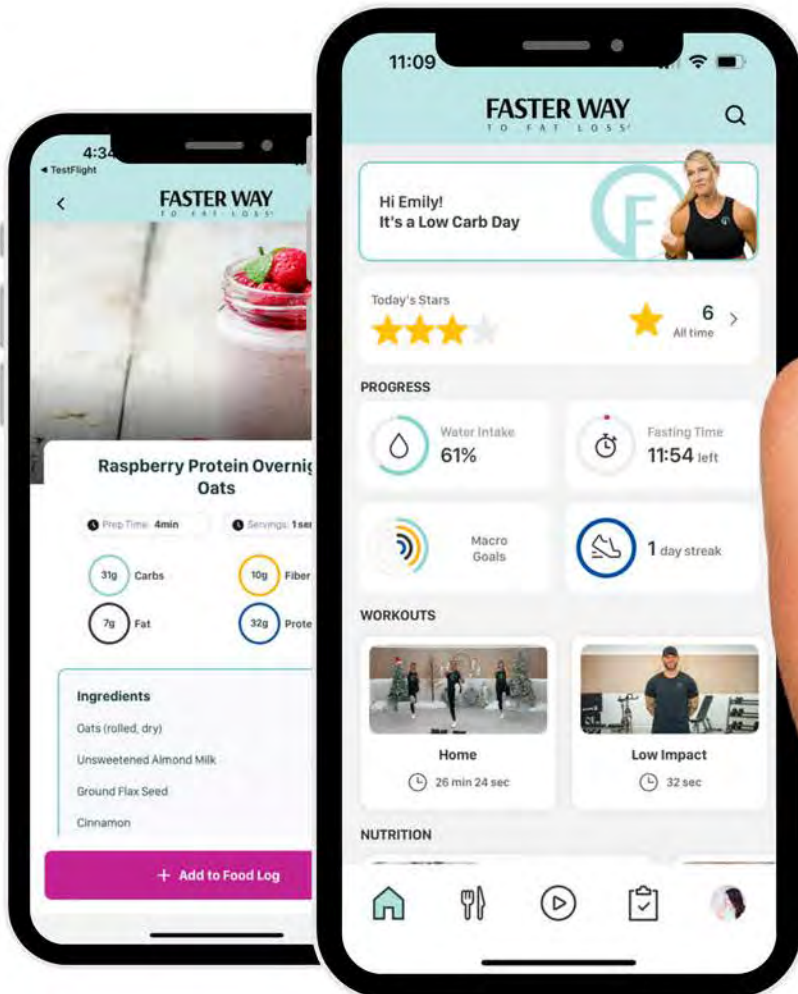


# FASTER WAY

T O F A T L O S S ®

## NEW CLIENT PROGRAM GUIDE



# Program Guide

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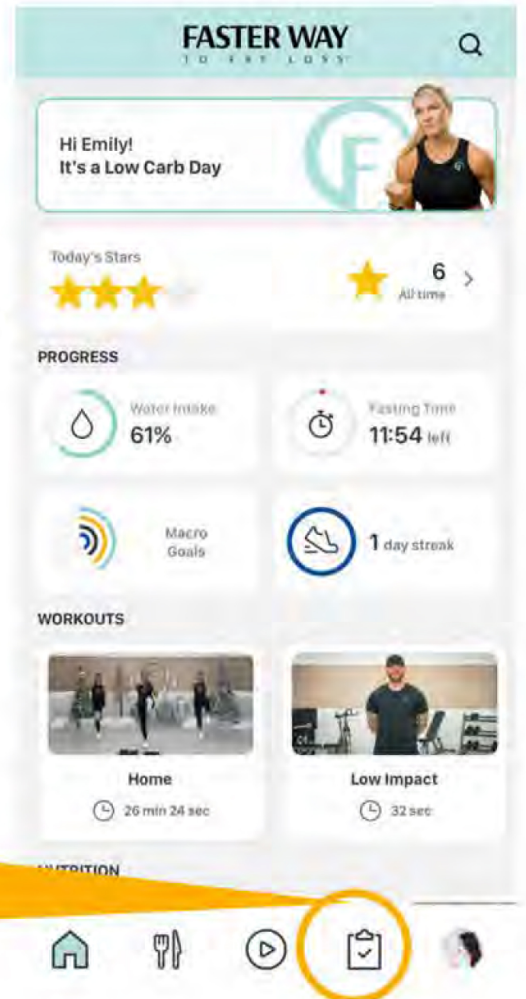
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# FASTER WAY

T O F A T L O S S ®

## Hello, friend!

Congratulations on making an exciting investment in your health! We are THRILLED to have you in the FASTER Way to Fat Loss Program.

Included in this New Client Program Guide, you will see information regarding the FASTER Way Fundamentals — five science-backed nutrition and fitness strategies that make the FASTER Way the most effective fat loss program on the market. You will also see a roadmap with details summarizing each week of the New Client 6-Week Program, tips to thrive through the FASTER Way, and your first two weeks of meal plans. We trust you will find this guide helpful as you begin your journey with the FASTER Way community.

In the FASTER Way to Fat Loss program you will also receive:

- Access to our FASTER Way App to help keep you accountable and motivated
- Daily workouts with our incredible cast of Pro Trainers
- Weekly meal guides with healthy (and most importantly, DELICIOUS) meals designed by our Registered Dietitians
- Support and all the tools you need to reach your goals

...and so much more!

Through the FASTER Way to Fat Loss, you will practice a healthy, sustainable lifestyle that will allow you to confidently thrive through your day and fulfill your purpose with energy.

That's what we want for you.

That's the FASTER Way.

We couldn't be more grateful to have you in the program and cannot wait to see you succeed!

XO

*Amanda Tress*

Amanda Tress Founder and CEO



# Program Communication and Delivery

As a FASTER Way Client, you can look forward to weekly education, daily support, and community connection.

Here's how!

## EDUCATION

You'll be equipped to make healthy lifestyle changes through our world-class fat loss curriculum! Find priceless information on the WHY behind our strategies, priority action items, and top tips for success in the following three ways:

1. Weekly Sunday emails detailing priorities for the upcoming week.
2. Regular texts and emails from our team and your coach to keep you accountable and engaged.
3. Comprehensive training content for convenient learning categorized by week (found in the "resources" section of the mobile or desktop app).

## CONNECTION

When you join the FASTER Way, you're welcomed into our family. You now have a built-in support system to champion your goals!

1. Community forum where you can interact with fellow group members for an additional layer of accountability and encouragement each day. We elevate by uplifting others!
2. Your coach will also be available via email, text and video meetings. There's no question too small - your coach's mission is to help YOU thrive!



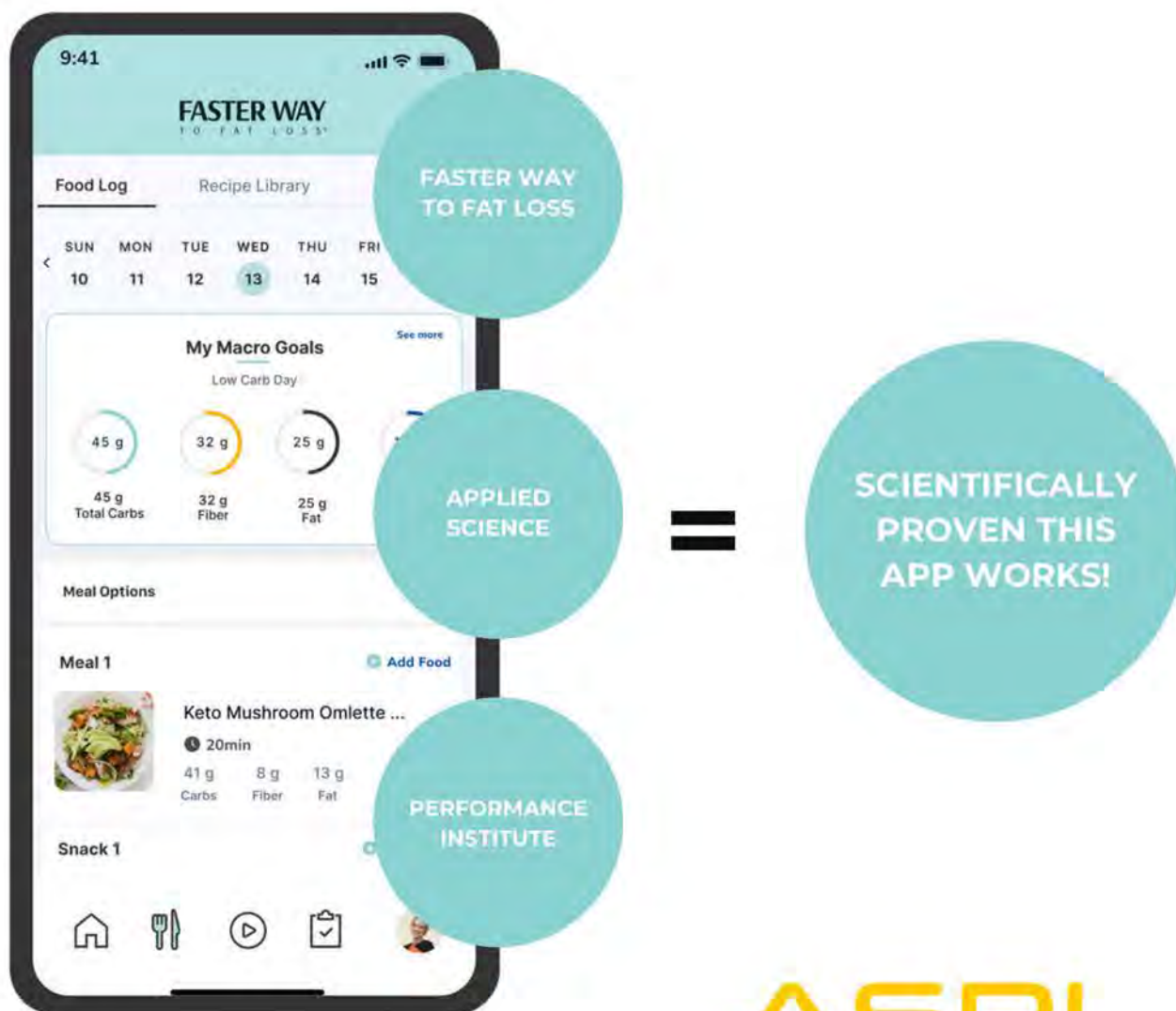


# Unlock Real Results with Clinical Proof!

At FASTER Way, we take your fitness journey to the next level by providing you with a program that's not only effective but also backed by clinical evidence.

We're proud to share that our fitness app is the **only** one in the market that has undergone rigorous clinical trials.

This means that our program is clinically proven to burn fat and build muscle. Our commitment to your success goes beyond words – it's supported by real data and validated by experts. When you choose FASTER Way, you're choosing a program that's been put to the test and emerged as the top choice for those seeking genuine transformations. **So, get ready to experience the difference that clinical proof can make on your fitness journey!**



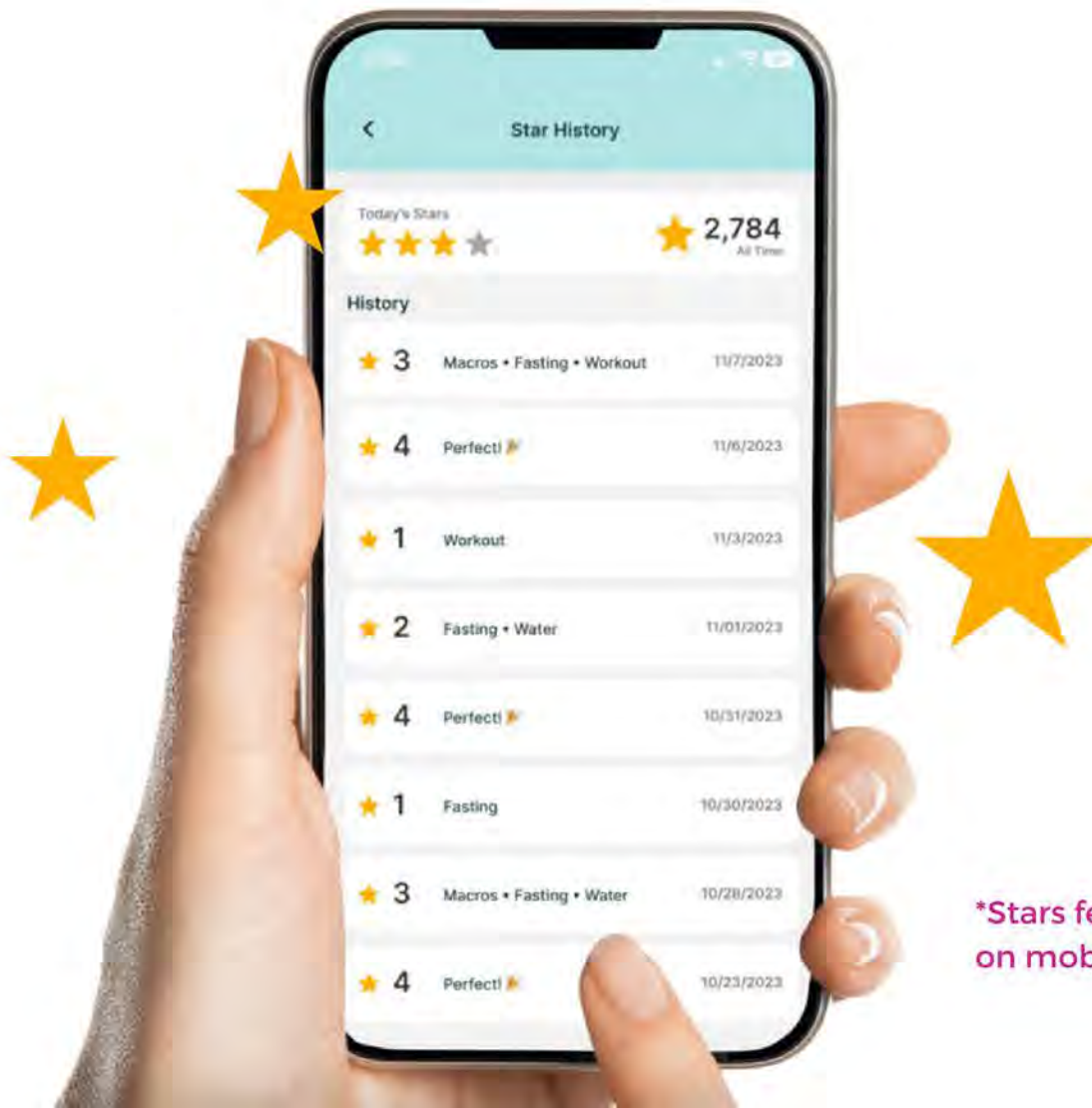
# BRAND NEW FEATURE: EARN STARS IN THE APP!

Stars in the App: Your Motivation and Accountability Boosters!

Every day in our program, you have the fantastic opportunity to earn stars in the app and keep your motivation sky-high! Here's how you can collect them:

- Workout Wonder: Complete a workout and earn a shining star.
- Fasting Tracker: Use the fasting timer daily to snag a star.
- Hydration Hero: Log at least 55 oz of water and add another star to your collection.
- Nutrition Navigator: Record three or more items in the Nutrition tab for an extra star.

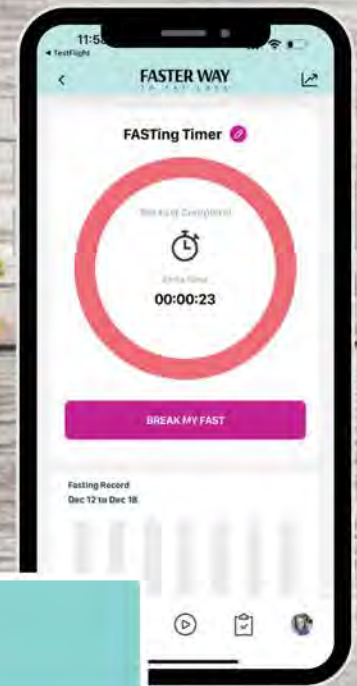
Start accumulating these stars as a fun way to stay consistent and motivated throughout your FASTER Way journey. Watch your progress grow with each star you earn!



\*Stars feature available on mobile app only



## FASTER Way to Fat Loss Fundamental #1: Intermittent Fasting



One of the core components of the FASTER Way to Fat Loss is intermittent fasting.

### What Is Intermittent Fasting?

Intermittent fasting is not a diet. It's simply an eating schedule. Your body is always in one of two states: fed or fasted. In the fed state (any time your body is digesting food), your body's insulin levels make it difficult to burn fat. However, in the fasted state (8-12 hours after your body finishes digesting), your insulin levels are lower and your body is better able to reach into fat stores for energy.

