



**FIT BODY**  
**TRANSFORMATION**  
CHALLENGE

**RECIPE GUIDE**

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 Fit Body Transformation Challenge. The delicious 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, all recipes indicate what macros to count. For example, if a recipe includes protein and carbs, you'll see the protein and carb icons, so you'll count the protein and carbs in that recipe. All macros are calculated per serving and are listed on the bottom of each page. Be sure to adjust the recipes or serving sizes to fit YOUR macros. Look for the helpful tips throughout the recipe guide!



PROTEIN



CARB



FAT



FAVORITE  
RECIPES

Macros are calculated per serving

# BREAKFAST



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## Egg White & Veggie Bake

1

2

### 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 add 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 or avocado to meet your fat macros. Or, add some breakfast potatoes for carbs.

## 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.

*Protein powder reflects FBBC approved whey protein macros. If you use FBBC Approved vegan protein powder, adjust macros appropriately.*

1/2 scoop protein powder

1/4 c egg whites

1/4 c cottage cheese

1 tsp vanilla

1 tsp cinnamon

Add a tbsp of peanut butter 8g of fat. Or, top with sliced banana for an added carb.

Macros per serving: 30 P | 0 C | 0 F

Macros per serving: 26 P | 0 C | 0 F

## Apple Cinnamon Baked Oatmeal

3

### Serves 12

Preheat oven to 350°F.

3 c old-fashioned rolled oats

3 scoops 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.

*Protein powder reflects FBBC approved whey protein macros. If you use FBBC Approved vegan protein powder, adjust macros appropriately.*

Double this recipe and freeze for busy mornings. Have a bowl of plain Greek yogurt (0% fat) on the side for extra protein.

4

## \*Banana Blueberry Baked Oatmeal

### Serves 6

Preheat oven to 375°F.

3 md very ripe bananas,  
mashed

2 c dry old-fashioned oats

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. Top with plain Greek yogurt (0% fat) for added protein. Top with your favorite nut butter to make a protein, carb & fat recipe.

## Berry Smoothie

5

1 scoop 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.

*Protein powder reflects FBBC approved whey protein macros. If you use FBBC Approved vegan protein powder, adjust macros appropriately.*

You can adjust based on how many people will be drinking it. Add avocado to make it even creamier (no added taste) and to become a protein, carb and fat recipe.

Macros per serving: 24 P | 10 C | 0 F

6

## Challenge Pancakes

### Serves 1

Pulse oats in a blender until fine & powdery.

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

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.

Excellent with your favorite nut butter or fresh fruit--be sure to count the fat or carbs macros appropriately.

Macros per serving: 21 P | 13 C | 0 F

## Sweet Potato Protein Muffins

7

**Serves 22**

Preheat oven to 350°F.

- 16 oz sweet potato cooked
- 4 scoops protein powder
- 2 c liquid egg whites
- 1 c spinach
- 1 tsp baking powder
- 1 tsp cinnamon
- Place ingredients in a blender.
- Spray muffin tins with non-stick spray.
- Bake for 20 minutes.
- Remove.
- Protein powder reflects FBBC approved whey protein macros. If you use FBBC Approved vegan protein powder, adjust macros appropriately.*

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## Banana Oat Greek Yogurt Pancakes

**Serves 4**

Preheat a skillet over medium heat and coat it with cooking spray or oil. You want to make sure that it's very hot before you start cooking your pancakes.

- 1/2 c rolled oats dry
- 1/2 tsp baking powder
- 1/2 tsp ground cinnamon
- 1/2 md ripe banana sliced
- 12 tbsp egg whites
- 1/4 c 0% plain greek yogurt
- 1-2 tbsp water
- 1/2 tsp vanilla extract
- Add all the ingredients to a blender in the order listed and blend until the oats have broken down and batter is frothy.
- Using a ladle or 1/4 cup (60 ml) measuring cup, drop batter onto skillet until desired size of pancakes is reached. Cook until the edges begin to look dry and bubbles start to form on the top of the pancake, about 1 minute. Using a spatula, flip and cook about 2 more minutes on the other side. Repeat with the remaining batter, making sure to coat your skillet again with oil between each batch.

Remove from heat and serve with your favorite toppings.

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

## Cup of Joe Protein Smoothie

9

### Serves 1

Place all ingredients in blender and blend until smooth.

*Protein powder reflects FBBC approved whey protein macros. If you use FBBC Approved vegan protein powder, adjust macros appropriately.*

1 c cold coffee,  
brewed

1 scoop protein powder

2 handfuls spinach

1/2 avocado

3-4 ice cubes

You won't taste the spinach! Hate avocado? Replace with 2 tbsp of your favorite nut butter for 16 grams of fat instead of 15 grams.

10

## Egg Bake

### Serves 6

Preheat oven to 400°F.

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.

16 oz bag of riced cauliflower

2-3 handfuls spinach

1 lb ground turkey  
seasoned with homemade  
taco seasoning, see page 124.

12 whole eggs

1/4 c unflavored nut milk

salt and pepper to taste

Optional: add potatoes  
(count carbs)

## \*Egg Cups

11

12

1 lb lean ground turkey

**Serves 12**

Preheat oven to 350°F.

12 whole eggs

Brown ground turkey with all spices (except salt).

1/2 c shredded cheese

1 tbsp fresh sage,  
finely chopped

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

1 tbsp fresh thyme,  
finely chopped

Remove turkey from the pan and mix in egg mixture.

1 1/2 tsp kosher salt

Portion equal servings into a sprayed 12 count muffin tin.

1 tsp fennel seeds,  
crushed

Bake for 30 minutes, cool and refrigerate.

1/2 tsp red pepper flakes,  
crushed

1/4 tsp ground black pepper

1/4 tsp garlic powder

These freeze well!

## Mushroom Medley Frittata

**Serves 4**

Preheat broiler to high-550°F.

8 eggs

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

salt and pepper to taste

1 tbsp coconut oil

2 c mixed fresh mushrooms,  
sliced

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.

2 c spinach

1-2 tsp fresh herbs of choice  
or

Sauté mushrooms for 3-4 minutes.

1/2 -1 tsp dried  
(rosemary, sage, dill, thyme,  
oregano, basil, etc.)

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

1/4 c raw or natural cheese

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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[therealfoodrds.com](http://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. Want to more closely meet your protein macros? Add in some egg whites to the recipe

## Vegetable Frittata with Asiago Cheese

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### Serves 4

Preheat broiler. Heat olive oil in 10-inch-diameter nonstick skillet over medium-high heat. Add onion and bell pepper; sauté until golden, about 8 minutes. Add zucchini; sauté until tender, about 5 minutes. Add spinach; stir until wilted, about 1 minute. Season with salt and pepper.

Whisk eggs, egg whites, salt and pepper in medium bowl to blend. Pour egg mixture over hot vegetables in skillet; stir gently to combine. Reduce heat to medium-low. Cook without stirring until eggs are set on bottom, about 5 minutes.

