



Muscle Building Recipe Bundle

NOURISH YOUR BODY WITH
NUTRIENT DENSE MEALS
DESIGNED TO HELP YOU BUILD
STRENGTH AND MAXIMIZE
YOUR EFFORTS AT THE GYM.



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Muscle Building Breakfast

KICKSTART YOUR DAY



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Egg White Breakfast Tacos



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 9 MINUTES

INGREDIENTS

- 3 small tortilla (approx 6" dia) [90 g] Flour Tortilla
- 4 large [132 g] Egg White
- 3 oz [84 g] Ground Turkey
- 2 cup [60 g] Baby Spinach
- 1 medium (approx 2-3/4" long, 2-1/2" dia) [114 g] Red Bell Pepper
- 1 tbsp (packed) [15 g] Feta Cheese
- 1 cup, halves [152 g] Strawberries

DIRECTIONS

1. In a skillet over medium heat, cook the ground turkey with a dash of salt and pepper, crumbling as you go along. Meanwhile, dice the bell pepper and roughly chop the spinach.
2. Add the baby spinach and diced bell pepper to the pan. Cook for about five minutes.
3. Add the egg whites, stir everything together and cook for another five minutes or until the eggs are cooked throughout.
4. Divide the turkey/egg combo among three tortillas. Serve with the halved strawberries.

NUTRITION INFO

Calories : 603.6

Fat : 17.45 g

Carbs : 68.8 g

Protein : 44.42 g

Fiber : 12.71 g

Cottage Cheese Breakfast Bowl



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

- 1 cup [225 g] 1% Low Fat Cottage Cheese
- 1.5 scoop [36 g] Organic Pea Protein
- 1 medium [98 g] Peach
- 1 cup [123 g] Raspberries
- 0.5 cup, diced [77.5 g] Pineapple
- 0.5 tbsp [10.5 g] Honey
- 0.25 cup [28 g] Paleo Mix Granola

DIRECTIONS

1. Mix cottage cheese with pea protein and add to a bowl.
2. Top cottage cheese with peaches, raspberries, pineapple, granola, and a drizzle of honey.

NUTRITION INFO

Calories : 592.5

Fat : 15.14 g

Carbs : 62.83 g

Protein : 53.84 g

Fiber : 14.35 g

Egg Salad Toast



SERVINGS: 1

PREP TIME: 10 MINUTES

COOKING TIME: 15 MINUTES

INGREDIENTS

- 2 large [100 g] Hard-Boiled Egg
- 0.25 cup [62.5 g] Chickpeas (canned and drained)
- 0.5 cup [112.5 g] 1% Low Fat Cottage Cheese
- 0.25 tsp [0.53 g] Black Pepper
- 0.5 tsp [3 g] Salt
- 1 scoop (20 g) [20 g] Protein Powder
- 0.5 cup [15 g] Spinach
- 0.25 medium [50.25 g] Cucumber (*Sliced*)
- 0.25 medium [28.5 g] Red Bell Pepper (*Sliced*)
- 2 slice [84 g] Sprouted Grain Bread (*Toasted*)

DIRECTIONS

1. Boil chickpeas for 10-15 minutes until tender. Set aside and let cool before using.
2. Add protein powder, chickpeas, cottage cheese, salt, black pepper, and hard-boiled eggs to a food processor and pulse until combined. The longer you pulse the mixture, the creamier it will be.
3. Layer spinach, cucumber, red bell pepper, and egg salad on top of each slice of toasted sprouted grain bread.

NUTRITION INFO

Calories : 616

Fat : 14.03 g

Carbs : 59.46 g

Protein : 60.63 g

Fiber : 13.75 g

Feta Spinach Omelet with Yogurt Bowl



SERVINGS: 1

PREP TIME: 10 MINUTES

COOKING TIME: 10 MINUTES

INGREDIENTS

- 4 large [132 g] Egg White
- 1 large [50 g] Egg
- 0.25 cup, crumbled [37.5 g] Feta Cheese
- 0.5 cup, chopped [35 g] Mushrooms
- 0.5 cup [15 g] Spinach (*Chopped*)
- 0.25 medium (approx 2-3/4" long, 2-1/2" dia) [28.5 g] Red Bell Pepper (*Diced*)
- 0.25 cup, chopped [31.5 g] Red Onions
- 0.25 cup [62.5 g] Chickpeas (canned and drained)
- 1 tsp [6 g] Salt
- 0.5 tsp [1.05 g] Black Pepper
- 1 cup [227 g] Greek Nonfat Yogurt - Vanilla
- 0.5 medium [59 g] Banana

DIRECTIONS

1. Saute spinach, bell peppers, red onions, chickpeas, and mushrooms in a non-stick pan over medium heat until the onions become translucent. Stir constantly to prevent burning. Remove from pan and set aside.
2. Beat the egg whites, whole egg, salt, and black pepper in a medium bowl until thoroughly blended. Add the spinach and vegetables to the eggs and mix until combined.
3. Pour the eggs into the center of a clean, non-stick pan and stir vigorously. As soon as curds begin to form, tilt the pan around until the excess liquid pours off the top of the curds and into the pan. Leave it alone until a crust forms along the edge.
4. Top the eggs with the feta cheese. Gently shake the pan to ensure the eggs are loose. Use your spatula to flip one side over the other into a half-moon and create an omelet.
5. Serve the omelet with a side of Greek yogurt and sliced banana.

NUTRITION INFO

Calories : 581.25

Fat : 14.32 g

Carbs : 64.52 g

Protein : 48.27 g

Fiber : 6.53 g

Berry Protein Oats



SERVINGS: 1

PREP TIME: 1 MINUTES

COOKING TIME: 2 MINUTES

INGREDIENTS

- 0.5 medium [59 g] Banana
- 0.5 cup [45 g] Rolled Oats Gluten Free
- 0.75 cup [182.25 g] Egg White
- 1 tsp [4.2 g] Vanilla Extract
- 1 tsp [2.3 g] Cinnamon
- 0.5 cup [113 g] Cottage Cheese (4% milk fat)
- 0.25 cup [30.75 g] Raspberries
- 0.25 cup [36.25 g] Blueberries
- 1 tbsp [16 g] Almond Butter

DIRECTIONS

1. Mash banana in microwave safe bowl.
2. Mix oats, egg whites, vanilla, and cinnamon together with the mashed banana.
3. Cook in microwave for 2 minutes (mix half way through).
4. Add berries, almond butter and cottage cheese to bowl and serve warm.

