

RECIPE GUIDE

THE ULTIMATE
TRANSFORMATION
CHALLENGE

Eating real, clean, whole foods as often as possible, while limiting processed, genetically-modified food is good for your health and will help ensure your success on the Ultimate Transformation Challenge. The delicious, challenge-approved recipes found on the following pages are easy to prepare so you'll always have healthy meals prepped and ready to enjoy. Your body (and family!) will thank you. For your convenience, the recipes are arranged according to the direct macros in the recipe. Just look for the icons.

Pg. 03 BREAKFAST | Pg. 28 LUNCH | Pg. 54 DINNER | Pg. 80 SNACKS



PROTEIN



CARB



FAT



Egg White and Veggie Bake

Cottage Cheese Protein Pancakes



Apple Cinnamon Baked Oatmeal

Banana Blueberry Baked Oatmeal

Berry Smoothie

Challenge Pancakes

Sweet Potato Protein Muffins



Baked Eggs in Avocado

Cup of Joe Protein Smoothie

Egg Bake

Egg Cups

Mushroom Medley Frittata



Blueberry Muffin Protein Smoothie

Cherry Cheesecake Smoothie

Egg White Oatmeal

Peppermint Mocha Smoothie

Spinach Protein Smoothie

Pumpkin Breakfast Bake

Pumpkin Smoothie

Strawberry Banana Smoothie

Sweet Potato Tex Mex Hash

Turkey Apple Sausage Patties



Sweet Potato Toast



Apple Pie Oatmeal

Avocado Toast

BREAKFAST



Egg White & Veggie Breakfast

03

Serves 6

Preheat oven to 350°F.

1 c mushrooms,
chopped

1 c yellow squash,
sliced

1 c zucchini,
sliced

1 c broccoli,
chopped

9 1/2 oz ground chicken breast

4 c liquid egg whites

1 tsp onion powder

1 tsp garlic powder

Salt and pepper to taste

Spray a 9x13 baking dish with cooking spray.

Heat a large skillet on medium-high heat. Spray with non-stick spray and add vegetables. Saute, stirring frequently until tender. Season lightly with salt and pepper, and 1/2 tsp of onion and garlic powder. Drain and add to baking dish.

Return the skillet to heat and add chicken. Season lightly with salt and pepper and remaining onion and garlic powder. Cook thoroughly and drain.

Add to baking dish.

Pour in egg whites.

Mix with a fork until vegetables and meat are evenly distributed.

Bake for 35-45 mins until center is set and edges begin to brown.

Cool and cut.

Add your favorite shredded cheese to meet your fat macros.

Macros: 30 P | 0 C | 0 F

04

Cottage Cheese Protein Pancakes

Serves 1

Mix all ingredients together.

Cook over medium heat until cooked through, flip.

Adjust the amount of protein powder to fit your macros.

12 1/2 g protein powder

1/4 c egg whites

1/4 c cottage cheese

1 tsp vanilla

1 tsp cinnamon

Add a tbsp of peanut butter for an additional 8g of fat.

Macros: 26 P | 0 C | 0 F





Apple Cinnamon Baked Oatmeal

05

Serves 12

Preheat oven to 350°F.

3 c old-fashioned rolled oats

75 g vanilla protein powder

1 tsp baking powder

1 1/2 tsp cinnamon

1/4 tsp salt

1 c water

4 egg whites

1/2 c unsweetened apple sauce

1 tsp vanilla extract

1 granny smith apple,
peeled, cored, chopped

Spray a 12-count muffin pan with non-stick cooking spray and set aside.

Add the oats, protein powder, baking powder, cinnamon, and salt to a large mixing bowl and mix until well combined.

In a separate mixing bowl, whisk together the water, egg whites, apple sauce, and vanilla extract until fully combined. Add the dry ingredients into the wet ingredients and mix until well combined. Add the chopped apple and gently mix it in.

Evenly distribute the mixture between 12 cups in the prepared muffin pan. Bake for 25-27 minutes, or until the tops of the oatmeal cups are lightly golden brown and firm.

Remove from the oven and allow to cool in the pan for about 5-10 minutes, then remove the oatmeal cups and transfer to a wire rack to finish cooling.

Double this recipe and freeze for busy mornings.

Macros: 7 P | 16 C | 0 F

06

Banana Blueberry Baked Oatmeal



Serves 6

Preheat oven to 375°F.

3 md very ripe bananas,
mashed

2 c old-fashioned oats (dry)

12 oz blueberries

4 tbsp egg whites

2 tsp cinnamon

1 c water

1 tsp vanilla extract

1/2 tsp baking powder

Dash of salt

Coat an 8x8 baking pan with cooking spray.

Combine bananas, egg whites, water and vanilla in a large bowl. Mix until smooth.

In a separate bowl, combine dry ingredients and mix well.

Add dry to wet and stir until well combined.

Stir in blueberries.

Pour into a greased 8x8 pan.

Bake for 30-40 mins until center is set and edges begin to brown.

Cool and cut into 6 pieces.

Don't love blueberries?
Substitute raspberries or blackberries

Macros: 1 P | 40 C | 0 F



Berry Smoothie

07

25 g vanilla protein powder

2 c fresh spinach

8 oz water

1/2 c frozen blueberries

3-4 ice cubes

Serves 1

Place all ingredients in blender and blend until smooth.

08

Challenge Pancakes



1/4 c old fashioned oats

1/4 c 0% plain Greek yogurt

4 egg whites

1/2 tsp baking soda

Shake of cinnamon

Splash of vanilla extract

Serves 1

Pulse oats in a blender until fine & powdery.

Add in egg whites and blend until slightly frothy.

Add in Greek yogurt, cinnamon, vanilla, and baking soda and blend until smooth. The mixture will be very thin.

Cook over medium heat until bubbles form, flip.

You can adjust based on how many people will be drinking it.

Macros: 25 P | 10 C | 0 F

Excellent with your favorite nut butter or fresh fruit—be sure to count the macros.

Macros: 21 P | 13 C | 0 F



Sweet Potato Protein Muffins

09

16 oz sweet potato,
cooked

Serves 22
Preheat oven to 350°F.

100 g vanilla protein powder

Place ingredients in a blender.

2 c liquid egg whites

Spray muffin tins with non-stick spray.

1 c spinach

Bake for 20 minutes.

1 tsp baking powder

Remove.

1 tsp cinnamon

Top with your favorite nut butter- be sure to count the fat macros.

Macros: 7 P | 4 C | 0 F

10

Baked Eggs in Avocado

1 avocado **Serves 2**

Preheat oven to 425°F.

2 eggs

Salt and pepper to taste

Slice the avocado in half, lengthwise and twist to separate. Remove the pit and scoop out 1-1.5 tablespoons of avocado, creating a larger cavity.

Optional toppings:
(count macros)

Place the avocado halves in a baking dish and gently crack one egg into each cavity.

Tuna

Goat cheese

Bake for 15-20 minutes.

Feta cheese

Sprinkle with salt and pepper and add toppings.

Cilantro

Chives

Smoked paprika

Pair with a salad for a delicious lunch.

Macros: 6 P | 0 C | 19 F





Cup of Joe Protein Smoothie 11

*1 c cold coffee,
brewed*

*25 g cappuccino protein powder
(or any flavor)*

2 handfuls spinach

1/2 avocado

3-4 ice cubes

Serves 1

Place all ingredients in blender and blend until smooth.

12

Egg Bake

Serves 6

Preheat oven to 400°F.

16 oz bag of riced cauliflower

2-3 handfuls spinach

*1 lb ground turkey
seasoned with homemade
taco seasoning, see page 94.*

12 whole eggs

1/4 c unflavored nut milk

Salt and pepper to taste

Spray 9x13 pan with cooking spray. Evenly layer all cauliflower on the bottom, then spinach, then turkey on top.

Whisk all eggs with nut milk and pour evenly over top.

Bake covered for 20 minutes and uncovered for another 10 minutes or until egg in the middle is cooked through.



You won't taste the spinach!

Macros: 25 P | 0 C | 15 F

Optional: add potatoes
(count carbs)

Macros: 29 P | 0 C | 10 F



Egg Cups

13

Serves 12

Preheat oven to 350°F.

Brown ground turkey with all spices.

Beat eggs in a bowl and add a pinch of salt. Mix in cheese.

Remove turkey from the pan and mix in egg mixture.

Portion equal servings into a sprayed 12 count muffin tin.

Bake for 30 minutes, cool and refrigerate.

1 lb lean ground turkey

12 whole eggs

1/2 c shredded cheese

1 tbsp fresh sage,
finely chopped

1 tbsp fresh thyme,
finely chopped

1 1/2 tsp kosher salt

1 tsp fennel seeds,
crushed

1/2 tsp red pepper flakes,
crushed

1/4 tsp ground black pepper

1/4 tsp garlic powder

These freeze well!

Macros: 11 P | 0 C | 7 F

14

Mushroom Medley Frittata

Serves 4

Preheat broiler to high-550°F.

Whisk eggs in a medium bowl; add salt and pepper and set aside.

In an oven-safe skillet or cast iron skillet, place over medium heat. Add coconut oil to the skillet. Once oil is heated, add mushrooms.

Sauté mushrooms for 3-4 minutes.

Add spinach and herbs and continue to sauté for 30-60 seconds or until spinach begins to wilt.

Top vegetables with cheese and eggs.

Cook for 4-5 minutes on medium heat or until the edges begin to set.

