

Healthy & Tasty Recipes





INTRODUCTION

MOTIVATION

Motivation without strategy is what causes frustration when dieting. In our Recipe book you'll find it easy and simple to follow – as well as prepare . Remember – done > perfect .

PREPARATION

Nobody succeeds on accident and preparation is key to winning. Forgetting to prepare your meals or cook is no longer an excuse when you have all of the tools you need right here.

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SWEET EGG SCRAMBLE



Ingredients:

- 3 egg whites
- 1/2 scoop vanilla protein
- 2/3 cup frozen berries
- 2 stevia packets
- ¼ tsp vanilla extract
- Dash of cinnamon

Directions :

- STEP 1** Grease skillet with pam and bring to medium heat
- STEP 2** Whisk egg whites, protein, and extras together in bowl then pour onto skillet Once eggs are about halfway cooked, add the berries to the skillet and continue to cook (scrambling thoroughly) until eggs are fully cooked
- STEP 3** Top with cinnamon or Walden Farms Pancake Syrup & your choice of a veggie side



EGG WHITE OMELET



Ingredients:

- 1 ¼ cup egg whites
- Handful of spinach (tear into pieces)
- 2/3 cup raw chopped sweet potato
- pico de gallo (to taste)
- dash cinnamon
- 2 stevia packets

Directions :

- STEP 1** Place sweet potato in microwavable bowl, and poke Holes in slices with fork, proceed to spray with pam and place in microwave under 'potato' setting (count = 1 potato) Bring skillet greased withpam to medium heat and Sauteespinach sprayed with pam as well once spinach cooked add the egg whites a top Flip about halfway through and continue to heat until cooked through
- STEP 2** Remove from heat and top with pico de gallo Top your sweet potato fries with cinnamon & 2 stevia packets



SAVORY TURKEY BAKE



Ingredients:

- 3oz cooked ground turkey
- 3 egg whites
- 1 cup finely chopped cauliflower /broccoli
- ½ cup oats
- garlic salt

Directions :

STEP 1 Combine ALL ingredients in medium mixing bowl and whisk using a single serving size oven friendly dish (or two muffin tins) pour the mixture in and place in oven preheated to 350 Bake for 8-10 minutes, remove and serve with your choice of hot sauce or seasoning



BLUEBERRY OVERNIGHT OATS



Ingredients:

- 1 ½ cup FF Greek Yogurt
- ¼ cup oats
- ¼ cup berries
- 1 tsp vanilla extract
- 2 stevia packets

Directions :

STEP 1 Mix Greek Yogurt with vanilla and stevia in one bowl In separate bowl, microwave oats with water until cooked In overnight jar, put oatmeal at the bottom, then add your frozen berries & finally top with your greek yogurt. Served with one side veggie



GUILT FREE FRENCH TOAST



Ingredients:

- 2-3 slices Ezeikiel Bread
- 1.25 cup egg whites
- 1 tsp vanilla
- Dash of cinnamon
- Dash salt

Directions :

STEP 1 Lightly toast bread in toaster oven Mix egg whites with vanilla, cinnamon & salt in large shallow bowl. Soak bread slices in egg mixture, once soaked place on skillet at medium heat greased with pam Flip toast until eggs thoroughly cooked and remove from heat. Top with Walden Farms Pancake Syrup



EGG WHITE MUFFINS



Ingredients:

- 1.25 cup egg whites
- 1 leafy veggie & 1 solid veggie of your choice (cooked prior)
- ½ cup oatmeal
- 1 tsp baking powder
- Dash of salt

Directions :

STEP 1 Preheat oven to 350 Mix ALL ingredients in single bowl, and then portion evenly into 23 muffin tins. Bake for 10-12 minutes until cooked through center Remove from oven and top with sauce of choice



SAVORY BREAKFAST OATS



Ingredients:

- ½ cup oatmeal
- 6oz ground turkey
- 1 handful spinach
- ¼ cup water
- Balsamic vinegar
- Garlic salt to taste

Directions :

STEP 1 Grease skillet with pam and bring to low medium heat – add ground turkey Once turkey is about ½ way cooked, drizzle balsamic vinegar atop and then add oats and water Continue to cook until turkey is done and mixture becomes thick and sticks together before you add the spinach and drizzle balsamic vinegar again Remove from heat after spinach shrivels and then top with garlic salt to taste