NUTRITION INFO

Calories : 573.25

Fat : 17.9 g

Carbs : 61.63 g

Protein : 43.13 g

Fiber : 10.17 g

Frozen Banana Almond Yogurt Cups



SERVINGS: 3

PREP TIME: 10 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

- 3.5 cup [840 g] Plain Non Fat Greek Yogurt
- 1.5 scoop (20 g) [30 g] Protein Powder - Vanilla
- 3 medium [354 g] Banana (*Ripe and mashed*)
- 3 tbsp [63 g] Honey
- 0.33 cup [82.5 g] Almond Butter
- 2 cup, halves [304 g] Strawberries

DIRECTIONS

1. Mix together yogurt, protein powder, mashed banana, and honey until well blended.
2. Divide yogurt mixture into nine silicone muffin tins or paper cups.
3. Top each with almond butter.
4. Place in the freezer for at least 2 hours. Enjoy with sliced strawberries.

NUTRITION INFO

Calories : 547.68

Fat : 16.21 g

Carbs : 65.07 g

Protein : 44.46 g

Fiber : 8.44 g

Classic Egg and Sausage Breakfast



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 30 MINUTES

INGREDIENTS

- 1 large [50 g] Egg
- 2 large [66 g] Egg White
- 2 link (2.3 oz) [136 g] Organic Chicken Sausage
- 1 tsp [4.8 g] Olive Oil
- 2 cup, cubes [266 g] Sweet Potato (*chopped*)
- 1 medium [114 g] Red Bell Pepper (*chopped*)
- 1 Dash [1 g] Himalayan Pink Salt
- 1 dash [0.1 g] Black Pepper
- 0.25 cup [59.25 g] Water

DIRECTIONS

1. Add olive oil to a pan and place on medium heat.
2. Add sweet potatoes, pepper and seasoning. Once pan is hot, add water to help soften potatoes while cooking. Cook for about 15-20 minutes until potatoes are soft.
3. Move potatoes to one side of the pan and add the sausage.
4. Cook sausage for 8 minutes.
5. Move the sausage aside and cook egg/egg whites to your liking.
6. Move ingredients to a plate and serve warm.

NUTRITION INFO

Calories : 566.6

Fat : 16.09 g

Carbs : 63.62 g

Protein : 44.86 g

Fiber : 13 g

Nutty Banana Yogurt Bowl



SERVINGS: 1

PREP TIME: 3 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

- 1.5 cup [360 g] Plain Non Fat Greek Yogurt
- 1 medium [118 g] Banana
- 1.5 tbsp [12.75 g] Peanuts
- 1 tbsp [21 g] Honey
- 1.5 tbsp [11.25 g] Slivered Almonds
- 3 tsp [9.6 g] Cacao Nibs

DIRECTIONS

1. In a bowl add yogurt and top with all other ingredients.

NUTRITION INFO

Calories : 502.25

Fat : 13.37 g

Carbs : 60.98 g

Protein : 38.37 g

Fiber : 7.68 g

Lemon Blueberry Cheesecake Meal



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 20 MINUTES

INGREDIENTS

- 0.75 cup [169.5 g] Cottage Cheese (4% milk fat)
- 0.33 cup [79.2 g] Plain Non Fat Greek Yogurt
- 1 large [50 g] Egg
- 1 large [33 g] Egg White
- 1 tsp [4.7 g] Lemon Juice
- 1 tbsp [21 g] Honey
- 0.5 cup [72.5 g] Blueberries
- 1 medium [118 g] Banana

DIRECTIONS

1. Preheat oven to 350 degrees F (174 degrees C).
2. In a blender add the cottage cheese, yogurt, egg, egg white, lemon, and honey. Blend until smooth consistency.
3. Pour cottage cheese mixture evenly into 2-3 ramekins.
4. Top with blueberries.
5. Bake for 20 minutes.
6. Allow to cool and refrigerate for 1 hour before serving. Serve with a banana.

NUTRITION INFO

Calories : 503.45

Fat : 13.16 g

Carbs : 65.24 g

Protein : 38.58 g

Fiber : 4.87 g

Chocolate Raspberry Baked Oatmeal



SERVINGS: 4

PREP TIME: 10 MINUTES

COOKING TIME: 40 MINUTES

INGREDIENTS

- 2 large [100 g] Egg
- 4 large [132 g] Egg White
- 2.5 cup [225 g] Rolled Oats Gluten Free
- 2 medium [236 g] Banana (*Mashed*)
- 1 cup [240 ml] Organic Unsweetened Almond Milk
- 0.5 cup, sauce [127.5 g] Applesauce
- 60 g Chocolate Protein Powder
- 1 cup [240 g] Plain Non Fat Greek Yogurt
- 1 tbsp [10 g] Hemp Hearts
- 0.5 tbsp [6.8 g] Coconut Oil
- 1 cup [123 g] Raspberries
- 3 tbsp [48 g] Almond Butter

DIRECTIONS

1. Preheat oven to 375 degrees F (190 degrees C).
2. In a large bowl beat eggs and egg whites together.
3. Mix in rolled oats, mashed bananas, almond milk, apple sauce, chocolate protein powder, Greek yogurt, and hemp hearts.
4. Grease a square baking dish with coconut oil.
5. Pour oatmeal mixture into the baking dish. Top with raspberries evenly.
6. Bake for 35-40 minutes. Allow to cool 10 minutes or more before serving and drizzle with almond butter.

NUTRITION INFO

Calories : 552.75

Fat : 17.51 g

Carbs : 63.94 g

Protein : 37.2 g

Fiber : 10.02 g



Muscle Building Lunch

RE-FUEL AND RE-ENERGIZE



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Cheesy Beef Quesadillas



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 25 MINUTES

INGREDIENTS

- 2 tortilla [86 g] Gluten Free Tortilla Wraps
- 6 oz [170.1 g] Ground Beef (95% Lean / 5% Fat)
- 0.5 cup [112.5 g] 1% Low Fat Cottage Cheese
- 0.5 cup [100 g] Brown Lentils
- 0.5 cup [120 g] Black Beans (Canned)
- 0.25 cup, chopped [31.5 g] Red Onions
- 0.25 medium [29.75 g] Green Bell Pepper (*Chopped*)
- 1 tsp [4 g] Minced Garlic
- 1 tbsp [9 g] Taco Seasoning
- 0.25 cup, shredded [28.25 g] Cheddar Cheese

DIRECTIONS

1. Cook brown lentils according to package instructions.
2. Add ground beef, taco seasoning, and minced garlic to a saucepan. Sauté on medium heat until the ground beef is fully cooked.
3. Remove the ground beef from the sauce pan and set aside. Do not clean saucepan.
4. Add brown lentils, black beans, chopped red onion, and chopped bell pepper to the pan. Sauté until fully combined.
5. Add ground beef to the saucepan and mix until all ingredients are combined. Add cottage cheese and mix until combined.
6. Add ground beef mixture to one half of a tortilla wrap. Top the ground beef mixture with half of the cheddar cheese. Fold tortilla in half. Repeat this step for all tortilla wraps.
7. Grill the ground beef tortilla wrap on medium heat until browned.