Finally, place the skillet under the broiler and broil for another 3-4 minutes or until center is just about set. Watch carefully so that you do not overcook or burn the eggs.

Remove from oven, let set for 5 min.

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The Real Food Dieticians.
therealfoodrds.com*

No cast iron pan or oven-safe skillet?
Transfer to 9×9 dish after sautéing
spinach and bake in oven at 375°F for
20-25 minutes or until center is set.

Macros: 14 P | 0 C | 16 F





Blueberry Muffin Protein Smoothie

15

1 c water **Serves 1**

Place all ingredients in blender and
blend until smooth.

1/2 tsp nutmeg

1-2 tsp cinnamon

1 tsp vanilla extract

1/2 c blueberries,
frozen

1 tbsp natural nut butter

25 g vanilla protein powder

3-4 ice cubes

16

Cherry Cheesecake Protein Smoothie

1/2 c frozen dark cherries **Serves 1**

Place all ingredients in blender and
blend until smooth.

25 g vanilla protein powder

1 c unsweetened almond milk

1/4 c cottage cheese

3-4 ice cubes



Add 1-2 cups spinach for additional
vitamins and nutrients.

Macros: 25 P | 10.5 C | 8 F

Macros: 31.5 P | 11 C | 2.5 F

Egg White Oatmeal 17

Serves 1

Peel and mash banana.

Stir banana and remaining ingredients together in a medium-size bowl, with room at the top so the oats can "grow" in the microwave without overflowing.

Microwave on high for 4 minutes, stirring after 75 seconds and then again every 30 to 45 seconds until 4 minutes are up.

1/2 c old fashioned oats

1/2 ripe banana

1/2 c almond milk

3/4 c liquid egg whites

1/2 tsp cinnamon

18

Peppermint Mocha Smoothie

Serves 1

Place all ingredients in blender and blend until smooth.

1 c water or almond milk

1/2 tsp peppermint extract

25 g chocolate protein powder

1/2 banana

2 c spinach

3-4 ice cubes

Optional:

Add peanut butter, chopped almonds, fresh berries and pumpkin pie spice.

Count all macros accordingly!

Macros: 20 P | 40 C | 1 F

Macros: 25 P | 13.5 C | 2.5 F



Spinach Protein Smoothie

19

1 c water or
almond milk

1/2 c frozen blueberries

2 c spinach

25 g protein powder

1 tbsp almond butter
or peanut butter

3-4 ice cubes

Serves 1

Place all ingredients in blender and blend until smooth.

20

Pumpkin Breakfast Bake

1/4 c coconut oil

2 md sweet potatoes
peeled and diced

2 md apples
cored, diced

2 tsp cinnamon

1 1/2 tsp pumpkin spice

Salt to taste

1 c raisins

1 c pumpkin purée

8 eggs,
whisked

1 vanilla bean,
seeds

1/2 c full-fat coconut milk

Optional toppings:
(count macros)

1 tbsp almond butter

1 oz walnuts or pecans

Serves 8

Preheat oven to 325°F.

Heat coconut oil in a large cast-iron skillet over medium heat, then add sweet potatoes. Cook, stirring often until beginning to soften, about 5-10 minutes.

Add in apples, cinnamon, and pumpkin pie spice and cook until apples are softened and raisins are plumped, about 8-10 minutes. Both apples and sweet potatoes should be easily pierced with a fork. If necessary, add in a little water to prevent sticking and burning.

Add salt to taste. Stir to combine well and sauté the mixture a minute or two.

In a medium bowl, whisk together the eggs, pumpkin purée, seeds from vanilla bean, and coconut milk until smooth and well combined. Remove apple-sweet potato mixture from heat and pour egg mixture over. Smooth to cover with the back of a spoon. Bake for 20 minutes or until set.

If you don't have a cast-iron skillet,
use a 9"x13".



Pumpkin Protein Smoothie

21

22

1 c water
or almond milk
(macros calculated with water)

Serves 1

Place all ingredients in blender and
blend until smooth.

25 g vanilla protein powder

1/2 c pumpkin purée

1 tsp cinnamon

1 tbsp natural almond butter
or peanut butter

2 c spinach

3-4 ice cubes

Strawberry Banana Smoothie



1 c unsweetened almond milk

1 c frozen strawberries

1/2 banana

25 g vanilla protein powder

2 tbsp flax seeds

3-4 ice cubes

Serves 1

Place all ingredients in blender and
blend until smooth.

Want to switch it up?
Replace pumpkin with baked sweet
potato (20g C)

Great for post-workout.

Macros: 25 P | 11 C | 8 F

Macros: 25 P | 26.5 C | 9.5 F



Sweet Potato Tex Mex Hash

23

1 lb lean ground beef

3 tbsp taco seasoning

1/2 c water

1 tbsp ghee

1 md sweet potato
peeled, cubed

1 red bell pepper,
diced

1 c red onion,
diced

2 c sliced mushrooms,
chopped

2 c spinach,
chopped

Serves 4

In a saute pan, over medium heat, add beef, seasoning, and water. Brown meat until thoroughly cooked.

Remove ground beef and set aside for later use.

Using the same pan, add 1/2 tbsp ghee and melt over medium-high heat.

Add sweet potatoes, salt, and pepper, and sauté for 10 minutes or until just tender.

Add remaining ghee, onions, red pepper and mushroom and saute for 3 minutes or until veggies are tender.

Mix in spinach and taco meat and continue to cook until thoroughly heated and spinach is wilted.

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Top with fresh cilantro, green onions, avocado (count fat), jalapeños

Macros: 24 P | 9 C | 1 F

24

Turkey Apple Sausage Patties

1 lb ground turkey

1 apple,
finely minced

1/2 tsp garlic powder

1/2 tsp Italian seasoning
or dried sage

1/2 tsp paprika

1/4 tsp crushed fennel

1/2 tsp salt

1/4 tsp black pepper

2 tbsp coconut oil
or avocado oil

Serves 12

Thoroughly mix ground turkey, diced apple, spices, salt, and pepper in a large bowl with a utensil or your hands.

Form into 12 thin patties. Having wet hands works best for this step.

Over medium-high heat, heat a large skillet. Once hot, add oil.

Place the patties in the pan. Be careful to leave enough room to flip each patty. Brown each side for about 4-5 minutes or until no longer pink in the center.

Once cooked, place patties on a plate lined with paper towel.

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Can be stored in the fridge for up to 4 days or freeze for 3-4 months.

Macros: 8.5 P | 1.5 C | 2 F





Sweet Potato Toast 25

1 lg sweet potato,
peeled

Serves 5

Slice sweet potato into 1/4-inch long vertical slices.

*Favorite toppings:
(count macros)*

peanut butter, banana, cinnamon

Turn toaster to high and toast sweet potato slices twice.

almond butter and berries

Toast it a third time if needed.

avocado and eggs

26

Apple Pie Crockpot Oatmeal

Serves 4

Combine all ingredients in a slow cooker or crock pot. Cook covered on low heat for three hours.

No need to stir until the time is up!

3 c unsweetened nut milk

1 c steel-cut oats

1/2 tsp salt

1 apple,
chopped

1/2 tsp cinnamon



Top with your favorite sweet or savory toppings and enjoy!

Macros: 0 P | 9.5 C | 0 F

If you double the recipe, cook for 5-6 hours on low.

Macros: 0 P | 32 C | 2 F



Avocado Toast

27

1 avocado **Serves 2**

Toast bread until golden and crispy.

2 tbsp cilantro,
chopped

In a small bowl, combine and mash the avocado, cilantro, lime, salt, and pepper to taste. Spread half of the mixture on each slice of toasted bread.

1/2 lime,
juiced

1/2 tsp red pepper flakes,
optional

Top with fried, scrambled, or poached egg if desired.

2 slices Ezekiel bread

Salt and pepper to taste

Optional:

2 eggs
fried, scrambled, or poached
(count macros for eggs)



Buffalo Chicken Bites

Cashew Chicken Lettuce Wraps



Chicken Fiesta Soup



Asian Chicken Salad Lettuce Wrap

Caprese Zucchini Salad

Crustless Spinach Quiche

Dill Sauerkraut Soup

Egg Roll in a Bowl

Greek Yogurt Avocado Chicken Salad

BBQ Beef

Spicy Avocado Chicken

Steak Fajita Wrap



Salmon Salad

Asparagus Mushroom Quiche

Avocado Chicken Waldorf Salad

Sweet Potato Bisque

Harvest Chicken Salad

Sesame Orange Chicken

Southwest Quinoa Bake

Taco Soup

Thai Peanut Chicken Cabbage Salad

Tuna Avocado Salad

Warm Roasted Beet Salad



Greek Quinoa Salad

"No Chicken" Salad



Buffalo Chicken Bites

29

- 1 lb chicken,
cubed* **Serves 4** Cut chicken into bite sized pieces
and season with seasoned salt.
- 1 onion,
chopped* Chop onion and cook with chicken.
- Seasoned salt* Remove from pan and mix with
Frank's sauce and serve.
- Frank's hot sauce*

30

Chicken Fiesta Soup

- 1 can black beans,
15 oz* **Serves 6** Combine all ingredients in a pot,
mix and heat.
- 1 can corn,
15 oz*
- 1 can refried beans,
16 oz, fat free*
- 1 jar salsa*
- 1 container chicken broth,
32 oz*
- 1 can chicken meat,
12 oz*



Excellent in a crock pot. Cook on
low for 3-4 hours.