CAULIFLOWER BREAKFAST PIZZA



Ingredients:

- 1 cup of finely diced cauliflower
- 1.25 cup egg whites
- ½ cup ground oats
- ½ small tomato
- oregano and salt to taste

Directions :

STEP 1 Add about ¼ cup water to cauliflower – use steamfriendly container and cook for about 5 minutes at medium power until soft. Mix cooked cauliflower, ground oats, eggs & oregano/salt in bowl Heat skillet to medium heat, grease with pam, then add egg mixture and bring to mediumlow heat, placing lid on top to trap steam Wait about 4-5 minutes then flip mixture and cook until firm. Remove from heat and top with sliced tomato plus seasoning of choice



PROTEIN PANCAKES



Ingredients:

- ½ cup oatmeal
- ½ cup cottage cheese
- 3 egg whites (2/3 cup)
- 2 packets of stevia
- cinnamon to taste

Directions :

STEP 1 Grease skillet with pam and bring to medium heat Mix ALL ingredients together in bowl (or puree in food processor) Cook on skillet for about 2 minutes, then flip and leave on heat until firm. Top with Walden Farms Pancake Syrup or Cinnamon and Stevia



BLUEBERRY CREPES



Ingredients:

- 5 egg whites
- 4 Tbsp 0% Greek Yogurt
- 2 Packets Stevia
- 1 Tsp Cinnamon (to taste)
- 1/2 Tsp Vanilla Extract

Berry Filling:

- 1 1/2 Cup Frozen berries
- 2 Packets Stevia

Directions :

STEP 1 Blend all crepe ingredients together until smooth. Allow mixture to sit for 3-5 minutes, until the bubbles settle. While batter sits, prepare berry filling.

STEP 2 Pour 1 1/2 cup frozen berries into small sauce pan over medium heat and mix in 2 packets stevia. Stir occasionally. Continue to heat and stir until reduced to a sauce. Remove from heat and set aside.

STEP 3 Heat 10" skillet on medium heat and coat with cooking spray. Add enough batter to the pan to coat the bottom (1/4 cup) Cook for 1-2 mins until sides start to brown. Carefully flip to cook other side. Cook for 30-60 seconds. Repeat until batter is gone. Fill crepes with berry filling and enjoy!



HEALTHY BAKED OATMEAL W/ BLUEBERRIES

” Makes 3-4 servings



Ingredients:

- 2/3 cup egg whites
- 1/2 cup water
- 1 cup 0% fat Greek Yogurt
- 1 cup oats
- 1 cup blueberries
- 1 tsp vanilla extract
- 1 tsp cinnamon
- 8 packets stevia
- Dash salt

Directions :

STEP 1 Preheat oven to 350F and spray 5"x9" loaf pan with cooking spray. Mix all ingredients together, except blueberries, until completely blended. Gently fold in blueberries. Pour into loaf pan and bake for 30 mins. Serve Immediately, or store in fridge for up to a week.

” Serve with 1/2 vanilla protein shake. Best if poured over baked oatmeal.



THE ULTIMATE BREAKFAST SANDWICH



Ingredients:

- 2-3 slices ezeikiel bread
- 1 cup spinach
- 1 small sliced tomato
- 6 egg whites

Directions :

STEP 1 Place bread in toaster at desired level Heat skillet to lowmedium heat, grease with pam, and sautee spinach in pan with balsamic vinegar until it shrinks, then add your egg whites and cook until firm Put eggs between toast when done and add tomato plus desired sauce (we like siracha on this one)



GARLIC SHRIMP



Ingredients:

- 6oz shrimp (tails removed)
- ½ tsp salt
- 2 tbsp minced garlic
- 1 cup cubed tomato
- red wine vinegar
- dried basil
- ½ cup white rice

Directions :

STEP 1 In medium sized bowl, combine the salt, garlic, tomato, vinegar & basil. Toss the shrimp in the mixture and thoroughly coat. Heat skillet greased with pam to medium heat and pour mixture on skillet. Cook until shrimp is fully colored then remove from heat and lay atop ½ cup of white rice.