Sprinkle cheese over frittata. Broil until cheese melts, about 2 minutes. Sprinkle with tomatoes and basil.

1 1/2 tsp olive oil

1 md red onion  
chopped

1 whole bell red pepper  
chopped

1 md zucchini  
chopped

2 c spinach, packed  
torn into 1 inch pieces

3 lg eggs

6 egg whites  
1/2 tsp salt

1/4 tsp ground pepper

1 oz asiago cheese shaved

1 c tomatoes  
chopped

1 tbsp fresh basil  
chopped

Top with avocado for added fat.  
Serve with Ezekiel bread for carbs.

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## Baked Eggs in Avocado

### Serves 2

Preheat oven to 425°F.

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.

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

Bake for 15-20 minutes.

Sprinkle with salt and pepper and add toppings.

1 avocado

2 eggs

salt and pepper to taste

Optional toppings:  
(count macros)

Tuna

Goat cheese

Feta cheese

Cilantro

Chives

Smoked paprika

Pair with a salad for a delicious lunch. Have some egg whites on the side for added protein.

## Blueberry Muffin Protein Smoothie

15

1 c water

1/2 tsp nutmeg

1-2 tsp cinnamon

1 tsp vanilla extract

1/2 c blueberries,  
frozen

1 tbsp natural nut butter

1 scoop protein powder

3-4 ice cubes

### Serves 1

Place all ingredients in blender and blend until smooth.

*Protein powder reflects FBBC approved whey protein macros. If you use FBBC Approved vegan protein powder, adjust macros appropriately.*

Add 1-2 cups spinach for additional vitamins and nutrients. Omit nut butter to make just protein & carb recipe.

Macros per serving: 24 P | 11 C | 8 F

16

## Cherry Cheesecake Smoothie

1/2 c frozen dark cherries

1 scoop protein powder

1 c unsweetened almond milk

1/4 c cottage cheese  
2% or less

3-4 ice cubes

### Serves 1

Place all ingredients in blender and blend until smooth.

*Protein powder reflects FBBC approved whey protein macros. If you use FBBC Approved vegan protein powder, adjust macros appropriately.*

Replace almond milk with water to make recipe just a protein & carb.

Macros per serving: 31 P | 11 C | 3 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 dry old fashioned oats

1/2 ripe banana

1/2 c almond milk

3/4 c liquid egg whites

1/2 tsp cinnamon

### Optional:

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

Count all macros accordingly!  
Replace almond milk with water to make just a protein & carb recipe.

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## Peppermint Mocha Smoothie

### Serves 1

Place all ingredients in blender and blend until smooth.

Protein powder reflects FBBC approved whey protein macros. If you use FBBC Approved vegan protein powder, adjust macros appropriately.

1 c water or almond milk

1/2 tsp peppermint extract

1 scoop protein powder

1/2 banana

2 c spinach

3-4 ice cubes

Make with water for just a protein & carb recipe.

## Pumpkin Breakfast Bake 19

### 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 raisins 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.

1/4 c coconut oil

2 md sweet potatoes  
peeled and diced

2 md apples  
cored and 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

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

20

## Pumpkin Smoothie

### Serves 1

Place all ingredients in blender and blend until smooth.

Macros calculated with almond milk added.

Protein powder reflects FBBC approved whey protein macros. If you use FBBC Approved vegan protein powder, adjust macros appropriately.

1 c almond milk or water

1 scoop 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

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

Great for post-workout.

## Strawberry Banana Smoothie 21

1 c unsweetened almond milk

1 c frozen strawberries

1/2 banana

1 scoop protein powder

2 tbsp flax seeds

3-4 ice cubes

### Serves 1

Place all ingredients in blender and blend until smooth.

*Protein powder reflects FBBC approved whey protein macros. If you use FBBC Approved vegan protein powder, adjust macros appropriately.*

To make just a protein & carb recipe use water instead of almond milk and omit flax seeds.

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## Sweet Potato Tex Mex Hash

### 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. Reduce ghee to 1tsp or less to make this recipe just protein & carb.

## Turkey Apple Sausage Patties

23

### **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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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

Can be stored in the fridge for up to 4 days or freeze for 3-4 months. Serve with whole eggs (cooked to your liking) for added protein & fat.

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## Creamy Mocha Overnight Oats

### **Serves 1**

Combine all ingredients into a mason jar or bowl and refrigerate overnight or for at least 4-6 hours.

In the morning, add a splash of almond milk and top with toppings of your choosing! (Count macros as needed)

*Protein powder reflects FBBC approved whey protein macros. If you use FBBC Approved vegan protein powder, adjust macros appropriately.*

1/3 c dry old-fashioned  
rolled oats

1/3 c 0% plain greek yogurt

1/3 c coffee brewed & cooled  
decaf or regular

1 tsp chia seeds

1/4 scoop protein powder

## Blueberry Syrup

25

1 c fresh blueberries

1/4 c water

### Serves 7

Add blueberries and water to a small saucepan. Bring to boil on medium high and then turn down heat to medium low. Simmer for 15-20 minutes, stirring every 5 minutes to slightly mash the berries.

Remove from heat and allow to cool completely. Store in the refrigerator for up to 5 days. Makes about 7 tablespoons.

Serve over other breakfast options like the challenge pancakes, blueberry oatmeal bake, etc. Or, stir in plain Greek yogurt.

26

1 lg sweet potato,  
peeled

*Favorite toppings:*

*count macros*

*peanut butter, banana, cinnamon*

*almond butter and berries*

*avocado and eggs*

## Sweet Potato Toast

### Serves 5

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

Turn toaster to high and toast sweet potato slices twice.

Toast it a third time if needed.

Top with your favorite sweet or savory toppings and enjoy!

## Apple Pie Oatmeal 27

3 c unsweetened nut milk

1 c dry steel-cut oats

1/2 tsp salt

1 apple,  
chopped

1/2 tsp cinnamon

### 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!

28

## Avocado Toast

1 avocado

2 tbsp cilantro,  
chopped

1/2 lime,  
juiced

1/2 tsp red pepper flakes,  
optional

2 slices Ezekiel bread

Salt and pepper to taste

### Serves 2

Toast bread until golden and crispy.

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.









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




Optional:

2 eggs

fried, scrambled, or poached  
count macros for eggs

If you double the recipe, cook for 5-6 hours on low. Serve over plain Greek yogurt (0% fat) to add protein.