Asian Chicken Salad Lettuce Wraps 31

Chicken salad: **Serves 3 (2 wraps per serving)**
Combine chicken, broccoli slaw, red peppers, and almonds in a large bowl. Set aside.

1 lb chicken, cooked, cubed and chilled

1 1/2 c broccoli slaw

1/2 md red bell pepper, diced

1/4 c sliced almonds, toasted

1/2 md avocado, diced

Butter lettuce, washed and patted dry

Cilantro for garnish

Dressing:

2 tbsp coconut aminos

2 tbsp sunflower seed butter or almond butter

1 garlic clove, minced

1/2 tsp ginger, grated

2 tsp toasted sesame oil

2 tbsp avocado oil or olive oil

Salt and pepper to taste

Prepare dressing. Place ingredients in a small bowl and whisk until smooth.

Pour dressing over salad and mix until chicken and vegetable mixture is completely coated.

Fold in diced avocado.

Serve with lettuce leaves and fresh cilantro.

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The avocado will turn brown, so add just before serving.

Cashew Chicken Lettuce Wraps

Chicken **Serves 1**
(calculate to your macros) Measure chicken and cashews to meet your macros.

Salt to taste

Coconut aminos

Ginger

Lettuce leaves

Cashews
(calculate to your macros)

Heat chicken in fry pan, add spices, ginger, and coconut aminos until heated through.

Add cashews and stir together.

Divide evenly in lettuce leaves.

Optional:
serve over cauliflower rice.



Caprese Zucchini Salad

33

Serves 6

Cut and spiralize veggies. Pat zucchini dry once spiralized to remove as much liquid as possible.

Place all ingredients in a large mixing bowl. Add dressing. Toss.

Marinate for 30 minutes in the refrigerator prior to serving.

Toss again and add salt and pepper to your liking.

Top with additional basil if desired.

Place leftovers in an airtight container in the fridge for up to 4 days.

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2 md zucchini,
spiralized

1 c cherry tomatoes,
halved

1 package mozzarella pearls,
8 oz

1/2 sm red onion,
thinly sliced

1/2 c fresh basil,
thinly sliced

1/2 c Tessemae's Balsamic
Vinaigrette

Salt and pepper to taste

Serve with chicken or fish
for more protein.

Macros: 7 P | 0 C | 14 F

34

Crustless Spinach Quiche

Serves 8

Preheat oven to 350°F.

Sauté the spinach lightly in butter along with veggies.

Coat the bottom of 9x13 pan with non stick spray. Layer spinach and veggies.

Whisk eggs with nut milk.

Season with salt and pepper.

Pour on top of spinach.

Sprinkle cheese on top of eggs.

Bake for 35-40min.

1 bag spinach

Onion,
(add amount desired)

Artichokes,
(add amount desired)

Mushrooms,
(add amount desired)

1 tbsp butter

8 eggs

2 tbsp nut milk

1/4 c raw cheese

Macros: 7 P | 0 C | 6 F



Chicken and Sausage Sauerkraut Soup

35

Serves 10

Put the olive oil in a large stock pot on medium heat. Add celery and sweat for a few minutes.

Add the chicken and cook for 5 minutes.

Add the cabbage, broth, water, sauerkraut and bring to a boil. Reduce heat and simmer for 20 minutes.

Add the sausage, kale, dry mustard, and dill. Heat until sausage is warmed.

Add lemon juice, salt and pepper to taste, serve.

1/2 tbsp olive oil

6 celery stalks, chopped

16 oz raw chicken, cubed

3 c cabbage, chopped

32 oz chicken broth

32 oz water

3 c sauerkraut, with juices

4 Applegate spinach and feta sausages

4 Applegate organics sweet italian sausage

3 c kale

2 tbsp fresh dill, minced

1 tsp dry mustard

Salt and pepper to taste

36

Easy Egg Roll in a Bowl

Serves 4

Combine coconut aminos, sesame oil, rice vinegar and Chinese 5-spice powder. Thoroughly whisk. Set aside.

Heat a large skillet over medium heat. Once hot, add onion. Stir fry for 3-4 minutes or until slightly soft.

Place garlic and ginger in pan and stir fry for 1 minute.

Add ground turkey to pan. Break, with a utensil, into smaller pieces. Cook approximately 7-8 minutes longer, stirring occasionally, until meat is thoroughly cooked and no longer pink.

Raise heat to medium-high. Place broccoli cole slaw and sauce in large skillet. Stir fry 6-7 minutes or until slaw is tender (or to your liking).

Remove mixture from heat. Place in serving bowl and garnish with sesame seeds and/or cilantro. Top with Frank's hot sauce if desired or additional coconut aminos.

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1 lb ground turkey

1 tsp avocado or coconut oil

8 green onions, sliced

3 tsp fresh ginger, grated

5 cloves garlic, minced

2 bags broccoli cole slaw, 12 oz

6 tbsp coconut aminos, + plus more for serving

2 tbsp toasted sesame oil

2 tbsp rice vinegar

1/2 tsp chinese 5-spice powder

Optional:

Sesame seeds and/or

Fresh cilantro,

Frank's hot sauce

Look for the Chinese 5-spice powder in the baking or ethnic aisles of your favorite grocery store.



Greek Yogurt Avocado Chicken Salad

37

Serves 1

Mix everything in bowl and refrigerate before eating; goes great as a lettuce wrap.

3 oz chicken breast,
cooked

1/4 c 0% plain Greek yogurt

1/2 ripe avocado

1 tbsp onion,
diced

2 tbsp celery,
diced

Dash of garlic salt

Dash of black pepper

You can substitute 2% or whole-milk Greek yogurt. Be sure to count the protein and fat macros.

Macros: 30 P | 0 C | 15 F

38

Slow Cooker Beef BBQ

Serves 12

Slice onions and place in the slow cooker.

2 lb beef chuck roast,
boneless

1 lg yellow onion,
thinly sliced

1 can tomato paste,
6 oz

2 tbsp Dijon mustard

1 1/2 tbsp apple cider vinegar

1/2 c water

2 tsp garlic powder

1 1/2 tsp dried oregano

2 tsp chili powder

2 tsp smoked paprika

1 tsp sea salt

1/2 tsp black pepper

Cole slaw:

1 bag cole slaw mix,
9 oz

1/3 c avocado mayo

3 tbsp apple cider vinegar

1/4 tsp garlic powder

Salt and pepper to taste

Cut beef roast into 3 chunks. If searing meat before placing in the slow cooker, heat 1 Tbsp. fat of choice in a Dutch oven or other large pan over medium-high heat. When fat is hot, add beef and sear 4-5 minutes on each side, turning once.

Transfer meat to slow cooker with the onions.

Mix together remaining ingredients and pour over beef and onions. Stir to coat meat and onions.

Place lid on slow cooker and cook on low heat for 8-10 hours or until meat is tender and shreds easily.

Remove meat from slow cooker to a baking dish and shred with 2 forks.

Top with slaw.

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Store leftovers in a lidded container in the fridge for up to 4 days or freeze for longer storage.

Macros: 15 P | 0 C | 19 F





Spicy Avocado Chicken

39

Chicken
(calculated to your macros)

1/4 avocado,
mashed

1 tbsp Primal Kitchen
Ranch Dressing

Frank's hot sauce to taste

Serves 1

Cook chicken. Once chicken is thoroughly cooked, cube or shred.

Mix cooked chicken with remaining ingredients.

Serve over a bed of spinach or with vegetables of choice.

Macros: Count P | 0 C | 14 F

40

Steak Fajita Wrap

1 lb sirloin,
cut into strips

1 red onion

1 red pepper,
sliced

1 green pepper,
sliced

2 tbsp olive oil

Fajita seasoning:

2 tbsp chili powder

1 tsp sea salt

1 tsp paprika

1/2 tsp stevia
(sweet leaf or liquid stevia)

1/2 tsp onion powder

1/2 tsp garlic powder

1/2 tsp cayenne pepper

1/2 tsp cumin

1/2 c plain Greek yogurt

2 tbsp olive oil

2 tbsp water

Serves 4

Mix dry ingredients for seasoning. Combine with water, olive oil, and yogurt.

Stir in beef strips and marinate 15 minutes.

Heat skillet on medium and sauté onions and peppers about 6 minutes.

Add marinated beef.

Cook on medium high for 10 minutes stirring often.

Serve in lettuce wraps with a little cheese (count macros).

Macros: 35 P | 0 C | 14 F





Salmon Salad

41

Serves 2

Combine all the ingredients, except lemon wedge, in a small bowl and mix well.

1 can salmon,
5-6 oz, drained

2 tbsp avocado mayonnaise

1 sm celery stalk,
chopped

1 tbsp onion,
chopped

1/4 tsp dried dill

Pinch of black pepper

1 lemon wedge,
juiced

To serve, place on top of a bed of dark leafy greens, in a lettuce leaf, or with cucumber slices. Squeeze the juice of the lemon on top of ingredients.

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42

Asparagus Mushroom Quiche

Serves 4

Preheat oven to 350°F.

8 eggs

2 c mushrooms,
sautéed

1 bunch asparagus spears,
sautéed

1/2 c grape tomatoes

1/2 c heirloom tomatoes

3 sm sweet potatoes,
spiralized
(about 2-3 c)

Italian seasoning

Salt and pepper to taste

Sauté spiralized sweet potato in coconut oil, salt and pepper until barely soft.