TURKEY TACOS



Ingredients:

- 6oz lean ground turkey
- 3-4 large pieces of romaine lettuce (taco 'shell')
- ½ cup pico de gallo
- ½ cup wild rice
- ½ tsp garlic powder
- ¼ tsp cayenne pepper
- 1 tsp onion powder
- 1 ½ tsp chili powder

Directions :

STEP 1 Heat skillet to medium high heat (greased with pam) and sautee turkey with all of the spices listed above until meat is fully cooked. Once cooked add in the pico de gallo and continue to sautee, until thoroughly mixed. Remove from heat and add to ½ cup of rice. Evenly distribute between your lettuce 'shell's' and top with hot sauce of choice if desired.



CHICKEN VEGGIE STIR-FRY



Ingredients:

- 6oz cooked skinless chicken breast
- ½ cup cooked brown rice
- ½ cup snap peas
- ½ cup broccoli
- Bragg's Amino Acid Soy Sauce Alternative
- 1 tsp Garlic Powder
- 1 tsp Onion Powder
- Red Pepper flakes to taste

Directions :

STEP 1 Chop veggies into smaller pieces and sautee in skillet at medium heat in Bragg's AA, garlic powder, onion powder & red pepper flakes. Once thoroughly sautéed (about 3-4 minutes) add 'shredded' chicken (torn apart into thin pieces) and rice to pan Continue to mix so entire dish is coated in seasoning and sauce blend then remove from heat and enjoy with or without added hot sauce



GUILT FREE PULLED PORK



Ingredients:

- 6oz shredded pork
- ¼ cup balsamic vinegar
- 1 tbsp worshire sauce
- 1 tbsp minced garlic
- 2 packets stevia
- red pepper flakes to taste
- 2/3 cup mashed sweet potato

Directions :

STEP 1 Heat a skillet sprayed with pam to mediumlow heat Combine all ingredients (minus potato) and then pour onto skillet Cover and let simmer for 56 minutes Remove from heat and pair with your baked potato Option to top potato with cinnamon/stevia as well



SWEET SUMMER SALAD



Ingredients:

- 6 oz cooked skinless chicken breast
- 2/3 cup mixed berries
- 2 cups spinach
- Handful of cherry tomatoes

Directions :

STEP 1 In a large bowl – toss spinach, tomatoes, and berries before topping with chicken. Use our Apple Cider Vinegarette for dressing



GRILLED TUNA BURGER & SALAD



Ingredients:

- 1.5 cans tuna
- 1 egg white
- ½ cup dry oats
- ¼ tsp oregano
- ¼ tsp onion & garlic powder
- ½ cup mixed veggies of choice
- 2 cups romaine lettuce
- (choice of our 6WC friendly dressings to top)

Directions :

STEP 1 Mix together egg white, tuna, oats & spices and form into shape of a burger. Cook on greased pan (pam) at a medium heat for about 3 minutes per side until finished. Serve with a side salad of lettuce and veggies along with your choice of dressing.



CHICKEN TACOS



Ingredients:

- 6oz cooked skinless chicken breast
- 1/2 cup black refried beans
- ¼ cup chopped green onion
- ½ cup pico de gallo
- 4 pieces romaine lettuce
- ¼ tsp red pepper flakes

Directions :

STEP 1 Heat beans in a sauce pan on medium low heat until warm. Proceed to mix in green onion, pico de gallo & red pepper flakes. Remove from heat and evenly distribute into lettuce 'shells'. Slice chicken into thin strips and top into shells as well. Add salt or sauce to your liking.



HEALTHY FRIED RICE



Ingredients:

- ½ cup cooked brown rice
- 3 oz cooked chicken
- 3 egg whites
- 1 cup mixed veggies
- 1 tsp onion powder
- 1 tsp chili powder
- Bragg's Soy Sauce Alternative

Directions :

STEP 1 Spray a medium sized skillet with pam, bring to medium heat and add eggs. Continuously scramble eggs and add in rice and veggies. Shred chicken and add last along with spices. Sautee entire mixture in Bragg's Soy Sauce Alternative, remove from heat and serve



QUINOA CHICKEN SALAD



Ingredients:

- 6oz cooked skinless chicken breasts
- 1/2 cup cooked quinoa
- 1/2 cup garbanzo beans
- 1 1/2 cup fresh kale
- 1/4 cup chopped red onion

Dressing :

Juice and zest of one lemon 2 Tbsp. white wine vinegar 1 tsp. ground cumin Salt and pepper to taste

Directions :

STEP 1 Toss all ingredients together and top with dressing.



