

FASTER WAY

T O F A T L O S S [®]



SUMMER SLIM DOWN
MEAL GUIDE

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WELCOME TO THE FASTER WAY TO FAT LOSS!

There's nothing we love more than empowering our clients to transform their lives through the FASTER Way. As you've learned by now, nutrition is the foundation for the FASTER Way lifestyle. However, we know that transitioning from processed foods to whole-food nutrition can be difficult to navigate.

That's why we created the FASTER Way to Fat Loss meal plan. Our delicious meals will satisfy even the most refined palates, yet are simple enough to make meal planning a breeze. These meal ideas will provide the flexibility you need to seamlessly implement whole-food nutrition into your life using ingredients you already have..

It's always a good idea to pre-plan your macros in the app to determine how to meet your daily goals. Since each of us has unique macro needs on any given day, we've provided suggested portion sizes—but you can adapt the recipes or portions to fit your daily macro needs. For instance, if you're making the cobb salad on a regular macro day, you can choose to increase the amount of grilled chicken to hit your protein goals and decrease the amount of dressing or hard boiled eggs to avoid exceeding your fat goals. Throughout the program, you'll focus on hitting your macro goals or eating until you're 80% full.

We know this meal plan will make the FASTER Way lifestyle easier than ever. Enjoy!

MON- LOW CARB



MEAL ONE
Eggs your Way with Bacon



MEAL TWO
Cold Curry Chicken Salad, Mixed Berries and Nuts



MEAL THREE
Salmon Kabobs and Asparagus

TUE- LOW CARB



MEAL ONE
FASTer Way Frozen Mocha Protein Smoothie



MEAL TWO
Cobb Salad, Strawberries & Almonds



MEAL THREE
Burger in a Bowl

WED- REG MACRO



MEAL ONE
Vanilla & Berry Overnight Oats



MEAL TWO
Chicken, Broccoli & Sweet Potatoes, FASTer Way Orange Vanilla Creamsicle...



MEAL THREE
One Pan Hawaiian Salmon

THU- REG MACRO



MEAL ONE
Acai Bowl - No sugar added



MEAL TWO
Citrus Beet Salad



MEAL THREE
Bourbon Chicken, FASTer Way Key Lime Pie Smoothie

FRI- LOW MACRO



MEAL ONE
Strawberry Protein Pancakes, Oil-Free Scrambled Egg Whites



MEAL TWO
Maple Baked Beans, Bacon



MEAL THREE
Chicken Kabobs, Grilled Watermelon & Honeydew Salad

SAT- REG MACRO



MEAL ONE
Amanda's Sweet Potato Egg Bake



MEAL TWO
Hummus Dippers, FASTer Way Strawberry Mango Smoothie



MEAL THREE
Chicken over Mexi Rice & Beans

SUN- REG MACRO



MEAL ONE
Eggs your Way with Bacon, Cookie Dough Overnight Oats



MEAL TWO
BBQ Chicken with Grilled Balsamic Vegetables, Fruit Salad



MEAL THREE
Fish Tacos with Pineapple Salsa



FRUITS

- 1 Avocado
- 2 2/3 Banana
- 1/2 cup Blueberries
- 1/2 cup Grapes
- 1/2 Honeydew Melon
- 1/3 Kiwi
- 1 Lemon
- 2 1/4 tbsps Lemon Juice
- 1/4 Lime
- 3 tbsps Lime Juice
- 1 1/2 Navel Orange
- 1/8 Nectarine
- 2/3 cup Pineapple
- 1/4 cup Raspberries
- 1/4 Seedless Watermelon
- 2 1/3 cups Strawberries

BREAKFAST

- 1 tbsp Almond Butter
- 3 1/4 tbsps Maple Syrup
- 1/2 cup Organic Coffee

SEEDS, NUTS & SPICES

- 1/3 cup Almonds
- 1/8 tsp Black Pepper
- 2 tbsps Chia Seeds
- 1 1/8 tps Cinnamon
- 1 tsp Cumin
- 1 tsp Curry Powder
- 1 tbsp Ground Flax Seed
- 1 tsp Hemp Seeds
- 1 oz Mixed Nuts
- 1/8 tsp Nutmeg
- 3/4 tsp Oregano
- 1/8 tsp Paprika
- 1/4 cup Pecans
- 1/3 cup Pumpkin Seeds