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## Buffalo Chicken

31

### Bites

#### Serves 4

1 lb chicken, cubed	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	

32

## Burrito Bowl

### Serves 1

shredded chicken to your macros	Cook chicken according to per- sonal preference. Suggested: cook chicken in slow cooker with taco seasoning on low for 4-6 hours with salsa (count carb macros for salsa if using > 2 tbsp).
1 bag cauliflower rice steamed	Cook riced cauliflower based on package instructions. Once cooked, remove from bag and stir in 1/2 tbsp of taco seasoning to cauliflower rice.
To Taste: Taco Seasoning see page #	
Salsa (optional)	
2 c greens	
1/4 c diced tomatoes	Place cauliflower rice in bottom of bowl and layer with greens, chick- en, tomatoes and onion
1 tbsp onion, red or yellow chopped	
	Optional other toppings (count macros for each):
	green chilies or jalapeños (free)
	0% plain Greek yogurt (count pro- tein)
	salsa (free)
	cheese (protein & fat)
	avocado or guacamole (fat)
	sub cauliflower rice for brown rice (carb)



Place over fresh greens and  
add avocado and/or an  
approved ranch to make this a  
protein and fat.

## Chicken Fiesta Soup

33

**Serves 6**

Combine all ingredients in a pot, mix and heat.

1 can black beans,  
15 oz

1 can corn,  
15 oz

1 can refried beans,  
16 oz, fat free

1 jar salsa,  
16oz

1 container chicken broth,  
32 oz

1 can chicken meat,  
12 oz

Excellent in a crock pot. Cook on low for 3-4 hours. Add some plain greek yogurt on top as a sour cream substitute and as a way to boost protein macros!

Macros per serving: 14 P | 33 C | 0 F

34

## Asian Chicken Salad Lettuce Wraps

**Serves 6 (2 wraps per serving)**

Combine chicken, broccoli slaw, red peppers, and almonds in a large bowl. Set aside.

Chicken salad:

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.

Macros per serving: 21 P | 0 C | 16 F

## Cashew Chicken Lettuce Wraps

35

### **Serves 1**

<i>chicken</i>	Measure chicken and cashews to meet your macros.
<i>calculate to your macros</i>	
<i>salt to taste</i>	
<i>coconut aminos</i>	Heat chicken in fry pan, add spices, ginger, and coconut aminos until heated through.
<i>ginger</i>	
<i>lettuce leaves</i>	Add cashews and stir together. Divide evenly in lettuce leaves.
<i>cashews</i>	
<i>calculate to your macros</i>	Optional: serve over cauliflower rice.

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## Blackened Chicken Avocado Bowl

### **Serves 5**

<i>1 tbsp chili powder</i>	To prepare the chicken: In a small bowl add the chili powder, paprika, onion powder, cumin, garlic powder, Italian seasoning, and salt and pepper. Use about 1 tablespoon of the oil the chicken. Rub the spice rub evenly on the front and back of the chicken.
<i>2 tsp paprika</i>	
<i>1 tsp onion powder</i>	
<i>1 tsp cumin</i>	
<i>1/2 tsp garlic powder</i>	
<i>1 tsp Italian seasoning</i>	In a medium-sized skillet over medium-high heat add 1 tablespoon of the oil. Add the chicken and cook on each side about 2-3 minutes or until cooked through.
<i>1 tsp salt</i>	
<i>1/4 tsp pepper</i>	
<i>1 lb chicken breast</i>	To roast the veggies: Preheat oven to 425 degrees. On a baking sheet add the broccoli and pepper. Salt and pepper and drizzle with remaining olive oil. Roast for 15 minutes or until tender.
<i>4 tbsp olive oil divided</i>	
<i>2 c broccoli florets</i>	
<i>1 red bell pepper sliced</i>	To assemble the bowls: Divide the chicken evenly with the broccoli, peppers, avocado, and red cabbage.
<i>1 c red cabbage chopped</i>	
<i>8 oz avocado chopped</i>	

Divide into more servings to reduce fat macros and protein macros.

## Caprese Zucchini Salad 37

### 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.

38

## Salmon Salad

### Serves 2

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

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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1 can salmon,  
5-6 oz, drained

2 tbsp Primal Kitchen  
avocado oil mayo

1 sm celery stalk,  
chopped

1 tbsp onion,  
chopped

1/4 tsp dried dill

Pinch of black pepper

1 lemon wedge,  
juiced

Excellent on Ezekiel bread. Count  
additional carb macros.

## Spicy Avocado Chicken

39

### Serves 1

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

Mix cooked chicken with remaining ingredients.

*Chicken  
calculated to your macros*

*Avocado,  
calculated to your macros*

*Primal Kitchen Ranch Dressing  
calculated to your macros*

*Frank's hot sauce to taste*

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

40

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

*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*

## Greek Yogurt Avocado Chicken Salad

41

### 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 per serving: 30 P | 0 C | 15 F

42

## \*Steak Fajita Wrap

### Serves 4

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

1 lb sirloin,  
cut into strips

1 red onion

1 red pepper,  
sliced

1 green pepper,  
sliced

2 tbsp olive oil

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.

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

Serve in an approved tortilla or over brown rice to add carb macros.

Macros per serving: 35 P | 0 C | 14 F

## Buffalo Chicken Spaghetti Squash

43

**Serves 8**

Preheat oven to 400°F.

1 lg spaghetti squash,  
cooked and shredded

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.

44

## Garlic Crushed Red Pepper Chicken Stir Fry

**Serves 5**

Add 1 tablespoon of oil (olive or coconut) to a large saute pan or cast iron skillet. Heat on medium high.

1 tbsp oil, coconut or olive

1/2 lbs chicken breast

1/2 tsp salt

1/2 tsp pepper

1 tsp dried basil

Dice chicken breasts into 1 inch chunks. Add chicken to pan once hot. Sprinkle salt, pepper, and dried basil on top of chicken. Stir and brown on both sides.

16 oz fresh green beans

1 tbsp ghee or butter

When the chicken is browned add ghee (or butter), coconut aminos, garlic, ginger, and crushed red pepper flakes. Stir.

3 tbsp coconut aminos

1/2 tsp ground ginger

Cut green beans into halves or thirds and add to the pan. Stir.

1 1/2 tsp garlic  
minced (or 3 cloves)

Cover and cook on medium to medium low heat for 10 minutes, stirring frequently to scrape up the browned bits from the bottom of the pan.

1/2 tsp red pepper flakes  
crushed

Cook until chicken is cooked thoroughly and green beans are just softened. (not completely wilted)

Sprinkle with sesame seeds (optional) and serve!

Serve over any rice or grain to make protein, carb and fat meal.

## Southwest Turkey Stuffed Peppers 45

4 lg peppers, any color **Serves 10**

Preheat oven to 400°F.

1 tbsp oil, avocado  
1 lb ground turkey  
Wash peppers and cut them in half. Scoop out the seeds. Place in baking dish and bake until tender, about 15 minutes.

1 sm onion chopped  
4 cloves garlic minced  
1 c mushrooms chopped  
While peppers are in the oven, add oil to a large skillet and heat over medium heat. Add turkey to skillet and stir it and break it up using spoon. Add onion and garlic once turkey is cooked halfway through, stirring often for about 2-3 minutes.

2 c spinach chopped  
Remove peppers from the oven and pour off any liquid or absorb with paper towel. Set aside.