While eating several small meals per day can lead to weight loss (calorie deficits always do — at least initially), you will likely lose both muscle and fat. When you lose calorie-burning muscle, you lower your metabolic rate and make it harder for your body to burn fat and lose weight. That's why intermittent fasting is such an effective fat loss strategy!



In the FASTER Way to Fat Loss App, you will utilize the intermittent Fasting Timer on a daily basis!

### How to Get Started

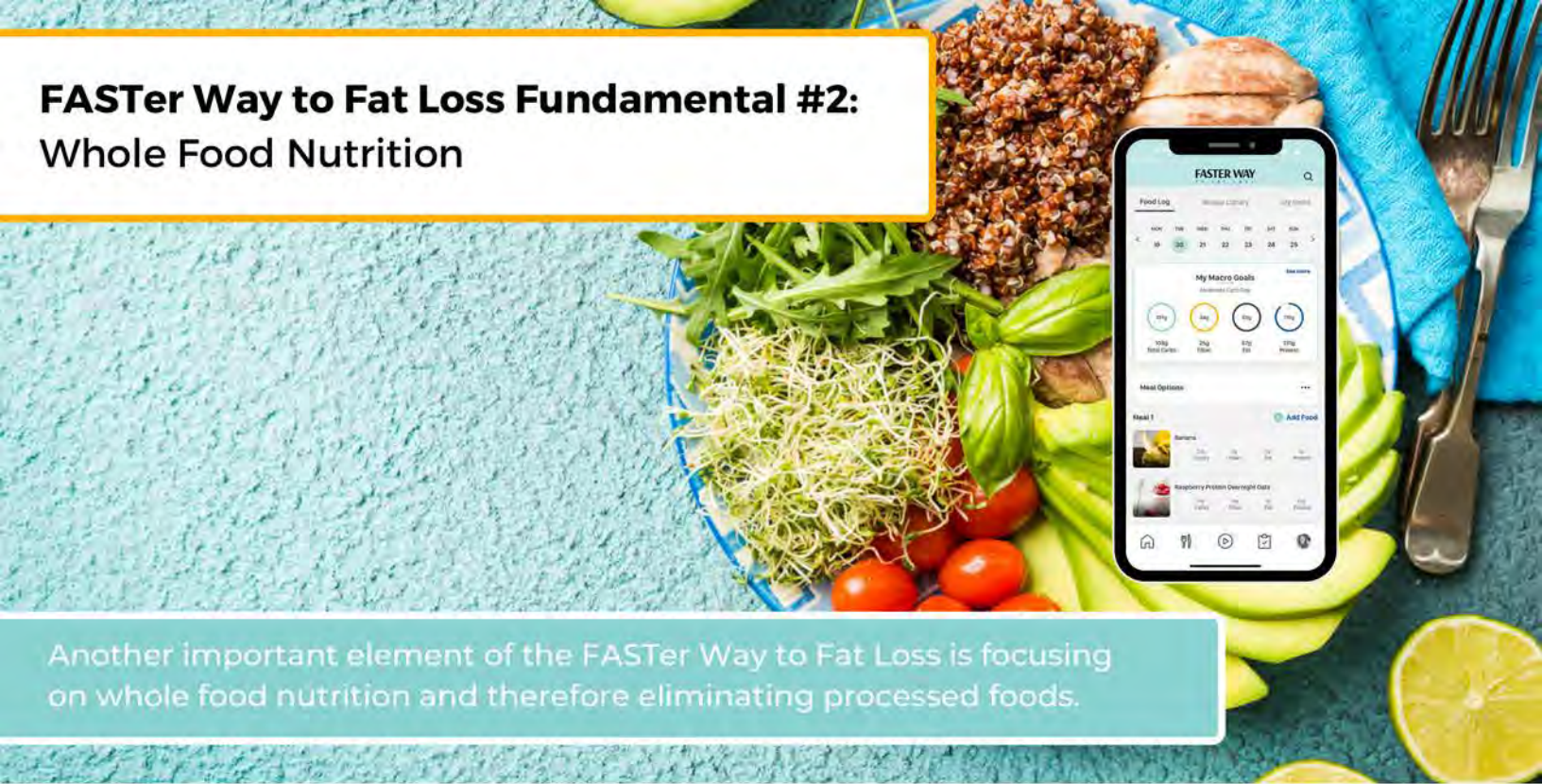
Choose one day this week to skip breakfast — don't eat anything until lunchtime. When you break your fast, be sure to eat a balanced meal full of whole foods (more on whole food nutrition on the next page!). Continue by eating dinner as you normally would, and stop eating by 8 p.m.

Try it again the following day. If waiting until lunch is too difficult, that's fine! Start eating at 10 a.m., then keep moving it back until you've reached a 16-hour fasting window.

Implementing this strategy (which will become a habit over time) is a key aspect of your success in the FASTER Way lifestyle. We make it as simple as possible by providing a fasting timer within the FASTER Way to Fat Loss App.



## FASTER Way to Fat Loss Fundamental #2: Whole Food Nutrition



Another important element of the FASTER Way to Fat Loss is focusing on whole food nutrition and therefore eliminating processed foods.

### What Are Whole Foods?

In the FASTER Way, we define whole foods as foods that either come from the ground or have a mother. Meat, vegetables, fish, fruits, and plant-based proteins are all whole foods. Focusing on whole food nutrition eliminates processed foods including those with gluten, dairy, and added sugars (things that cause inflammation and zap you of all your energy) from your diet.

### Why Whole Foods Matter

Inflammation causes things like brain fog, headaches, lethargy, achy joints and muscles, bloating, digestive and gut issues, and so much more. When you focus on whole foods and rid your body of inflammation, you allow it to function as it was intended. You'll be more focused and have more energy to work out, burn fat, play with your kids, knock out your to-do list, run your business, be a badass CEO...whatever your thing is, starting with a whole food diet as a foundation will position you to THRIVE.

As part of this program, you will receive a Regular and Vegan Meal Guide each week with healthy, delicious meals designed by our Registered Dietitians. You'll find the first two weeks of sample meal plans at the end of this guide. Enjoy them! We know you'll find new favorites quickly.



In the FASTER Way to Fat Loss App, you will utilize the meal guide on a daily basis! You'll also find the meal guide for Prep Week and Week 2 of the program in this New Client Program Guide.



## FASTER Way to Fat Loss Fundamental #3: Macronutrients



A third element of your success in the FASTER Way to Fat Loss will be tracking macronutrients. In the FASTER Way, we track macros versus counting calories.

You may not be sure what “macros” are or why they should matter to you. Eating the proper macros for you is a powerful strategy to help you leverage better nutrition for better results, and it’s a key component of the FASTER Way lifestyle.

### So, What Are Macros?

Macronutrients (macros) are the molecules our bodies need to function. They are broken down into three basic categories: carbohydrates, protein and fats. We use these as energy to help us break down nutrients, repair damaged cells, grow new cells, and more.

### How Do Macros Work?

The carbs, fats, and proteins we eat on a daily basis have a huge impact on our bodies. For optimal health, your body needs the correct ratio of these fuel types.

We’ve all been taught to count calories. And while it is important to consider your caloric intake (to make sure that you are eating enough), it is incredibly important that you move past counting calories alone, because not all calories are created equal. That’s where macros come in. Each gram of protein and carbohydrates is equivalent to 4 calories. Each gram of fat is equivalent to 9 calories.

If you’ve been counting calories, shifting to a macros-based approach is a major nutritional upgrade that results in a leaner, fitter, healthier body - and FOOD FREEDOM!

For more information on macros, download our macro cheat sheets to help you identify the different macros in your favorite foods.



In the FASTER Way to Fat Loss App, you will log your FASTER Way meals and track your macros on a daily basis!

## FASTER Way to Fat Loss Fundamental #4: Carb Cycling



In the FASTER Way to Fat Loss we leverage a strategy called Carb Cycling.

Carb cycling is a winning strategy because it's simple to do and gives big results WITHOUT depressing metabolism or compromising nutrient intake. In other words, carb cycling is an easy, healthy way to burn fat and lose weight!

### Here's How It Works

When carbs are present in the body, they turn to sugar. Sugar, or glucose, is then stored as glycogen in the muscles. Glycogen is used for fuel because it's quick energy. But when there's no glycogen in the body to use for fuel, it has to use something else, and that something is FAT!

When you eat low-carb, you eliminate the constant supply of carbs (the ones you eat) and the body is forced to use its limited carbohydrate stores (glycogen). Once the glycogen is depleted, it will start using stored fat to fuel your body.

Pretty simple, right?

When you practice carb cycling, you leverage carb depletion strategies to burn fat in the most effective way possible.

The final element that makes the FASTER Way to Fat Loss the most effective program on the market is our daily workouts.



In the FASTER Way to Fat Loss App, you will be able to track your low carb and regular macro days!



## FASTer Way to Fat Loss Fundamental #5: Strategic Workouts



By strategically pairing our workouts with carb cycling, intermittent fasting, whole food nutrition, and macro tracking, the FASTer Way will turn your body into a fat-burning machine!

At FASTer Way, we strategically pair our science-backed food cycle with effective 30-minute workouts. We provide new workouts to our community every day, 365 days a year.

On low carb days, we focus on HIIT workouts. HIIT stands for High-Intensity Interval Training. It's a type of exercise performed in short bursts, or intervals, at high intensity to increase your heart rate. HIIT is an anaerobic type of exercise that, on its own, has several benefits, including increased fat metabolism, increased muscle strength, cellular repair, and much more. By pairing HIIT workouts with low carb days, we deplete your glycogen (stored carbs that have been turned to glucose to be used as energy). By depleting your glycogen stores, your body is forced to burn fat for fuel.

We also implement strength training to help you build muscle (which also helps burn fat). We pair these workouts with regular macro days to make sure you're giving your body the fuel it needs to crush your strength training workouts! We also include active recovery days because REST is critical, too! Rest in the right dosage propels results and enhances your overall wellness.



In the FASTer Way to Fat Loss App, you will access the daily workouts easily and conveniently! .

### **Prep Week - Intermittent Fasting, Whole Food Nutrition, and Water Intake**

#### **Action items:**

- Use the Fasting Timer and Water Tracker, and follow the meal guide
- Complete the workouts
- Embrace progress, not perfection

### **Week 2 - Macro Tracking and Carb Cycling**

#### **Action items:**

- Use the Fasting Timer and Water Tracker, and follow the meal guide
- Use the food log to track your meals from the FASTER Way Meal Guides
- Complete the workouts

### **Week 3 - Daily Workouts with the Nutrition Cycle**

#### **Action items:**

- Use the Fasting Timer and Water Tracker, and follow the meal guides
- Use the food log to track macros
- Complete the workouts

### **Week 4 - Prepare for your 24-Hour Fast**

#### **Action items:**

- Use the Fasting Timer and Water Tracker, and follow the meal guides
- Use the food log to track macros
- Complete the workouts
- Complete your first 24-Hour Fast

### **Week 5 - Implement the FASTER Way**

#### **Action items:**

- Use the Fasting Timer and Water Tracker, and follow the meal guides
- Use the food log to track macros
- Complete the workouts

### **Week 6 - Transition to VIP**

#### **Action items:**

- Use the Fasting Timer and Water Tracker, and follow the meal guide
- Use the food log to track macros
- Complete the workouts
- Transition to VIP

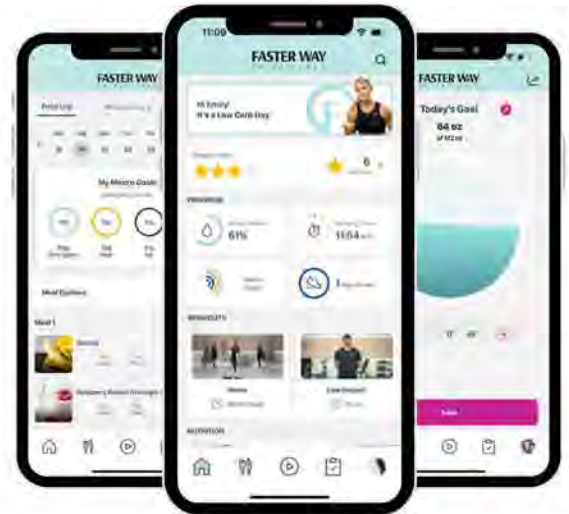


# TIPS TO THRIVE THROUGH THE 6 WEEKS

Now that you have a better understanding of the program, here are a few tips to get you started:

Download the FASTER Way App! With this app, we make it easy for you to record your fasts, access your workouts and meal guides, and so much more. The FASTER Way App has everything you need to thrive through the program!

When you first open the app, you'll be asked to enter your information. Follow the prompts to set up your baselines. We'll share tutorial videos in the coming days and weeks to show you how to get the most out of the app and make it work for you!



- Take your measurements and before photos (bust, biceps, butt, waist, hips, thighs, calves) so you can chart your results later.



- Weigh yourself today, then ditch the scale! Bury the scale in your closet, and don't step on it again until after six weeks. You are not permitted to step on the scale through the first 6 weeks of the FASTER Way to Fat Loss. Non compliance could cause removal from the program. The scale shows weight loss, not FAT loss. We focus on the latter. The scale also can't measure overall health and fitness, and it definitely can't measure the gains in energy and confidence we KNOW you will enjoy!



- Check in daily with your FASTER Way Certified Coach. Tell them how your workouts are going. Interact with our community forum on Facebook. There's additional accountability there, and constant reminders that you are NOT alone, and whatever your goal is ... you've got this! We require that you check in. We are passionate about your success and it's important to us that we hear from you on a consistent basis.



- Trust the process. At the FASTER Way, we value progress over perfection. We have helped over 393,600 clients burn fat, gain confidence, and feel more energized. If you follow the meal plan, do the workouts, fast intermittently ... in short, if you follow the FASTER Way — you WILL enjoy these same benefits and live your best, healthiest life!

# WHAT YOUR FASTER WAY JOURNEY WILL LOOK LIKE

## Week 1: Prepare

Ease into the FASTER Way lifestyle with simple action items that lay the foundation for success.

## Week 3 + 4: Progress

Experience the array of benefits that protocols such as Intermittent Fasting, Macro Tracking, and Carb Cycling offer you.

## Weeks 7+ 8: Transition

Graduate from your first six weeks as you're welcomed into our all-inclusive VIP Membership.

## Month 6: New Possibilities

Sail toward your goals and even surpass them - you're in awe of the new you and the possibilities that lie ahead.



## Weeks 2 + 3: Practice (and Proclaim!)

Implement our fundamental strategies under the guidance of your coach and the app. Share your love for the FASTER Way with others!

## Weeks 5 + 6: Precision

Master the tools for fat loss and hone in on transformational results.

## Week 12: Transformation

Achieve wow-factor results and love what you see when you look in the mirror.

## Month 12: Your Healthiest Self

The new you is confident, healthy, and bursting with the energy to fulfill your purpose.



# TIPS AND TRICKS FOR FOLLOWING THE MEAL GUIDE



1. Any proteins like meat or fish on Low Carb Day can be interchanged with proteins in the same box on that respective day. For example, if a recipe calls for salmon, but you prefer ground beef, substitute for the same ounces. Note: Wild-caught salmon has a similar fat content as 85/15 ground beef.
2. Fat options are interchangeable. If you don't like cashew butter but like peanut butter, feel free to change these. Do you prefer to cook with olive oil instead of avocado oil? Substitute this 1:1.
3. Starchy carbohydrates, like potatoes and rice, are easy to batch cook. While you may not want to eat rice multiple days in a row, it is easy to cook a big pot, cool it and freeze for later in the week. The same applies to baked potatoes and sweet potatoes. Cook off a few at once in the oven or instant pot. They can keep in the refrigerator for up to 4 days.
4. Non-starchy vegetables, like the ones listed in the "carbohydrate options for low carb days above" are easily interchangeable and substituted. They are very similar in macronutrients and can be swapped 1:1.
5. All grains like oats, rice, and cream of rice are dry unless otherwise indicated. Any item marked with an \* requires a recipe which is posted within this guide.
6. All protein measurements in recipes are raw unless otherwise specified. If you choose to measure your protein once it's cooked, 4 oz of raw protein is approximately 3.3 ounces of cooked protein.
7. Serving sizes should be used as a guideline and you may need more or less depending on if you are male or female and your customized macros.



# USE THE FOLLOWING OPTIONS TO CUSTOMIZE YOUR PLATE

The following chart can be used to help you make substitutions for foods that suit your specific taste preferences. If you would like to substitute an item on the meal guide, use the appropriate boxes and servings below to guide your food selections.