Line a greased glass 9-inch pie dish with sautéed sweet potatoes. Top with eggs, mushrooms, asparagus and a sprinkle of Italian seasoning.

Bake for 20-25 min or until center has set.

Excellent on Ezekiel bread.
Count additional macros.

Macros: 17 P | 0.5 C | 12 F

Use as many or as little veggies as
you'd like.

Macros: 12 P | 18 C | 10 F

Avocado Chicken Waldorf Salad

43

Serves 4

Combine avocado, lemon juice, olive oil, basil, salt and pepper in a blender or food processor and blend until smooth and creamy. Set aside.

Combine chicken, celery, red onion, grapes, apples, and nuts in a medium bowl.

Take avocado mixture and pour over ingredients. Stir to combine. Add additional salt and pepper if desired.

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1 md avocado

3 tbsp fresh basil
or 2 tsp dried basil

2 tbsp lemon juice

1 tbsp extra virgin olive oil

1/4 tsp sea salt

1/4 tsp pepper

1 lb chicken,
cooked, cubed

1/3 c celery,
diced

1/3 c red onion,
diced

1/2 c grapes,
halved

1/2 apple,
diced

1/4 c walnuts,
chopped

Place on top of dark leafy greens,
in a lettuce wrap or use cucumber
slices to scoop

Macros: 31 P | 6 C | 15.5 F

44

Sweet Potato Bisque

Serves 6

Heat oil over medium heat in a large soup pot. Add onions, garlic, sea salt, and pepper, and cook for 10 minutes, stirring often.

Add sweet potatoes and cook for another 10 minutes, stirring often.

Add stock or water to the pot and bring to a boil. Once boiling, simmer covered over medium-low heat for 30 minutes.

Remove from heat and allow the soup to cool for a few minutes.

Puree the soup until smooth.

Add the coconut milk and stir until well combined.

1 tbsp olive or coconut oil

2 md sweet onions,
chopped

2 tbsp garlic,
chopped

1/2 tsp sea salt

1/4 tsp pepper

4 md sweet potatoes,
peeled, cubed

4 c chicken stock

1 can full-fat coconut milk,
13.6 oz

Optional:
Top with 1/2 c unsweetened
coconut flakes, lightly toasted

Macros: 4 P | 24 C | 12.5 F

Harvest Chicken Salad

45

Serves 4

Preheat oven to 400°F.

On a rimmed baking sheet, combine sweet potato and onions. Drizzle mixture with oil and thoroughly mix. Put baking sheet in oven and bake for 20-25 minutes making sure to stir mixture halfway through. Take pan out of oven. Season with salt and pepper to taste. Allow mixture to cool slightly.

While the vegetables are roasting, prepare the citrus vinaigrette. In a small food processor or blender, blend all ingredients until well combined.

Layer your salad. Toss with vinaigrette.

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1 tbsp olive or avocado oil

1 md sweet potato,
peeled, cubed

1/2 red onion,
sliced thin

Sea salt and pepper to taste

1 bag of spinach, 5oz

1/4 c dried cranberries

1 md apple,
sliced thin

10 oz chicken breast,
grilled or baked

Citrus vinaigrette
(makes 10 servings):

1 orange, juiced

1/2 lemon, juiced

1 tsp orange, zest

1 1/2 tsp thyme

1 tsp Dijon mustard

3 garlic cloves,
minced

Sea salt and pepper to taste

2/3 c olive or avocado oil

Vinaigrette macros:

0 P | 1.3 C | 14 F

Macros: 20 P | 20 C | 3.5 F

46

Sesame-Orange Chicken

Serves 8

Trim any visible fat from the chicken, then place it in the bowl of an electric pressure cooker.

Place the remaining ingredients, except sesame seeds, and toss to coat the chicken. Secure the lid and turn the valve to sealing. Turn the machine to manual high pressure for 10 minutes.

Meanwhile, whisk together 2 tablespoons of water with 2 teaspoons arrowroot powder. Set aside.

Quick release the pressure from the machine and carefully open the lid. Spoon any fat off the top of the sauce then turn the machine to sauté. Pour in the arrowroot and simmer for 5 to 10 minutes, until thickened. Use two forks to roughly shred the chicken in the pot. Serve hot, over cauliflower rice if desired.

2 lb skinless chicken breasts

2 tsp arrowroot powder

1/4 c coconut aminos

1 orange,
zest

3 tbsp orange juice

2 tbsp tomato paste

1 tbsp toasted sesame oil

2 tsp garlic,
minced

1/2 tsp ground ginger

1/2 tsp red pepper flakes

1/2 tsp cracked black pepper

Optional: Garnish with a sprinkle of sesame seeds and green onions.
Count macros.

Macros: 30 P | 3 C | 2 F

Southwest Quinoa Bake

47

Serves 4

Preheat oven to 350°F.

Grease a small 9x9 casserole dish with coconut oil.

Cook quinoa according to instructions.

While cooking quinoa, in a large skillet over medium-high heat, cook ground turkey until thoroughly cooked. Strain any excess grease from pan after cooking is complete.

Shred cheese.

Combine, drained quinoa, ground turkey and the remaining ingredients except 1/4 cup of cheese, in a mixing bowl. Stir until thoroughly combined.

Transfer mixture into the baking dish. Evenly spread mixture into baking dish and cover with foil.

Bake for 25-30 minutes or until evenly heated throughout. Remove from oven, remove foil and sprinkle remaining shredded cheese. If desired, place back in oven to melt cheese.

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1 lb ground turkey

2 tsp coconut oil

1/2 c dry quinoa,
rinsed and drained

1 c canned black beans,
drained and rinsed

1/2 c frozen corn

1 can diced green chiles,
4 oz, lightly drained

1 jar salsa,
12 oz

1 tsp chili powder

1/2 tsp ground cumin

1/2 tsp garlic powder

1/4 tsp salt,
+ plus more to taste

1/8-1/4 tsp chipotle chili powder
(or regular chili powder)

1/2 c cheddar cheese,
shredded

Optional:
chopped fresh cilantro,
lime wedges,
and diced avocado for serving
(count macros)

48

Taco Soup

Serves 8

Heat 1/2 tbsp of oil in a large stockpot over medium high heat.

Add the turkey and brown it until cooked through, about 5 minutes. Drain.

Heat the remaining oil in the same stockpot. Add the onion and cook until translucent, about 4 minutes. Add the garlic and cook until fragrant, approximately 1 minute.

Return the turkey to the stockpot and stir in with the onions and garlic. Add the remaining ingredients and stir to combine. Bring to a boil and then reduce the heat to medium low. Simmer for 30 minutes.

Just before serving, stir in the dill, parsley, chives and lemon juice.

1 tbsp olive oil, divided

1 lb ground turkey breast

1 lg onion,
diced

2 cloves garlic,
minced

1 tbsp chili powder

1 tbsp cumin

1/2 tsp paprika

1 tsp kosher salt

1/4 tsp black pepper

1 can pinto beans,
unsalted or rinsed, 15 oz

1 can kidney beans,
unsalted or rinsed, 15oz

3 c whole kernel corn

1 can stewed tomatoes,
unsalted, 28oz

4 c low-sodium chicken stock

1 tbsp fresh oregano,
minced

2 tbsp fresh dill

2 tbsp fresh flat leaf parsley

1 tbsp fresh chives

1 tsp lemon juice



Thai Peanut Chicken Cabbage Salad

49

Serves 5

Place, chicken, cabbage, onion, carrots, peppers, and cilantro in a bowl.

Make the sauce. Put peanut butter in a microwave safe bowl. Heat for 20 seconds. Add oil, ginger, lime juice, coconut aminos, and vinegar. Stir well. It will get really thick. Add 2 teaspoons of water to thin.

Add sauce to veggies and chicken mixture.

Add salt and pepper to taste and cool for one to two hours.

20 oz grilled chicken,
chopped

2 c red cabbage,
chopped

2 c green cabbage,
chopped

1/4 c red onion,
chopped

1 c carrots,
shredded

2 c bell peppers,
chopped

3/4 c cilantro,
chopped

Sauce:

4 tbsp natural peanut butter

1/3 tsp stevia
(sweet leaf or liquid stevia)

1 tbsp sesame oil

1 tsp olive oil

2-3 tsp ginger,
minced

2 tbsp fresh lime juice

1 tbsp red wine vinegar

1 tbsp coconut aminos

50

Tuna Avocado Salad

Serves 5

In a large bowl, combine: cucumber, avocado, red onion, drained tuna, and cilantro.

Drizzle salad ingredients with lemon juice, olive oil, salt and black pepper (or season to taste). Toss to combine and serve.

3 cans tuna in water,
drained and flaked

1 english cucumber,
sliced

2 lg avocado,
sliced

1 sm red onion,
thinly sliced

1/4 c cilantro,
chopped

2 tbsp lemon juice,
freshly squeezed

2 tbsp extra virgin olive oil

1 tsp sea salt,
or to taste

1/8 tsp black pepper

Warm Roasted Beet Salad

51

16 oz red baby beets,
quartered

Serves 2

Preheat oven to 425°F.

1 package baby arugula

Spray baking tray with oil. Spread beets evenly. Lightly spray beets with 1 tsp oil. Sprinkle with salt and pepper. Roast for 15-20 minutes.

1/4 c feta cheese

1/4 c pistachios,
chopped

Toss arugula with Primal Kitchen dressing.

1 sm avocado,
sliced, halved

Layer arugula, feta, avocado and pistachios evenly onto two plates.