2 c tomatoes, or 1 can diced chopped  
1/2 md zucchini finely diced  
Stir in mushrooms, spinach, tomatoes and zucchini, chili powder, cumin, fennel, cayenne, salt and pepper.

1 tbsp chili powder  
Cover skillet and reduce heat. Simmer for 8-10 minutes. Stir halfway through.

2 tsp ground cumin  
3/4 tsp fennel seed crushed  
1/4-1/2 tsp cayenne  
Fill each pepper with the turkey mixture. Top with optional cheese (count protein & fat) and bake until the cheese is melted and everything is heated through, about 6 to 8 minutes.

1/2 tsp salt

Optional toppings:  
fresh cilantro, jalapeño, salsa (count carbs if > 2 tbsp used), cheese (count protein & fat)  
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46

## Thai Peanut Chicken Cabbage Salad

20 oz grilled chicken, chopped **Serves 5**

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

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

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.

**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

## Tuna Avocado Salad

47

### 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*

48

## Asparagus Mushroom Quiche

### Serves 4

Preheat oven to 350°F.

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.

*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*

*1 tsp coconut oil*

Use as many or as little veggies as you'd like. Use 16 egg whites (3 cups pourable) to make this recipe fat free!

## Avocado Chicken Waldorf Salad

49

### **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.

50

## 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.

## Harvest Chicken Salad

51

### **Serves 4**

Preheat oven to 400°F.

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 C | 15 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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52

## 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.

## Southwest Quinoa Bake 53

### 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)

54

## \* 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

Reduce olive oil down to 1 tsp to  
make this recipe fat free!

## Slow Cooker Beef BBQ

55

### **Serves 12**

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 Primal Kitchen avocado oil  
mayo

3 tbsp apple cider vinegar

1/4 tsp garlic powder

Salt and pepper to taste

Slice onions and place in the slow cooker.

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.

56

## 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

1 Artichoke

Mushrooms,  
add amount desired

1 tbsp butter

8 eggs

2 tbsp nut milk

1/4 c raw cheese

Take out the artichoke and replace with free veggie of choice to make this recipe carb free!

## Warm Roasted Beet Salad

57

### **Serves 2**

Preheat oven to 425°F.

16 oz red baby beets,  
quartered

1 package baby arugula

1/4 c feta cheese

1/4 c pistachios,  
chopped

1 sm avocado,  
sliced, halved

2 tbsp Primal Kitchen  
lemon Turmeric Vinaigrette

2 lemon wedges

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.

Toss arugula with Primal Kitchen dressing.

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

Top with roasted beets.

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 per serving: 3 P | 13 C | 25 F

58

## Greek Quinoa Salad

### **Serves 5**

Combine all ingredients in a large mixing bowl.

Chill in the refrigerator.

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5-6 c spinach or mixed greens

1 c cucumber,  
sliced

1 c cherry tomatoes,  
halved

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 protein macros.

Macros per serving: 1 P | 10 C | 17 F

## "No Chicken" Salad 59

1 c cashews, **Serves 4**  
raw

Add in a blender: cashews, water, apple cider vinegar and nutritional yeast.

1/2 c water

1 tbsp apple cider vinegar

Blend until smooth and creamy. Scrapping down sides if needed during the process. This will be the cashew cheese.

1 tbsp nutritional yeast

**Salad:**

Mix salad ingredients with 1/2 of the cashew cheese dressing. Stir together until all of the salad ingredients are thoroughly coated.

1 can chickpeas,  
rinsed and drained

Squeeze fresh lemon and add salt and pepper to taste

4-6 celery stalks,  
finely chopped

Place on a bed of lettuce or spread on Ezekiel bread (count carb macros) with sliced tomato.

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

2 lemon wedges

Salt

Pepper

60

## Mexican Stuffed Peppers

2 c quinoa, **Serves 4**  
cooked

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 variation for more protein:  
add lean ground turkey, (count protein)

## Butternut Squash Soup

61

### Serves 4

Simmer oil, mushrooms, onion, garlic, and butternut squash pieces in large pot until onions are translucent and vegetables soft. Add in all liquid and seasonings and cover.

Cook on low/ medium heat until squash is soft all the way through.

Use immersion blender to blend until creamy or transfer into a blender and pulse until smooth. If too thick add water to desired consistency.

*1/2 sm yellow onion*

*1 tsp ground turmeric*

*3 garlic cloves*

*4 c butternut squash cubed (Costco pre-cut)*

*8 Baby Bella mushrooms chopped*

*1 tbsp ground sage*

*black pepper to taste*

*sea salt to taste*

*1 c coconut milk, full-fat*

*1/2 c water*

*1 tbsp avocado oil*

62

*16 oz coleslaw mix, tri-colored*

*1/2 tbsp toasted sesame oil*

*2 1/2 tbsp coconut aminos*

*2 tbsp almond butter, or peanut butter*

## Warm Asian Slaw

### Serves 4

In a large non-stick skillet, heat sesame oil on medium heat. Once the oil is hot, add coleslaw and saute for 7-8 minutes or until mostly softened. Stir occasionally.

Stir in coconut aminos, and almond butter until well combined. Add a sprinkle of fresh ground pepper if desired. Serve warm. Garnish with your preferred toppings.

Optional Toppings (count macros as necessary, if used)

Sliced Green Onion/Scallions

Slivered Almonds toasted

Chopped Peanuts toasted

Makes a great side dish or a great way to add fat to a meal!

# DINNER

 65 Slow Cooker Chicken Chili Verde

  66 Sweet Potato Quinoa Turkey Chili

67 Slow Cooker Chicken Tacos

  68 Slow Cooker Bean Pumpkin Chicken Chili

69 Balsamic Parmesan Chicken

70 Balsamic Chicken Veggie Bake

71 Greek Turkey Burgers with Tzatziki Sauce

72 Chicken Alfredo

73 Mustard Cream Sauce Chicken

74 Creamed Garlic Spinach Tilapia

75 Parmesan-Crusted Chicken

76 Parmesan Turkey Meatballs \*

77 Italian Chicken & Vegetables

78 White Chicken Chili \*

79 Chicken Cauliflower Pizza Crust

80 Spicy Baked Spaghetti Squash

81 Cheesy Loaded Mashed Cauliflower

82 Garlic Butter Fish Foil Pack

83 Asparagus & Cheese Stuffed Chicken

   84 Beef & Butternut Squash Stew

85 Chicken Burgers

86 Chicken Ranch Sweet Potato Bake

87 Dairy Free Alfredo Chicken

88 Salmon & Veggie Bake

89 Teriyaki Chicken Pineapple Kebabs

90 Zucchini Lasagna

91 Lasagna Stuffed Peppers

92 Pineapple Fish

93 Boot Camp Chili \*

94 Crockpot Curry Turmeric Chicken

95 Zucchini Noodles, Quinoa, and Turkey Stuffed Peppers

96 Chickpea Burgers

## Slow Cooker Chicken Chili Verde

65

### **Serves 6**

Place chicken in slow cooker.

