ricotta cheese
- 200g (5/6 cup) 0% fat-free Greek yogurt
- 100g fat-free cream cheese
- 96g (3 scoops) **Vanilla Whey Protein Powder** (or whey of choice)
- 1 5g (½ tsp) guar gum

Directions

1 Add the ricotta, Greek yogurt, cream cheese, protein powder, FibrO and guar gum into a blender and blend for ~45-60 seconds. Remove the lid of the blender, and scrape the mixture down.

2 Add the peaches into the blender and blend for another ~30-60 seconds (or until the peaches are fully crushed).

3 Transfer the creamy mixture into 18 (or more) silicone muffin molds, then using your spatula, press the mixture down until the air has escaped from each mold.

4 Let the mouse sit in the freezer for at least 4 hours.

5 Pop them out of the molds and serve frozen (store in freezer).

Nutrition	Entire Batch	1 Serving
Calories	705	40
Fat (g)	6	0.5
Carbs (g)	53	3
Fiber (g)	1	0
Protein (g)	102	6



Note:

- If you don't have silicone muffin trays you can use silicone ice trays.
- It is important to use silicone trays, as solid ones make it difficult to remove.
- Experiment with different types of fruit other than peaches.
- Run the bottom of the tray under warm-hot water to remove the Moose-sicles from the tray (depending on the type of tray used).



Anabolic Icing

Prep Time



Vegetarian

Ready In
10 MinutesDifficulty
Easy

Get ready for an icing that is sweeter than last time! I use this icing to increase the protein and enhance the taste on cupcakes, muffins and cakes!

Ingredients

Makes 1 Batch (8 Servings) • 80g (~1/3

- cup) egg whites
- 5g (1 tsp) vanilla extract
- 48g (~1/3 cup) Swerve Icing Sugar
- 30g (2 tbsp) sugar-free jam (favorite flavor)
- 34g (1 scoop) **Vanilla Whey+Casein Protein Powder** (or whey+casein of choice)
- 3g (~1 tsp) guar gum

Directions

- 1 Add all ingredients to a bowl, and blend or mix them until smooth.
- 2 Add to any cupcake, muffin, or cake. Simply delicious!

Nutrition	Entire Batch	1 Serving
Calories	200	25
Fat (g)	1	0
Carbs (g)	11	1
Fiber (g)	2	0.3
Protein (g)	33	4



Note:

- You can use any sugar-free jam flavor you like!
- Protein powders will vary according to the ratio of whey and casein:
 - 100% whey will require ~ 60g of egg whites,
 - Whey/casein blend 80g of egg whites,
 - 100% casein 80g egg whites and no guar gum.
- Optional: add some fresh fruit on top.
- Can be used as a low-calorie fruit dip replacement at parties.



Cream Cheese Icing



Vegetarian

Prep Time
10 MinutesReady In
15 MinutesDifficulty
Easy

If you're looking for a simple and delicious "whey" (pun intended) to make your desserts taste better while adding protein, you've found it! This cream cheese icing can be spread onto all kinds of treats without adding a lot of calories.

Ingredients

Makes 1 Batch (12 Servings)

- 70g (~1/2 cup) Swerve Icing Sugar
- 90g (~6 tbsp) fat-free cream cheese
- 120g (1/2 cup) fat-free high protein milk
- 5g (1 tsp) vanilla extract
- 50g (11/2 scoops) **Vanilla Whey+Casein** Protein Powder (or whey+casein of choice)
- 1g (~1/3 tsp) guar gum

Directions

- 1 In a bowl, using a hand mixer, mix all ingredients until well blended.
- 2 Place in the fridge to cool for ~15 minutes before serving



Note:

- You can easily order Swerve online, or find it in many grocery stores!
- If using a whey protein powder, use 1.5 g (~1/2 tsp) of guar gum.

Nutrition	Entire Batch	1 Serving
Calories	375	30
Fat (g)	4	0.3
Carbs (g)	27	2
Fiber (g)	0	0
Protein (g)	57	5



Banana Icing



Vegetarian

Prep Time
10 MinutesReady In
10 MinutesDifficulty
Easy

Icing or frostings are a sweet addition to any muffin, cupcake or cake. I have developed a delicious, very high protein, banana icing that will go well with all the sweet treats you love to eat.

Ingredients

Makes 1 Batch • 80g (1/3 cup)

egg whites

- 5g (1 tsp) vanilla extract
- 48g (1/3 cup) Swerve Icing Sugar
- 55g (½) very ripe banana
- 34g (1 scoop) **Vanilla**

Whey+Casein Protein Powder (or whey+casein of choice)

- 3g (~1 tsp) guar gum

Directions

- 1 Add all ingredients to a bowl, and blend with a hand blender until smooth (can also use a regular blender)
- 2 If not thick enough, place in fridge for 30 minutes as it will thicken over time
- 3 Add to any cupcake, muffin or cake. Simply delicious!