SEARED WHITEFISH WITH COUS-COUS CUCUMBER SALAD



Ingredients:

- 6 oz lean steak
- 100g baby cos lettuce hearts
- ½ cup mint and coriander
- ½ cup bean sprouts
- ½ cup tomato
- ½ cucumber, sliced
- ½ red onion, thinly sliced
- 1 tbsp fresh Lime Juice
- 1 tsp Bragg's soy sauce alternative
- 1 tsp chilli flakes

Directions :

STEP 1 Marinate steak in soy sauce, fish sauce & 1 tbsp lime juice. Cook steak for 23 minutes per side until cooked to desired texture. Set aside. Place the tomato, bean sprouts, cucumber, onion, chilli, mint, coriander, lime juice in a bowl and mix well. Thinly slice steak across the grain and add atop the vegetable mix.



THAI BEEF SALAD



Ingredients:

- 6 oz lean steak
- 100g baby cos lettuce hearts
- ½ cup mint and coriander
- ½ cup bean sprouts
- ½ cup tomato
- ½ cucumber, sliced
- ½ red onion, thinly sliced
- 1 tbsp fresh Lime Juice
- 1 tsp Bragg's soy sauce alternative
- 1 tsp chilli flakes

Directions :

STEP 1 Marinate steak in soy sauce, fish sauce & 1 tbsp lime juice. Cook steak for 2-3 minutes per side until cooked to desired texture. Set aside. Place the tomato, bean sprouts, cucumber, onion, chilli, mint, coriander, lime juice in a bowl and mix well. Thinly slice steak across the grain and add atop the vegetable mix.



AVOCADO TUNA SALAD



Ingredients:

- ½ avocado
- 1.5 cans tuna
- 1 cup diced tomato
- 1.5 tbsp lime juice
- ½ tsp chili powder
- siracha chili sauce to taste

Directions :

STEP 1 Mash avocado and combine with tuna and tomato Once mashed stir in the lime juice and chili powder Top with siracha



SPICY THAI SHRIMP SALAD



Ingredients:

- 6 oz jumbo shrimp (without tail)
- 1 tablespoons lime juice
- 1 teaspoon fish sauce
- 2 tablespoons coconut oil
- 2 stevia packets
- 1/2 teaspoon crushed red pepper
- 2 handfuls of mixed greens and another veggie of choice

Directions :

- STEP 1** Whisk lime juice, fish sauce, oil, stevia and crushed red pepper in a large bowl. Add shrimp, veggies and fresh herbs if desired. Toss to coat salad



THAI PEANUT CHICKEN



Ingredients:

- 6oz skinless chicken breast
- 2 tbsp peanut butter
- 2 tbsp bragg's soy sauce alternative
- 1 tbsp lemon juice
- 1 tbsp rice vinegar
- ¼ tsp cayenne pepper
- 1 cup mixed veggies of choice

Directions :

STEP 1 In a bowl, combine your peanut butter (slightly microwaved), Bragg's soy sauce, 1 Tbsp, lemon juice, rice vinegar, cayenne pepper and whisk until thick. Shred chicken, then toss chicken and cup of veggies into peanut sauce, top with salt to taste and serve



CRISPY CHICKEN AND BRUSSEL SPROUTS



Ingredients:

- 3oz cooked ground turkey
- 3 egg whites
- 1 cup finely chopped cauliflower /broccoli
- ½ cup oats
- garlic salt

Directions :

STEP 1 Preheat oven to 425 degrees Toss brussels sprouts in mixture of ONE tbsp. coconut oil, garlic powder, and salt to taste Heat u skillet for chicken and turn on mediumhigh, add the other 1tbsp of coconut oil, and then fry thinly sliced chicken breast in oil. Allow the sides to get crispy, once they are done add in the brussel sprouts and continue to sauté at a medium low heat while adding the lemon juice



SEARED SCALLOPS WITH SPROUTS



Ingredients:

- 6oz scallops
- 2 tbsp olive oil (divided)
- 2 tbsp rice wine vinegar
- 1 cup of diced brussel sprouts
- • ½ cup sauerkraut (optional)

Directions :

STEP 1 Heat oil in a skillet over medium-high heat until shimmering. Add shallots and brussels sprouts, season with salt and pepper, and cook – continuously stirring for about 5-6 minutes. Stir in vinegar, scraping up any brown bits, then transfer to a plate and set aside