2 tbsp Primal Kitchen
Lemon Turmeric Vinaigrette

Top with roasted beets.

2 lemon wedges

Squeeze lemon over salad.

Salt and pepper to taste.

Optional: top with cooked chicken or salmon (count protein)

Optional: add precooked quinoa to reach carb macros (count carbs)

Macros: 2.5 P | 1 C | 18.5 F

52

Greek Quinoa Salad

5-6 c spinach or mixed greens

Serves 5

Combine all ingredients in a large mixing bowl.

1 c cucumber,
sliced

Chill in the refrigerator.

1 c cherry tomatoes,
halved

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1/2 c red onion,
sliced

1/2 c artichoke hearts

1/4 c feta cheese

1/4 c pitted kalamata olives,
halved

1/2 avocado

1 c quinoa,
cooked and cooled

2 tbsp fresh basil

2 tbsp fresh oregano

1 lemon,
squeezed

3 tbsp extra virgin olive oil
or avocado oil

Sea salt and pepper to taste

Excellent with chicken.
Count additional macros.

Macros: 1 P | 14 C | 12.5 F



"No Chicken" Salad ⁵³

1 c cashews,
raw

1/2 c water

1 tbsp apple cider vinegar

1 tbsp nutritional yeast

Serves 4

Mix salad ingredients with 1/2 of the cashew cheese dressing.

Squeeze fresh lemon and add salt and pepper to taste

Place on a bed of lettuce or spread on Ezekiel bread with sliced tomato.

Salad:

1 can chickpeas,
rinsed and drained

4-6 celery stalks,
finely chopped

1/4-1/2 red onion,
finely chopped

2 lemon wedges

Salt

Pepper



Chicken Chili Verde



Turkey Sweet Potato Quinoa Chili



Asparagus & Cheese Stuffed Chicken

Balsamic Parmesan Chicken

Balsamic Herb Chicken & Veggies

Buffalo Chicken & Spaghetti Squash

Beef and Butternut Squash Stew

Chicken Alfredo

Chicken and Mustard Cream Sauce

Creamed Garlic Spinach Tilapia

Parmesan-Crusted Chicken

Parmesan Turkey Meatballs

Italian Chicken and Veggies

White Chicken Chili



Spaghetti Squash & Turkey Sausage

Boot Camp Chili

Buffalo Chicken Spaghetti

Balsamic Chicken Veggie Bake

Chicken Burgers

Chicken Ranch Sweet Potato Bake

Dairy Free Alfredo Chicken

Salmon and Veggie Bake

Teriyaki Chicken & Pineapple Kebabs

Vegan Mexican Stuffed Peppers

Zucchini Lasagna



Slow Cooker Chicken Chili Verde

55

Serves 6

Place chicken in slow cooker.

1 1/2 lb chicken breasts,
boneless, skinless

1 jar salsa verde,
12 oz

In a small bowl, combine salsa,
green chiles, cumin, and oregano.
Pour over the chicken. Cook on low
for 4 hours.

2 cans fire roasted green chiles,
4 oz each

1/2 tsp ground cumin

Transfer the chicken (without liquid)
to a plate and cool slightly. Use two
forks to shred the chicken.

1/2 tsp dried oregano

1 sm jalapeño,
sliced

Serve plain, in lettuce wraps or over
cauliflower rice. Top with sliced
jalapeño, cilantro, and/or avocado.

Cilantro,
chopped

Squeeze limes on top for extra flavor.

Avocado,
diced
(count macros)

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Lime wedges

56

Turkey Sweet Pota- to Quinoa Chili

Serves 13

Add ground turkey and onion to a
large skillet over medium-high heat.

1 lb ground turkey
1 can baked beans,
15 oz

Season liberally with salt and pepper
then cook until no longer pink,
breaking turkey up as it cooks.

3 garlic cloves

1/4 tsp red chili pepper flakes

Add garlic then cook for 30 more
seconds. Add to a 6 quart crock pot.

1 small onion

1 lb sweet potato

Add remaining ingredients into
crock pot then cook on high for 3
hours, or low for 5-6 hours, or until
sweet potatoes are tender.

1 can tomatoes,
28 oz

3 c chicken broth

May need to add more chicken broth
when reheating.

1 c quinoa

2 tbsp chili powder

1/2 tsp paprika

1/2 tsp salt

1 tsp cumin

Salt and pepper to taste



Picky eater approved!

Macros: 31 P | 0 C | 0 F

Macros: 8 P | 17 C | 0 F

Asparagus & Cheese Stuffed Chicken

57

1 lb chicken breast

1 tbsp avocado oil

1 tbsp fresh lemon,
zest

12 sm asparagus stalks

4 oz cheese

4 tbsp pesto

1 tsp garlic salt

Sea salt and pepper to taste

Serves 4

Preheat the oven to 375°F.

Cut the chicken breast in half, length-wise, just enough to make a pocket.

Rub the inside of the chicken breast with lemon zest, sea salt and pepper.

Stuff each chicken breast equally with the cheese, asparagus and pesto, then fold over.

Insert a large toothpick to close the pocket.

Rub the chicken with a pinch of garlic salt and pepper.

Heat oil in a large and oven-safe skillet over medium-high heat.

Sear the chicken for 3 minutes per side then place the skillet in the oven.

Bake 15-20 minutes, or until cooked through and no longer pink in the inside.

58

Balsamic Chicken Veggie Bake

1 lb chicken breast,
boneless, skinless

4 c broccoli,
chopped

3 md carrots,
peeled and cut into sticks

2 c button mushrooms,
halved

1 sm red onion,
diced

1/2 c cherry tomatoes

1/3 c balsamic vinegar

1/4 c avocado or olive oil

4 garlic cloves,
minced

3-4 tbsp fresh basil,
finely chopped
+ additional for topping

1 tsp fresh thyme
(or 1/2 tsp dried)

1/2 tsp sea salt

1/4 tsp pepper

Serves 4

Preheat oven to 400°F.

Whisk together balsamic vinegar, oil, garlic, basil, thyme, salt and pepper.

In a zip-lock bag, put chicken with 1/3 cup of the sauce. Shake until the chicken is well-coated. Place zip-lock bag in the refrigerator to marinate.

Chop all vegetables. Put all vegetables except for tomatoes on a large baking sheet lined with parchment paper. Drizzle remaining sauce over vegetables and mix to coat all pieces.

Take marinated chicken out of zip-lock and place on pan with vegetables.

Cook for 10 minutes. Add tomatoes to the pan, after 10 minutes and stir vegetables. Return to oven and bake for an additional 10 minutes or until chicken is thoroughly cooked.

Once chicken is fully cooked. Remove from oven, garnish with fresh basil.

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Balsamic Parmesan Chicken 59

2 chicken breasts

Serves 2

Preheat oven to 350°F.

1/4 c shredded parmesan

Sprinkle chicken breasts with sea salt.

2 tbsp basil

1 clove garlic

Combine parmesan, basil, and pepper with a fork.

Black pepper to taste

Press onto both sides of chicken breasts.

2 tbsp extra virgin olive oil

2 tbsp balsamic vinegar

Combine vinegar and oil.

1/2 tsp red pepper flake

Spoon on top of coated chicken breasts.

Place in a greased dish.

Bake for 35 minutes.

60

Balsamic Herb Chicken & Veggies

16 oz chicken breasts,
halved, boneless, skinless

Serves 4

Preheat oven to 450°F.

1 tbsp balsamic vinegar

Line a large sheet pan with parchment, if desired.

1/2 tbsp extra-virgin olive oil

2 cloves garlic, crushed

Season chicken with balsamic, olive oil, garlic, basil, parsley and kosher salt.

2 tsp basil, chopped

Marinate while you prep the vegetables.

1 tsp parsley, chopped

3/4 tsp kosher salt

In a large bowl, toss the vegetables with balsamic, olive oil, 3/4 teaspoon salt, black pepper, basil and parsley.

Olive oil spray

1 lg red bell pepper,
cored and cut into 1-inch pieces

Spread out onto the sheet pan. Nestle the chicken in with the vegetables and roast until tender in the lower rack of the oven, about 20 minutes until the chicken is cooked through.

1 md zucchini, 1-inch cubes

1 c asparagus, 1-inch cubes

1 md red onion, 1-inch pieces

1 c cauliflower florets

2 tbsp balsamic vinegar

1 1/2 tbsp extra-virgin olive oil

1 tsp kosher salt

Freshly ground black pepper

2 tsp chopped basil

1 tsp chopped parsley

Freezer Friendly

Portion it into freezer containers and freeze for up to 3 months.

Frozen: To serve, thaw in the refrigerator overnight. Reheat in a 325°F oven until warmed through 20 minutes.



Buffalo Chicken Spaghetti Squash

61

1 lg spaghetti squash,
cooked and shredded

Serves 8

Preheat oven to 400°F.

1 lg onion,
diced

Line a 13x9 pan with parchment paper and set aside.

1 c carrots,
diced

While squash is cooking, sauté the onion and carrots for 5-7 minutes until softened and mostly cooked through.

2 lbs chicken,
cooked

Shred squash with a fork and place in a large bowl. Use a clean towel and press the liquid out- it doesn't have to be super dry, but this helps make the casserole less watery.

1 c hot sauce

1/4 c Primal Kitchen
Ranch Avocado Dressing

1 tsp garlic powder

Add the onion mixture to the bowl along with the chicken, hot sauce, dressing, garlic powder, salt and pepper. Stir well.