1 Serving

Calories 230

Fat (g) 1

Carbs (g) 20

Fiber (g) 4

Protein (g) 33



Note:

- Put as much or as little as you want on your cupcakes, muffins or cake.
- Protein powders will vary according to the ratio of whey and casein.
- Regular whey protein may only need 60g of egg whites.
- 100% casein protein may only need 1.5g (1/2 tsp) guar gum OR 100g egg whites.



Strawberries & Cream



Vegetarian

Prep Time
10 MinutesReady In
10 MinutesDifficulty
Easy

A quick and easy protein-filled recipe that Ally and I always have in the fridge. It's awesome as a dessert, but that doesn't mean you can't eat it for breakfast too!

Ingredients

Makes 1 Serving

- 300g (1 serving) strawberries
- 233g (~1 cup) 0% fat-free Greek yogurt
- 10g (2 tsp) vanilla extract
- 3 packets sweetener

1 Serving

Calories 235

Fat (g) 1

Carbs (g) 29

Fiber (g) 7

Protein (g) 20



Note: I like it super sweet so I use double the sweetener! There are no rules in this kitchen!

Directions

- 1 Wash the strawberries (or other fruit you may have chosen).
- 2 Add the greek yogurt, vanilla extract and sweetener packets into a mixing bowl.
- 3 Stir all ingredients with a fork or whisk until everything is evenly mixed
- 4 Place the dip in a medium-sized serving bowl and pair with the strawberries or any fruit of choice!



Strawberry Cheesecake



Vegetarian

Prep Time
20 MinutesReady In
3.20 MinutesDifficulty
Harder Than Last Time

Everyone loves cheesecake! and you know me... I came up with a recipe we could all eat at the house with no regrets. This cheesecake is creamy, crunchy and you will thank me after making it.

Ingredients

Makes 1 Batch (8 Servings)

Cheesecake Crust

- 100g digestive biscuits
- 60g light margarine

Filling

- 250g (~1 cup) fat-free Greek yogurt
- 100g (~½ cup) fat-free cottage cheese
- 120g (~½ cup) low fat cream cheese
- 6g (~1 tbsp) lemon zest
- 2.5g (~1/2 tsp) lime juice
- 32g **Whey-Casein Luckier**

Marshmallow Protein Powder
(or whey-casein of choice)

Jam

- 260g (2 cups) frozen strawberries
- 6g (~2 tbsp) Swerve icing sugar
- 20g (~4 tbsp) fresh lemon juice
- 1.5g (~1/2 tsp) guar gum

Directions

Crust

- 1 Add the digestive biscuits into the blender and blend them for 30 seconds
- 2 Place the margarine in a microwave safe container and melt it for 10 seconds, check if is fully melted, and if not repeat the process
- 3 Blend the biscuits one more time while adding the melted margarine.
- 4 Prepare a 9inch cheesecake springform with parchment paper.
- 5 Add the mixture into the mold, press it down with your fingers, bake for 10 minutes at 355°F, and set aside

Filling

- 6 In a large bowl or the stand mixer, beat the Greek yogurt, cottage and cream cheese until the mixture is a smooth consistency
- 7 Mix in the lemon zest and lime juice, marshmallow protein, and Fibro until the Fibro has fully dissolved
- 8 Spread the mixture on top of the crust and refrigerate for 3 hours or until it has fully set

Jam

- 9 Pour the frozen fruit into a saucepan, add 3 tbsp of lemon juice, and let cook for 2 minutes over medium heat
- 10 Once the fruit is starting to defrost add the sugar and let cook until all the fruits has broken down.
- 11 In a separate container pour 1 tbsp of lemon juice and mix it with the guar gum until clumps have fully disappeared
- 12 Transfer the guar gum mixture into the saucepan and mix well with the help of a whisk.
- 13 Reduce heat and simmer for 2 minutes. Let it cool down and top your cheesecake with it.
- 14 Transfer the cheesecake to the refrigerator for 2 more hours
- 15 Portion it in 8 equal slices and serve

Nutrition

	Entire Batch	1 Serving
Calories	1329	166
Fat (g)	63	8
Carbs (g)	131	16
Fiber (g)	14	2
Protein (g)	92	12



Note:

- You can freeze the portioned cheesecake.
- You can switch the strawberries for your favorite fruit or seasonal fruit.