## PROTEIN OPTIONS FOR LOW CARB DAYS:

Ground Beef  
Pork Chop  
Rack Rib  
Boston Butt or Pork Shoulder Roast Ribeye or NY Strip Steak  
Burger Patty  
Salmon, Mahi Mahi, Tuna  
Eggs  
2-6 pieces Bacon  
3-5 oz. Dark or Light Meat Poultry, skin on

## PROTEIN OPTIONS FOR REGULAR MACRO DAYS:

Lean Ground Turkey  
Chicken Breast OR Tenderloin, skin removed  
Pork Tenderloin  
Center Cut Pork Chop, boneless Tuna, canned light  
Cod or Flounder  
Barramundi or Haddock  
Lean Chicken Sausage  
Shrimp  
Egg Whites

## CARBOHYDRATE OPTIONS FOR LOW CARB DAYS:

2-4 c. Leafy greens (Kale, Collards, Spinach, Lettuces, Chard)  
2-3 c. Broccoli or Cauliflower  
1-2 c. Green Beans or Haricot Verts 1-2 c.  
Asparagus  
1 c. Zucchini or Yellow Squash ½ -1c. Brussels Sprouts  
6-8 Baby Carrots

## CARBOHYDRATE OPTIONS FOR REGULAR MACRO DAYS:

½ - 1 ½ c. Rice, cooked, any kind 150g (1 medium) White Potato= Sweet Potato  
½- 1c. Quinoa, cooked  
1c. Edamame, shelled  
½- 1.5 c. Beans, any kind  
1 c. of Blueberries= 1 c. Strawberries; 1 Banana= 1 Pear

## FAT OPTIONS:

1 oz. Nuts and Nut Butters, natural  
½ Avocado  
1 oz. Olives (Green, Black, Kalamata)  
2 tbsp. Oils (Olive, Avocado, Coconut)  
1 oz. Seeds (Sunflower, Pumpkin, Chia, Flax)

**EACH DAY REACH FOR  
25 GRAMS OF FIBER**



# NEW CLIENT Q&A

## FREQUENTLY ASKED QUESTIONS

**Q** What equipment do I need for the workouts?

**A** Our at-home workouts can be done with minimal equipment like dumbbells, resistance bands, and stability balls. Our FASTer Way shop has equipment options that you will see our trainers using in workouts, along with apparel and other items to support you on your journey. The gym workouts include equipment often found at most gyms!

**Q** What supplements do I need and how and when do I use them?

**A** At FASTer Way, we prioritize real food for fuel, requiring only dedication, effort, and a positive mindset. While our program centers on this principle, we recognize the benefits of supplements like probiotics, FASTer Way protein, collagen, creatine, and BCAAs to optimize results. Explore our top-tier supplement line to fill nutritional gaps or boost your progress.

**Q** When/how do I get my custom macros?

**A** Your custom macros are established once you input your individual details into the app. Rest assured, your personalized journey begins right there. Additionally, your coach is available to review your macros with you, ensuring they align with your goals and preferences. Be sure to watch the Macro Training Tutorial in your App to ensure your macros are set correctly.

**Q** What foods aren't allowed?

**A** On our program, we focus on abundance rather than restriction. While we enjoy a wide variety of whole foods, there are a few exclusions. We steer clear of dairy, gluten, processed food and processed sugar, to promote optimal health and well-being.

**Q** What can I have during a fast?

**A** Feel free to enjoy anything under 50 calories without fiber or sugar, sweetened with stevia or monk fruit. This includes beverages like black coffee, herbal tea, and water. For an added boost, consider incorporating FASTer Way BCAAs, which can support your goals while keeping your fast intact.

**Q** Is the meal guide specific to my macro goals?

**A** The meal guide is designed to support you in reaching your macro goals but may require adjustments to align perfectly with your targets. You'll learn to use it as a base, modifying serving sizes or incorporating snacks as necessary to match your unique macros.

**Q** When do I eat my first meal?

**A** You'll typically delay your first meal until your fasting window of around 16 hours has closed, but remember, flexibility is key. Adjust your meal timing based on what feels best for your body, your specific situation, and what fits with your schedule.

**Q** Will I have to do my workout during my fast?

**A** The best time to work out is the time that works best for you! You can do your workouts anytime as they are all conveniently located in the client app.

**Q** What counts towards my water goal?

**A** Simply put, when we talk about water intake, we mean plain water—no additives or flavorings. Use the water tracker in the app to meet your daily water goal with ease and make proper hydration a habit!

**Q** Can I have alcohol?

**A** For optimal results, we suggest avoiding alcohol as it can disrupt your body's fat-burning process by diverting focus towards processing alcohol instead. Minimizing alcohol intake helps maximize fat-burning potential and boosts overall progress on the program.



# FASTER WAY

T O F A T L O S S <sup>®</sup>



NEW CLIENT  
**MEAL GUIDE**  
PREP WEEK



## DISCLAIMER

This content was developed solely for your personal use. It may not be distributed or reproduced for publication, whether for personal or commercial use, without written permission from Tress Marketing Solutions.

All recipes in this plan are provided for informational purposes only.

Please note that no information has been customized for you and some modifications may be needed for your individual use. While we have tested these recipes for accuracy, results may vary and adherence to the suggestions made herein do not guarantee results.

Please note that this information is not medical advice, nor is it intended to replace medical advice. Before modifying your diet, seek advice from a licensed professional.

Tress Marketing Solutions is not responsible for any liability, loss, or damage caused or alleged to be caused directly or indirectly as a result of the use, application, or interpretation of the content herein.

PLEASE NOTE: all PDF recipes included in your meal guide are for 1 serving. We offer ingredients for 4 servings or a full batch when applicable under “Notes.”

### IMPORTANT:

Because the recipes are calculated for 1 serving, that means your grocery list will populate ingredients for 1 serving.

Keep in mind that in the FASTer Way APP recipes reflect 1 serving because it is only tracking one person’s macros.

---

## MON



**MEAL ONE**  
3 Eggs your Way with Bacon, Avocado Salad



**MEAL TWO**  
Grilled Chicken Breast, Steamed Green Beans



**MEAL THREE**  
Bourbon Chicken



**SNACK**  
Macadamia Nuts with Raspberries

## TUE



**MEAL ONE**  
3 Eggs your Way with Bacon, Avocado Salad



**MEAL TWO**  
Grilled Chicken Breast, Steamed Green Beans



**MEAL THREE**  
Beef Burrito Bowl with Cauliflower Rice



**SNACK**  
FASTer Way Chunky Monkey Protein Smoothie

## WED



**MEAL ONE**  
Cinnamon & Banana Oatmeal, Eggs your Way



**MEAL TWO**  
Ground Beef, Roasted Sweet Potatoes & Zucchini Noodles



**MEAL THREE**  
Chicken with Broccoli & Jasmine Rice



**SNACK**  
Dates with Peanut Butter

## THU



**MEAL ONE**  
Cinnamon & Banana Oatmeal, Eggs your Way



**MEAL TWO**  
Chicken with Broccoli & Jasmine Rice



**MEAL THREE**  
Spaghetti Squash Lasagna, Sheet Pan Roasted Veggies



**SNACK**  
FASTer Way Tropical Fruit Protein Smoothie

## FRI



**MEAL ONE**  
Vanilla & Berry Overnight Oats



**MEAL TWO**  
Chicken BLT Wrap, Apple



**MEAL THREE**  
Egg Roll in a Bowl, Roasted Carrots



**SNACK**  
FASTer Way Strawberry Smoothie

## SAT



**MEAL ONE**  
Sweet Potato Egg Bake, Turkey Bacon



**MEAL TWO**  
Egg Roll in a Bowl, Roasted Carrots



**MEAL THREE**  
Easy Chicken Fajitas, Steamed White Rice



**SNACK**  
Banana with Cinnamon & Almond Butter

## SUN



**MEAL ONE**  
Sweet Potato Egg Bake, Turkey Bacon



**MEAL TWO**  
Easy Chicken Fajitas, Apple



**MEAL THREE**  
Salmon Kabobs and Asparagus, Steamed White Rice



**SNACK**  
FASTer Way Masala Chai Smoothie





## FRUITS

- 2 Apples
- 1 3/4 Avocados
- 4 3/4 Bananas
- 1/4 cup Blueberries
- 2/3 Lemon
- 1/4 Lime
- 1 1/2 tsps Orange Zest
- 3/4 cup Raspberries

## SEEDS, NUTS & SPICES

- 2 tbsps Almond Butter (no Added Sugar Or Oil)
- 1/2 tsp Black Pepper
- 1 tbsp Chili Powder
- 1/3 tsp Cinnamon
- 3/4 tsp Dried Oregano
- 1/8 tsp Garlic Powder
- 3/4 tsp Ground Coriander
- 2 1/4 tsps Ground Cumin
- 1 tbsp Hemp Seeds
- 3/4 tsp Italian Seasoning
- 1/3 cup Macadamia Nuts
- 1/2 tsp Masala Chai Spice
- 3 tbsps Peanut Butter (no Added Sugar Or Oil)
- 1 1/8 tsps Red Pepper Flakes
- 2 1/2 tsps Sea Salt
- 3/4 tsp Sesame Seeds

## FROZEN

- 1 Brown Rice Tortilla
- 1 cup Frozen Cauliflower Rice
- 1/2 cup Frozen Edamame
- 1/3 cup Frozen Spinach
- 1 cup Frozen Strawberries
- 1 cup Frozen Tropical Fruit

## VEGETABLES

- 1 1/2 cups Asparagus
- 1/2 cup Baby Carrots
- 1/2 cup Bean Sprouts
- 4 cups Broccoli
- 1 cup Brussels Sprouts
- 1/2 Carrot
- 4 cups Coleslaw Mix
- 2 3/4 tsps Fresh Ginger
- 4 Garlic Cloves
- 3 cups Green Beans
- 1 Green Bell Pepper
- 4 stalks Green Onion
- 5 Heirloom Carrots
- 1/16 head Lettuce
- 2 1/4 tsps Parsley
- 1 stalk Scallion
- 1/2 Spaghetti Squash
- 2/3 cup Spinach
- 1 1/4 Sweet Potatoes
- 1/4 Tomato
- 1 Yellow Bell Pepper
- 2 1/4 Yellow Onions
- 3/4 Zucchini

## BOXED & CANNED

- 1 tbsp Chicken Broth
- 1 cup Jasmine Rice

## BAKING

- 1 tbsp Coconut Sugar
- 2 Pitted Medjool Dates
- 1 1/2 cups Rolled Oats
- 1/2 tsp Vanilla Extract

## BREAD, FISH, MEAT & CHEESE

- 4 2/3 slices Bacon
- 2 1/2 lbs Chicken Breast
- 1 1/2 ozs Chicken Breast, Cooked
- 4 Corn Tortillas
- 8 ozs Extra Lean Ground Beef (93/7)
- 1 1/8 lbs Extra Lean Ground Turkey (93/7)
- 2 ozs Mozzarella Cheese
- 5 ozs Salmon Fillet
- 5 slices Turkey Bacon
- 2 2/3 ozs Turkey Sausage

## CONDIMENTS & OILS

- 3 tbsps Avocado Oil
- 2 tsps Coconut Oil
- 3 2/3 tbsps Extra Virgin Olive Oil
- 1/2 tsp Maple Syrup
- 1 tsp Mayonnaise (made With Avocado Or Olive Oil)
- 1 tbsp Miso Paste
- 3/4 tsp Red Wine Vinegar
- 1 tbsp Rice Vinegar
- 1/2 tsp Sesame Oil
- 1/3 cup Tamari
- 3/4 cup Tomato Sauce

## COLD

- 12 Egg(s)
- 1 tbsp Orange Juice
- 7 1/4 cups Unsweetened Almond Milk
- 1/4 cup Unsweetened Coconutmilk Yogurt
- 1 tbsp Vegan Parmesan Cheese



## OTHER

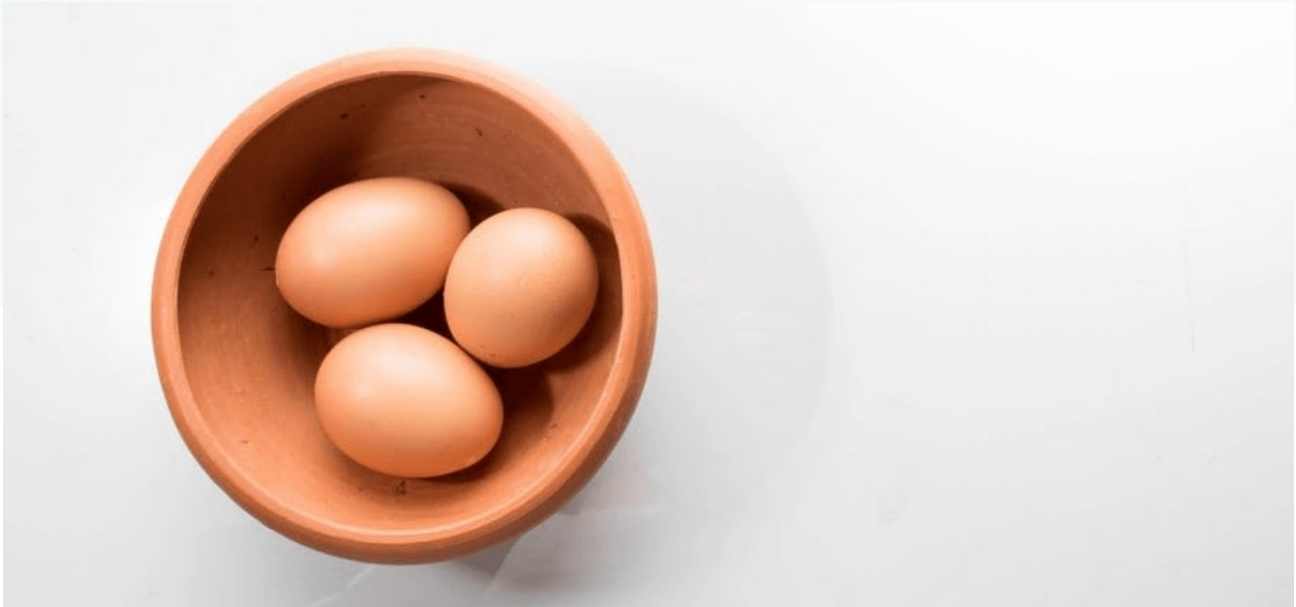
- 2 Barbecue Skewers
- 1 tbsp Bourbon (or Apple Cider Vinegar)
- 1 scoop Faster Way Chocolate Protein Powder
- 4 scoops Faster Way Unflavored Collagen
- 3 3/4 scoops Faster Way Vanilla Protein Powder





# 3 Eggs your Way with Bacon

1 SERVING 5 MINUTES



## INGREDIENTS

3 Egg(s)  
2 slices Bacon

## NUTRITION

### AMOUNT PER SERVING

Calories	303	Cholesterol	575mg
Fat	21g	Sodium	568mg
Carbs	1g	Vitamin C	0mg
Fiber	0g	Vitamin D	123IU
Sugar	1g	Magnesium	23mg
Protein	25g	Zinc	2mg

## DIRECTIONS

- 01 Cook eggs to your desire.
- 02 Cook bacon per directions on package or to liking.
- 03 Serve and enjoy!



# Avocado Salad

1 SERVING 5 MINUTES



## INGREDIENTS

- 1/2 Avocado (75 grams)
- 1 1/2 tsps Extra Virgin Olive Oil
- 1/16 Lemon
- 1/2 tsp Red Pepper Flakes
- 1/16 tsp Sea Salt
- 1 1/2 tsps Hemp Seeds

## DIRECTIONS

- 01 Prep note: Cube the avocado. Juice the lemon.
- 02 Combine all ingredients in a bowl. Toss, add hemp seeds and serve immediately. Enjoy!