NUTRITION INFO

Calories : 560

Fat : 14.38 g

Carbs : 66.15 g

Protein : 46.72 g

Fiber : 19.08 g

Ahi Tuna Poke Bowl



SERVINGS: 2

PREP TIME: 20 MINUTES

COOKING TIME: 25 MINUTES

INGREDIENTS

- 0.5 cup [92.5 g] White Rice (Uncooked)
- 12 oz, boneless, raw [340.2 g] Tuna (Sushi Grade)
- 0.5 Juice of 1 lime [19 g] Fresh Lime Juice
- 1 tbsp [9 g] Sesame Seeds
- 0.25 tbsp [3.4 g] Sesame Oil
- 0.5 tbsp [7 g] Rice Vinegar
- 1 tbsp [18 g] Soy Sauce (Tamari)
- 0.5 avocado [68 g] Avocado (*Sliced*)
- 2 stalk [30 g] Green Onions (*Sliced*)
- 1 cup [170 g] Edamame (Shelled) (*Steamed*)
- 1 cup [113 g] Shredded Carrots
- 1 medium [201 g] Cucumber (*Diced*)

DIRECTIONS

1. Cook white rice according to package instructions.
2. Cut the raw tuna into one-inch cubes and add to a medium bowl.
3. Add soy sauce, rice vinegar, sesame oil, lemon juice, and sesame seeds to the tuna. Gently toss until the tuna is coated in the marinade. Refrigerate until ready to eat.
4. Serve white rice topped with tuna, carrots, cucumbers, avocado, edamame, and green onions.

NUTRITION INFO

Calories : 602.75

Fat : 15.62 g

Carbs : 59.25 g

Protein : 55.51 g

Fiber : 10.85 g

Ranch BLT Chopped Salad



SERVINGS: 1

PREP TIME: 15 MINUTES

COOKING TIME: 25 MINUTES

INGREDIENTS	DIRECTIONS
<ul style="list-style-type: none">• 3 thin slice (yield after cooking) [24 g] Turkey Bacon• 4 oz [112 g] Skinless Chicken Breast• 2 tsp [7.2 g] Ranch Seasoning Mix• 1 medium [148 g] Tomatoes (Roma) <i>(Diced)</i>• 0.25 cup, chopped [31.5 g] Red Onions• 1 medium [201 g] Cucumber <i>(Diced)</i>• 12 leaf, medium [24 g] Iceberg Lettuce <i>(Chopped)</i>• 0.5 cup [120 g] Plain Non Fat Greek Yogurt• 1 tsp [4.79 g] Apple Cider Vinegar• 1 tsp [2.8 g] Garlic Powder• 0.5 tsp [1.2 g] Onion Powder• 0.5 tsp [0.5 g] Dill (Dried)• 1 tsp [6 g] Salt• 0.25 tsp [0.53 g] Black Pepper• 2 slice [84 g] Sprouted Grain Bread• 0.5 tbsp [8 g] Almond Butter	<ol style="list-style-type: none">1. Add greek yogurt, apple cider vinegar, onion powder, garlic powder, dried dill, salt, and black pepper to a jar. Close with a lid and shake until combined. Refrigerate ranch dressing until ready to use.2. Cut chicken breast into 1-inch cubes and toss with ranch seasoning mix. Saute over medium heat in a medium saucepan until the chicken is fully cooked. Remove from the pan and add to a large bowl.3. Cut turkey bacon slices into 1-inch strips. Saute on medium heat in a medium saucepan until crispy. Remove from the pan and add to the bowl.4. Add iceberg lettuce, tomatoes, red onions, cucumbers, and ranch dressing to the bowl. Toss until all ingredients are coated in the dressing.5. Serve with toasted sprouted grain bread topped with a smear of almond butter.

NUTRITION INFO				
Calories : 633	Fat : 15.43 g	Carbs : 58.4 g	Protein : 58.64 g	Fiber : 10.78 g

Healthier "Cuban" Sandwich



SERVINGS: 2

PREP TIME: 15 MINUTES

COOKING TIME: 240 MINUTES

INGREDIENTS

- 6 oz [168 g] Skinless Chicken Breast
- 1 cup [243 g] Chicken Stock
- 1 tbsp [18 g] Salt
- 0.5 tbsp [3.2 g] Black Pepper
- 0.5 tbsp [4.2 g] Garlic Powder
- 0.5 tbsp [3.45 g] Onion Powder
- 1 onion (small) [148 g] Red Onions
(*Peeled and cut in half*)
- 1 medium [119 g] Green Bell Pepper
(*Seeds removed and cut in half*)
- 4 slice [76 g] Organic Roast Turkey Meat
- 2 slice (1 oz) [56.7 g] Swiss Cheese
- 8 slice [48 g] Pickles
- 4 slice [168 g] Sprouted Grain Bread
- 1 tsp [5.5 g] Dijon Mustard
- 4 cup [220 g] Mixed Salad Greens
- 0.5 cup [76 g] Strawberries (*Sliced*)
- 0.5 apple [0.5 154] Green Apple (*Sliced*)
- 2 tbsp [30 g] Balsamic Glaze

DIRECTIONS

1. Add chicken, red onion, green bell pepper, onion powder, garlic powder, salt, black pepper, chicken stock, and one cup of water per every one cup of chicken stock to a slow cooker. Cook on low for 4-6 hours until the pork is tender and falling apart.
2. Shred chicken and vegetables. Set aside.
3. Toast sprouted grain bread.
4. Add sliced turkey, swiss cheese, pickles, dijon mustard, and pulled chicken to one slice of sprouted grain bread and top with the other slice to form a sandwich.
5. Serve the sandwich with a salad of mixed greens, sliced strawberries, and sliced apples tossed in a balsamic glaze.

NUTRITION INFO

Calories : 580.75

Fat : 10.88 g

Carbs : 64.16 g

Protein : 50.77 g

Fiber : 18.08 g

Creamy Chimichurri Steak Wrap



SERVINGS: 1

PREP TIME: 10 MINUTES

COOKING TIME: 10 MINUTES

INGREDIENTS

- 1 cup [47 g] Romaine Lettuce (*chopped*)
- 0.5 cup [120 g] Plain Non Fat Greek Yogurt
- 5 oz [140 g] Sirloin Steak
- 2 tortillas [50 g] Cassava Flour Tortillas
- 1 Dash [1 g] Himalayan Pink Salt
- 1 dash [0.1 g] Black Pepper
- 0.5 fruit [33.5 g] Lime
- 3 tbsp [45 g] Apple Cider Vinegar
- 1 clove [3 g] Garlic
- 0.5 cup [30 g] Parsley
- 0.5 cup [8 g] Cilantro (Coriander)
- 1 pepper [22 g] Jalapeno Peppers
- 2 cup, diced [304 g] Watermelon

DIRECTIONS

1. Season steak with salt and pepper.
2. Heat cast iron skillet and sear steak on each side for 5 minutes. Set aside and let cool.
3. While steak is cooking, prepare creamy chimichurri sauce. In a blender or food processor add yogurt, parsley, cilantro, jalapeno, lime juice, apple cider vinegar, and garlic. Blend until mixture is creamy,
4. Once steak is cooled, cut into 1/2 inch slices and serve on tortilla with romaine lettuce.
5. Drizzle sauce over top of wraps or set aside to dip wrap in sauce.