STIR FRY CABBAGE & PORK



Ingredients:

- 6oz pork (cooked and shredded)
- 2 tbsp Kerry gold butter
- ½ cup chopped celery
- 2 cups shredded cabbage
- 1/3cup chopped onion
- Bragg's Soy Sauce
- Alternative & salt to taste
(suggestion: 4 tbsp Bragg's)

Directions :

STEP 1 In skillet, heat butter until bubbly and hot. Add celery to mix and cook for 1 minute. Add cabbage and onion and continue frying until vegetables are tendercrisp (2-3 minutes) Add pork and then continue mixing while you add the Bragg's and salt! Stir well and cook 1 minute longer then remove from heat and serve



LEAN STUFFED PEPPERS



Ingredients:

- 6 oz cooked ground turkey
- 2 tbsp coconut oil
- 1 green pepper
- 1/4 cup onion, chopped
- ½ tsp. minced garlic
- 1/3 cup diced tomato
- 1 tsp. parsley
- ½ tsp. oregano
- ½ tsp. basil
- ½ tsp. rosemary
- 1 tsp. seasoned salt

Directions :

STEP 1 Preheat oven to 350 degrees. Heat skillet and add tbsp. coconut oil until sizzling. Add all veggies and spices to skillet and cook for 5-10 minutes, until vegetables are tender. Add in turkey when veggies are done. Set Pepper (seeded) on tray and cut in half, fill each half with meat mixture Bake at 350 degrees for about 25-30 minutes



LEMON BUTTER ASPARAGUS



Ingredients:

- ~15 stalks of asparagus
- 6 oz any white fish
(suggestion: yellowtail)
- 1 tbsp lemon juice
- 1 tbsp coconut oil
- 1 tbsp kerrygold butter

Directions :

STEP 1 Sauté the asparagus in 1tbsp coconut oil on skillet When the asparagus slices are tender drizzle lemon juice on top Move asparagus to side of skillet and add 1tbsp butter to pan (turn to mediumhigh) Add fish to butter and cook about 2-3 minutes per side until crisp and butter has 'fried' the fish Add salt to taste, remove and plate!



HEALTHY HOLIDAY COMFORT



Ingredients:

- 6oz baked turkey tender breast
- 2 cups chopped cauliflower
- 1/2 cup water
- ½ tbsp. minced garlic
- ½ tsp Italian seasoning
- ¼ tsp salt
- pinch of black pepper
- 1 green onion stalk, optional
- 2 tbsp kerrygold butter

NLAT

NO LIMIT PERSONAL TRAINING

Directions :

STEP 1 In a small pot, bring about 1 cup of water to a simmer in a pot, then add the cauliflower. Cover and turn the heat to medium. Cook the cauliflower for 12-15 minutes or until very tender. Drain and discard all of the water and add the butter, spices, salt and pepper, mash with a masher until it looks like “mashed potatoes.” Top with chives. Pair with baked turkey



LEMON AND ALMOND ROASTED SALAD



Ingredients:

- 4 oz skinless chicken breasts
- 1/3 cup plain greek yogurt
- 1 tablespoons olive oil
- 12 almonds (sliced)
- 1 tbsp lemon juice
- 1 green onion diced
- 1 tbsp cup chopped fresh parsley
- 1 tablespoon lemon pepper seasoning
- 1/2 teaspoon coarse sea salt

Directions :

STEP 1 Preheat the oven to 400 degrees F. Cover the chicken with all the seasoning and put in the oven for 20-25 minutes until cooked through. Heat a large skillet over medium-high heat and add the olive oil and add the almonds to a nonstick skillet. Heat over medium-low heat, stirring constantly, until the almonds toast and get golden brown and fragrant. After about 45 minutes remove the almonds and let them cool. Place the chicken, almonds, lemon juice, green onions and parsley in a bowl. Stir to combine. Fold in the yogurt, stirring until the entire bowl of chicken is moistened. Season with more salt and pepper if desired.



LOW CARB BROCCOLI AND TUNA SALAD



Ingredients:

- 6 cups broccoli
- ½ small onion, chopped
- 1 cup plain greek yogurt
- ½ cup almonds, chopped
- 2 tablespoons red vinegar
- 1.5 can tuna
- salt and pepper to taste
- 1 tsp lemon pepper
- 1 green onion

Directions :

STEP 1 In a large bowl, combine broccoli, tuna, onion, and almonds. In a separate bowl, mix yogurt, vinegar, and seasonings, in a small bowl. Pour dressing over broccoli mixture and stir until evenly distributed. Cover and refrigerate for about an hour until ready to serve.