## NUTRITION

### AMOUNT PER SERVING

Calories	252	Cholesterol	0mg
Fat	24g	Sodium	155mg
Carbs	10g	Vitamin C	12mg
Fiber	7g	Vitamin D	0IU
Sugar	1g	Magnesium	66mg
Protein	4g	Zinc	1mg





# Grilled Chicken Breast

1 SERVING 15 MINUTES



## INGREDIENTS

4 ozs Chicken Breast (boneless, skinless)  
1 1/2 tsps Extra Virgin Olive Oil  
1/8 tsp Sea Salt

## NUTRITION

### AMOUNT PER SERVING

Calories	195	Cholesterol	82mg
Fat	10g	Sodium	346mg
Carbs	0g	Vitamin C	0mg
Fiber	0g	Vitamin D	1IU
Sugar	0g	Magnesium	32mg
Protein	25g	Zinc	1mg

## DIRECTIONS

- 01 Heat grill.
- 02 Place chicken breasts in the prepared baking dish. Drizzle with oil and season with salt. Rub the salt and the oil all over both sides of the chicken.
- 03 Place on the grill and grill on each side for about 7-8 minutes or until internal temp of 165 degrees is reached. Remove the chicken from the grill.
- 04 Slice the chicken before serving. Enjoy!
- 05 Note: For four servings follow these measurements - 1 lb Chicken Breast (boneless, skinless), 2 tsps Extra Virgin Olive Oil, 1/2 tsp Sea Salt
- 06 TIME SAVING TIP - Cook Once, Eat Twice: Double this recipe. Use half on Monday, half on Tuesday.



# Steamed Green Beans

1 SERVING 10 MINUTES



## INGREDIENTS

1 1/2 cups Green Beans (fresh or frozen)

## NUTRITION

### AMOUNT PER SERVING

Calories	47	Cholesterol	0mg
Fat	0g	Sodium	9mg
Carbs	10g	Vitamin C	18mg
Fiber	4g	Vitamin D	0IU
Sugar	5g	Magnesium	38mg
Protein	3g	Zinc	0mg

## DIRECTIONS

- 01 Trim the ends of the green beans.
- 02 Bring a 1/2-inch of salted water to boil in a large pan. Add green beans, cover and cook for about 5 to 7 minutes or until desired tenderness is reached.
- 03 Remove greens beans with a slotted spoon and serve.
- 04 Note: For four servings follow these measurements - 6 cups Green Beans
- 05 TIME SAVING TIP - Cook Once, Eat Twice: Double this recipe. Use half on Monday, half on Tuesday.





# Bourbon Chicken

1 SERVING 40 MINUTES



## INGREDIENTS

- 1 tbsp Coconut Aminos
- 1 tbsp Bourbon (or Apple Cider Vinegar)
- 1 tbsp Coconut Sugar
- 1 1/2 tsps Rice Vinegar
- 1/4 tsp Fresh Ginger
- 1/2 Garlic Clove
- 1 1/2 cups Broccoli
- 6 ozs Chicken Breast (boneless, skinless)
- 1 tbsp Chicken Broth (low-sodium)
- 1 stalk Scallion
- 1 1/2 tsps Coconut Oil

## NUTRITION

### AMOUNT PER SERVING

Calories	476	Cholesterol	177mg
Fat	13g	Sodium	496mg
Carbs	21g	Vitamin C	131mg
Fiber	4g	Vitamin D	2IU
Sugar	14g	Magnesium	87mg
Protein	56g	Zinc	2mg

## DIRECTIONS

- 01 Prep note: Peel and grate the fresh ginger. Mince the garlic. Cut the chicken into bite size pieces. Cut the broccoli into florets. Slice the scallion.
- 02 Mix together coconut aminos, bourbon, coconut sugar (brown sugar may be used as an alternative), rice vinegar, ginger, and garlic in a sauce pot. Bring to boil and reduce to a glaze, about 15-20 minutes.
- 03 Heat coconut oil in nonstick sauté pan (with lid) over medium-high heat.
- 04 Season chicken pieces with salt and pepper. Sauté chicken until lightly browned and cooked through. Cook chicken in batches, adding oil as needed. Do not crowd the pan, otherwise the chicken will not brown. Once all chicken is cooked, remove from pan and set aside.
- 05 Add broth and broccoli florets to pan, cover and steam until tender, about 5-7 minutes. Once tender, drain excess liquid from pan.
- 06 Add cooked chicken to broccoli, heat until warmed through. Add desired amount of thickened sauce, toss to coat chicken and broccoli.
- 07 Top with sliced scallions.
- 08 Note: For four servings follow these measurements - 1/4 cup Coconut Aminos, 1/4 cup Bourbon (or apple cider vinegar), 1/4 cup Coconut Sugar, 2 tsps Rice Vinegar, 1 tsp Fresh Ginger, 2 Garlic Clove, 6 cups Broccoli, 1 1/2 lbs Chicken Breast (boneless, skinless), 1/4 cup Chicken Broth (low-sodium), 4 stalks Scallion, 2 tbsp Coconut Oil



# Macadamia Nuts with Raspberries

1 SERVING 2 MINUTES



## INGREDIENTS

1/3 cup Macadamia Nuts (42 grams)  
1/2 cup Raspberries (60 grams)

## DIRECTIONS

01 Enjoy!

## NUTRITION

### AMOUNT PER SERVING

Calories	353	Cholesterol	0mg
Fat	34g	Sodium	3mg
Carbs	14g	Vitamin C	17mg
Fiber	8g	Vitamin D	0IU
Sugar	5g	Magnesium	72mg
Protein	4g	Zinc	1mg





# Beef Burrito Bowl with Cauliflower Rice

1 SERVING 30 MINUTES



## INGREDIENTS

- 1 Garlic Clove
- 1/4 Yellow Onion (37 grams)
- 4 ozs Extra Lean Ground Beef (93/7)
- 3/4 tsp Ground Cumin
- 3/4 tsp Ground Coriander
- 3/4 tsp Dried Oregano
- 1/3 tsp Sea Salt (divided)
- 1/4 Lime
- 1 cup Frozen Cauliflower Rice
- 1/2 Avocado (75 grams)

## NUTRITION

### AMOUNT PER SERVING

Calories	410	Cholesterol	73mg
Fat	27g	Sodium	992mg
Carbs	19g	Vitamin C	15mg
Fiber	11g	Vitamin D	3IU
Sugar	5g	Magnesium	66mg
Protein	28g	Zinc	6mg

## DIRECTIONS

- 01 Prep note: Mince the garlic. Finely dice the yellow onion. Juice the lime. Dice the avocado.
- 02 In a large skillet heat half of the oil over medium. Add garlic and onions and cook for two minutes, or until onions become translucent.
- 03 Add ground beef to the skillet. With a wooden spoon or spatula, break the beef into small pieces as it cooks, stirring occasionally, until no longer pink.
- 04 When meat is cooked & brown, add the cumin, coriander, oregano, half of the salt and lime juice to the pan. Stir to coat the beef with the spice and continue to cook for another minute until very fragrant. Transfer the meat to a dish and cover to keep warm.
- 05 Place the pan back over heat, add the cauliflower rice and season with remaining sea salt. Cook the cauliflower rice, stirring occasionally, until cauliflower is warmed through and just tender.
- 06 Place the cauliflower rice in a bowl and top with seasoned beef and diced avocado. Enjoy!
- 07 Note: For four servings follow these measurements - 4 Garlic Clove, 1 Yellow Onion (37 grams), 1 lb Extra Lean Ground Beef (93/7), 1 tbsp Ground Cumin, 1 tbsp Ground Coriander, 1 tbsp Dried Oregano, 1 1/2 tsps Sea Salt (divided), 1 Lime, 4 cups Frozen Cauliflower Rice, 2 Avocado (75 grams)



# FASTER Way Chunky Monkey Protein Smoothie

1 SERVING 5 MINUTES



## INGREDIENTS

- 1/4 Avocado (36 grams)
- 1 cup Unsweetened Almond Milk
- 1 tbsp Peanut Butter (no Added Sugar Or Oil) (16 grams)
- 1/4 Banana (25 grams without peel)
- 1 scoop Faster Way Chocolate Protein Powder
- 1 scoop Faster Way Unflavored Collagen

## DIRECTIONS

- 01 Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!
- 02 Note: Collagen is not a complete protein, therefore is not factored into the total protein of this recipe.

## NUTRITION

### AMOUNT PER SERVING

Calories	364	Cholesterol	3mg
Fat	19g	Sodium	302mg
Carbs	16g	Vitamin C	8mg
Fiber	6g	Vitamin D	101IU
Sugar	6g	Magnesium	66mg
Protein	26g	Zinc	1mg





# Cinnamon & Banana Oatmeal

1 SERVING 15 MINUTES



## INGREDIENTS

- 1 cup Unsweetened Almond Milk
- 1/2 cup Rolled Oats
- 1/8 tsp Cinnamon
- 1 Banana (100 grams without peel)

## NUTRITION

### AMOUNT PER SERVING

Calories	288	Cholesterol	0mg
Fat	6g	Sodium	164mg
Carbs	56g	Vitamin C	10mg
Fiber	8g	Vitamin D	101IU
Sugar	15g	Magnesium	105mg
Protein	8g	Zinc	2mg

## DIRECTIONS

- 01 In a small saucepan, bring the almond milk to a boil. Add the oats and reduce the heat to a steady simmer. Cook, stirring occasionally for about six to eight minutes or until the oats are tender and most of the almond milk is absorbed.
- 02 Stir in the cinnamon. Add a splash of water or more milk if needed for desired consistency.
- 03 Transfer the cooked oats to a bowl and top with sliced banana. Enjoy!



# Eggs your Way

1 SERVING 5 MINUTES



## INGREDIENTS

2 Egg(s)

## DIRECTIONS

01 Cook eggs as you desire.

## NUTRITION

### AMOUNT PER SERVING

Calories	143	Cholesterol	372mg
Fat	10g	Sodium	142mg
Carbs	1g	Vitamin C	0mg
Fiber	0g	Vitamin D	82IU
Sugar	0g	Magnesium	12mg
Protein	13g	Zinc	1mg





# Ground Beef

1 SERVING 15 MINUTES



## INGREDIENTS

1/4 tsp Extra Virgin Olive Oil  
4 ozs Extra Lean Ground Beef (93/7)  
1/8 tsp Sea Salt (optional)

## NUTRITION

### AMOUNT PER SERVING

Calories	209	Cholesterol	73mg
Fat	12g	Sodium	370mg
Carbs	0g	Vitamin C	0mg
Fiber	0g	Vitamin D	3IU
Sugar	0g	Magnesium	23mg
Protein	23g	Zinc	5mg

## DIRECTIONS

- 01 In a pan, heat the oil over medium heat. Once oil is heated, add the beef. Break it up as it cooks. Cook until all the beef is browned.
- 02 Season with salt to your preference and drain any excess liquid. Enjoy!
- 03 Note: For four servings follow these measurements - 1 tsp Extra Virgin Olive Oil, 1 lb Extra Lean Ground Beef (93/7), 1/2 tsp Sea Salt (optional)



# Roasted Sweet Potatoes & Zucchini Noodles

1 SERVING 25 MINUTES



## INGREDIENTS

3/4 Sweet Potato (100 grams)  
3/4 tsp Extra Virgin Olive Oil  
1/8 tsp Sea Salt  
3/4 Zucchini (147 grams)

## NUTRITION

### AMOUNT PER SERVING

Calories	139	Cholesterol	0mg
Fat	4g	Sodium	360mg
Carbs	24g	Vitamin C	29mg
Fiber	4g	Vitamin D	0IU
Sugar	8g	Magnesium	51mg
Protein	3g	Zinc	1mg

## DIRECTIONS

- 01 Prep note: Peel and cube the sweet potato.
- 02 Preheat the oven to 400°F (204°C) and line your baking sheet with parchment paper.
- 03 Place the sweet potato on the baking sheet. Toss with oil and salt until evenly coated. Bake for 20 minutes, or until fork tender.
- 04 Meanwhile, trim the ends off of the zucchini. Use a spiralizer or a vegetable peeler to turn it into noodles.
- 05 Put on a plate or in a container if on-the-go and enjoy!
- 06 Note: For four servings follow these measurements - 3 Sweet Potato (399 grams), 1 tbsp Extra Virgin Olive Oil, 1/2 tsp Sea Salt, 3 Zucchini (588 grams)





# Chicken with Broccoli & Jasmine Rice

1 SERVING 15 MINUTES



## INGREDIENTS

7 ozs Chicken Breast (boneless, skinless)  
1 cup Broccoli (70 grams)  
1/4 cup Jasmine Rice (35 grams, dry)

## NUTRITION

### AMOUNT PER SERVING

Calories	428	Cholesterol	144mg
Fat	6g	Sodium	119mg
Carbs	44g	Vitamin C	81mg
Fiber	3g	Vitamin D	2IU
Sugar	2g	Magnesium	74mg
Protein	50g	Zinc	2mg

## DIRECTIONS

- 01 Season the chicken as you like with dry seasoning. Consider Cajun (paprika, garlic, onion powder), Italian (oregano, sage, rosemary, basil) or Mexican flavors (cumin, chipotle, chili powder).
- 02 Grill or bake chicken until the internal temperature is 165 degrees.
- 03 Steam broccoli and cook rice according to package directions.
- 04 Serve cooked chicken with steamed broccoli and rice. Enjoy!
- 05 Note: For four servings follow these measurements - 1 3/4 lbs Chicken Breast (boneless, skinless), 4 cups Broccoli (280 grams), 1 cup Jasmine Rice (140 grams, dry)
- 06 TIME SAVING TIP - Cook Once, Eat Twice: Double this recipe. Use half on Wednesday, half on Thursday.



# Dates with Peanut Butter

1 SERVING 5 MINUTES



## INGREDIENTS

2 Pitted Medjool Dates (48 grams)  
2 tbsps Peanut Butter (no Added Sugar  
Or Oil)

## DIRECTIONS

01 Spoon an even amount of nut butter into the center of each date. Enjoy!

## NUTRITION

### AMOUNT PER SERVING

Calories	324	Cholesterol	0mg
Fat	17g	Sodium	6mg
Carbs	43g	Vitamin C	0mg
Fiber	5g	Vitamin D	0IU
Sugar	35g	Magnesium	54mg
Protein	8g	Zinc	1mg





# Spaghetti Squash Lasagna

1 SERVING 1 HOUR



## INGREDIENTS

- 1/2 Spaghetti Squash (39 grams)
- 1 tsp Extra Virgin Olive Oil (divided)
- 1/2 tsp Sea Salt
- 1/8 tsp Black Pepper
- 4 ozs Extra Lean Ground Turkey (93/7)
- 1/2 tsp Italian Seasoning
- 1/16 tsp Red Pepper Flakes
- 1/2 Garlic Clove (minced)
- 3/4 cup Tomato Sauce
- 3/4 tsp Red Wine Vinegar
- 1/3 cup Frozen Spinach (drained and pressed dry)
- 2 ozs Mozzarella Cheese (dairy free)
- 1 tbsp Vegan Parmesan Cheese
- 3/4 tsp Parsley (chopped)

## NUTRITION

### AMOUNT PER SERVING

Calories	387	Cholesterol	84mg
Fat	33g	Sodium	1567mg
Carbs	45g	Vitamin C	41mg
Fiber	10g	Vitamin D	16IU
Sugar	7g	Magnesium	159mg
Protein	31g	Zinc	4mg

## DIRECTIONS

- 01 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 02 Carefully slice each spaghetti squash in half and discard the seeds of the portion you are using. Place the squash on the baking sheet, then brush the flesh with olive oil, and season with sea salt and black pepper to taste. Turn the squash flesh side down onto the baking sheet and bake for 40 minutes.
- 03 While the squash is baking, heat the remaining tablespoon oil in a large skillet over medium high. Add the turkey, 1 teaspoon salt, remaining 1/2 teaspoon pepper, Italian seasoning, and red pepper flakes. Stir and cook, breaking apart the meat into small pieces, until it is fully cooked through and browned on all sides, about 4 minutes. Stir in the garlic and cook until fragrant, about 1 minute more. Reduce the heat to low. Stir in the pasta sauce and red wine vinegar. Let simmer 1 minute. Taste and adjust the seasoning as desired.
- 04 Place the spinach in a large mixing bowl. Use a fork to separate any large clumps. Add 1/2 cup dairy free mozzarella cheese, and remaining 1/2 teaspoon salt. Stir with the fork to combine. When the squash is cool enough to handle, use a fork to fluff the insides into strands and add the strands to the bowl. With the same fork, stir to combine, evenly distributing the ingredients as best you can. Return the squash halves to the baking sheet, cut sides up.
- 05 Fill the squash: Pile the squash filling evenly into each of the four halves. Top with tomato sauce, remaining shredded mozzarella cheese, and Parmesan. Return to the oven and bake until the filling is fully heated through and the cheese is melty, about 10 to 15 minutes.