NUTRITION INFO

Calories : 595.5

Fat : 18.61 g

Carbs : 64.81 g

Protein : 48.27 g

Fiber : 12.85 g

Greek Yogurt Chicken with Turmeric Rice



SERVINGS: 1

PREP TIME: 10 MINUTES

COOKING TIME: 15 MINUTES

INGREDIENTS

- 6 oz [168 g] Skinless Chicken Breast
- 0.33 cup [41.25 g] Brown Rice
(Uncooked)
- 1 tbsp [15 g] Plain Non Fat Greek Yogurt
- 0.25 tsp [0.53 g] Paprika
- 1 Dash [1 g] Himalayan Pink Salt
- 1 dash [0.1 g] Black Pepper
- 0.25 tsp [0.6 g] Onion Powder
- 0.25 tsp [0.7 g] Garlic Powder
- 1.5 cup, florets [106.5 g] Broccoli
- 1 tbsp [14 g] Olive Oil
- 0.5 tsp [1.1 g] Turmeric (Ground)
- 1 sprigs [1 g] Parsley (for garnish)

DIRECTIONS

1. Mix yogurt, oil, and seasoning together and brush on chicken.
2. Air fry chicken at 390 degrees F (198 degrees C) for 12 minutes. Or bake in the oven for 15 minutes at 375 degrees F (190 degrees C) until internal temperature reaches 165 degrees F (74 degrees C).
3. Cook rice according to package instructions and add turmeric and salt.
4. Steam broccoli to desired likeness.
5. Serve all together warm and enjoy.

NUTRITION INFO

Calories : 577.41

Fat : 18.18 g

Carbs : 55.04 g

Protein : 49.01 g

Fiber : 4.98 g

Sesame Noodles with Chicken and Cucumber



SERVINGS: 2

PREP TIME: 15 MINUTES

COOKING TIME: 22 MINUTES

INGREDIENTS

- 10 oz [280 g] Skinless Chicken Breast
- 0.5 tsp [2.33 g] Avocado Oil
- 1 tsp [2.8 g] Garlic Powder
- 1 dash [0.4 g] Salt
- 4 oz [114 g] Dry Soba Japanese Noodles
- 1 cup [170 g] Edamame (Shelled)
(Cooked)
- 1 medium [201 g] Cucumber (Peeled and chopped)
- 1 tablespoon [13.6 g] Sesame Oil
- 0.25 cup [63.75 g] Soy Sauce
- 1 tsp [4.5 g] Rice Vinegar
- 0.5 tsp [0.9 g] Ginger (Ground)
- 1 tbsp [9 g] Sesame Seeds
- 1 tsp [1.8 g] Red Pepper Flakes
(Optional)
- 3 stalk [45 g] Green Onions (Chopped)

DIRECTIONS

1. Preheat oven to 400 degrees F (205 degrees C).
2. Place chicken on an oven safe dish and coat with avocado oil, garlic powder, and salt. Bake in the oven for approximately 22 minutes, until cooked through. When chicken is fully cooked allow to rest then chop.
3. While chicken bring a pot of water to a boil and add soba noodles. Cook as instructed on the package (usually 3-4 minutes). When done cooking, drain and rinse with cold water.
4. In a small bowl mix together sesame oil, soy sauce, rice vinegar, ground ginger, sesame seeds, and red pepper flakes.
5. Toss sesame oil sauce with the soba noodles. Top soba noodles with chopped green onion, edamame, cucumber, and cooked chicken.

NUTRITION INFO

Calories : 593.13

Fat : 16.46 g

Carbs : 62.01 g

Protein : 53.27 g

Fiber : 6.2 g

Pickled Tuna Wrap



SERVINGS: 1

PREP TIME: 10 MINUTES

COOKING TIME: 0 MINUTES

- INGREDIENTS
- 6.5 oz [184.28 g] Tuna in Water (Canned) *(Drained)*
 - 1 tbsp [15 g] Mayonnaise (made with avocado oil)
 - 2 spear [60 g] Dill Cucumber Pickles *(Chopped)*
 - 0.5 tsp [0.5 g] Dill (Dried)
 - 1 wrap [43 g] Sprouted Grain Wrap
 - 0.5 medium [57 g] Orange Bell Pepper *(Sliced thin)*
 - 1 cup [20 g] Broccoli Sprouts
 - 1.5 cup, chopped [265.5 g] Honeydew Melon
 - 0.5 cup [72.5 g] Blueberries

- DIRECTIONS
1. In a medium bowl mix together tuna, avocado oil mayonnaise, chopped pickles, and dill.
 2. Fill the wrap with the tuna mixture, sliced bell pepper, and sprouts.
 3. Serve tuna wrap with melon and blueberries on the side.

NUTRITION INFO				
Calories : 619.5	Fat : 16.91 g	Carbs : 64.53 g	Protein : 56.35 g	Fiber : 10.9 g

Chicken And Cabbage Sautee



SERVINGS: 1

PREP TIME: 10 MINUTES

COOKING TIME: 20 MINUTES

INGREDIENTS

- 6 oz [168 g] Skinless Chicken Breast
- 2.5 cup, chopped [222.5 g] Green Cabbage
- 1 onion [110 g] Yellow Onions
- 1 tbsp, minced [8.5 g] Garlic
- 1 tsp [2.1 g] Dill Seed
- 1 tsp [2.1 g] Paprika
- 1 tbsp [14 g] Avocado Oil (*Divided*)
- 1 Dash [1 g] Himalayan Pink Salt (*To taste*)
- 1 dash [0.1 g] Black Pepper (*To taste*)
- 0.25 cup [46.25 g] White Rice (Uncooked)

DIRECTIONS

1. Cook rice as directed on package.
2. Cut chicken breast into thin strips and season with salt and pepper to taste. Set aside while prepping the vegetables.
3. Chop cabbage into a rough chop along with onions and mince garlic.
4. In a pan add half of the avocado oil and sautee chicken strips until thoroughly cooked, about 8-10 minutes. Take off heat and set aside.
5. In the same pan, add the remaining avocado oil and sautee the onions, garlic and cabbage. Add the dill seeds and ground paprika. Cover with a lid for 5 minutes then remove the lid and continue cooking for another 10 minutes or until cabbage has softened.
6. Add the chicken back into the pan and mix all together. Serve warm over cooked rice.