1 1/2 lb chicken breasts,  
boneless, skinless

1 jar salsa verde,  
12 oz

2 cans fire roasted green chiles,  
4 oz each

1/2 tsp ground cumin

1/2 tsp dried oregano

1 sm jalapeño,  
sliced

Cilantro,  
chopped

Avocado,  
diced  
count macros

Lime wedges

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

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

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

Squeeze limes on top for extra flavor.

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Picky eater approved!

Put recipe over rice to add carb and make a protein, carb, and fat meal

Macros per serving: 32 P | 0 C | 0 F

66

## Sweet Potato Quinoa Turkey Chili

### **Serves 13**

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

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

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

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.

May need to add more chicken broth when reheating.

1 lb ground turkey

1 can of Great Northern beans,  
15 oz

3 garlic cloves

1/4 tsp red chili pepper flakes

1 small onion

1 lb sweet potato

1 can crushed/diced tomatoes,  
28 oz

3 c chicken broth

1 c dry quinoa

2 tbsp chili powder

1/2 tsp paprika

1/2 tsp salt

1 tsp cumin

Salt and pepper to taste

Serve with sliced avocado to add fat

Macros per serving: 9 P | 22 C | 0 F

## Slow Cooker Chicken Tacos

67

### **Serves 8**

Slow Cooker Directions:

In a crock pot, place all ingredients except salad greens/bib lettuce and optional toppings

Turn Crock-Pot to high and cook for 4-5 hours

Once cooked, remove chicken from Crock-Pot and shred. Once shredded, place back in Crock-Pot and cook on low for an additional 30 minutes.

Serve chicken taco meat in a lettuce wrap or for more carbs serve in an approved tortilla or over brown rice or quinoa. Top with cilantro and add any other desired toppings.

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The Real Food Dietitians.  
therealfoodrds.com*

2 lbs chicken breast

1 c salsa

1/2 c water

2 tsp ground cumin

2 tsp chili powder

1 tsp garlic powder

1 tsp ground coriander ground

1/4 tsp cayenne pepper  
*add more for extra spice*

1/2 tsp sea salt

1/4 tsp black pepper

68

## Slow Cooker Bean Pumpkin Chicken Chili

### **Serves 7**

In a large non-stick pan, saute onion in oil until translucent and slightly brown on edges. Add garlic, cumin, and chili powder to the onion and cook for 1-2 minutes.

Add onion and garlic mixture to slow cooker along with chicken breasts, chicken broth, salt, pepper, oregano, green chilis, pumpkin, and beans.

Cook on low for 6-8 hours or high for 4 hours. Before serving, remove the chicken and chop into bite-size pieces and return to the chili OR roughly shred with 2 forks in the slow cooker. Serve warm with your favorite toppings!

Optional Toppings (count macros)

cilantro chopped

low-fat plain yogurt or sour cream

avocado diced

cheddar cheese shredded

1 1/4 lbs chicken breast

1/2 lg sweet onion  
*chopped*

3 cloves garlic  
*minced*

1 tsp olive oil

3 c chicken broth, low sodium

1 can pumpkin puree  
15 oz

1/2 tsp kosher salt

2 tsp oregano

4 tsp cumin

2 1/2 tsp chili powder

1/4 tsp ground black pepper

1 can green chilis  
4 oz, *diced*

2 can Great northern beans  
15.5 oz, *Drained & rinsed*

1 can black beans  
15 oz, *drained & rinsed*

## Balsamic Parmesan Chicken 69

### **Serves 2**

Preheat oven to 350°F.

- 1/2 lb chicken breasts* Sprinkle chicken breasts with sea salt.
- 1/4 c shredded parmesan*
- 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* Combine vinegar and oil.
- 2 tbsp balsamic vinegar* Spoon on top of coated chicken breasts.
- 1/2 tsp red pepper flake*
- Place in a greased dish.
- Bake for 35 minutes.

70

## Balsamic Chicken Veggie Bake

### **Serves 4**

Preheat oven to 400°F.

- Whisk together balsamic vinegar, oil, garlic, basil, thyme, salt and pepper.
- 1 lb chicken breast boneless, skinless* 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.
- 4 c broccoli chopped*
- 3 md carrots peeled and cut into sticks* 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.
- 2 c button mushrooms halved*
- 1 sm red onion diced*
- 1/2 c cherry tomatoes*
- 1/3 c balsamic vinegar* Take marinated chicken out of zip-lock and place on pan with vegetables.
- 1/4 c avocado or olive oil*
- 4 garlic cloves minced* 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.
- 3-4 tbsp fresh basil finely chopped, + additional for topping* Once chicken is fully cooked. Remove from oven, garnish with fresh basil.
- 1 tsp fresh thyme (or 1/2 tsp dried)*
- 1/2 tsp sea salt* Reprinting with permission from The Real Food Dietitians. [therealfoodrds.com](http://therealfoodrds.com)
- 1/4 tsp pepper*

Add sweet potato to make a protein, carb and fat meal

## Greek Turkey Burgers with Tzatziki Sauce

71

### Serves 10

*Burger:*  
2 lbs ground turkey

1/2 c fresh dill  
chopped

1/2 c olives, kalamata  
pitted and halved

0.5-1 lemon

1 c feta cheese

*Tzatziki Sauce:*  
1 c plain Greek yogurt

1/4 lemon juice

1/4 c cucumber  
diced

2 tbsp fresh dill  
chopped

Combine all ingredients, mix well, and form into 10-12 burgers. Cook on the grill until internal temperature reached 165 degrees F. (can freeze leftover cooked or raw patties for later use)

*Tzatziki sauce:*

Combine all ingredients in a bowl. Top a tablespoon of this creamy and delightful sauce on top of your burger, if desired.

Sauce per serving= 2g P 0g C, 0g F  
(Both makes 10 servings)

72

## Chicken Alfredo

### Serves 6

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

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.

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.

Serve over any rice or grain to make protein, carb and fat meal.

## Mustard Cream Sauce Chicken

73

### **Serves 6**

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.

1 1/4 lbs chicken breasts,  
halved

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

Serve over any rice or grain to make protein, carb and fat meal.

74

## Creamed Garlic Spinach Tilapia

### **Serves 4**

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.

16 oz tilapia filets

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

Macros per serving: 30 P | 0 C | 11 F

Macros per serving: 27 P | 0 C | 12 F

## Parmesan-Crusted Chicken 75

**Serves 6**

Preheat the oven to 425°F.

- 2 tbsp olive oil
- 1 1/2 lbs 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.

Remove parmesan cheese to make dairy free, the new macros would be  
32 P | 5 F

76

## \*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

77

### **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*

*2 lb 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.

78

## \* 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 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".

## Chicken Cauliflower- er Pizza Crust 79

### **Serves 2**

Preheat oven to 400.

Combine all ingredients in large mixing bowl. Be sure to get good mixing of all ingredients.