- 06 Brown the top (optional): Turn the oven to broil. Broil the squash until the cheese is extra bubbly and lightly browned, about 2 minutes. Watch it carefully, and do not walk away so that it doesn't burn. Sprinkle with parsley and enjoy!
- 07 Note: For four servings follow these measurements - 2 Spaghetti Squash (310 grams), 1 1/4 tbsp Extra Virgin Olive Oil (divided), 2 tsp Sea Salt, 13/4 tsp Black Pepper, 1 lb Extra Lean Ground Turkey (93/7), 2 tsp Italian Seasoning, 1/4 tsp Red Pepper Flakes, 2 Garlic Clove (minced), 3 cup Tomato Sauce, 1 tbsp Red Wine Vinegar, 1 1/4 cup Frozen Spinach (drained and pressed dry), 8 ozs Mozzarella Cheese (dairy free), 1 tbsp Parsley (chopped), 1/4 cup Vegan Parmesan Cheese





# Sheet Pan Roasted Veggies

1 SERVING 30 MINUTES



## INGREDIENTS

- 1 cup Brussels Sprouts (88 grams, halved or quartered)
- 1/2 cup Broccoli (35 grams, cut into florets)
- 1/2 Carrot (30 grams, peeled and sliced)
- 1/2 Yellow Onion (74 grams, cut into wedges)
- 1 1/8 tsps Extra Virgin Olive Oil
- 1/4 tsp Italian Seasoning
- 1/8 tsp Garlic Powder
- 1/16 tsp Sea Salt (to taste)

## DIRECTIONS

- 01 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 02 Add the vegetables to the baking sheet and drizzle with the oil. Season with Italian seasoning, garlic powder, and salt. Mix well to coat the vegetables evenly.
- 03 Bake for 25 to 30 minutes or until the vegetables are tender. Enjoy!
- 04 Note: For four servings follow these measurements - 3 1/2 cups Brussels Sprouts (352 grams, halved or quartered), 2 cups Broccoli (140 grams, cut into florets), 2 Carrot (120 grams, peeled and sliced), 2 Yellow Onion (296 grams, cut into wedges), 1 1/2 tsps Extra Virgin Olive Oil, 1 tsp Italian Seasoning, 1/2 tsp Garlic Powder, 1/4 tsp Sea Salt (to taste)

## NUTRITION

### AMOUNT PER SERVING

Calories	130	Cholesterol	0mg
Fat	6g	Sodium	205mg
Carbs	19g	Vitamin C	108mg
Fiber	6g	Vitamin D	0IU
Sugar	8g	Magnesium	31mg
Protein	5g	Zinc	1mg



# FASTER Way Tropical Fruit Protein Smoothie

1 SERVING 5 MINUTES



## INGREDIENTS

- 1 cup Frozen Tropical Fruit (148 grams)
- 1 cup Unsweetened Almond Milk
- 1 scoop Faster Way Vanilla Protein Powder
- 1 scoop Faster Way Unflavored Collagen

## DIRECTIONS

- 01 Prep note: Tropical fruit variety should consist of pineapple, mango and banana.
- 02 Add all ingredients to a blender until smooth and enjoy!
- 03 Note: Collagen is not a complete protein, therefore is not factored into the total protein of this recipe.

## NUTRITION

### AMOUNT PER SERVING

Calories	232	Cholesterol	3mg
Fat	4g	Sodium	296mg
Carbs	18g	Vitamin C	0mg
Fiber	1g	Vitamin D	10IU
Sugar	0g	Magnesium	17mg
Protein	22g	Zinc	0mg





# Vanilla & Berry Overnight Oats

1 SERVING 8 HOURS



## INGREDIENTS

1/2 cup Rolled Oats (40 grams)  
1 cup Unsweetened Almond Milk  
1/2 tsp Vanilla Extract  
3/4 scoop Faster Way Vanilla Protein Powder  
1/4 cup Raspberries (30 grams)  
1/4 cup Blueberries (48 grams)  
1 tbsp Almond Butter (no Added Sugar Or Oil) (16 grams)

## DIRECTIONS

- 01 Mix the oats, vanilla extract and milk in a container. Place in the fridge for 8 hours, or overnight.
- 02 Before eating top with raspberries, blueberries and almond butter. Enjoy!

## NUTRITION

### AMOUNT PER SERVING

Calories	391	Cholesterol	2mg
Fat	15g	Sodium	266mg
Carbs	41g	Vitamin C	12mg
Fiber	10g	Vitamin D	101IU
Sugar	6g	Magnesium	127mg
Protein	25g	Zinc	2mg



# Chicken BLT Wrap

1 SERVING 15 MINUTES



## INGREDIENTS

- 1 slice Turkey Bacon
- 1 tsp Mayonnaise (made With Avocado Or Olive Oil)
- 1 Brown Rice Tortilla
- 1/4 Tomato (31 grams)
- 1/16 head Lettuce (10 grams)
- 1 1/2 ozs Chicken Breast, Cooked

## NUTRITION

### AMOUNT PER SERVING

Calories	272	Cholesterol	55mg
Fat	9g	Sodium	338mg
Carbs	28g	Vitamin C	5mg
Fiber	3g	Vitamin D	1IU
Sugar	3g	Magnesium	18mg
Protein	18g	Zinc	1mg

## DIRECTIONS

- 01 Prep Note: Slice tomato. Chop green lettuce. Shred chicken breast.
- 02 Heat a skillet over medium heat. Cook the turkey bacon for five minutes on each side or until cooked to your desired crispiness.
- 03 Spread the mayonnaise onto the tortilla. Add the tomato, lettuce, chicken, and turkey bacon to the tortilla. Roll up the tortilla tightly and enjoy!
- 04 Note: For four servings follow these measurements - 4 slices Turkey Bacon, 1 1/3 tbsps Mayonnaise (made with olive or avocado oil), 4 Brown Rice Tortilla, 1 Tomato (31 grams), 1/4 head Lettuce (10 grams), 6 ozs Chicken Breast, Cooked



# Apple

1 SERVING 2 MINUTES



## INGREDIENTS

1 Apple (105 grams)

## DIRECTIONS

01 Slice into wedges, or enjoy whole.

## NUTRITION

### AMOUNT PER SERVING

Calories	95	Cholesterol	0mg
Fat	0g	Sodium	2mg
Carbs	25g	Vitamin C	8mg
Fiber	4g	Vitamin D	0IU
Sugar	19g	Magnesium	9mg
Protein	0g	Zinc	0mg





# Egg Roll in a Bowl

1 SERVING 30 MINUTES



## INGREDIENTS

- 1 1/2 **tsps** Avocado Oil
- 1/4 **Yellow Onion** (37 grams)
- 2 **stalks** Green Onion
- 1 **Garlic Clove**
- 1 **tsp** Fresh Ginger
- 7 **ozs** Extra Lean Ground Turkey (93/7)
- 2 **cups** Coleslaw Mix
- 1/4 **cup** Bean Sprouts
- 2 **tbsps** Tamari (or coconut aminos)
- 1/4 **cup** Baby Carrots
- 1/4 **cup** Frozen Edamame (44 grams, shelled, thawed)

## NUTRITION

### AMOUNT PER SERVING

<b>Calories</b>	525	<b>Cholesterol</b>	146mg
<b>Fat</b>	26g	<b>Sodium</b>	2382m..
<b>Carbs</b>	28g	<b>Vitamin C</b>	82mg
<b>Fiber</b>	10g	<b>Vitamin D</b>	28IU
<b>Sugar</b>	13g	<b>Magnesium</b>	86mg
<b>Protein</b>	50g	<b>Zinc</b>	6mg

## DIRECTIONS

- 01** Prep note: Dice the yellow onion and green onion. Mince the garlic. Peel and grate the ginger. Grate the carrots.
- 02** Heat the avocado oil in a pan over medium-high heat. Add the yellow onion, green onion, garlic, and ginger. Cook for 3 to 5 minutes, stirring frequently, until soft.
- 03** Add the turkey and break it up as it cooks. Cook for about 7 to 10 minutes, or until cooked through.
- 04** Stir in the coleslaw mix, carrots, bean sprouts, edamame and coconut aminos. Stir for 5 minutes, or until veggies have softened. Transfer to a bowl and enjoy!
- 05** For four servings follow these measurements - 2 tbsps Avocado Oil, 1 Yellow Onion (148 grams), 8 stalks Green Onion, 4 Garlic Clove, 1 1/3 tsp Fresh Ginger, 1 3/4 lbs Extra Lean Ground Turkey (93/7), 8 cups Coleslaw Mix, 1 cup Bean Sprouts, 1/2 cup Tamari (or coconut aminos), 1 cup Baby Carrots, 1 cup Frozen Edamame (shelled, thawed)
- 06** **TIME SAVING TIP** - Cook Once, Eat Twice: Double this recipe. Use half on Friday, half on Saturday.



# Roasted Carrots

1 SERVING 25 MINUTES



## INGREDIENTS

2 1/2 Heirloom Carrots (152 grams)  
1 1/2 tsps Orange Juice (freshly squeezed)  
3/4 tsp Orange Zest  
1/4 tsp Fresh Ginger  
1/4 tsp Coconut Oil (melted)  
1 1/2 tsps Miso Paste  
1/4 tsp Sesame Oil  
1 1/2 tsps Water  
3/4 tsp Rice Vinegar  
1/4 tsp Maple Syrup

## NUTRITION

### AMOUNT PER SERVING

Calories	107	Cholesterol	0mg
Fat	3g	Sodium	521mg
Carbs	19g	Vitamin C	15mg
Fiber	5g	Vitamin D	0IU
Sugar	10g	Magnesium	20mg
Protein	3g	Zinc	0mg

## DIRECTIONS

- 01 Prep note: Cut the carrots in half lengthwise. Mince the ginger.
- 02 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper. Place the carrots on the baking sheet.
- 03 In a small bowl, mix together the orange juice, orange zest, ginger and coconut oil. Brush this mixture on the carrots and place in the oven to cook for 16 to 20 minutes.
- 04 While the carrots are cooking, whisk together the miso paste, sesame oil, water, rice vinegar and maple syrup in a small bowl.
- 05 Remove the carrots from the oven and drizzle the miso sauce over top. Serve and enjoy!
- 06 Note: For four servings follow these measurements - 10 Heirloom Carrots (610 grams), 2 tsps Orange Juice (freshly squeezed), 1 tsp Orange Zest, 1 tsp Fresh Ginger, 1 tsp Coconut Oil (melted), 2 tsps Miso Paste, 1 tsp Sesame Oil, 2 tsps Water, 1 tsp Rice Vinegar, 1 tsp Maple Syrup
- 07 TIME SAVING TIP - Cook Once, Eat Twice: Double this recipe. Use half on Friday, half on Saturday.



# FASTER Way Strawberry Smoothie

1 SERVING 15 MINUTES



## INGREDIENTS

- 1 cup Unsweetened Almond Milk
- 1 scoop Faster Way Vanilla Protein Powder
- 1 scoop Faster Way Unflavored Collagen
- 5 Ice Cubes
- 1 cup Frozen Strawberries

## DIRECTIONS

- 01 Combine all ingredients in a high speed blender until smooth. Enjoy!
- 02 Note: Collagen is not a complete protein, therefore it is not factored into the total protein of this recipe.

## NUTRITION

### AMOUNT PER SERVING

Calories	239	Cholesterol	3mg
Fat	4g	Sodium	300mg
Carbs	22g	Vitamin C	91mg
Fiber	6g	Vitamin D	101IU
Sugar	10g	Magnesium	41mg
Protein	22g	Zinc	0mg





# Sweet Potato Egg Bake

1 SERVING 45 MINUTES



## INGREDIENTS

- 1/4 Sweet Potato (50 grams)
- 1 Egg(s)
- 1 1/3 ozs Turkey Sausage
- 1/3 slice Bacon
- 1/3 cup Spinach

## NUTRITION

### AMOUNT PER SERVING

Calories	175	Cholesterol	217mg
Fat	9g	Sodium	380mg
Carbs	7g	Vitamin C	4mg
Fiber	1g	Vitamin D	41IU
Sugar	2g	Magnesium	30mg
Protein	15g	Zinc	2mg

## DIRECTIONS

- 01 Prep note: Soften the sweet potato in the microwave. Peel and shred the sweet potato.
- 02 Preheat the oven at 350 degrees Fahrenheit.
- 03 Cook and chop the turkey sausage.
- 04 Cook (almost all the way) and piece apart the bacon.
- 05 Whisk the egg.
- 06 Combine everything. Place in a greased pan or muffin tins and bake for 30 min at 350 degrees Fahrenheit. This recipe makes about 2 muffins (1 serving). Enjoy!
- 07 Note: Feel free to make a whole batch (12 servings) and freeze for later use!  
-3 Sweet Potato, 12 Eggs, 1 lb Turkey Sausage, 4 slices Bacon, 4 cups Spinach
- 08 TIME SAVING TIP - Cook Once, Eat Twice: Double this recipe. Use half on Saturday, half on Sunday.



# Turkey Bacon

1 SERVING 5 MINUTES



## INGREDIENTS

2 slices Turkey Bacon

## NUTRITION

### AMOUNT PER SERVING

Calories	90	Cholesterol	20mg
Fat	4g	Sodium	270mg
Carbs	0g	Vitamin C	0mg
Fiber	0g	Vitamin D	0IU
Sugar	0g	Magnesium	0mg
Protein	12g	Zinc	0mg

## DIRECTIONS

- 01 Add turkey bacon to skillet.
- 02 Cook on medium to high heat for 2-3 minutes each side.
- 03 Let cool and enjoy!





# Easy Chicken Fajitas

1 SERVING 20 MINUTES



## INGREDIENTS

- 1 tbsp Avocado Oil
- 6 ozs Chicken Breast (boneless, skinless)
- 1 1/2 tsps Chili Powder
- 3/4 tsp Ground Cumin
- 1/4 tsp Sea Salt
- 1/2 Green Bell Pepper (60 grams)
- 1/2 Yellow Bell Pepper (60 grams)
- 1/2 Yellow Onion (60 grams)
- 2 Corn Tortillas

## NUTRITION

### AMOUNT PER SERVING

Calories	544	Cholesterol	124mg
Fat	21g	Sodium	791mg
Carbs	45g	Vitamin C	219mg
Fiber	7g	Vitamin D	2IU
Sugar	6g	Magnesium	76mg
Protein	43g	Zinc	2mg

## DIRECTIONS

- 01 Prep note: slice chicken breast into strips. Slice all the bell peppers.
- 02 Heat oil in a frying pan or skillet over medium-high heat. Add chicken, chili powder, cumin and salt. Stir to combine. Let chicken cook for 8 to 10 minutes or until cooked through. Remove from pan and set aside.
- 03 To the same pan, add peppers and onions. Stir to coat. Cook for 5 minutes or until peppers are tender.
- 04 Divide chicken and peppers between tortillas. Enjoy!
- 05 Note: For four servings follow these measurements - 1/4 cup Avocado Oil, 1 1/2 lbs Chicken Breast (boneless, skinless), 2 tsps Chili Powder, 1 tsp Cumin, 1 tsp Sea Salt, 2 Green Bell Pepper (240 grams), 2 Yellow Bell Pepper (240 grams), 2 Yellow Onion (240 grams), 8 Corn Tortillas
- 06 TIME SAVING TIP - Cook Once, Eat Twice: Double this recipe. Use half on Saturday, half on Sunday.





# Steamed White Rice

1 SERVING 15 MINUTES



## INGREDIENTS

1/2 cup Water

1/4 cup Jasmine Rice (35 grams, dry)

## NUTRITION

### AMOUNT PER SERVING

Calories	160	Cholesterol	0mg
Fat	0g	Sodium	2mg
Carbs	38g	Vitamin C	0mg
Fiber	1g	Vitamin D	0IU
Sugar	0g	Magnesium	2mg
Protein	3g	Zinc	0mg

## DIRECTIONS

- 01 Rinse the rice.
- 02 Bring water to a boil in a medium saucepan.
- 03 Stir in the rice, cover and reduce heat to low. Simmer for 15 minutes, or until all the water is absorbed. If the rice is too firm, add a few tablespoons of water and cook longer.
- 04 Enjoy!
- 05 Note: For four servings follow these measurements - 2 cups Water, 1 cup Jasmine Rice (140 grams, dry)
- 06 TIME SAVING TIP - Cook Once, Eat Twice: Double this recipe. Use half on Saturday, half on Sunday.



# Banana with Cinnamon & Almond Butter

1 SERVING 2 MINUTES



## INGREDIENTS

1 Banana (100 grams without peel)  
1 tbsp Almond Butter (no Added Sugar Or Oil) (16 grams)  
1/8 tsp Sea Salt  
1/8 tsp Cinnamon

## DIRECTIONS

- 01 Slice banana.
- 02 Dip in almond butter.
- 03 Sprinkle with cinnamon and sea salt.