1/4 tsp pepper

3 whole eggs

Add the eggs, mix well, and pour mixture into the prepared pan.

Salt to taste

Bake for 30-35 minutes.

Serve with additional ranch if desired.

To cook the spaghetti squash, simply pierce with a knife or fork and cook in the microwave until soft. When cool, cut in half and clean out the seeds.

Macros: 33 P | 0 C | 5 F

62

Chicken Alfredo

Serves 6

Cook the cauliflower and the chicken broth in a microwave safe bowl or in a sauce pan until very soft. While the cauliflower is cooking, sauté the chicken over medium heat.

4 c cauliflower,
chopped

2 c chicken broth

24 oz chicken breast

2 cloves garlic

5 oz parmesan,
grated

3 tbsp heavy cream

3 md zucchini

Salt and pepper to taste

Chop the garlic into small pieces. Add to chicken. Season with salt and pepper. When chicken is cooked through, remove from the pan and set aside. It's ok if some garlic stays in the pan.

Add the cauliflower and broth to the pan. Add the parmesan cheese and heavy cream. Cook over medium heat to combine.

Blend the cauliflower and cheese/ broth/cream mixture until smooth. Return to pan.

Add the chicken back in and simmer on low heat.

Put your zucchini through at spiralizer or cut into skinny long strips. Add to chicken in the pan. Heat everything through.

Add salt and pepper to taste.



Macros: 38 P | 0 C | 10 F



Mustard Cream Sauce Chicken

63

Serves 6

*4 chicken breast halves,
boneless, skinless*

2 tbsp olive oil

1/4 c chicken broth

1/2 c heavy cream

2 tbsp Dijon mustard

1 tsp dried tarragon or oregano

Salt and pepper to taste

Add olive oil to a large skillet and preheat over medium-high heat.

Season chicken breasts with salt and pepper.

Add chicken to skillet and sauté until cooked through, about 10-12 minutes, turning once.

Transfer to a plate and keep warm.

Pour chicken broth into hot skillet. Whisk in the cream, mustard and tarragon or oregano. Cook and stir for about 2 minutes.

Pour sauce over chicken and serve.

64

Creamed Garlic Spinach Tilapia

Serves 3

*3 tilapia filets
(fit to your macros)*

3 md zucchini

8 oz fresh spinach

6 tbsp heavy cream

1/4 c parmesan cheese

1/2 tsp garlic powder,

1/2 tsp onion powder

1/2 tsp garlic salt

Salt and pepper to taste

Preheat oven to 375°F.

Season tilapia with salt and pepper and bake until cooked through, roughly 15 minutes.

Spiralize all zucchini and saute until tender, set aside.

Wilt spinach in frying pan (don't drain).

Once wilted, add heavy cream, 1 Tbsp parmesan cheese, and seasonings.

Simmer on low for 5 minutes.

Divide and layer zucchini, tilapia, and wilted spinach mixture into thirds.

Add 1 tbsp parmesan cheese on top of each portion.





Parmesan-Crusted Chicken

65

Serves 6

Preheat the oven to 425°F.

2 tbsp olive oil

6 chicken breasts,
boneless, skinless

12 oz broccoli florets

1 tsp salt

1/4 tsp garlic powder

2 garlic cloves,
minced

1/2 c parmesan cheese,
grated

Grease a rimmed baking sheet with 1 tbsp of the olive oil.

Arrange the chicken breasts in the center of the prepared baking sheet. Arrange the broccoli around the chicken.

Drizzle the broccoli with the remaining 1 tbsp olive oil and sprinkle everything with salt and garlic powder.

Bake until the chicken breasts are cooked through and a thermometer inserted in the thickest part registers 160°F, 25 to 30 minutes.

In a small bowl, combine the garlic, and parmesan.

Top each chicken breast with some of the mixture. Broil until the cheese is melted and the broccoli is deeply browned, 3 minutes.

Remove the pan from the oven, tent with foil, and let rest for 5 minutes.

66



Parmesan Turkey Meatballs

Serves 12

Preheat oven to 350°F.

1 lb ground turkey

1 egg

1/2 c parmesan cheese,
grated

Fresh parsley to taste

Onion powder to taste

Mrs. Dash to taste

Mix all ingredients and form into 12 meatballs.

Bake for 25 minutes.



Italian Chicken & Vegetables

67

Serves 8

Preheat oven to 450°F.

Spray 2 large nonstick sheetpans with oil or use parchment or foil for easy cleanup.

Combine the spices in a large bowl. Season chicken with 1/2 teaspoon salt, then add the chicken, zucchini, carrots, bell peppers and red onion to the bowl and toss well to coat. Marinate 30 minutes or overnight.

Arrange everything onto the prepared baking sheets spread out into a single layer. The vegetables and chicken should not touch. Bake about 20 minutes, turn chicken and vegetables and bake an additional 10 minutes, until roasted and tender. Top with fresh parsley and serve.

1 tsp kosher salt

1/2 tsp onion powder

1/2 tsp dried oregano

1/2 tsp dried basil

1/4 tsp thyme

1/8 tsp black pepper

1 clove garlic,
crushed

3 tbsp olive oil

2 tbsp red wine vinegar

Cooking spray

8 chicken breasts,
boneless, skinless

1/2 tsp kosher salt

12 oz zucchini, 1-inch diced

3 carrots, peeled and diced

1 red bell pepper, 1-inch diced

1 yellow bell pepper, 1-inch diced

1 red onion, 1-inch diced

Parsley for garnish

Frozen: To serve, thaw in the refrigerator overnight. Reheat in a 325°F oven until warmed through 20 minutes.

68

White Chicken Chili

Serves 13

In a large stock pot, heat the oil. Add the onion, bell peppers, and jalapeno. Sauté for 5 minutes.

Add the chopped cauliflower. Add the garlic, cumin, coriander, green chilies, and chicken stock. Bring to a boil, then reduce heat and simmer until cauliflower is completely cooked.

Add the cheese in chunks. Once it has melted, take 1/3 of the soup and blend with 1 cup of Greek yogurt. Add back to the soup. Add the salsa and salt (more or less to taste).

Divide into equal portions and add cooked chicken to fit your macros.

Chicken
(calculate for macros)

1 tbsp olive oil

1 onion,
chopped

3 bell peppers

2 jalapenos,
chopped, seeds removed

1 head cauliflower,
chopped

2 tsp garlic,
minced

1 tbsp cumin

1 tsp coriander

2 cans of green chilies,
7 oz each

4 c chicken stock

8 oz monterey jack cheese

1 c Greek yogurt

8 tbsp salsa

1-2 tsp salt

To save time, buy cauliflower "rice".



1lb 4oz spaghetti squash

1lb 4oz ground turkey, cooked

1 c onion

1 1/2 c crushed tomatoes

1/4 c heavy cream

1/4 c parmesan cheese, shredded

1/2 c peas

1/4 c mozzarella

1/2 tsp oregano

1/2 tsp dried basil

1 tsp dried parsley

Salt and pepper to taste

Sausage seasoning blend:

2 tsp salt

2 tsp fennel

2 tsp spicy cayenne

2 tsp garlic powder

1 tsp ground black pepper

1 tsp dried oregano

1 tsp dried basil

1 tsp paprika

1/2 tsp red pepper flakes

Spicy Baked Spaghetti Squash

Serves 6

Preheat oven to 375°F.

Pierce spaghetti squash multiple times and microwave for 5 minutes. Once cool to touch, cut in half lengthwise. Season squash with salt and pepper and place face down (flat side) on a greased cookie sheet. Bake for 35 minutes or until tender. (Time will vary depending on the size of your squash.) Once cooked, drop oven temperature to 350°F.

Add ground turkey and sausage seasoning blend to a pan and cook completely over medium heat. Transfer to a separate bowl.

In the same pan, add onions and saute until translucent and tender.

Add tomatoes, oregano, basil, and simmer for 5-8 minutes (or until hot). Remove pan from heat, add heavy cream, parmesan cheese, parsley, and peas.

In a 1.5 quart oval casserole dish, layer spaghetti squash first, then meat and sauce mixture. Stir together if desired or leave it layered.

Top casserole with mozzarella cheese and bake uncovered for 10-15 minutes or until hot and bubbly.

69

70

Beef and Butternut Squash Stew

Serves 8

Prepare the squash by peeling it, removing the seeds and cutting it into cubes.

2 tbsp olive oil

1 c onion,
chopped

2 lb lean beef chuck

32 oz beef stock,
low sodium

2 cloves garlic,
crushed

1/2 tsp dried rosemary

1/2 tsp dried thyme

1 tsp salt

1 tsp pepper

If your beef is not already cut into pieces, cut it up into cubes.

Heat the oil on medium heat in a large pot. Add the onion and saute for a couple minutes. Add the beef and brown it for a couple of minutes.

Add the beef stock, herbs, salt and pepper.

Cook covered on the stove on a low simmer for about an hour. Do not boil.

Add the butternut squash and cook for additional 30 minutes or until beef is tender.

Purchase pre-cut squash to save time.

Boot Camp Chili

71

Serves 12

Heat oil on medium.

Add onion and celery. Sweat for 1 to 2 minutes.

Add turkey, all of the rest of the veggies, and apple. Let turkey cook through.

Add the spices, tomatoes, tomato sauce, and coffee. Let simmer until done, or cook in pressure cooker for 15 minutes.