Line baking sheet with parchment paper, lightly grease paper. Pour crust mixture onto paper and spread it out to resemble thin pizza crust.

Bake for 20 minutes or until edges are browning and crust looks mostly cooked.

Pull crust out and add desired sauce and toppings. Bake for an additional 8-15 minutes depending on pizza toppings.

*1/4 lb chicken breast*

*1 whole egg*

*1/4 c parmesan*

*1 bag cauliflower rice  
steamed*

*Italian seasonings*

*garlic or garlic powder*

80 *1lb 4 oz spaghetti squash*

*1lb 4 oz 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.

## Cheesy Loaded Mashed Cauliflower

81

### **Serves 6**

Steam cauliflower until very tender.

2 md heads cauliflower  
5-6" diameter

1/2 c 2% plain Greek yogurt

1 1/2 tbsp unsalted butter

1/2 tsp kosher salt

1/2 tsp black ground pepper

2 to 3 tbsp green onions  
sliced

4 oz sharp cheddar cheese  
shredded & divided in half

Once cooked, add cauliflower, butter, salt, and pepper to food processor and puree until smooth and creamy.

Transfer to a medium bowl. Stir in Greek yogurt, 1/2 of cheese, and 1-2 tablespoon of green onion.

Preheat broiler. Grease a 9x9 baking dish with cooking oil spray. Pour mixture into the greased baking dish and top with remaining cheese and green onion.

Broil for 5-8 minutes or until top is bubbly and lightly brown. Serve warm.

Pair with a cooked meat to increase protein.

Macros per serving: 7 P | 0 C | 9 F

82 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

## Garlic Butter Fish Foil Pack

### **Serves 3**

Preheat oven to 450°F. Rip two pieces of aluminum foil large enough to wrap each fish and veggie pack.

Put each fish filet in the center of the foils and then divide the veggies (asparagus & chopped zucchini) between each foil pack. Season with salt and pepper.

In bowl, mix together the melted butter, garlic, lemon juice, dried thyme and dill.

Divide the garlic butter over the two fish packets. Fold the foil over to almost completely cover the fish and veggies. Leave a small opening on top to release steam.

Place on a baking sheet pan and bake fish until cooked through, depending on the type and the thickness of your fish, 15-20 minutes.

When a fork easily cuts through the fish flakes, it's cooked! Serve warm with parsley sprinkled on top and with lemon wedges.

Serve over rice or grain to make a protein, carb and fat meal.

Macros per serving: 28 P | 0 C | 8 F

## Asparagus & Cheese Stuffed Chicken

83

### 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.

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

Serve over rice or quinoa to make a protein, carb and fat meal.

84

## Beef and Butternut Squash Stew

### Serves 8

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

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.

32 oz butternut squash, peeled, cubed

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

Purchase pre-cut squash to save time. Increase the number of servings to reduce macros per serving.

## Chicken Burgers

85

### **Serves 4**

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

4 oz spinach,  
wilted

1/2 sm onion

1 clove 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

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.

Omit the cheese to make this recipe fat free!

86

## 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 Primal Kitchen 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 87

### Serves 4

Preheat oven to 400°F.

1 lg spaghetti squash  
halved lengthwise and seeds  
removed

1 lb 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

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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88

## Salmon & Veggie Bake

### Serves 4

Preheat oven to 425°F.

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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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 fillets. Place salmon fillets 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.

Add more sweet potatoes for  
added carbs.

## Teriyaki Chicken Pineapple Kebabs

89

**Kebabs:** **Serves 4**

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

1 1/4 lb chicken breasts, boneless, skinless

2 c pineapple

1 lg bell pepper, any color

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.

1/2 lg red onion

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

**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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To make carb free, replace pineapple with a veggie of choice or more peppers and onion.

90

## Zucchini Lasagna

**Serves 6**

Preheat oven to 350°F.  
Grease a 9x13 inch pan.

2 md zucchini

1 lb ground beef

1/2 md onion

1/2 md red bell pepper

2 md carrots

3 cloves garlic

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.

1 can tomato sauce,  
15 oz

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

1 tbsp balsamic vinegar

1 tsp oregano,  
dried

1 tsp basil,  
dried

1/8 tsp salt

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.

1/8 tsp ground black pepper

2 c cottage cheese  
low fat 2% or less

1 lg egg

1/4 c parmesan cheese,  
grated

2 c mozzarella cheese,  
shredded

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.

## Lasagna Stuffed Peppers

91

### Serves 6

Add ground beef to a nonstick pan over medium-high heat. Break apart with a wooden spoon and add onion. Cook until beef is no longer pink.

Add garlic to pan and cook 1 minute.

Add tomato paste, diced tomatoes, salt, basil, oregano, black and crushed red pepper, and water. Stir and let simmer for 15 minutes.

In a small bowl, stir together cottage cheese, egg, and Parmesan cheese.

Place pepper halves in a 9x13-inch baking dish. Spoon cottage cheese mixture into pepper halves, dividing evenly.

Scoop ground beef mixture into pepper halves. Mix it together with the tomato sauce and spoon into bottom of baking dish till it covers the bottom.

Cover baking dish with aluminum foil and bake in a 375 degree oven for 35 to 40 minutes.

Remove foil and sprinkle mozzarella on peppers. Return baking dish to oven uncovered and bake another 5 to 10 minutes.

1 lb lean ground beef  
1 sm onion, sweet or yellow  
chopped  
3 cloves garlic  
minced

1 6 oz can tomato paste  
canned  
1 14.5 ounce can tomatoes  
diced, canned, undrained

1 tsp salt

1 tsp dried basil

1 tsp dried oregano

1/2 tsp black pepper

1/4 tsp red pepper  
crushed

1/2 c water

1 c cottage cheese, 2% or less

1 whole egg  
lightly beaten

1/2 c parmesan cheese  
freshly grated

3 Peppers, green, red, yellow, or  
orange. Halved and seeds  
removed

1 8 oz can tomato sauce

1 1/2 c mozzarella cheese  
shredded

92

## Pineapple Fish

### Serves 3

Preheat your oven to 400°F.

In a small saucepan, melt the butter over low-medium heat. Add pineapple juice, garlic and lemon. Whisk until the mixture is well combined. Add one tablespoon chopped parsley, mix and set aside.

Cut 4 sheets of 14-inch (35cm) length aluminum foil. Divide pineapple slices among sheets layering in center in an even layer and sprinkle with pepper. Arrange fish fillets on top and drizzle with the juice, lemon, garlic butter sauce. Sprinkle with salt and pepper and top with more chopped parsley.

Pull sides of foil inward and seal then roll edges up, try to leave a little room for heat to circulate. Transfer the packets on a baking sheet and bake in the preheated oven about 10-15 minutes.

Enjoy with rice or quinoa if desired in the remaining sauce. Sprinkle with additional chopped parsley if you like.