## NUTRITION

### AMOUNT PER SERVING

Calories	204	Cholesterol	0mg
Fat	9g	Sodium	297mg
Carbs	30g	Vitamin C	10mg
Fiber	5g	Vitamin D	0IU
Sugar	15g	Magnesium	77mg
Protein	5g	Zinc	1mg



# Salmon Kabobs and Asparagus

1 SERVING 20 MINUTES



## INGREDIENTS

- 1 1/2 tsps Parsley
- 3/4 tsp Sesame Seeds
- 1/8 tsp Black Pepper
- 1/8 tsp Sea Salt
- 1/8 tsp Red Pepper Flakes
- 2 tsps Extra Virgin Olive Oil
- 5 ozs Salmon Fillet
- 1/2 Lemon
- 2 Barbecue Skewers
- 1 1/2 cups Asparagus (200 grams)
- 1/16 tsp Black Pepper (to taste)
- 1/16 tsp Sea Salt (to taste)

## NUTRITION

### AMOUNT PER SERVING

Calories	337	Cholesterol	78mg
Fat	19g	Sodium	363mg
Carbs	10g	Vitamin C	23mg
Fiber	5g	Vitamin D	0IU
Sugar	4g	Magnesium	80mg
Protein	33g	Zinc	2mg

## DIRECTIONS

- 01 Prep note: Chop parsley. Slice salmon into 1 inch cubes. Slice lemon into thin rounds. Trim ends off asparagus.
- 02 Preheat grill to medium heat.
- 03 In a mixing bowl, mix the parsley, sesame seeds, black pepper, sea salt, red pepper flakes, and 3/4 of the olive oil. Mix well. Add the salmon pieces and toss well to coat.
- 04 Grab your BBQ skewers and slide on a piece of salmon, followed by a folded lemon slice. Repeat until all ingredients are used.
- 05 Toss asparagus in remaining olive oil and season with sea salt and black pepper to taste.
- 06 Place kabobs on one side of the grill and asparagus on the other. Grill both for about 3 - 4 minutes per side, or until salmon flakes with a fork. Remove from the grill and enjoy!
- 07 Note: For four servings follow these measurements - 2 tbsps Parsley, 1 tbsp Sesame Seeds, 1/2 tsp Black Pepper, 1/2 tsp Sea Salt, 1/2 tsp Red Pepper Flakes, 2 1/2 tbsps Extra Virgin Olive Oil, 1 1/4 lbs Salmon Fillet, 2 Lemon, 8 Barbecue Skewers, 6 cups Asparagus (800 grams), 1/16 tsp Black Pepper (to taste), 1/16 tsp Sea Salt (to taste)





# FASTer Way Masala Chai Smoothie

1 SERVING 5 MINUTES



## INGREDIENTS

1 1/4 cups Unsweetened Almond Milk  
1 1/2 Bananas (150 grams without peel, frozen)  
1/4 cup Unsweetened Coconutmilk Yogurt  
1 scoop Faster Way Unflavored Collagen  
1/2 tsp Masala Chai Spice  
1 scoop Faster Way Vanilla Protein Powder  
Ice Cubes

## DIRECTIONS

- 01 Add all of the ingredients into a blender and blend until smooth. Pour into a glass and enjoy!
- 02 Note: Collagen is not a complete protein, therefore is not factored into the total protein of this recipe.

## NUTRITION

### AMOUNT PER SERVING

Calories	357	Cholesterol	3mg
Fat	7g	Sodium	351mg
Carbs	46g	Vitamin C	16mg
Fiber	7g	Vitamin D	126IU
Sugar	22g	Magnesium	70mg
Protein	24g	Zinc	0mg



# FASTER WAY

T O F A T L O S S <sup>®</sup>



NEW CLIENT  
**MEAL GUIDE**

WEEK TWO

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PLEASE NOTE: all PDF recipes included in your meal guide are for 1 serving. We offer ingredients for 4 servings or a full batch when applicable under “Notes.”

### IMPORTANT:

Because the recipes are calculated for 1 serving, that means your grocery list will populate ingredients for 1 serving.

Keep in mind that in the FASTer Way APP recipes reflect 1 serving because it is only tracking one person’s macros.

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## MON - LOW CARB



**MEAL ONE**  
Sausage Egg Muffins, Fresh Strawberries



**MEAL TWO**  
Cobb Salad



**MEAL THREE**  
Meatloaf Muffins with Mashed Cauliflower, Grilled Vegetables



**SNACK**  
Macadamia Nuts

## TUE - LOW CARB



**MEAL ONE**  
Sausage Egg Muffins, Fresh Strawberries



**MEAL TWO**  
Meatloaf Muffins with Mashed Cauliflower, Grilled Vegetables



**MEAL THREE**  
Sonoma Chicken Salad



**SNACK**  
FASTer Way Vanilla Berry Protein Smoothie

## WED - REG MACRO



**MEAL ONE**  
Raspberry Protein Overnight Oats



**MEAL TWO**  
Italian Sub Salad, Apple



**MEAL THREE**  
Spicy Sweet Potato, Turkey & Kale Bowl, Steamed White Rice



**SNACK**  
FASTer Way Mocha Smoothie

## THU - REG MACRO



**MEAL ONE**  
Raspberry Protein Overnight Oats, Almonds



**MEAL TWO**  
Spicy Sweet Potato, Turkey & Kale Bowl, Steamed White Rice



**MEAL THREE**  
Teriyaki Chicken & Edamame Quinoa Bowl



**SNACK**  
Pear with Cinnamon and Honey

## FRI - REG MACRO



**MEAL ONE**  
Protein Oatmeal with Blueberries, Banana



**MEAL TWO**  
Teriyaki Chicken & Edamame Quinoa Bowl



**MEAL THREE**  
Beef Bolognese with Roasted Broccoli and Spaghetti Squash



**SNACK**  
FASTer Way Chocolate PB Banana Oat Smoothie

## SAT - REG MACRO



**MEAL ONE**  
Apple Pie Protein Pancakes, Almond Butter



**MEAL TWO**  
Beef Bolognese with Roasted Broccoli and Spaghetti Squash, Apple



**MEAL THREE**  
Roasted Chicken, Veggies & Quinoa with Tahini Sauce



**SNACK**  
Chocolate Covered Snickers Stuffed Dates

## SUN - REG MACRO



**MEAL ONE**  
FASTer Way Cookie Dough Protein Smoothie



**MEAL TWO**  
Roasted Chicken, Veggies & Quinoa with Tahini Sauce



**MEAL THREE**  
Egg Roll in a Bowl, Mixed Berries



**SNACK**  
Banana with Cinnamon & Almond Butter



## FRUITS

- 2 Apple
- 5 Banana
- 1/2 cup Blackberries
- 1 cup Blueberries
- 3 tbsps Lemon Juice
- 1 Medjool Date
- 1 Pear
- 2 cups Raspberries
- 1/4 cup Seedless Grapes
- 3 cups Strawberries

## SEEDS, NUTS & SPICES

- 3 tbsps Almond Butter (no Added Sugar Or Oil)
- 1/4 cup Almonds
- 1 1/3 tps Black Pepper
- 1/2 tsp Cayenne Pepper
- 1 1/4 tps Chili Flakes
- 1 tbsp Chili Powder
- 2 1/2 tps Cinnamon
- 1 1/3 tps Dried Basil
- 1 1/2 tps Dried Parsley
- 1 tsp Garlic Powder
- 2 tps Ground Flax Seed
- 1/3 tsp Ground Sage
- 2 tps Hemp Seeds
- 1/3 cup Macadamia Nuts
- 1 tbsp Onion Powder
- 1 tsp Oregano
- 1 1/2 tps Paprika
- 2 1/4 tps Peanut Butter (no Added Sugar Or Oil)
- 2 tps Pecans
- 1/2 tsp Poppy Seeds
- 1 1/4 tps Raw Peanuts
- 2 1/16 tps Sea Salt

## VEGETABLES

- 1/4 cup Baby Carrots
- 1/4 cup Bean Sprouts
- 3 cups Broccoli
- 1/3 head Cauliflower
- 1 stalk Celery
- 1 cup Cherry Tomatoes
- 1 1/2 tps Cilantro
- 2 cups Coleslaw Mix
- 1 Cucumber
- 1/2 Eggplant
- 1 tsp Fresh Ginger
- 1 Garlic Clove
- 1/2 Green Bell Pepper
- 4 stalks Green Onion
- 4 cups Kale
- 2 cups Mixed Greens
- 1 Orange Bell Pepper
- 1 Red Bell Pepper
- 10 leaves Romaine
- 1/2 Spaghetti Squash
- 2 Sweet Potato
- 1 Tomato
- 3/4 White Onion
- 2/3 Yellow Onion
- 2 Zucchini

## BOXED & CANNED

- 2 2/3 tps Canned Coconut Milk
- 1/4 cup Coffee
- 1/2 cup Jasmine Rice
- 1 cup Quinoa

## BREAD, FISH, MEAT & CHEESE

- 3 slices Bacon
- 12 ozs Chicken Breast
- 6 ozs Chicken Sausage
- 8 ozs Chicken Thighs
- 1 lb Extra Lean Ground Beef (93/7)
- 15 ozs Extra Lean Ground Turkey (93/7)
- 4 slices Ham
- 3 ozs Rotisserie Chicken Breast
- 4 slices Salami

## CONDIMENTS & OILS

- 1 tbsp Apple Cider Vinegar
- 1 1/2 tps Avocado Oil
- 1 2/3 tps Coconut Oil
- 1 3/4 tps Dijon Mustard
- 1/3 cup Extra Virgin Olive Oil
- 1 tbsp Honey
- 2 tps Maple Syrup
- 1 tbsp Mayonnaise (made With Avocado Or Olive Oil)
- 2 tps Red Wine Vinegar
- 2 tps Tahini
- 2 tps Tamari
- 1 tbsp Teriyaki Sauce
- 1 1/16 cups Tomato Sauce

## COLD

- 5 Egg(s)
- 5 3/4 cups Unsweetened Almond Milk

## OTHER

- 2 scoops Faster Way Chocolate Protein Powder
- 4 scoops Faster Way Unflavored Collagen
- 5 1/2 scoops Faster Way Vanilla Protein Powder



## FROZEN

■ 3/4 cup Frozen Edamame

## BAKING

- 1/2 tsp Baking Powder
- 1 tbsp Cocoa Powder
- 1 3/4 tbsps Dark Chocolate Chips
- 1/2 tsp Honey
- 1/3 cup Oat Flour
- 1 Pitted Medjool Dates
- 2 tbsps Powdered Peanut Butter
- 1 1/3 cups Rolled Oats
- 3 tbsps Unsweetened Applesauce
- 1 tsp Vanilla Extract





# Sausage Egg Muffins

1 SERVING 30 MINUTES



## INGREDIENTS

1/4 tsp Extra Virgin Olive Oil  
3 ozs Chicken Sausage (casing removed)  
2 Egg(s)  
1/16 tsp Sea Salt

## NUTRITION

### AMOUNT PER SERVING

Calories	337	Cholesterol	474mg
Fat	23g	Sodium	1169mg
Carbs	8g	Vitamin C	0mg
Fiber	0g	Vitamin D	82IU
Sugar	2g	Magnesium	24mg
Protein	24g	Zinc	4mg

## DIRECTIONS

- 01 Preheat your oven to 350°F (176°C) and grease a muffin pan with the oil.
- 02 In a pan over medium-high heat, cook the sausage until no longer pink, about 5 to 8 minutes. Break it up into little pieces as it cooks.
- 03 In a mixing bowl whisk the eggs together with sea salt.
- 04 Divide the sausage mixture evenly into the muffin tins and pour the whisked eggs over. Bake for 15 to 18 minutes until the egg is firm to the touch and just brown around the edges. Let the egg muffins cool slightly before removing from the pan. Enjoy! 1 serving makes 2 egg muffins.
- 05 This would be a great recipe to make a full batch to save for later (12 egg cups or 1 dozen; 1 serving = 2 muffins): 1 1/2 tsp Extra Virgin Olive Oil, 1 1/8 lbs Chicken Sausage (bulk, casing removed, or ground chicken), 12 Eggs, 1/3 tsp Sea Salt
- 06 TIME SAVING TIP - Cook Once, Eat Twice: Double this recipe. Use half on Monday, half on Tuesday.



# Fresh Strawberries

1 SERVING 5 MINUTES



## INGREDIENTS

1 cup Strawberries (176 grams)

## DIRECTIONS

01 Wash strawberries under cold water and remove the stems. Dry well. Enjoy!

## NUTRITION

### AMOUNT PER SERVING

Calories	46	Cholesterol	0mg
Fat	0g	Sodium	1mg
Carbs	11g	Vitamin C	85mg
Fiber	3g	Vitamin D	0IU
Sugar	7g	Magnesium	19mg
Protein	1g	Zinc	0mg



# Cobb Salad

1 SERVING 25 MINUTES



## INGREDIENTS

- 1 Egg(s)
- 1 slice Bacon
- 1 tbsp Extra Virgin Olive Oil
- 2 tbsps Lemon Juice
- 1/2 tsp Dijon Mustard
- 8 leaves Romaine
- 4 ozs Chicken Breast (boneless, skinless)
- 1/2 Cucumber (150 grams)
- 2 stalks Green Onion

## NUTRITION

### AMOUNT PER SERVING

Calories	513	Cholesterol	287mg
Fat	33g	Sodium	385mg
Carbs	17g	Vitamin C	28mg
Fiber	6g	Vitamin D	47IU
Sugar	7g	Magnesium	98mg
Protein	40g	Zinc	3mg

## DIRECTIONS

- 01 Prep note: Chop the romaine lettuce. Slice the cucumber. Chop the green onion and use the green parts only.
- 02 Bake or grill chicken until internal temperature reaches 165 degrees. Once cooled, chop the chicken breast.
- 03 Place the egg in a saucepan and cover with water. Bring to a boil over high heat then turn off the heat but keep the saucepan on the hot burner. Cover and let sit for 10 to 12 minutes. Transfer the eggs to a bowl of cold water and let the eggs sit until cool enough to handle. Peel and slice.
- 04 Meanwhile, cook the bacon in a large pan over medium heat for about five minutes per side or until the bacon is cooked through and crispy. Transfer to a paper towel-lined plate to let the bacon cool slightly then chop into small pieces.
- 05 To a jar add the oil, lemon juice, and mustard. Shake to combine.
- 06 To serve, lay down the Romaine Lettuce top with the chicken, egg, bacon, cucumber, and green onion. Drizzle the dressing on top. Enjoy!
- 07 Note: For four servings follow these measurements - 4 Eggs, 4 slices Bacon, 1/4 cup Extra Virgin Olive Oil, 1/2 cup Lemon Juice, 2 tpsps Dijon Mustard, 32 leaves Romaine, 1 lb Chicken Breast, 2 Cucumber (600 grams), 8 stalks Green Onion





# Meatloaf Muffins with Mashed Cauliflower

1 SERVING 30 MINUTES



## INGREDIENTS

4 ozs Extra Lean Ground Beef (93/7)  
1/8 Yellow Onion (98 grams)  
1 tsp Dijon Mustard  
1/8 tsp Ground Sage  
1/4 tsp Sea Salt (divided)  
1/8 head Cauliflower (33 grams)  
1 1/3 tbsps Canned Coconut Milk (full fat)  
2 tsps Tomato Sauce (no added sugar)

## NUTRITION

### AMOUNT PER SERVING

Calories	274	Cholesterol	73mg
Fat	15g	Sodium	756mg
Carbs	8g	Vitamin C	48mg
Fiber	3g	Vitamin D	3IU
Sugar	4g	Magnesium	39mg
Protein	25g	Zinc	6mg

## DIRECTIONS

- 01 Prep note: Chop yellow onion. Chop cauliflower into florets.
- 02 Preheat oven to 350°F (177°C) and grease your muffin tray with oil.
- 03 In a mixing bowl, combine the beef, onion, mustard, sage and half the salt until well combined. Divide evenly into muffin cups (1 serving is approximately 2 muffins) and bake for 20 minutes or until an internal temperature of 155 degrees F.
- 04 Meanwhile, place cauliflower florets in a steaming basket over boiling water. Steam for 8 minutes or until tender.
- 05 Transfer cauliflower, remaining salt and coconut milk to a blender and blend until smooth. This can be done in a food processor, a high speed blender or an immersion blender.
- 06 When the meatloaf muffins are ready, top each one with about a teaspoon of tomato sauce. Then, top it with cauliflower mash and spread evenly using the back of a spoon. Enjoy!
- 07 Note: For four servings follow these measurements - 1 lb Extra Lean Ground Beef (93/7), 1/2 Yellow Onion (74 grams), 2 tbsps Dijon Mustard, 1/2 tsp Ground Sage, 1 tsp Sea Salt (divided), 1/2 head Cauliflower (132 grams), 1/3 cup Canned Coconut Milk (full fat), 2 2/3 tbsps Tomato Sauce (no added sugar)
- 08 TIME SAVING TIP - Cook Once, Eat Twice: Double this recipe. Use half on Monday, half on Tuesday.