Add 1/2 tsp of red pepper or more for extra heat. Also, add Greek yogurt and cheese to get the rest of your macros.

1 tbsp olive oil

1/2 c onion

1 c celery, chopped

1 green pepper, chopped

2 oz carrots

2 tsp garlic

4 c cauliflower, chopped

2 jalapenos, chopped

1/3 c honey crisp apple, chopped

3 lbs ground turkey

1 can tomato sauce,
14 oz

1 can crushed tomatoes,
28 oz

1 1/2 c strong black coffee,
brewed

1 tsp cinnamon

1 tsp nutmeg

2 tsp unsweetened cocoa

1 tbsp salt

2 tbsp cumin

2 tbsp chili powder

1 tbsp oregano

Add 1/2 tsp of red pepper or more for extra heat. Also, add Greek yogurt and cheese to get the rest of your macros.

Macros: 26 P | 9 C | 1 F

72

Buffalo Chicken Spaghetti

Serves 2

Pre-heat oven to 350°F.

Cut spaghetti squash in half. Rub a little olive oil and salt and pepper on both sides. Face up, place them on a baking pan, bake for 45 minutes.

Place the chicken breasts in a pot of boiling water for about 10 minutes. Remove and shred with a fork.

Add olive oil to a pan on medium heat. Add your sliced onions and shredded chicken. Cook until onions are translucent. Add buffalo sauce and garlic. Reduce heat to low and cover.

When squash is cooked, let it cool for 10 minutes. Clean out seeds so you can fill your squash boats!

Add the chicken and onion mixture to each half. Top with mozzarella cheese.

Broil for about 5 minutes, until the cheese is bubbly. When it comes out, top with the blue cheese.

1 spaghetti squash

2 chicken breasts

1/2 c low-fat mozzarella cheese

1/4 c blue cheese crumbles

1 onion

1/4 c Frank's buffalo sauce

1 tbsp olive oil

Garlic powder

Macros: 32 P | 0 C | 20.5 F

Chicken Burgers

73

Serves 4

4 oz spinach,
wilted

1/2 sm onion

1 clove of garlic

2 green onions,
chopped

2 tbsp balsamic vinegar

2 tsp coconut aminos

1 tsp lemon juice

1/2 tsp chili powder

1/4 c cheddar cheese,
shredded

1/2 c oats

1 lb ground chicken

Put the wilted spinach, onion, garlic, and green onions in a food processor.

Stir the mixture into the ground chicken and add, balsamic vinegar, coconut aminos, lemon juice, chili powder, and shredded cheddar cheese.

Add oats and mix it all together. When combined, form into 4 patties

Refrigerate for 2 hours prior. Grill, broil, or cook in a skillet.

74

Chicken Ranch Sweet Potato Bake

Serves 6

Pre-heat oven to 400°F.

2 md sweet potatoes,
peeled and cubed

12 oz green beans,
trimmed

1 sm red onion,
sliced

1 tbsp avocado oil

1 tbsp oil for chicken

2 tbsp fresh thyme
(or 1 tsp dried thyme)

1 lb chicken breasts,
skinless

1/4 tsp sea salt

1/4 tsp black pepper

1/2 c ranch dressing

Line a sheet pan with parchment paper.

Add the sweet potatoes, green beans, red onion, and fresh thyme to the sheet pan. Drizzle with avocado oil and toss to coat.

Layer the chicken breasts on-top of the veggies. Brush a little oil on each chicken breast.

Sprinkle with sea salt and pepper and a little extra thyme or twigs of thyme if you wish.

Bake for 20-25 minutes or until chicken is cooked through. Toss veggies one or two times during baking time.

Remove from oven, drizzle with ranch and serve.

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Dairy Free Alfredo Chicken

75

Serves 4

Preheat oven to 400°F.

Put cashews in a small bowl and add enough boiling water to cover. Cover bowl and allow to sit for 30 minutes. During this time, prepare the squash and chicken.

Cover two baking sheets with parchment paper. Place halved squash (cut side down) on one of the lined baking sheets. On the second baking sheet, place chicken breasts and sprinkle with salt and pepper.

Put squash in oven and cook for 20 minutes. After 20 min, place the chicken in the oven. Continue baking both for 25-30 minutes or until chicken is cooked and squash is tender.

Drain the cashews and place into a high-speed blender. Add nutritional yeast, 1 garlic clove, lemon juice, 1/2 tsp salt and almond milk to blender.

Blend on high for 2 minutes. Add additional salt and clove of garlic, if you prefer.

Once squash is tender, scrape flesh into a 9x13 pan.

Place squash, back into oven until warm (around 5-10 minutes).

Add cubed chicken and stir-in alfredo sauce and fresh basil.

Top with additional basil, if desired.

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1 lg spaghetti squash
halved lengthwise and seeds
removed

3 chicken breasts,
cubed

1 c cashews,
raw

3 c boiling water

2 tbsp nutritional yeast

1-2 cloves garlic

1 tbsp lemon juice

1/2 tsp salt

3/4 c unsweetened nut milk
(or other non-dairy milk of choice)

1/2 c fresh basil,
thinly sliced
+ plus more for garnish

76

Salmon and Veggie Bake

Serves 4

Preheat oven to 425°F.

Thinly slice the sweet potato (leaving peel on) into rounds about 1/8" thick - using a mandolin if you have one.

Mix oil, lemon juice, and garlic to make the dressing.

Put sweet potatoes, green beans and red onions on a baking sheet lined with parchment paper. Drizzle half of the dressing over vegetables and mix/toss to coat.

Spread vegetables to make a thin layer on pan, making a space for each of the salmon filets. Place salmon filets on the pan. Drizzle everything with the remaining half of the dressing.

Place lemon slices on top of each filet. Sprinkle salmon and vegetables with dill, sea salt and pepper.

Cook for 20 minutes until salmon is cooked. Take salmon out and place on a plate, cover loosely with aluminum foil. Return pan with vegetables to the oven and cook for an additional 5-10 minutes or until sweet potatoes are fork-tender.

Garnish with additional lime wedges and sea salt and pepper.

1 1/4 lb salmon,
cut into 4 portions

1 md sweet potato

12 oz green beans,
trimmed

1/2 c red onion,
sliced thin

1 tbsp fresh dill
(or 1/2 tsp dried)

1/2 lemon,
thinly sliced

2 tbsp avocado or olive oil

1/2 lemon,
squeezed

1 clove garlic,
minced

Sea salt and pepper to taste

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Teriyaki Chicken Pineapple Kebabs

77

Kebabs:

Serves 4

Whisk all marinade ingredients, in a small bowl, to combine.

1 1/4 lb chicken breasts,
boneless, skinless

Cut chicken into 1-inch cubes and toss in marinade to coat. Place in refrigerator covered while you prep the vegetables and pineapple and the grill preheats.

2 c pineapple

1 lg bell pepper,
any color

Cut pineapple, bell pepper, and red onion into 1-inch chunks/pieces.

1/2 lg red onion

Teriyaki marinade:

Turn grill to medium-high direct heat to preheat.

1/2 c coconut aminos

Thread meat, pineapple, peppers and onions onto skewers making sure to alternate them.

1 tbsp water

1/2 tsp garlic powder

Take any leftover marinade and brush over the kebabs.

1/4 tsp ground ginger

1 tbsp toasted sesame oil

Place on grill making sure to turn every 5 minutes. Grill until chicken is thoroughly cooked and vegetables are tender.

Metal or wood skewers

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78

Vegan Mexican Stuffed Peppers

2 c quinoa,
cooked

Serves 4

In a large bowl, mix together the first 9 ingredients well.

2 1/2 c salsa

Fill each pepper half with the quinoa mixture.

1/2 c corn kernels

1 can black beans,
15 oz, drained and rinsed

Place each pepper half in the slow cooker and cook on high for three hours.

2 tsp cumin

1 tsp ancho chili powder

While the peppers are cooking, prepare the avocado topping. Mash the avocado well in a bowl. Add the lime juice, hot sauce, and salt and whisk until very smooth. Add enough water to thin it to your preference (start with a teaspoon).

1/2 tsp smoked paprika

1/2 tsp garlic salt

1/4 tsp salt

4 lg bell peppers (any color),
seeded and cut in half

Serve the peppers with avocado sauce, chopped cilantro, and lime wedges.

1 lg avocado,
(or 2 sm)

1 lime,
juiced

1/4 tsp salt

1/2 tsp hot sauce (optional)

Water

1/2 c cilantro,
chopped

Optional non-vegan variation:

lean ground turkey, (count protein)

Zucchini Lasagna 79

2 md zucchini

1 lb ground beef

1/2 md onion

1/2 md red bell pepper

2 md carrots

3 cloves garlic

1 can tomato sauce,
15 oz

1 tbsp balsamic vinegar

1 tsp oregano,
dried

1 tsp basil,
dried

1/8 tsp salt

1/8 tsp ground black pepper

2 c cottage cheese

1 lg egg

1/4 c parmesan cheese,
grated

2 c mozzarella cheese,
shredded

Serves 6

Preheat oven to 350°F.

Grease a 9x13 inch pan.

Cut zucchini into very thin strips.
Line a colander with paper towels.

Place zucchini into the colander
and salt generously. Allow zucchini
strips to sweat for 30 minutes.

Dice onion and pepper (1/2 c), grate
carrots (1/2 c), and mince garlic.

In a large skillet over medium-high
heat, brown ground beef until
cooked. Remove beef and set aside.