NUTRITION INFO

Calories : 601.5

Fat : 17.66 g

Carbs : 65.04 g

Protein : 47.91 g

Fiber : 10.83 g

Tex-Mex Style Tuna Salad



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

- 1 can (6.5 oz), drained [167 g] Tuna in Water (Canned)
- 1 tbsp [15 g] Mayonnaise (made with avocado oil)
- 1 tbsp, chopped [5 g] Red Onions
- 0.25 cup, chopped [28.5 g] Red Bell Pepper
- 1 tbsp [1 g] Cilantro
- 0.25 tsp [0.53 g] Cumin
- 0.25 tsp. [0.25 g] Himalayan Pink Salt
- 2 leaf [40 g] Romaine Lettuce
- 2 cup, diced [304 g] Watermelon
- 10 cracker [30 g] Crackers

DIRECTIONS

1. Drain the tuna and add to a mixing bowl.
2. Add the mayonnaise and mash until tuna is mixed well.
3. Chop onion and bell pepper into a small dice. Add to the tuna.
4. Chop cilantro very fine and add, along with the cumin and salt.
5. Serve on lettuce leaves with a side of crackers and fresh watermelon.

NUTRITION INFO

Calories : 564

Fat : 21.7 g

Carbs : 45.92 g

Protein : 47.72 g

Fiber : 3.28 g

A glass of pink smoothie with a straw is the central focus, sitting on a dark grey table. The background is a bright, sunny outdoor setting with a large green plant and a white fence. A semi-transparent white box is overlaid on the image, containing the title and subtitle text.

Muscle Building Snack

QUICK PICK-ME-UP



Lean Living Jax
leanlivingjax.com

Strawberry Cherry Smoothie



SERVINGS: 1

PREP TIME: 3 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

- 0.5 cup, halves [76 g] Strawberries
- 0.5 cup [77.5 g] Frozen Cherries
- 0.75 cup [170.25 g] Whole Milk Greek Yogurt Plain
- 0.25 cup [61.25 g] Almond Milk
- 0.5 tsp [1.15 g] Cinnamon

DIRECTIONS

1. Blend all together and enjoy!

NUTRITION INFO

Calories : 263.27

Fat : 9.3 g

Carbs : 24.57 g

Protein : 21.82 g

Fiber : 3.55 g

Everything But The Bagel Dip



SERVINGS: 1

PREP TIME: 2 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

- 0.5 tsp [2.3 g] Everything Bagel Seasoning
- 0.75 cup [170.25 g] Whole Milk Greek Yogurt Plain
- 1 fruit [74 g] Clementines
- 1 serving (17 crackers) [35 g] Gluten Free Crackers
- 1 medium (7" long) [201 g] Cucumber *(Sliced)*

DIRECTIONS

1. In a small bowl mix together the Greek yogurt and everything but the bagel seasoning.
2. Serve with all other ingredients and use yogurt mixture as a dip for the crackers and cucumbers.

NUTRITION INFO

Calories : 421.78

Fat : 20.23 g

Carbs : 35.16 g

Protein : 24.99 g

Fiber : 2.7 g

Hummus and Carrots (Snack)



SERVINGS: 1

PREP TIME: 1 MINUTES

COOKING TIME: 0 MINUTES

- INGREDIENTS
- 4 tbsp [60 g] Hummus
 - 1 cup [149 g] Baby Carrots
- DIRECTIONS
1. Dip carrots in hummus.

NUTRITION INFO				
Calories : 212	Fat : 12.2 g	Carbs : 16 g	Protein : 5 g	Fiber : 4.8 g

Paleo Granola Bars



SERVINGS: 6

PREP TIME: 10 MINUTES

COOKING TIME: 20 MINUTES

INGREDIENTS

- 1 cup [137 g] Dry Roasted Cashew Nuts
- 2 tablespoon [32 g] Almond Butter
- 3 tbsp [40.8 g] Coconut Oil (*melted*)
- 4 tbsp [24 g] Unsweetened Shredded Coconut
- 1 tsp [2.3 g] Cinnamon
- 1 Dash [1 g] Himalayan Pink Salt
- 2 tbsp [14 g] Almond Flour
- 2 large [100 g] Egg
- 2 tbsp [42 g] Honey
- 1 cup [96 g] Unsweetened Shredded Coconut
- 0.25 cup, mini chips [43.25 g] Dark Chocolate Chips (*diary free brand such as enjoy life*)
- 1.5 cup [184.5 g] Raspberries
- 6 mug (8 fl oz) [1422 g] Coffee (*One cup of coffee per serving*)
- 6 scoop [120 g] Collagen Powder

DIRECTIONS

1. Preheat the oven to 350 degrees F (165 degrees C).
2. In a food processor or with a knife, coarsely chop the cashews.
3. In a bowl, mix together the chopped cashews, shredded coconut, honey, almond flour, almond butter, vanilla, cinnamon, and salt.
4. Add the egg and coconut oil to the mixture and mix well.
5. Fold in the chocolate chips.
6. Pour the mixture into an square 8x8 baking dish and bake for 15-20 minutes.
7. Remove from the oven and let cool.
8. Prepare a cup of coffee for each serving and add 1 scoop of collagen protein.
9. Once the baking dish has cooled, cut it into 6 pieces.
10. Serve one piece of granola with raspberries and a cup of collagen coffee. Enjoy!

NUTRITION INFO

Calories : 489.38

Fat : 35.82 g

Carbs : 26.84 g

Protein : 20.16 g

Fiber : 7.04 g

Coconut Milk Yogurt and Berries



SERVINGS: 1

PREP TIME: 2 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

- 1 cup [122 g] Unsweetened Coconut Milk Yogurt
- 0.25 cup [36 g] Berries
- 0.13 cup [15 g] Slivered Almonds
- 1 tbsp [10 g] Hemp Hearts

DIRECTIONS

1. Top yogurt with berries and almonds and enjoy!

NUTRITION INFO

Calories : 272

Fat : 22.11 g

Carbs : 20.87 g

Protein : 7.8 g

Fiber : 4.55 g

Apple with Almond Butter



SERVINGS: 1

PREP TIME: 1 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

- 1 apple Apples (*Sliced*)
- 1 tbsp [16 g] Almond Butter

DIRECTIONS

1. Dip apple in almond butter and enjoy!

NUTRITION INFO

Calories : 200

Fat : 9.76 g

Carbs : 28.5 g

Protein : 2.91 g

Fiber : 5 g

Orange and Beef Jerky



SERVINGS: 1

PREP TIME: 1 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

- 2 oz [56.7 g] Beef Jerky Sugar Free
- 1 medium (2-5/8" dia) [131 g] Orange

DIRECTIONS

1. Enjoy!

NUTRITION INFO

Calories : 272

Fat : 14.68 g

Carbs : 15.39 g

Protein : 20.05 g

Fiber : 4.1 g

Greek Yogurt with Blueberries



SERVINGS: 1

PREP TIME: 1 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

- 1 cup [240 g] Low Fat Greek Yogurt
- 0.25 cup [36.25 g] Blueberries

DIRECTIONS

1. Serve together and enjoy!

NUTRITION INFO

Calories : 206.75

Fat : 7.05 g

Carbs : 21.64 g

Protein : 14.92 g

Fiber : 0.88 g

Hard Boiled Eggs



SERVINGS: 1

PREP TIME: 1 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

- 2 large [100 g] Egg
- 1 apple Apples

DIRECTIONS

1. Bring a small pot of water to a boil.
2. Add eggs and boil for eight minutes.
Allow to cool and remove the shell.
3. Serve with an apple