# Grilled Vegetables

1 SERVING 10 MINUTES



## INGREDIENTS

- 1 Zucchini (196 grams)
- 1/2 Red Bell Pepper (60 grams)
- 1/4 Eggplant
- 2 tsp Extra Virgin Olive Oil
- 1/16 tsp Sea Salt (to taste)
- 1/16 tsp Black Pepper (to taste)

## NUTRITION

### AMOUNT PER SERVING

Calories	163	Cholesterol	0mg
Fat	10g	Sodium	169mg
Carbs	18g	Vitamin C	114mg
Fiber	7g	Vitamin D	0IU
Sugar	12g	Magnesium	62mg
Protein	4g	Zinc	1mg

## DIRECTIONS

- 01 Slice zucchini and eggplant about 1/4-1/2" thick in rounds.
- 02 Cut pepper in half and remove stem and seeds. Reserve half for another use. Slice half into 2 pieces.
- 03 Gently rub vegetables with olive oil. Sprinkle with salt and pepper.
- 04 Grill over medium heat or saute in a pan over medium heat until tender.
- 05 Serve as a side. Enjoy!
- 06 Note: For four servings follow these measurements - 4 Zucchini (784 grams, sliced), 2 Red Bell Pepper (200 grams), 1 Eggplant (548 grams), 1/2 cup Extra Virgin Olive Oil, 1/4 tsp Sea Salt (to taste), 1/4 tsp Black Pepper (to taste)
- 07 TIME SAVING TIP - Cook Once, Eat Twice: Double this recipe. Use half on Monday, half on Tuesday.



# Macadamia Nuts

1 SERVING 2 MINUTES



## INGREDIENTS

1/3 cup Macadamia Nuts (42 grams)

## DIRECTIONS

01 Portion into a cup and enjoy!

## NUTRITION

### AMOUNT PER SERVING

Calories	321	Cholesterol	0mg
Fat	34g	Sodium	2mg
Carbs	6g	Vitamin C	1mg
Fiber	4g	Vitamin D	0IU
Sugar	2g	Magnesium	58mg
Protein	4g	Zinc	1mg





# Sonoma Chicken Salad

1 SERVING 20 MINUTES



## INGREDIENTS

- 3 ozs Rotisserie Chicken Breast
- 1 stalk Celery
- 1/4 cup Seedless Grapes
- 2 tbsps Pecans
- 1 tbsp Dijon Mustard
- 1 tbsp Mayonnaise (made With Avocado Or Olive Oil)
- 1 tsp Onion Powder
- 1/16 tsp Sea Salt (to taste)
- 1/16 tsp Black Pepper (to taste)
- 1/2 tsp Poppy Seeds
- 1/2 tsp Honey
- 1 tbsp Apple Cider Vinegar
- 2 cups Mixed Greens

## NUTRITION

### AMOUNT PER SERVING

Calories	429	Cholesterol	91mg
Fat	31g	Sodium	954mg
Carbs	14g	Vitamin C	10mg
Fiber	4g	Vitamin D	1IU
Sugar	8g	Magnesium	30mg
Protein	22g	Zinc	1mg

## DIRECTIONS

- 01 Prep note: Shred the chicken. Dice the celery. Cut the grapes in half. Chop the pecans and toast them in the oven for additional flavor if you wish.
- 02 In a medium bowl, whisk together Dijon mustard, mayo, onion powder, a pinch of salt, cracked black pepper, poppy seeds, apple cider vinegar and honey.
- 03 Add shredded rotisserie chicken breast (skin removed), pecans, grapes, and celery. Stir mixture until all ingredients are evenly coated with the dressing.
- 04 Taste and season with additional salt or pepper if desired. Plate on mixed greens and enjoy! Tip: season mixed greens with a pinch of Himalayan sea salt for extra minerals and flavor!
- 05 Notes: If you don't have rotisserie chicken breasts, cooked chicken breasts can be used in its place. Weight for recipe is after cooking. Chicken salad can be kept refrigerated up to 4 days separate from mixed greens.
- 06 Note: For four servings follow these measurements - 12 ozs Rotisserie Chicken, 4 stalks Celery, 1 cup Seedless Grapes, 1/2 cup Pecans, 1/4 cup Dijon Mustard, 1/4 cup Avocado Oil Mayo, 1 1/3 tbsps Onion Powder, 1/4 tsp Sea Salt (to taste), 1/4 tsp Black Pepper (to taste), 2 tpsps Poppy Seeds, 2 tpsps Honey, 1/4 cup Apple Cider Vinegar, 8 cups Mixed Greens



# FASTER Way Vanilla Berry Protein Smoothie

1 SERVING 5 MINUTES



## INGREDIENTS

1 1/2 cups Unsweetened Almond Milk  
1 scoop FASTER Way Vanilla Protein Powder  
1 scoop FASTER Way Unflavored Collagen  
2 tbsps Hemp Seeds  
1/2 cup Blueberries (95 grams, fresh or frozen)  
1/2 cup Raspberries (60 grams, fresh or frozen)  
1 tbsp Almond Butter (no Added Sugar Or Oil)

## DIRECTIONS

- 01 Add all ingredients into a blender and blend until smooth. Pour into a glass and enjoy!
- 02 Note: Collagen is not a complete protein, therefore is not factored into the total protein of this recipe.

## NUTRITION

### AMOUNT PER SERVING

Calories	459	Cholesterol	3mg
Fat	24g	Sodium	380mg
Carbs	25g	Vitamin C	23mg
Fiber	10g	Vitamin D	15IU
Sugar	11g	Magnesium	228mg
Protein	32g	Zinc	3mg



# Raspberry Protein Overnight Oats

1 SERVING 8 HOURS



## INGREDIENTS

1/3 cup Rolled Oats (27 grams)  
3/4 cup Unsweetened Almond Milk  
1 tbsp Ground Flax Seed (7 grams)  
1/4 tsp Cinnamon  
1/2 cup Raspberries (60 grams, fresh or frozen, thawed)  
1 scoop Faster Way Vanilla Protein Powder

## DIRECTIONS

- 01 Add the oats, almond milk, flax seed, protein powder and cinnamon together in a large, glass jar or bowl. Stir well to combine. Seal and place in the fridge overnight, or for at least 8 hours.
- 02 Remove the oats from the fridge. Top with raspberries & enjoy!
- 03 **TIME SAVING TIP - Cook Once, Eat Twice:** Double this recipe. Use half on Wednesday, half on Thursday.

## NUTRITION

### AMOUNT PER SERVING

Calories	282	Cholesterol	3mg
Fat	7g	Sodium	258mg
Carbs	29g	Vitamin C	16mg
Fiber	9g	Vitamin D	76IU
Sugar	3g	Magnesium	64mg
Protein	27g	Zinc	1mg





# Italian Sub Salad

1 SERVING 5 MINUTES



## INGREDIENTS

- 2 leaves Romaine
- 4 slices Salami (59 grams)
- 4 slices Ham (99 grams)
- 1/2 Cucumber (150 grams)
- 1 Tomato (123 grams)
- 1/4 White Onion (37 grams)
- 1/2 Green Bell Pepper (60 grams)
- 1/4 tsp Sea Salt (to taste)
- 1/4 tsp Black Pepper (to taste)
- 1 tbsp Dried Basil
- 1 tbsp Extra Virgin Olive Oil
- 2 tbsps Red Wine Vinegar

## DIRECTIONS

- 01 Chop the lettuce, salami, ham, cucumber, tomato, green pepper, and white onion.
- 02 Put lettuce in bowl and top with all toppings
- 03 Mix in olive oil and red wine vinegar
- 04 Sprinkle with dried basil and salt and pepper to taste
- 05 ENJOY!

## NUTRITION

### AMOUNT PER SERVING

Calories	512	Cholesterol	104mg
Fat	31g	Sodium	2779m...
Carbs	26g	Vitamin C	74mg
Fiber	5g	Vitamin D	0IU
Sugar	14g	Magnesium	62mg
Protein	33g	Zinc	1mg



# Apple

1 SERVING 2 MINUTES



## INGREDIENTS

1 Apple (105 grams)

## DIRECTIONS

01 Slice into wedges, or enjoy whole.

## NUTRITION

### AMOUNT PER SERVING

Calories	95	Cholesterol	0mg
Fat	0g	Sodium	2mg
Carbs	25g	Vitamin C	8mg
Fiber	4g	Vitamin D	0IU
Sugar	19g	Magnesium	9mg
Protein	0g	Zinc	0mg



# Spicy Sweet Potato, Turkey & Kale Bowl

1 SERVING 25 MINUTES



## INGREDIENTS

- 1 Sweet Potato (133 grams)
- 1 1/2 tsps Extra Virgin Olive Oil
- 1 1/2 tsps Chili Powder
- 1/4 tsp Cayenne Pepper (optional)
- 3/4 tsp Coconut Oil
- 1/4 White Onion (37 grams)
- 4 ozs Extra Lean Ground Turkey (93/7)
- 1/8 tsp Sea Salt
- 1/8 tsp Black Pepper (optional)
- 2 cups Kale (134 grams)

## NUTRITION

### AMOUNT PER SERVING

Calories	411	Cholesterol	84mg
Fat	21g	Sodium	583mg
Carbs	33g	Vitamin C	45mg
Fiber	8g	Vitamin D	16IU
Sugar	7g	Magnesium	80mg
Protein	25g	Zinc	4mg

## DIRECTIONS

- 01 Prep note: Dice the white onion. Finely dice the kale.
- 02 Preheat oven to 425°F (218°C) and line a large baking sheet with parchment paper.
- 03 Wash and dice your sweet potato into half inch cubes. Toss in olive oil, chili powder and cayenne pepper. Spread across the baking sheet and bake in the oven for 20 minutes.
- 04 Meanwhile, heat a large skillet over medium heat. Add the coconut oil. Add the onion, ground turkey, sea salt and black pepper. Use a spatula to stir and break up the turkey as it cooks.
- 05 Once the turkey is cooked through, drain off any excess liquid and return to heat. Add the kale. Stir and saute just until wilted and remove from the heat immediately. Divide into bowls and top with the roasted sweet potato. Enjoy!
- 06 Note: For four servings follow these measurements - 4 Sweet Potato (532 grams), 2 tbsps Extra Virgin Olive Oil, 2 tbsps Chili Powder, 1 tsp Cayenne Pepper(optional), 1 tbsp Coconut Oil, 1 White Onion (148 grams), 1 lb Extra Lean Ground Turkey, 1/2 tsp Sea Salt, 1/2 tsp Black Pepper (optional), 8 cups Kale (536 grams)
- 07 TIME SAVING TIP - Cook Once, Eat Twice: Double this recipe. Use half on Wednesday, half on Thursday.





# Steamed White Rice

1 SERVING 15 MINUTES



## INGREDIENTS

1/2 cup Water

1/4 cup Jasmine Rice (35 grams, dry)

## NUTRITION

### AMOUNT PER SERVING

Calories	160	Cholesterol	0mg
Fat	0g	Sodium	2mg
Carbs	38g	Vitamin C	0mg
Fiber	1g	Vitamin D	0IU
Sugar	0g	Magnesium	2mg
Protein	3g	Zinc	0mg

## DIRECTIONS

- 01 Rinse the rice.
- 02 Bring water to a boil in a medium saucepan.
- 03 Stir in the rice, cover and reduce heat to low. Simmer for 15 minutes, or until all the water is absorbed. If the rice is too firm, add a few tablespoons of water and cook longer.
- 04 Enjoy!
- 05 Note: For four servings follow these measurements - 2 cups Water, 1 cup Jasmine Rice (140 grams, dry)
- 06 TIME SAVING TIP - Cook Once, Eat Twice: Double this recipe. Use half on Saturday, half on Sunday.



# FASTER Way Mocha Smoothie

1 SERVING 5 MINUTES



## INGREDIENTS

- 1 cup Unsweetened Almond Milk
- 1/4 cup Coffee (brewed and chilled)
- 1 Banana (100 grams without peel, frozen)
- 1 scoop Faster Way Chocolate Protein Powder
- 1 tbsp Cocoa Powder
- 1 tsp Vanilla Extract
- 1 scoop Faster Way Unflavored Collagen

## DIRECTIONS

- 01 Add all ingredients into a blender and blend until smooth. Pour into a glass and enjoy!
- 02 Note: Collagen is not a complete protein, therefore it is not factored into the total protein of this recipe.

## NUTRITION

### AMOUNT PER SERVING

Calories	292	Cholesterol	3mg
Fat	5g	Sodium	300mg
Carbs	32g	Vitamin C	10mg
Fiber	6g	Vitamin D	10IU
Sugar	15g	Magnesium	78mg
Protein	23g	Zinc	1mg



# Almonds

1 SERVING 1 MINUTE



## INGREDIENTS

1/4 cup Almonds (37 grams)

## DIRECTIONS

01 Enjoy!

## NUTRITION

### AMOUNT PER SERVING

Calories	207	Cholesterol	0mg
Fat	18g	Sodium	0mg
Carbs	8g	Vitamin C	0mg
Fiber	4g	Vitamin D	0IU
Sugar	2g	Magnesium	97mg
Protein	8g	Zinc	1mg





# Teriyaki Chicken & Edamame Quinoa Bowl

1 SERVING 25 MINUTES



## INGREDIENTS

1/4 cup Quinoa (42 grams, dry)  
1/2 tsp Extra Virgin Olive Oil  
4 ozs Chicken Thighs (boneless, skinless)  
1/4 cup Frozen Edamame (42 grams, shelled, thawed)  
1 1/2 tsps Teriyaki Sauce  
1 tbsp Water  
3/4 tsp Cilantro  
1/8 tsp Chili Flakes

## NUTRITION

### AMOUNT PER SERVING

Calories	368	Cholesterol	107mg
Fat	12g	Sodium	458mg
Carbs	32g	Vitamin C	2mg
Fiber	5g	Vitamin D	1IU
Sugar	2g	Magnesium	140mg
Protein	33g	Zinc	4mg

## DIRECTIONS

- 01 Prep note: Mince the cilantro.
- 02 Cook the quinoa according to package directions.
- 03 In a large pan over medium heat, add the oil. Once the oil is hot, add the chicken. Cook for three to five minutes on each side.
- 04 Add the edamame and teriyaki sauce. Toss and coat everything well with the sauce. Add the water to deglaze as needed, and scrape up the fond (brown caramel bits) from the pan.
- 05 Place the quinoa, chicken, and edamame in a bowl. Garnish with the cilantro and chili flakes. Enjoy!
- 06 Note: For four servings follow these measurements - 1 cup Quinoa (dry), 2 tsp Extra Virgin Olive Oil, 1 lb Chicken Thighs (boneless, skinless), 1 cup Frozen Edamame (170 grams, shelled, thawed), 2 tsps Teriyaki Sauce, 1/4 cup Water, 1 tbsp Cilantro, 1/2 tsp Chili Flakes
- 07 TIME SAVING TIP - Cook Once, Eat Twice: Double this recipe. Use half on Thursday, half on Friday.



# Pear with Cinnamon and Honey

1 SERVING 3 MINUTES



## INGREDIENTS

- 1 Pear (178 grams)
- 1 tsp Cinnamon
- 1 tbsp Honey

## DIRECTIONS

- 01 Slice pear and sprinkle with cinnamon. Drizzle honey on top and enjoy!

## NUTRITION

### AMOUNT PER SERVING

Calories	168	Cholesterol	0mg
Fat	0g	Sodium	2mg
Carbs	46g	Vitamin C	8mg
Fiber	7g	Vitamin D	0IU
Sugar	33g	Magnesium	14mg
Protein	1g	Zinc	0mg



# Protein Oatmeal with Blueberries

1 SERVING 10 MINUTES



## INGREDIENTS

1 cup Water  
1/2 cup Rolled Oats (40 grams)  
1/2 cup Blueberries (fresh or frozen)  
1 scoop Faster Way Vanilla Protein Powder

## DIRECTIONS

- 01 Bring water to a boil in a small saucepan. Add the oats. Reduce to a steady simmer and cook, stirring occasionally for about 5 minutes or until oats are tender and most of the water is absorbed.
- 02 Transfer the cooked oats to a bowl and mix in protein powder. Top with blueberries and enjoy!