HONEY MUSTARD CHICKEN SALAD



Ingredients:

- 6oz boneless skinless chicken breast
- 1 bag spinach
- 2 rip tomatoes
- 1/3 cup red onion
- 1/3 cup mustard
- 8 tbsp olive oil
- 4 stevia packets

Directions :

STEP 1 Put mustard, oil & stevia together in small bowl and whisk until thoroughly combined. Pour atop bowl of spinach, onion, tomato and chicken. Serve cold with chicken heated



AVOCADO DEVILED EGGS



Ingredients:

- 12 boiled eggs (yolks removed)
- 2 Avocados
- 4 Tablespoons Lemon Juice
- 3 Tablespoons Olive Oil
- 1 Jalapeno (seeds removed)
- 1 clove garlic
- 1/4 cup cilantro
- 1/4 teaspoon pepper
- 1/2 teaspoon salt
- Paprika (dash)

Directions :

- STEP 1** Boil eggs and set aside until cooled. Cut in half length-wise and remove and discard yolk.
- STEP 2** Finely chop jalapeno and cilantro. Mince garlic clove.
- STEP 3** Mix all ingredients together in large bowl. Fill egg whites with mixture. Add paprika as garnish. Enjoy.



CHICKEN TACO SOUP



Ingredients:

- 6 oz. chicken breast
- 1 cup green bell pepper sliced
- 1/2 cup onion sliced
- 1 packet of taco seasoning
- 1 cup low sodium chicken stock
- 1/4 cup fat free plain greek yogurt
- 1 cup black bean puree (if lunch)
- 1 cup tomato puree
- ½ avocado (if dinner)
- Handful of baby spinach

Directions :

STEP 1 Place chicken breast in crockpot with bell peppers and onion. Add taco seasoning. Add chicken stock. Turn crockpot to low and let cook for 2-3 hours. Mix and shred chicken. Add more stock if needed. Add greek yogurt to thicken sauce. Next, mix bean puree (if for lunch (your carb)) and tomato puree. Mix and heat for 10 minutes. Add spinach until wilted. Remove from heat and let cool for 10 minutes. Add avocado (if for lunch (your fat))



EGG ROLL BOWL



Ingredients:

- 6 oz. cooked ground pork
- 3 Tbsp soy sauce alternative
- 1/2 small onion, chopped
- 2 cloves minced garlic
- 1/2 Tsp grated fresh ginger
- 1 1/2 cups sliced green cabbage
- 1 cup finely sliced bok choy
- ½ Tbsp Chinese rice wine
- ½ tsp. toasted sesame oil

Directions :

STEP 1 Place ground pork and 1 Tbsp soy sauce alternative in a large skillet over medium high heat. Cook until meat browns, using a spatula to break up meat. Add onions, garlic and ginger to pork and continue cooking until the onions are soft. Add cabbage, bok choy, 2 Tbsp soy sauce alternative, rice wine and sesame oil to pan. Stir and continue cooking until vegetables start to wilt. Serve immediately.



SHAKE RECIPES

BLUEBERRY PIE SMOOTHIE

Ingredients:

- 1 scoop vanilla protein
- 2/3 cup mixed frozen berries
- 2 handfuls spinach
- 1 cup cold water
- 1 tsp vanilla
- dash of cinnamon
- 2 stevia packets



VANILLA ALMOND SHAKE

Ingredients:

- 1 scoop vanilla protein
- 2 tbsp justin's vanilla almond butter
- 1 packet stevia
- handful of ice
- 1 cup water





SHAKE RECIPES

CAKE FOR BREAKFAST

Ingredients:

- 1 scoop vanilla protein
- 2/3 cup ground dry oats
- 1 tsp vanilla
- 1 stevia packet
- dash of salt AND sprinkles
- 1 cup water
- handful of ice



PB SANDWICH SHAKE

Ingredients:

- 1.5 scoops strawberry or chocolate protein
- 2 tbsp smooth Peanut Butter
- 1 cup water
- handful of ice