Vegetables (Raw) and Legumes Servings Reference Table

Vegetable / Legume	One serving (~100 calories)	Fiber	Vegetable / Legume	One serving (~100 calories)	Fiber
Watercress	900g	5g	Broccoflower	325g	10g
Nappa Cabbage	775g	5g	Fennel	320g	10g
Bok choy	775g	8g	Green Onion	320g	8g
Lettuce	700g	8g	Collard Green	320g	13g
Cucumber	675g	3g	Okra	300g	11g
Celery	650g	10g	Fiddleheads	300g	20g
Radish	625g	10g	Broccoli	300g	8g
Endive	600g	19g	Kale	300g	6g
Bitter Melon (Bitter Gourd)	600g	17g	Green Beans	300g	8g
Zucchini	600g	5g	Rutabaga	275g	7g
Tomatoes	550g	7g	Onions	250g	4g
Chayote Squash	550g	7g	Acorn Squash	250g	4g
Swiss Chard/Beet Greens	525g	8g	Carrots	250g	7g
Yellow Squash	525g	1g	Chilli Peppers	250g	4g
Green Peppers	500g	9g	Snow/Sugar Snap Peas	240g	6g
Asparagus	500g	11g	Beets	230g	7g
Rhubarb	475g	9g	Brussels Sprouts	230g	9g
Mushrooms	450g	5g	Butternut Squash	220g	4g
Rapini	450g	12g	Dandelion Greens	220g	8g
Spinach	450g	10g	Artichoke	210g	10g
Green Cabbage	400g	11g	Moringa (fresh leaves)	150g	3g
Arugula	400g	6g	Potatoes	140g	2g
Eggplant	400g	14g	Parsnips	130g	7g
Cauliflower	400g	10g	Peas	130g	7g
Sprouts	400g	5g	Yams (Sweet Potatoes)	120g	4g
Pumpkin	380g	2g	Corn	120g	2g
Red/Yellow/Orange Peppers	375g	8g	Edamame	80g	4g
Turnip	360g	7g	Cassava / Yucca	65g	1g
Wax Beans	345g	11g	Dry Lentils*	30g	9g
Chives	330g	8g	Dry Split Peas*	30g	7.5g
Spaghetti Squash	325g	5g			
Red Cabbage	325g	7g			

*Beans/legumes vary so much that you absolutely must be cautious and look at the label to see how much you can eat. Every can/package is different and you MUST be careful about how the beans/legumes are cooked and in what sauce.

Veggies With the Most Protein Per 100 Calories

Vegetable / Legume	One serving (~100 calories)	Protein	Vegetable / Legume	One serving (~100 calories)	Protein
Watercress	900g	20.5g	Okra	300g	6g
Alfalfa Sprouts	450g	18g	Snow / Sugar Snap Peas	240g	6g
Rapini	450g	14.5g	Dandelion Greens	220g	6g
Moringa (fresh leaves)	150g	14g	Green Beans	300g	5.5g
Fiddleheads	300g	13.5g	Green Cabbage	400g	5g
Spinach	450g	12.5g	Cucumber	675g	4.5g
Napa Cabbage	775g	12g	Celery	650g	4.5g
Mushrooms	450g	12g	Radish	625g	4.5g
Bok Choy	775g	11.5g	Chayote Squash	550g	4.5g
Asparagus	500g	11g	Green Bell Peppers	500g	4.5g
Chives	330g	11g	Rhubarb	475g	4.5g
Arugala	400g	10.5g	Red Cabbage	325g	4.5g
Bean Sprouts	325g	10g	Red Chilli Pepper	250g	4.5g
Edamame	80g	10g	Eggplant	400g	4g
Swiss Chard / Beet Greens	525g	9.5g	Pumpkin	380g	4g
Broccoflower	325g	9.5g	Red/Yellow/Orange Bell Peppers	375g	4g
Collard Greens	325g	9.5g	Fennel	320g	4g
Dry Lentils	30g	9g	Corn	120g	4g
Broccoli	300g	8.5g	Beets	230g	3.5g
Lettuce	700g	8g	Turnip	360g	3g
Kale	300g	8g	Rutabaga	275g	3g
Endive	600g	7.5g	Onions	250g	3g
Cauliflower	400g	7.5g	Carrots	250g	2.5g
Brussels Sprouts	230g	7.5g	Potatoes	140g	2.5g
Zucchini	600g	7g	Spaghetti Squash	325g	2g
Wax Beans	345g	7g	Acorn Squash	250g	2g
Peas	130g	7g	Butternut Squash	220g	2g
Dry Split Peas	30g	7g	Yam (Sweet Potato)	120g	2g
Broccoflower	325g	6.5g	Parsnips	130g	1.5g
Artichoke	210g	6.5g	Tomatoes	550g	1g
Bitter Melon (Bitter Gourd)	600g	6g	Cassava / Yucca	65g	1g
Green Onion	320g	6g			

Fruit Servings Reference Table

Fruit	One serving (~100 calories)	Fiber
Watermelon	330g	2g
Starfruit	320g	9g
Strawberries	300g	7g
Cantaloupe	290g	2g
Honeydew	280g	2g
Peaches	250g	4g
Nectarine	250g	4g
Grapefruit	240g	4g
Papaya	230g	4g
Blackberries	230g	12g
Pineapple	220g	3g
Plums	210g	3g
Apricots	210g	4g
Red Cherries (Sour)	200g	4g
Tangerines	190g	3g
Apple	190g	5g
Raspberries	190g	12g
Orange	190g	5g
Blueberries	180g	5g
Champagne Grapes	170g	2g
Pears	170g	6g
Mango	170g	3g
Red Cherries (Sweet)	160g	3g
Kiwi	160g	5g
Lychee	150g	2g
Guava	150g	8g
Grape (Green/Red)	140g	1g
Pomegranate	120g	5g
Banana	110g	3g
Passion Fruit	100g	11g
Plantain	80g	2g
Persimmon	75g	3g
Avocado	60g	4g