## NUTRITION

### AMOUNT PER SERVING

Calories	286	Cholesterol	3mg
Fat	4g	Sodium	143mg
Carbs	39g	Vitamin C	7mg
Fiber	6g	Vitamin D	0IU
Sugar	8g	Magnesium	65mg
Protein	26g	Zinc	2mg





# Banana

1 SERVING 1 MINUTE



## INGREDIENTS

1 Banana (100 grams without peel)

## DIRECTIONS

01 Peel and enjoy!

## NUTRITION

### AMOUNT PER SERVING

Calories	105	Cholesterol	0mg
Fat	0g	Sodium	1mg
Carbs	27g	Vitamin C	10mg
Fiber	3g	Vitamin D	0IU
Sugar	14g	Magnesium	32mg
Protein	1g	Zinc	0mg



# Beef Bolognese with Roasted Broccoli and Spaghetti Squash

1 SERVING 35 MINUTES



## INGREDIENTS

1 1/2 cups Broccoli (105 grams)  
1/4 tsp Sea Salt  
1/4 tsp Black Pepper  
1 tsp Extra Virgin Olive Oil  
1/2 tsp Garlic Powder  
1 tsp Onion Powder  
1/2 cup Tomato Sauce (no added sugar)  
1/2 tsp Dried Basil  
1/2 tsp Oregano  
3/4 tsp Dried Parsley  
1 slice Bacon  
4 ozs Extra Lean Ground Beef (93/7)  
1/2 tsp Chili Flakes (optional garnish)  
1/4 Spaghetti Squash (174 grams)

## NUTRITION

### AMOUNT PER SERVING

Calories	486	Cholesterol	92mg
Fat	27g	Sodium	942mg
Carbs	31g	Vitamin C	143mg
Fiber	8g	Vitamin D	8IU
Sugar	7g	Magnesium	118mg
Protein	33g	Zinc	7mg

## DIRECTIONS

- 01 Prep note: Cut the broccoli into florets. Dice the bacon.
- 02 Preheat the oven to 425°F (218°C). Cut the spaghetti squash in quarters as you will only need 1/4 of the squash for one serving. Remove the seeds and place flesh-side down on a baking sheet lined with parchment paper. Cook for 30 to 35 minutes, or until cooked through.
- 03 Add broccoli florets on the baking sheet and massage with olive oil, salt & pepper. Roast in the oven for 20-25 minutes or until broccoli is tender and desired crispiness, tossing at the halfway point.
- 04 When the spaghetti squash is done, remove from the oven and let it cool slightly. \*You can always cook the entire spaghetti squash and use the rest on a later date as it fits in your macros!
- 05 Meanwhile, heat a medium saute pan over medium heat. Add diced pancetta and cook for 3-4 minutes or until it begins to get crispy. Add ground beef and cook until browned. Season with herbs, spices, salt and pepper.
- 06 Reduce heat to low and stir in tomato or clean marinara sauce. Simmer for 5 minutes. Note: if preparing ahead of time, skip the additional 5 minute simmer and place in a bowl to cool. Mixture can be refrigerated for 4 days or frozen for 2 weeks.
- 07 Scoop out the spaghetti squash into noodles using a fork and add it to a plate.
- 08 Remove broccoli from the oven, add on the side of the spaghetti squash. Top with bolognese sauce and optional fresh cracked pepper or chili flakes. Enjoy!



- 09 Note: For four servings follow these measurements - 6 cups Broccoli (420 grams), 1 tsp Sea Salt, 1 tsp Black Pepper, 1 1/3 tbsps Extra Virgin Olive Oil, 2 tsps Garlic Powder, 1 1/3 tbsps Onion Powder, 2 cups Tomato Sauce (no added sugar), 2 tsps Dried Basil, 2 tsps Oregano, 1 tbsp Dried Parsley, 4 slices Bacon, 1 lb Extra Lean Ground Beef (93/7), 2 tsps Chili Flakes (optional garnish), 1 Spaghetti Squash (698 grams)
- 10 TIME SAVING TIP - Cook Once, Eat Twice: Double this recipe. Use half on Friday, half on Saturday.





# FASTER Way Chocolate PB Banana Oat Smoothie

1 SERVING 5 MINUTES



## INGREDIENTS

- 1/4 cup Rolled Oats (20 grams)
- 2 tbsps Peanut Butter (no Added Sugar Or Oil) (16 grams)
- 1 Banana (100 grams without peel)
- 3/4 cup Unsweetened Almond Milk
- 1 scoop Faster Way Chocolate Protein Powder
- 1 scoop Faster Way Unflavored Collagen

## DIRECTIONS

- 01 Place all ingredients into a blender and blend well until smooth. Pour into a glass and enjoy!
- 02 Note: Collagen is not complete protein, therefore it is not factored into the total protein of this recipe.

## NUTRITION

### AMOUNT PER SERVING

Calories	528	Cholesterol	3mg
Fat	21g	Sodium	263mg
Carbs	49g	Vitamin C	10mg
Fiber	7g	Vitamin D	76IU
Sugar	18g	Magnesium	126mg
Protein	32g	Zinc	2mg



# Apple Pie Protein Pancakes

1 SERVING 25 MINUTES



## INGREDIENTS

1/3 cup Oat Flour  
1 scoop Faster Way Vanilla Protein Powder  
1/3 tsp Cinnamon  
1/2 tsp Baking Powder  
3 tbsps Unsweetened Applesauce  
1/4 cup Unsweetened Almond Milk  
2 tsps Maple Syrup

## NUTRITION

### AMOUNT PER SERVING

Calories	316	Cholesterol	3mg
Fat	5g	Sodium	422mg
Carbs	42g	Vitamin C	0mg
Fiber	5g	Vitamin D	25IU
Sugar	12g	Magnesium	10mg
Protein	27g	Zinc	0mg

## DIRECTIONS

- 01 In a mixing bowl, combine the oat flour, protein powder, cinnamon, and baking powder. Stir in the apple sauce, oat milk, and maple syrup.
- 02 Heat a nonstick pan over medium-low heat. Spray with non stick spray. Spoon the batter into the pan in 1/3 cup portions. Cook the pancakes for about four minutes per side. Repeat with the remaining batter. Serve and enjoy!
- 03 Note: For four servings follow these measurement - 1 1/3 cup Oat Flour, 4 scoop Faster Way Vanilla Protein Powder, 1 1/3 tsp Cinnamon, 2 tsp Baking Powder, 3/4 cup Unsweetened Applesauce, 1 cup Unsweetened Almond Milk, 2 2/3 tbsps Maple Syrup



# Almond Butter

1 SERVING 1 MINUTE



## INGREDIENTS

1 tbsp Almond Butter (no Added Sugar Or Oil)

## DIRECTIONS

01 Add to your favorite recipe!

## NUTRITION

### AMOUNT PER SERVING

Calories	98	Cholesterol	0mg
Fat	9g	Sodium	1mg
Carbs	3g	Vitamin C	0mg
Fiber	2g	Vitamin D	0IU
Sugar	1g	Magnesium	45mg
Protein	3g	Zinc	1mg





# Roasted Chicken, Veggies & Quinoa with Tahini Sauce

1 SERVING 30 MINUTES



## INGREDIENTS

1/4 cup Quinoa (42 grams, dry)  
4 ozs Chicken Breast (boneless, skinless)  
1/2 Orange Bell Pepper (60 grams)  
1/2 cup Cherry Tomatoes (74 grams)  
1 tbsp Tahini  
1 tbsp Water  
1 1/2 tsps Lemon Juice  
3/4 tsp Paprika  
1/16 tsp Sea Salt (to taste)  
1/16 tsp Black Pepper (to taste)

## NUTRITION

### AMOUNT PER SERVING

Calories	427	Cholesterol	82mg
Fat	14g	Sodium	225mg
Carbs	41g	Vitamin C	184mg
Fiber	7g	Vitamin D	1IU
Sugar	2g	Magnesium	153mg
Protein	36g	Zinc	3mg

## DIRECTIONS

- 01 Prep note: Chop the orange bell pepper.
- 02 Preheat the oven to 425°F (215°C) and line a baking sheet with parchment paper.
- 03 Cook the quinoa according to the package directions. Once cooked, fluff with a fork and let it cool.
- 04 Meanwhile, season the chicken with salt, pepper, and paprika. Place the chicken, bell pepper, and cherry tomatoes on the baking sheet. Bake in the oven for 22 to 25 minutes, or until the chicken is cooked through.
- 05 Make the dressing by whisking the tahini, water, lemon juice, salt, and pepper together.
- 06 Chop the cooked chicken. Divide the quinoa, chicken, cherry tomatoes, and bell peppers evenly between plates. Serve with the dressing and enjoy!
- 07 Note: For four servings follow these measurements - 1 cup Quinoa (170 grams, dry), 1 lb Chicken Breast (boneless, skinless), 2 Orange Bell Pepper (240 grams), 2 cups Cherry Tomatoes (296 grams), 1/4 cup Tahini, 1/4 cup Water, 2 tsps Lemon Juice, 1 tbsp Paprika, 1/4 tsp Sea Salt (to taste), 1/4 tsp Black Pepper (to taste)
- 08 TIME SAVING TIP - Cook Once, Eat Twice: Double this recipe. Use half on Saturday, half on Sunday.



# Chocolate Covered Snickers Stuffed Dates

1 SERVING 11 MINUTES



## INGREDIENTS

- 1 Medjool Date (24 grams)
- 2/3 tsp Peanut Butter (no Added Sugar Or Oil)
- 1 1/4 tsps Raw Peanuts (chopped or crushed)
- 2 1/3 tsps Dark Chocolate Chips (dairy free)
- 1/8 tsp Coconut Oil

## NUTRITION

### AMOUNT PER SERVING

Calories	182	Cholesterol	0mg
Fat	8g	Sodium	1mg
Carbs	26g	Vitamin C	0mg
Fiber	2g	Vitamin D	0IU
Sugar	22g	Magnesium	12mg
Protein	3g	Zinc	0mg

## DIRECTIONS

- 01 Cut a slit in each date and remove the pit.
- 02 Fill each date with peanut butter (about 1/2 teaspoon) and a sprinkle of crushed peanuts. Set aside.
- 03 Place the dark chocolate and the coconut oil in a microwave safe bowl and melt in the microwave in 15 second increments, stirring between each. It shouldn't take longer than 1-2 minutes total.
- 04 Using a toothpick, dip each date into melted chocolate and use a spoon to coat the date until completely covered. Place chocolate covered date on a platter lined with parchment. Sprinkle remaining crushed peanuts on top of each date.
- 05 Place the dates in the fridge to allow the chocolate to set.
- 06 Keep leftover chocolate covered dates in a sealed container in the fridge for up to a week.
- 07 Note: Feel free to make a full batch (10 servings) - 10 Medjool Dates, 2 tbsps Peanut Butter (no added sugar or oil), 1/4 cup Raw Peanuts (chopped or crushed), 1/2 cup Dark Chocolate Chips (dairy free), 1 tsp Coconut Oil



# FASTer Way Cookie Dough Protein Smoothie

1 SERVING 5 MINUTES



## INGREDIENTS

- 1 Banana (100 grams without peel, frozen)
- 1 Pitted Medjool Dates (24 grams, chopped)
- 1/2 scoop Faster Way Vanilla Protein Powder
- 2 tbsps Powdered Peanut Butter
- 1/2 tsp Cinnamon
- 3/4 cup Unsweetened Almond Milk
- 1 tbsp Dark Chocolate Chips (Dairy free)
- 1 scoop Faster Way Unflavored Collagen

## DIRECTIONS

- 01 Add everything to a blender (except the chocolate chips) and blend. Pour into a glass, sprinkle with chocolate chips and enjoy!
- 02 Note: Collagen is not a complete protein, therefore it is not factored into the total protein of this recipe.

## NUTRITION

### AMOUNT PER SERVING

Calories	434	Cholesterol	2mg
Fat	9g	Sodium	190mg
Carbs	60g	Vitamin C	10mg
Fiber	7g	Vitamin D	76IU
Sugar	39g	Magnesium	45mg
Protein	20g	Zinc	0mg





# Egg Roll in a Bowl

1 SERVING 30 MINUTES



## INGREDIENTS

- 1 1/2 **tsps** Avocado Oil
- 1/4 **Yellow Onion** (37 grams)
- 2 **stalks** Green Onion
- 1 **Garlic Clove**
- 1 **tsp** Fresh Ginger
- 7 **ozs** Extra Lean Ground Turkey (93/7)
- 2 **cups** Coleslaw Mix
- 1/4 **cup** Bean Sprouts
- 2 **tbsps** Tamari (or coconut aminos)
- 1/4 **cup** Baby Carrots
- 1/4 **cup** Frozen Edamame (44 grams, shelled, thawed)

## NUTRITION

### AMOUNT PER SERVING

<b>Calories</b>	525	<b>Cholesterol</b>	146mg
<b>Fat</b>	26g	<b>Sodium</b>	2382m..
<b>Carbs</b>	28g	<b>Vitamin C</b>	82mg
<b>Fiber</b>	10g	<b>Vitamin D</b>	28IU
<b>Sugar</b>	13g	<b>Magnesium</b>	86mg
<b>Protein</b>	50g	<b>Zinc</b>	6mg

## DIRECTIONS

- 01** Prep note: Dice the yellow onion and green onion. Mince the garlic. Peel and grate the ginger. Grate the carrots.
- 02** Heat the avocado oil in a pan over medium-high heat. Add the yellow onion, green onion, garlic, and ginger. Cook for 3 to 5 minutes, stirring frequently, until soft.
- 03** Add the turkey and break it up as it cooks. Cook for about 7 to 10 minutes, or until cooked through.
- 04** Stir in the coleslaw mix, carrots, bean sprouts, edamame and coconut aminos. Stir for 5 minutes, or until veggies have softened. Transfer to a bowl and enjoy!
- 05** For four servings follow these measurements - 2 tbsps Avocado Oil, 1 Yellow Onion (148 grams), 8 stalks Green Onion, 4 Garlic Clove, 1 1/3 tsp Fresh Ginger, 1 3/4 lbs Extra Lean Ground Turkey (93/7), 8 cups Coleslaw Mix, 1 cup Bean Sprouts, 1/2 cup Tamari (or coconut aminos), 1 cup Baby Carrots, 1 cup Frozen Edamame (shelled, thawed)
- 06** **TIME SAVING TIP** - Cook Once, Eat Twice: Double this recipe. Use half on Friday, half on Saturday.



# Mixed Berries

1 SERVING 5 MINUTES



## INGREDIENTS

1/2 cup Blackberries (72 grams)  
1 cup Strawberries (176 grams)  
1/2 cup Raspberries (60 grams)

## DIRECTIONS

01 Wash berries and serve as a side dish.

## NUTRITION

### AMOUNT PER SERVING

Calories	109	Cholesterol	0mg
Fat	1g	Sodium	3mg
Carbs	25g	Vitamin C	116mg
Fiber	11g	Vitamin D	0IU
Sugar	13g	Magnesium	47mg
Protein	3g	Zinc	1mg



# Banana with Cinnamon & Almond Butter

1 SERVING 2 MINUTES



## INGREDIENTS

1 Banana (100 grams without peel)  
1 tbsp Almond Butter (no Added Sugar Or Oil) (16 grams)  
1/8 tsp Sea Salt  
1/8 tsp Cinnamon

## DIRECTIONS

- 01 Slice banana.
- 02 Dip in almond butter.
- 03 Sprinkle with cinnamon and sea salt.

## NUTRITION

### AMOUNT PER SERVING

Calories	204	Cholesterol	0mg
Fat	9g	Sodium	297mg
Carbs	30g	Vitamin C	10mg
Fiber	5g	Vitamin D	0IU
Sugar	15g	Magnesium	77mg
Protein	5g	Zinc	1mg





**We trust you enjoyed this  
New Client Program Guide.**

We know this guide contains a lot of information. If you feel overwhelmed or anxious, don't worry! That's perfectly normal when starting something new. If you have any questions or concerns, feel free to reach out to your coach. We will be here for you every step of the way, and we will guide you through the program and set you up to succeed for the next six weeks, and beyond!

It truly is our honor and privilege to work with you. Thank you for investing in yourself, for taking the initiative in your health and fitness journey, and for being a part of our FASTER Way family. We can't wait to help you get well, prevent disease, and fulfill your purpose with energy.

But most of all, we can't wait to watch you THRIVE!

Let's do this!!

XO,

*Amanda Tress*

Founder and CEO

**FASTER WAY**  
T O F A T L O S S<sup>®</sup>