NUTRITION INFO

Calories : 242

Fat : 10.24 g

Carbs : 25.86 g

Protein : 13.08 g

Fiber : 4.4 g

Avocado Toast



SERVINGS: 1

PREP TIME: 1 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS	DIRECTIONS
<ul style="list-style-type: none">• 1 medium slice (4-3/4" x 4" x 1/2") [25 g] Sour Dough Bread• 0.5 avocado [68 g] Avocado• 0.5 tsp [0.5 g] Dill (Dried)• 1 dash [0.4 g] Sea Salt	<ol style="list-style-type: none">1. Mash avocado and spread over sourdough bread.2. Top with sea salt and dried dill.

NUTRITION INFO				
Calories : 194.5	Fat : 11.82 g	Carbs : 19.66 g	Protein : 3.8 g	Fiber : 5.9 g

Cottage Cheese with Raspberries



SERVINGS: 1

PREP TIME: 1 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

- 1 cup [225 g] 1% Low Fat Cottage Cheese
- 0.25 cup [30.75 g] Raspberries

DIRECTIONS

1. Serve together and enjoy!

NUTRITION INFO

Calories : 176

Fat : 2.2 g

Carbs : 13.67 g

Protein : 24.37 g

Fiber : 2 g

Pear and Beef Jerky



SERVINGS: 1

PREP TIME: 1 MINUTES

COOKING TIME: 0 MINUTES

- INGREDIENTS
- DIRECTIONS
- 1 medium [166 g] Pear
 - 1 oz [28.35 g] Beef Jerky Sugar Free

1. Enjoy!

NUTRITION INFO				
Calories : 201	Fat : 7.46 g	Carbs : 25.66 g	Protein : 10.04 g	Fiber : 5.6 g

Orange with Dry Roasted Mixed Nuts



SERVINGS: 1

PREP TIME: 1 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

- 0.25 cup [34.25 g] Dry Roasted Mixed Nuts
- 1 medium (2-5/8" dia) [131 g] Orange

DIRECTIONS

1. Serve together and enjoy!

NUTRITION INFO

Calories : 265.5

Fat : 17.78 g

Carbs : 24.07 g

Protein : 7.15 g

Fiber : 6.18 g



Muscle Building Dinner

FINISH STRONG



Lean Living Jax
leanlivingjax.com

Spaghetti and Meatballs



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 25 MINUTES

INGREDIENTS

- 6 ounce [168 g] Ground Beef (95% Lean / 5% Fat)
- 0.75 cup [150 g] Brown Lentils
- 1 large [50 g] Egg
- 0.5 tbsp [1.05 g] Basil (Dried)
- 0.5 tbsp, ground [0.9 g] Oregano
- 1 tbsp [18 g] Salt
- 0.25 tbsp [1.6 g] Black Pepper
- 1 oz, dry, yields [80 g] High Protein Spaghetti
- 0.5 cup [125 g] Spaghetti/Marinara Pasta Sauce
- 0.5 tbsp [7 g] Olive Oil
- 4 leaves [2 g] Basil (*Fresh garnish*)

DIRECTIONS

1. Cook brown lentils according to package instructions. Smash and add to a large bowl.
2. Add ground beef, basil, oregano, egg, salt, and black pepper to the lentil bowl. Using clean hands or a spoon, gently mix all ingredients together until fully combined. Stop when the ingredients come together. You do not want to overwork the meatball mix.
3. Form ground beef and brown lentil mixture into round meatballs. Each meatball should be approximately one ounce.
4. Saute the meatballs in olive oil over medium heat in a small, deep saucepan. Rotate the meatballs every minute to ensure all sides are browned.
5. Add marinara sauce and a quarter cup of water per every half cup of marinara sauce to the saucepan with the meatballs. Bring to a simmer and let cook, uncovered, for 5-10 minutes until meatballs are fully cooked.
6. Cook spaghetti according to package instructions. Toss spaghetti with the meatballs and marinara sauce when done. Garnish with fresh basil.

NUTRITION INFO

Calories : 557.65

Fat : 13.14 g

Carbs : 66.43 g

Protein : 42.88 g

Fiber : 21.88 g

Grilled Chicken with Brussel Sprouts and Sweet Potatoes



SERVINGS: 2

PREP TIME: 120 MINUTES

COOKING TIME: 20 MINUTES

INGREDIENTS

- 10 oz [280 g] Skinless Chicken Breast
- 2 tbsp [30 g] Apple Cider Vinegar
- 2 tbsp [28 g] Olive Oil
- 1 tsp [4.7 g] Lemon Juice
- 0.5 tsp, ground [0.7 g] Thyme (Dried)
- 0.5 tsp [0.6 g] Rosemary (Dried)
- 2 sweetpotato, 5" long [260 g] Sweet Potato
- 12 oz, raw, yields [312 g] Brussels Sprouts
- 2 medium ear (6-3/4" to 7-1/2" long) [180 g] Corn (*Cooked*)

DIRECTIONS

1. Slice the chicken breasts into 3 or 4 thin pieces. Add to a large freezer bag along with the apple cider vinegar, lemon juice, thyme, rosemary, salt/pepper and half of the olive oil. Place in the refrigerator for at least two hours or overnight.
2. Dice the sweet potatoes and thinly slice the brussels sprouts. Add to a bowl and mix with the remaining olive oil and salt/pepper. Line on a baking sheet and cook at 400 degrees F (205 degrees C) for about 20 minutes.
3. Cook the chicken on the grill or bake in the oven for about 15 minutes or until cooked throughout.
4. Divide the chicken, sweet potatoes and brussels sprouts on a plate with one corn on the cob.