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BREKFAST RECIPES



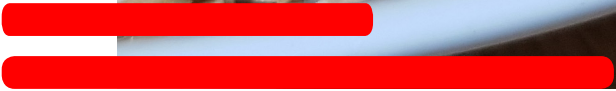
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AVO-EGGS ON TOAST



Ingredients:

- 6 egg whites
- 1/2 Medium Avocado Sliced
- 1x Brown Sandwich Thin
- Hand full of Spinach
- Salt & Pepper to taste

Protein = 1 portion

Carbs = .5 portion

Fats = 1 portion

Total = 2.5 portions

Directions :

STEP 1 Heat a frying pan to a medium heat and add a few squirts of Fry Light. Whisk egg whites, Spinach, Salt and Pepper in bowl then pour into the pan, cook (scrambling thoroughly) until eggs are fully cooked. Toast your Sandwich thin, add your Eggs with spinach and top with your sliced Avocado.



SKINNY EGGS ROYAL



Ingredients:

- 2 Eggs
- 55g Smoked Salmon
- 1x Brown English Muffin
- Pepper
- Vinegar (for poaching)

Protein = 1 portion

Fats = 1 portion

Carbs = 1 portion

Total = 3 portions

Directions :

STEP 1 Bring a pan of water with some vinegar in almost to the boil, spin the water in the pan and crack the eggs (one at a time) into the center of the pan, cook for 2-4mins and remove with a slotted spoon.

STEP 2 Toast your muffin and add the smoked salmon, top with your poached eggs and grind some pepper on top, add a side of veggies of your choice.



POWERFUL RICE PUD



Ingredients:

- 1cup Cooked Rice (Cold)
- 3/4cup 0% Greek Yogurt
- 1scoop Vanilla/Chocolate Protein
- 2packs Stevia
- Cinnamon/Nutmeg

Protein = 1 portion

Carbs = 1 portion

Fats = 0 portion

Total = 2 portions

Directions :

STEP 1 Mix together your cold cooked rice with yogurt and choice of protein, heat for 2min in the microwave stirring half way throu (if you want it hot but can be eaten cold), top with stevia and cinnamon/nutmeg.

Add a side of veggies if required



HUEVOS RANCHEROS



Ingredients:

- 2 Eggs
- 1 Tortilla Wrap (or 2 Mini-Wraps)
- 1/4 Medium Avocado Sliced
- 1 Red Pepper Cubed
- 1 Big Red Tomato Cubed
- 1/2 Onion Finely Chopped
- 2 Spring Onions Finely Chopped
- 1 Garlic Clove Finely Chopped
- Chili Flakes
- Salt and Pepper
- Slice of Lime

Protein = 1 portion

Fats = 1 portion

Carbs = 1 portion

Total = 3 portions

Directions :

STEP 1 Heat a spray or two of fry lite in a shallow pan and add the chili, garlic and onion, Sauté until golden and add the chopped tomato and red pepper. Add some salt and pepper then let it simmer on medium heat until the pepper has softened and it looks like tomato sauce then sprinkle the chopped spring onions on top. In another pan with fry two eggs. Place the tortilla(s) on a plate, arrange the avocado strips and the slice of lime on the side. Spoon a few tablespoonfuls of the tomato sauce on the tortilla, add the eggs on top of the sauce. add Tabasco if you're a true Bad Ass.



GREEK STYLE GRANOLA



Ingredients:

- 1 1/3 cups Oats
- 1/4 cup Cashew Nuts
- 2 tbsp Butter (Melted)
- 1 tbsp Fresh Ginger (Grated)
- 1/4 tsp Vanilla Extract
- Serve with 1.5 cups 0% Greek Yogurt (per serving) *Optional

Protein = 1 portion ()

Fats = 1 portion

Carbs = 1 portion

Total = 3 portions

NLAT

NO LIMIT PERSONAL TRAINING

Directions :

STEP 1 Preheat the oven to 300°F/150°C. thoroughly combine rolled oats and melted butter in a mixing bowl. Transfer to a large baking dish and spread out evenly. Bake for 45-55 minutes, stirring every ten minutes, until oats are lightly coloured. Add cashews, ginger, and vanilla 20 minutes into the baking time and stir in thoroughly. To serve mix half quantity made into Greek Yogurt or store in a covered container. Will keep, refrigerated, for up to two weeks.

REMEMBER: this makes 2 Servings.