12 oz salmon fillets  
or any fish fillets

1/2 pineapple  
halved & sliced

4 tbsp butter

1/4 c pineapple juice

4 cloves garlic  
crushed

2 tbsp fresh lemon juice

1 tbsp fresh parsley  
chopped

salt to taste

pepper to taste

## \* Boot Camp Chili

93

1 tbsp olive oil **Serves 12**

Heat oil on medium.

1/2 c onion

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

1 c celery, chopped

1 green pepper, chopped

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

2 oz carrots

2 tsp garlic

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

4 c cauliflower, chopped

2 jalapenos, chopped

1/3 c honey crisp apple, chopped

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.

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 per serving: 24 P | 4 C | 1 F

94

## Crock-Pot Curry Turmeric Chicken

**Serves 4**

Turn Crock-Pot on low and lay chicken in.

1 lb chicken breasts

1 tsp ground turmeric

2 tbsp curry powder

1/2 in fresh ginger

Add all remaining ingredients into blender and pulse until smooth.

1 can full fat coconut milk  
13.66 oz

Pour blender contents over chicken as a sauce, and cook on low for 5 hours.

1/3 c water

1 c butternut squash chunks  
uncooked

Once chicken is cooked through shred chicken into the sauce. Optional add a little more fresh, grated ginger before serving to taste.

1 tsp salt

1 tsp pepper

To remove fat macros, replace full fat coconut milk with 1/2 cup vegetable broth!

Macros per serving: 32 P | 4 C | 15 F

## Zucchini Noodles,<sup>95</sup> Quinoa, and Turkey Stuffed Peppers

**Serves 6**

Preheat oven to 375°F.

6 whole bell peppers, any color

1 c cooked quinoa

1 lb ground, turkey

2 md zucchini  
spiralized

2 tbsp olive oil  
divided

3 cloves garlic  
minced

1/4 tsp red pepper flakes  
crushed

1/2 c yellow onion  
chopped

1 can tomatoes, fire roasted,  
14.5 oz diced

1/2 c parmesan cheese  
grated

1/4 c fresh basil  
chopped

to taste salt

to taste pepper

Cut around the top of the pepper, removing the stem and all seeds. Rinse pepper. Lightly sprinkle the inside of the peppers with salt and place in a microwave with cup water. Microwave for 5 minutes.

Spiralize the zucchini. Heat 1 tablespoon of the olive oil in a large skillet over medium-high heat for 2 minutes. Add the zucchini and season with a sprinkle of salt. Once softened set aside.

In the same pan, heat the rest of the olive oil and add ground turkey, garlic, crushed red pepper flakes. Season with salt and ground black pepper. Cook for about 5 minutes.

Add the onion and cook until softens. Stir in the crushed tomatoes and cook for a minute. Remove from the heat and stir in the quinoa and zucchini. Toss with Parmesan cheese and fresh basil and season to taste.

Add the peppers to a 3 quart baking dish and fill them with the zucchini noodle and quinoa mixture. Bake for 20 minutes.

Credit: Maggie Michalczyk is a Chicago-based Registered Dietitian. You can see more of her recipes at @onceuponapumpkin on Instagram or onceuponapumpkinRD.com.

To decrease carb macros, leave out quinoa and add more spiralized zucchini and/or veggies!

96

## Chickpea Burgers

**Serves 6**

Combine all ingredients in the food processor besides egg and oil. Process until combined, then transfer mixture into bowl.

2 can chickpeas  
15 oz, drained

herbs to taste  
basil, parsley, and chives

1 lg egg

1/2 sm onion

2 tbsp almond flour

1 tbsp avocado oil





1/2 tsp salt



1/2 tsp ground pepper

In a second bowl whisk egg and oil together, then pour over chickpea and herb mixture. Fold all ingredients together until combined. Should be dough-like consistency when finished. (If too stiff/dry add a tsp water as needed to soften)

Lastly, form into roughly palm size patties and cook in pan on both sides until golden brown and middles cooked through.

# SNACKS

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- 123 FREE!  
Taco Seasoning \*

## Protein Veggie Dip 99

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.

100

## Vanilla Greek Yogurt Ice Cream

### Serves 1

Combine all ingredients and mix glass bowl.

Place bowl in freezer for 20 minutes.

Remove from freezer and stir (edges may harden if left too long).

If desired, place back in freezer for additional 10-20 minutes depending on desired consistency.

Once ready, add additional desired toppings such as melted peanut butter, chopped nuts or fruit to fit macros. Make sure to count macros for all additional toppings added.

0% plain Greek yogurt  
to your protein macros

liquid Stevia  
to desired sweetness

vanilla extract to taste

Enjoy with your favorite free  
vegetables.

## Banana Ice Cream 101

1 md 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.

102

## Raw Flavored Nuts

*Option 1* **Serves 16**

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

1 lb bag of raw almonds

2 tbsp olive oil or avocado oil

1 tsp salt

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

1 tsp cumin

1 tsp cayenne

*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

## Teriyaki Ginger Glaze

103

104

### Serves 4

Marinate fish in glaze for 2+ hours then place on oiled tin foil and grill until thoroughly cooked.

(Count additional macros for fish)

1 tsp sesame oil

3 tbsp avocado oil

4 tbsp coconut aminos

1/2 tsp ginger  
fresh, grated

1/8 tsp stevia  
(to taste)

## Cauliflower Popcorn

### Serves 4

Preheat oven to 475°F.

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.

8 c cauliflower florets

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

Goes great on any fish!

## Roasted Red Pepper Sauce

105

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.

106

## 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.

Put over zoodles and top with your protein of choice.

## Deli Roll-Ups

107

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.

108

1 bag of frozen cauliflower rice

1 lg egg

2 tbsp parmesan cheese,  
shredded

1/2 tsp italian herb seasoning

2 tbsp cheddar cheese

## Grilled Cheese

### Serves 1

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

109

**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 chili powder

salt and pepper to taste

110

## 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

6 scoops 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.

*Protein powder reflects FBBC  
approved whey protein macros.  
If you use FBBC Approved vegan  
protein powder, adjust macros  
appropriately.*

## Almond Cookie Dough Balls

111

### **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.

*Protein powder reflects FBBC approved whey protein macros. If you use FBBC Approved vegan protein powder, adjust macros appropriately.*

1 c natural almond butter  
or other nut butter

1 tsp almond extract

1 1/4 c unsweetened  
shredded coconut

3 scoops protein powder

1/2 c slivered almonds

2 tbsp hemp seeds

2 tbsp chia seeds

1-2 tsp stevia  
sweet leaf or liquid stevia

112

## Parmesan Carrot Fries

### **Serves 4**

Preheat oven to 400 degrees. Chop carrots lengthwise into 'fries' about 1.5-2 inches length.

Place carrots in a medium bowl. Add oil and toss. Sprinkle in salt, pepper and parmesan cheese. Toss together and place on non-stick foil lined baking sheet.

Roast in oven for 30-35 minutes or until tender and lightly golden brown. Serve warm or at room temperature.