NUTRITION INFO

Calories : 531.5

Fat : 17.17 g

Carbs : 57.85 g

Protein : 42.77 g

Fiber : 12.56 g

Baked Tilapia with Bell Pepper Salsa



SERVINGS: 2

PREP TIME: 15 MINUTES

COOKING TIME: 20 MINUTES

INGREDIENTS

- 12 oz [340.2 g] Tilapia (Fish)
- 0.5 cup [120 g] Black Beans (Canned)
- 1 medium (approx 2-3/4" long, 2-1/2" dia) [114 g] Red Bell Pepper
- 1 medium [114 g] Orange Bell Pepper
- 1 medium [148 g] Tomatoes (Roma)
- 2 tbsp, chopped [10 g] Red Onions
- 1.5 tbsp [21 g] Olive Oil
- 1 tbsp [15 g] Apple Cider Vinegar
- 3 potato medium (2-1/4" to 3-1/4" dia) [639 g] Red Potatoes (Flesh and Skin)

DIRECTIONS

1. Dice the potatoes. Season with half of the olive oil and salt/pepper. Place on a baking sheet and bake at 400 degrees F (205 degrees C) for about 20 minutes.
2. While the potatoes are cooking, dice the bell peppers, onion and tomato. Add to a medium sized bowl with the drained black beans, apple cider vinegar and the remaining half of the olive oil. Add a dash of salt and pepper and stir.
3. Line the tilapia on a baking sheet or oven safe dish. Season with salt and pepper. Bake in the oven for about 10 minutes or until cooked throughout.
4. Plate the tilapia with the bell pepper salsa on top and the potatoes on the side.

NUTRITION INFO

Calories : 594.75

Fat : 14.54 g

Carbs : 71.02 g

Protein : 45.63 g

Fiber : 13.75 g

Cheesy Chicken Stuffed Potatoes



SERVINGS: 2

PREP TIME: 5 MINUTES

COOKING TIME: 60 MINUTES

INGREDIENTS

- 2 large [738 g] Russet Potatoes
- 10 oz [280 g] Skinless Chicken Breast
- 3 tbsp [45 g] Cream Cheese
- 0.25 cup [61 g] Whole Milk
- 1 tbsp [14 g] Olive Oil
- 1 tsp [2.8 g] Garlic Powder
- 1 tsp [2.1 g] Paprika
- 1 Dash [1 g] Himalayan Pink Salt
- 1 tsp [1.8 g] Italian Seasoning
- 1 tsp, ground [0.6 g] Oregano
- 1 tsp [0.3 g] Parsley (Dried)
- 1 medium [201 g] Cucumber (*sliced*)

DIRECTIONS

1. Pre heat oven to 350 degrees F (175 degrees C).
2. Poke holes in potato and wrap in aluminum foil and bake for 45-60 minutes.
3. While the potatoes are cooking, cut up chicken into 1 inch pieces.
4. Season chicken with seasonings and olive oil. Mix well together until all chicken is coated.
5. Cook chicken in a skillet on medium-high heat for about 10 minutes until about fully cooked.
6. Reduce heat to low, add in milk and cream cheese and let simmer for about 5 minutes.
7. Cut up cucumber and set aside on serving plate.
8. Once potatoes is soft inside, remove from oven and cut in half.
9. Top each potato with the cheesy chicken mix (half the mix for each plate) and enjoy warm!
10. Optional: add shredded cheese on top.

NUTRITION INFO

Calories : 605.75

Fat : 16.39 g

Carbs : 73.66 g

Protein : 43.15 g

Fiber : 6.25 g

Chicken and Rice with Black Beans



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 45 MINUTES

INGREDIENTS

- 0.5 cup [92.5 g] White Rice (Uncooked)
- 8 oz [224 g] Skinless Chicken Breast
- 1 cup [243 g] Chicken Stock
- 1 tsp [2.4 g] Onion Powder
- 1 tsp [2.8 g] Garlic Powder
- 1 tbsp [18 g] Salt
- 0.5 tbsp [3.2 g] Black Pepper
- 0.75 cup [140.25 g] Cooked Mixed Vegetables (Corn, Lima Beans, Peas, Green Beans and Carrots, Canned)
- 1 cup [240 g] Black Beans (Canned)
- 3 slice [45 g] Uncured Bacon
- 0.25 cup, chopped [31.5 g] Red Onions
- 1 tsp [4 g] Minced Garlic

DIRECTIONS

1. Add whole chicken breasts, chicken stock , half of the salt, half of the black pepper, onion powder, and garlic powder to a large saucepan. Add water until the chicken breasts are covered with liquid and bring to a roaring boil.
2. Reduce the heat on the chicken breasts until the liquid reaches a simmer. Simmer until chicken breasts are fully cooked.
3. Remove the saucepan with the chicken breasts from the heat. Remove the chicken breasts and shred using a fork. Strain the cooking liquid and return it to the saucepan.
4. Add mixed vegetables and uncooked rice to the saucepan with the shredded chicken. Cook according to rice package instructions. Remove or add liquid as needed.
5. Cut uncured bacon into 2 inch squares. Sauté in a medium sauce pan over medium heat until the bacon starts to become crispy.
6. Add minced garlic and chopped red onion to the bacon pan and sauté on medium heat until the onions are translucent. Stir constantly to prevent the garlic from burning.

7. Add black beans, remaining salt, and remaining black pepper to the bacon pan. Add one cup of water for each cup of black beans. Simmer on medium heat for 10 minutes.

NUTRITION INFO

Calories : 580.25

Fat : 14.71 g

Carbs : 68.75 g

Protein : 42.6 g

Fiber : 11.75 g

Cod with Tuscan Roasted Veggies and Garlic Quinoa



SERVINGS: 2

PREP TIME: 5 MINUTES

COOKING TIME: 30 MINUTES

INGREDIENTS

- 12 oz [336 g] Cod
- 2 cup [298 g] Cherry Tomatoes
- 0.5 onion (small) [74 g] Red Onions
(sliced)
- 2 tbsp [28 g] Olive Oil
- 3 tbsp, drained [25.8 g] Capers
- 0.75 cup [127.5 g] Quinoa (uncooked)
- 2 cup [220 g] Green String Beans
- 1 tsp [2.1 g] Paprika
- 1 tsp [2.8 g] Garlic Powder
- 4 clove [12 g] Garlic
- 1 Dash [1 g] Himalayan Pink Salt
- 1 dash [0.1 g] Black Pepper
- 1 tsp [2.4 g] Onion Powder
- 2 tbsp [30 g] Apple Cider Vinegar
- 1 tbsp [5 g] Red Pepper Flakes (adjust to
your likeness)

DIRECTIONS

1. Preheat oven to 400 Degrees F (204 degrees C).
2. Add tomatoes, onions, caper, olive oil, apple cider vinegar, red pepper flakes, and 3 garlic cloves to a baking dish. Cook for 15 minutes.
3. While vegetables are cooking, pat dry cod and season with paprika, salt, black pepper, onion powder and garlic powder.
4. Add 3/4 cup of quinoa to 2 cups of water. Add 1 clove of garlic and bring to a boil. Place lid and let simmer for 15 minutes.
5. After veggies are cooked for 15 minutes, add cod to baking dish and cook for an additional 10-15 minutes.
6. Steam green beans to desired likeness.
7. Serve vegetables on top on quinoa and enjoy warm.