Remove most of the remaining fat
from the skillet, and saute the onion,
pepper, carrot, and garlic until the
onion is translucent. Add tomato
sauce, balsamic vinegar, spices, and
the cooked ground beef back into
the skillet. Bring to a simmer, and
allow to simmer for 10 minutes.

Mix cottage cheese, egg, and
parmesan in a small bowl.

Wipe zucchini clean and dry with
a clean cloth. Place one layer of
zucchini strips on the bottom of the
pan. Next, spread half of the
tomato-beef sauce. Then a layer
of half of the cheese mixture. Next,
sprinkle half of the mozzarella
cheese. Repeat layers once more.

Place in the oven for 20 minutes.
After 20, turn the oven to broil and
crack the oven door. Allow the top
to bubble and brown for 2 minutes
or less. Remove from the oven and
allow to set for 20-30 min.



Veggie Dip



Banana Ice Cream



Cauliflower Popcorn

Raw Flavored Nuts



Almond Cookie Dough Balls

Cauliflower Tortillas

Deli Roll-ups

Grilled Cheese

Guacamole Deviled Eggs

Peanut Butter Cup Protein Pudding

Roasted Red Pepper Sauce



Chunky Monkey

Pumpkin Protein Balls

FREE!

Taco Seasoning



Protein Veggie Dip 81

1 c Greek yogurt,
0% fat

1/2 tsp garlic powder

1/4 tsp salt

1 tsp dried parsley

1 tsp dried basil

Dash of pepper

Serves 1

Put all ingredients in a bowl and mix thoroughly.

82

Banana Ice Cream



1 lg ripe banana **Serves 1**

Peel the banana and cut into coins.

Optional toppings:
(count macros)

Put the banana in an airtight container and freeze for at least 2 hours, ideally overnight.

1 tbsp natural nut butter

1 tsp cinnamon or ginger

Blend the frozen banana pieces in a small food processor or powerful blender.

1 tbsp cocoa powder

1 oz raw nuts

Keep blending — the banana will look crumbly. Scrape down the food processor.

Keep blending — the banana will look gooey.

As the last bits of banana smooth out, you'll see the mixture shift to creamy, soft-serve ice cream texture. (If adding any mix-ins, this is the moment to do it.)

Transfer to an airtight container and freeze until solid. You can eat the ice cream immediately, but it will be quite soft.

Enjoy with your favorite free vegetables.

Macros: 23 P | 0 C | 0 F

Macros: 0 P | 27 C | 0 F



Cauliflower Popcorn

83

8 c cauliflower florets

Serves 4

Preheat oven to 475°F.

3 tbsp olive oil

1/4 c parmesan cheese,
grated

1 tsp garlic powder

1/2 tsp turmeric

1/2 tsp salt

Optional toppings:

Smoked paprika

Cayenne

Chili powder

In a large Ziploc bag, toss cauliflower florets with olive oil, parmesan cheese, garlic powder, turmeric, and salt.

Spread evenly on a large baking sheet.

Roast for 25 to 30 minutes or until browned and tender. Serve immediately.

84

Raw Flavored Nuts

Option 1

1 lb bag of raw almonds

2 tbsp olive oil (or avocado oil)

1 tsp salt

1 tsp cumin

1 tsp cayenne

Place all ingredients in a large Ziploc bag (1 gallon) with olive oil. Shake vigorously. Add seasonings and shake again.

Adjust to fit your macros, based on the nut you choose.

Option 2

1lb bag of raw almonds

2 tbsp olive oil (or avocado oil)

1 tsp salt

1 tsp curry powder

1 tsp cayenne

Option 3

1lb bag of raw cashews

2 tbsp olive oil (or avocado oil)

1 tsp salt

1 tsp smoked paprika

1 tsp garlic powder





Almond Cookie Dough Balls

85

1 c natural almond butter
(or other nut butter)

1 tsp almond extract

1 1/4 c unsweetened
shredded coconut

75 g protein powder

1/2 c slivered almonds

2 tbsp hemp seeds

2 tbsp chia seeds

1-2 tsp stevia
(sweet leaf or liquid stevia)

Serves 16

Combine nut butter and almond extract.

Add the rest of the ingredients. Mix to combine. Mixture will be dry.

Using a cookie scoop or small spoon, form into balls and set on a cookie sheet.

Put the cookie sheet into the fridge or freezer until they set. Store in an airtight container in the fridge or freezer.

86

Cauliflower Tortillas

3/4 head cauliflower

2 lg eggs

1/4 c fresh cilantro,
chopped

1/2 lime,
juiced

Salt and pepper to taste

Serves 6

Preheat the oven to 375°F.

Line a baking sheet with parchment paper.

Trim the cauliflower, chop, and pulse in a food processor until you get a fine rice-like texture.

Place the cauliflower in a microwave-safe bowl and microwave for 2 minutes, stir, and microwave for another 2 minutes. Place the cauliflower in a fine cheesecloth or thin dishtowel and squeeze out as much liquid as possible.

Whisk the eggs, add cauliflower, cilantro, lime, salt and pepper. Mix until combined. Use your hands to shape 6 small "tortillas" on the parchment paper.

Bake for 10 minutes, carefully flip each tortilla, and return to the oven for an additional 5 to 7 minutes. Place tortillas on a wire rack to cool slightly.

Heat a medium-sized skillet on medium. Place a baked tortilla in the pan, pressing down slightly, and brown for 1 to 2 minutes on each side. Repeat with remaining tortillas.





Deli Roll-Ups

87

12 slices turkey breast

1/4 c Sabra hummus

1 bell pepper

1/2 english cucumber

Serves 12

Spread hummus on a slice of deli turkey (make it 2 slices if it's really thin).

Add strips of peppers and cucumber.

88

1 bag of frozen cauliflower rice

1 lg egg

1/4 c parmesan cheese,
shredded

1/2 tsp italian herb seasoning

1/4 c cheddar cheese

Grilled Cheese

Serves 2

Preheat oven to 450°F.

Cook the cauliflower rice according to the package.

Allow cauliflower to cool for a few minutes. Add the egg and parmesan cheese. Stir to combine until smooth paste forms. Stir in seasoning. Divide dough into 2 parts. Place onto large baking sheet lined with parchment paper. Using your fingers, shape into square bread slices about 1/3 inch thick. Bake cauliflower bread for about 15-18 minutes or until golden brown. Remove from oven and let cool a few minutes.

Now you are ready to assemble your sandwiches. Cook on the stove top as you would normally cook a grilled cheese.



Guacamole Deviled Eggs

89

Serves 12

Peel the hard boiled eggs.

6 eggs,
hard boiled

1 md avocado

Cut the eggs in half horizontally,
and set the yolks aside.

2-3 tsp fresh lime juice

1 tsp red onion,
minced

In a bowl, mash the avocado and 2
whole egg yolks; discard the rest.
Mix in lime juice, red onion,
jalapeño, cilantro, salt and pepper
and adjust to taste. Gently fold in
tomato.

1 tbsp jalapeno,
minced

1 tbsp fresh cilantro,
chopped

Spoon heaping spoonfuls of the
guacamole into the 12 halved eggs.
Sprinkle with a little chili powder for
color and arrange on a platter.

1 tbsp diced tomato

Pinch of chili powder

Salt and pepper to taste

90



Peanut Butter Cup Protein Pudding

Serves 6

Measure nut milk into the large bowl
of a stand mixer fitted with a whisk
attachment.

4 1/2 c unsweetened nut milk

150 g chocolate protein powder

7 1/2 tbsp nut butter

Add protein powder and peanut
butter to milk.

Turn mixer on low and mix until
ingredients are mostly combined.

Turn mixer up to medium speed and
allow to beat for 2 mins, scraping
down the sides as needed.

Divide evenly among
jars/containers, and refrigerate
overnight (or at least 1 hour) prior to
eating for best consistency.

It will thicken as it sets.



Roasted Red Pepper Sauce

91

*2 red peppers,
roasted*

1 tbsp olive oil

2 oz soft goat cheese

1 tsp sea salt

Serves 6

Roast the red bell peppers under the broiler until dark spots appear (be sure to turn them a few times), let cool a bit, take skins off, then blend all sauce ingredients in blender.

92

Chunky Monkey

1 c 0% plain Greek yogurt

1 tbsp peanut butter

Dash of cinnamon

1/2 md banana

Serves 1

Stir peanut butter and cinnamon into Greek yogurt until thoroughly combined.

Add banana and stir.

Refrigerate or freeze for 15-20 minutes.



Put over zoodles and top with
your protein of choice.

Macros: 2 P | 0 C | 5 F

Macros: 22 P | 13.5 C | 8 F



Pumpkin Protein Balls

93

Serves 6

Combine ingredients in a large bowl and mix well. The batter will likely seem dry, but just keep mixing until all of the protein powder is adsorbed.

Roll batter into 6 balls. Store covered in refrigerator.

1/2 c quick oats

25 g vanilla protein powder

2 tbsp smooth almond butter

2 tbsp canned pumpkin purée

1 tbsp pumpkin pie spice

94

Taco Seasoning

Mix for 1 recipe

Mix everything together.

Recipe is for 2 pounds of meat.

1/2 tsp garlic powder

2 tbsp chili powder

2 tsp cumin

2 1/2 tsp paprika

1 3/4 tsp salt

1/4 tsp pepper

1/4 tsp cayenne pepper

1 1/2 tsp onion powder