2 lbs carrots

1/4 c parmesan

1 tbsp olive oil

1/4 tsp kosher salt

1/4 tsp black pepper

## Strawberry Banana Greek Yogurt 113

1 md ripe banana

1 1/4 c ripe strawberries  
sliced

1 c 0% plain Greek yogurt

### Serves 2

Place bananas and strawberries in food processor and blend until pureed, about 20-30 seconds. Scrape down the sides as needed. A high-powered blender could also be used.

Pour puree into a medium bowl and stir in the yogurt until well combined. Chill until ready to eat. Divide into 2 servings.

114

## Broccoli Hum- mus Snack Bites

16 oz broccoli  
frozen or fresh

1 can chickpeas  
15.5 oz, drained and rinsed

2 cloves garlic

1/2 tsp kosher salt

1/2 tsp black ground pepper

2 lg eggs

1/2 c dry old-fashioned oats

1/4 md onion  
chopped

1 c cheddar cheese

### Serves 32

Steam broccoli on the stove top or in the microwave until tender. Meanwhile, in a food processor, add in all ingredients except cheese and broccoli. Process until a chunky hummus texture comes together. Pour into medium bowl.

Add steamed broccoli to the food processor and pulse 3-4 times, until small bits are formed. Stir broccoli into chickpea mixture. Add cheese.

Line a baking sheet with non-stick foil and spray with oil. Using a heaping tablespoon, line sheet with scoops of the broccoli mixture and press down into a small patty so it cooks evenly. Spray tops with oil spray.

Bake in the oven at 425 degrees for 18-20 minutes, or until lightly golden brown. Serve warm or room temperature. Store extra broccoli hummus bites in the refrigerator for up to 5 days.

Top with nuts to add fat macros.  
Count fat macros.

## Chunky Monkey 115

1 c 0% plain Greek yogurt

1 tbsp peanut butter

dash 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.

116

## Pumpkin Protein Balls

### 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.

*Protein powder reflects FBBC approved whey protein macros. If you use FBBC Approved vegan protein powder, adjust macros appropriately.*

1/2 c dry old fashioned oats

1 scoop protein powder

2 tbsp smooth almond butter

2 tbsp canned pumpkin purée

1 tbsp pumpkin pie spice

## Banana Bread in a Mug

117

### Serves 1

- 4 *tbsp almond flour*  
1/2 *whole banana*  
*mashed*  
1/4 *tsp baking soda*  
1 *whole egg*  
2 *tbsp water*  
*dash of salt*  
*cinnamon to taste*
- Optional toppings:*  
*count macros*
- other half of banana*  
*carb*
- peanut butter*  
*fat*
- chopped walnuts*  
*fat*

In a coffee mug, beat egg  
Add banana and mash until smooth  
Add remaining ingredients and stir  
until well-combined  
Microwave for 2-3 minutes in mug.

118

## Carrot Cake Snack Balls

### Serves 20

- 1/2 *c packed raisins*  
1 *tbsp water*  
1 *c carrots, 1 very large carrot*  
*Grated*  
1/4 *tsp kosher salt*  
1/2 *c almond meal flour*  
2 *scoops protein powder*  
1 1/2 *tsp ground cinnamon*  
1 *c dry old-fashioned oats*  
1 *tsp vanilla extract*  
2 *tbsp coconut oil*  
*melted*  
1/2 *c walnuts*  
*chopped*
- Place raisins in a small bowl with 1  
tbsp water and microwave for 20  
seconds. In a food processor, blend  
raisins in liquid until mostly pureed.  
Shred carrots into raisins using the  
grate attachment on your food pro-  
cessor.
- In a medium bowl combine oats,  
cinnamon, salt, almond flour and  
protein powder. Stir in carrot and  
raisins mixture, melted coconut oil,  
and vanilla. Combine well until the  
mixture is moist and comes together  
when pressed. Refrigerate for at least  
30 minutes to allow to set.
- Finely chop walnuts. Roll mixture  
into heaping tablespoon size balls  
and then roll in walnuts to coat.  
Place balls in air-tight container and  
keep refrigerated.
- Protein powder reflects FBBC  
approved whey protein macros. If  
you use FBBC Approved vegan pro-  
tein powder, adjust macros  
appropriately.*

## Flourless Blueberry<sup>119</sup> Muffins

### Serves 12

Place dates in a microwave safe container along with 1 cup of water and microwave on high for 2 minutes. Drain off water.

Place softened dates and chickpeas in food processor and process until mostly smooth (you will need to scrape down the sides 1 or 2 times). Add in rest of the ingredients except blueberries and process until a batter forms.

Stir in blueberries. Scoop into greased muffin tin and bake at 350 degrees for 20-25 minutes or until toothpick comes out clean.

1 can garbanzo beans  
15.5 oz, rinsed & drained

1 c medjool dates, about 8

1/2 c dry old-fashioned oats

3 lg eggs

1 tsp vanilla extract

1/4 c coconut oil  
melted

1 tsp baking powder

1 tsp baking soda

1 1/2 c fresh blueberries

120

## Coconut Watermelon- on Refresher

### Serves 1

Add all into blender and blend until smooth

3 tbsp full fat coconut milk  
cream off the top

2 c frozen watermelon  
chopped

3 ice cubes

1 scoop vital protein collagen

Top with mint for garnish!

## Papaya Smoothie Bowl 121

### Serves 1

Blend all until smooth, should be pudding like consistency

*Protein powder reflects FBBC approved whey protein macros. If you use FBBC Approved vegan protein powder, adjust macros appropriately.*

1/2 lg avocado

1 c unsweetened almond milk

1/2 c frozen papaya chunks

Dash of cinnamon

1 tbsp flax seed

1 c spinach, packed

1 tbsp raw cacao

scoop protein powder to your macros

122

## Oatmeal Raisin Cookies

### Serves 16

Preheat oven to 350 degrees. In a food processor, add 1 cup of the oatmeal. Pulse oats 3-4 times until most of the oats are broken up into a combination of small pieces and coarse flour (do not completely grind into flour).

In a medium bowl, mash bananas until mostly smooth. Stir in coconut butter (or almond butter), pulsed oats, 1/2 cup rolled oats, cinnamon, baking powder and salt. Then, stir in raisins until combined. Scoop out 16 balls (about 1 1/2 tbsp) Use your fingers to slightly flatten cookies into cookie shape.

Bake for 12-15 minutes or until set in middle and edges are slightly brown. Avoid overcooking or they will dry out.

1 1/2 c dry old-fashioned oats

2 md bananas, over-ripe

1/2 c raisins

1 tbsp coconut oil or almond butter

1/4 tsp ground cinnamon

1/4 tsp salt

1 tsp baking powder

To remove fat macros per serving, decrease coconut oil or almond butter to 1 tsp.

## \* *Taco Seasoning*

123

*1/2 tsp garlic powder* **Mix for 1 recipe**

Mix everything together.

*2 tbsp chili powder* Recipe is for 2 pounds of meat.

*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*