NUTRITION INFO

Calories : 594.25

Fat : 19.16 g

Carbs : 65.39 g

Protein : 43.23 g

Fiber : 11.43 g

Miso Honey Salmon with Quinoa



SERVINGS: 2

PREP TIME: 15 MINUTES

COOKING TIME: 20 MINUTES

INGREDIENTS

- 12 oz [340 g] Wild Atlantic Salmon
- 0.75 cup [127.5 g] Quinoa (uncooked)
- 1 tbsp [15 g] White Miso
- 1 tbsp [15 g] Orange Juice
- 2 tbsp [42 g] Honey
- 1 tsp [2 g] Ginger
- 0.5 tbsp [4.5 g] Sesame Seeds
- 0.5 cup [85 g] Edamame (Shelled)

DIRECTIONS

1. Cook quinoa and shelled edamame according to package.
2. In the meantime preheat oven to 400 degrees F (205 degrees C).
3. In a small bowl whisk together the miso, honey, and orange juice until well blended.
4. Place the salmon on an oven safe sheet and pat dry. Spread the miso sauce over the salmon and allow to sit for 15 minutes before baking (or refrigerate overnight).
5. Bake salmon for 15-20 minutes, until the internal temperate of the salmon reaches over 165 degrees F (74 degrees C).
6. Serve salmon warm with edamame and quinoa

NUTRITION INFO

Calories : 622.25

Fat : 17.64 g

Carbs : 68.48 g

Protein : 46.87 g

Fiber : 6.75 g

Mediterranean Chicken and Fresh Salad



SERVINGS: 2

PREP TIME: 15 MINUTES

COOKING TIME: 50 MINUTES

INGREDIENTS

- 2 sweetpotato, 5" long [260 g] Sweet Potato
- 12 oz [336 g] Skinless Chicken Breast *(Thinly sliced)*
- 1.5 tbsp [21 g] Olive Oil *(Divided)*
- 2 tsp [8 g] Za'atar Seasoning
- 1 medium [201 g] Cucumber *(Chopped)*
- 3 tbsp [42 g] Kalamata Olives *(Halved)*
- 8 tomato [136 g] Cherry Tomatoes *(Sliced or quartered)*
- 4 tbsp, chopped [20 g] Red Onions
- 0.5 cup [125 g] Chickpeas (canned and drained)
- 0.25 cup [15 g] Parsley *(Chopped)*
- 1 tbsp [14 g] Lemon Juice

DIRECTIONS

1. Preheat oven to 375 degrees F (190 degrees C).
2. Pierce the sweet potatoes with a knife and place them on a baking sheet. Bake for approximately 50 minutes until easily pierced with a fork to the middle.
3. In the meantime, pound the chicken breast with a meat mallet to tenderize. Coat with 1/3 of the olive oil and season with the za'atar seasoning.
4. Place chicken on an oven safe rack and bake in the oven for 20-25 minutes until cooked through.
5. In a medium bowl toss together the chopped cucumber, halved kalamata olives, chopped red onion, cherry tomatoes, chickpeas, chopped parsley, lemon juice, and remaining olive oil. Option to add a dash of salt.
6. Serve baked chicken with a sweet potato and cucumber salad.

NUTRITION INFO

Calories : 561.5

Fat : 16.96 g

Carbs : 53.76 g

Protein : 48.23 g

Fiber : 10.34 g

Weeknight Steak Fajitas



SERVINGS: 2

PREP TIME: 15 MINUTES

COOKING TIME: 15 MINUTES

INGREDIENTS

- 0.5 tsp [2.33 g] Avocado Oil
- 1 onion [110 g] Yellow Onions (*Sliced thin*)
- 2 medium [228 g] Orange Bell Pepper (*Deseeded and sliced*)
- 7 oz [198.45 g] Beef Skirt Steak (Lean Only, Trimmed to 1/4" Fat) (*Sliced thin*)
- 1 tbsp [14.8 g] Water
- 1 tbsp [9 g] Fajita Seasoning
- 6 medium (approx 5" dia) [79.8 g] Taco Shell (grain free)
- 1 cup [240 g] Plain Non Fat Greek Yogurt
- 1.5 cup [360 g] Black Beans (Canned) (*Drained and rinsed*)

DIRECTIONS

1. Cook beans in a medium sauce pan until warm.
2. In a medium large skillet heat avocado oil over medium heat. Add sliced onions and peppers. Cook for 2-3 minutes.
3. Push vegetables to one side of the skillet and add sliced steak. Sear for approximately 1-2 minutes on each side.
4. Add taco seasoning and water to the skillet and mix well with the vegetables and steak. Allow to cook all together for an additional 2-3 minutes.
5. In the meantime warm the taco shells in the oven or microwave. Once warm, fill the shells with Greek yogurt, cooked vegetables, and cooked steak.
6. Serve tacos with a side of black beans.

NUTRITION INFO

Calories : 646.75

Fat : 18.9 g

Carbs : 74.04 g

Protein : 47.44 g

Fiber : 18.8 g

Feta Turkey Balls with Pasta Salad



SERVINGS: 2

PREP TIME: 15 MINUTES

COOKING TIME: 20 MINUTES

INGREDIENTS

- 12 oz [336 g] Ground Turkey
- 0.25 cup, crumbled [37.5 g] Feta Cheese
- 0.5 cup [30 g] Parsley (*Chopped*)
- 1 tsp [2.8 g] Garlic Powder
- 0.5 tsp [1.2 g] Onion Powder
- 0.25 tsp [1.5 g] Salt
- 6 oz [168 g] Chickpea Pasta
- 8 tomato [136 g] Cherry Tomatoes (*Halved*)
- 2 tbsp, chopped [10 g] Red Onions
- 0.5 tbsp [7 g] Olive Oil
- 0.5 small lemon [15 g] Lemon Juice (*Juice only*)

DIRECTIONS

1. Preheat oven to 375 degrees F (190 degrees C).
2. In a large bowl add the ground turkey, feta, chopped parsley, garlic powder, onion powder, and salt. Mix together using your hands.
3. Roll the turkey mixture into golf ball sized balls and place them on a baking sheet. Bake in the oven for approximately 20 minutes.
4. In the meantime cook the pasta as directed on the package. Once cooked, toss with cherry tomatoes, onions, olive oil, and lemon juice.
5. Serve pasta salad with cooked turkey balls (warm or cooled).

NUTRITION INFO

Calories : 639.5 Fat : 24.17 g Carbs : 60.58 g Protein : 53.66 g Fiber : 9.48 g