VEGETABLES

- 1 1/2 cups Asparagus
- 2 1/16 cups Baby Spinach
- 1/3 cup Basil Leaves
- 1 Beet
- 2 cups Broccoli
- 1/4 bunch Broccoli
- 1 1/2 Carrot
- 1/2 cup Cauliflower Rice
- 1 stalk Celery
- 1 cup Cherry Tomatoes
- 1/2 Cucumber
- 1 Garlic
- 1/2 Garlic Clove
- 1/4 tsp Ginger
- 2 stalks Green Onion
- 1/4 Jalapeno Pepper
- 1/2 cup Mint Leaves
- 1 1/2 tps Parsley
- 1/2 cup Portobello Mushroom
- 1 tbsp Radishes
- 1 3/4 Red Bell Pepper
- 1 cup Red Onion
- 2 cups Romaine
- 13 leaves Romaine
- 1 stalk Scallions
- 3/4 cup Sweet Potato
- 5 ozs Sweet Potato
- 3/4 Tomato
- 3/4 Yellow Bell Pepper
- 1/2 Yellow Onion
- 1/2 Zucchini

BOXED & CANNED

- 1/2 cup Black Beans
- 1/2 cup Brown Rice
- 1/4 cup Chickpeas
- 1 1/3 tbsps Crushed Tomatoes

BREAD, FISH, MEAT & CHEESE

- 1 slice Bacon
- 1 slice Bacon, Cooked
- 2 lbs Chicken Breast
- 4 ozs Chicken Breast, Cooked
- 8 ozs Extra Lean Ground Beef
- 1/3 cup Hummus
- 3 slices Organic Bacon
- 4 slices Organic Bacon, Cooked
- 9 ozs Salmon Fillet
- 1/2 Tilapia Fillet
- 4 ozs Turkey Sausage

CONDIMENTS & OILS

- 1 1/2 tbsps Apple Cider Vinegar
- 1 2/3 tbsps Avocado Oil
- 2 1/4 tps Balsamic Vinegar
- 1 tbsp Coconut Butter
- 1 1/4 tps Coconut Oil
- 1 3/4 tps Dijon Mustard
- 1/4 cup Extra Virgin Olive Oil
- 1 tbsp Gluten-Free Soy Sauce
- 1/3 cup Mayonnaise
- 1/4 cup Pickle
- 3/4 tsp Red Wine Vinegar
- 1 1/2 tps Rice Vinegar
- 1/2 tsp Tabasco Sauce
- 1 tbsp Yellow Mustard

COLD

- 4 Egg
- 1 1/4 cups Egg Whites
- 4 Eggs
- 4 1/4 cups Unsweetened Almond Milk
- 1 cup Unsweetened Cashew Milk

OTHER

- 4 Barbecue Skewers
- 1 tbsp Bourbon



- 1/8 tsp Red Pepper Flakes
- 3/4 tsp Sea Salt
- 2 Sea Salt & Black Pepper
- 3/4 tsp Sesame Seeds

FROZEN

- 2 cups Berries
- 1 Brown Rice Tortilla
- 2/3 cup Frozen Berries
- 1/2 cup Frozen Cauliflower
- 1 cup Frozen Mango

- 1 cup Lite Coconut Milk
- 1 tbsp Organic Chicken Broth
- 1/2 cup Quick Oats
- 2 tbsps Quinoa
- 2 tbsps Salsa
- 1/2 cup White Navy Beans

BAKING

- 2 tpsps Acai Powder
- 1/4 tsp Baking Soda
- 2 tbsps Cacao Powder
- 1 tbsp Coconut Sugar
- 1 1/3 tbsps Fancy Molasses
- 1 1/4 cups Oats
- 1 1/2 tpsps Raw Honey
- 1 1/3 tbsps Vanilla Extract

- 2 cups Ice Cubes
- 6 Ice Cubes
- 1 1/2 tpsps Ketchup
- 1/2 tsp Maca Powder
- 6 1/4 servings Protein Powder
- 1 serving Vanilla Protein Powder
- 1 tbsp Water



Eggs your Way with Bacon

1 SERVING 5 MINUTES



INGREDIENTS

2 Eggs

2 slices Organic Bacon, Cooked

NUTRITION

AMOUNT PER SERVING

Calories	232	Protein	18g
Fat	17g	Cholesterol	389mg
Carbs	1g	Sodium	497mg
Fiber	0g	Calcium	58mg
Sugar	0g	Iron	2mg

DIRECTIONS

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



Cold Curry Chicken Salad

1 SERVING 15 MINUTES



INGREDIENTS

5 leaves Romaine (or Butter Bib Lettuce)
1/4 cup Pecans (or Walnuts)
1/2 cup Grapes (cut in half)
1/4 Red Bell Pepper
7 ozs Chicken Breast (cubed or shredded)
1/4 cup Red Onion
3 tbsps Mayonnaise
1 tsp Curry Powder
1 Sea Salt & Black Pepper (to taste)

DIRECTIONS

- 01 Mix all ingredients minus the lettuce to make the chicken salad.
- 02 To serve, spoon salad into center of the lettuce leaves of choice. Enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	775	Protein	50g
Fat	55g	Cholesterol	162mg
Carbs	23g	Sodium	368mg
Fiber	8g	Calcium	105mg
Sugar	13g	Iron	4mg



Mixed Berries and Nuts

1 SERVING 5 MINUTES



INGREDIENTS

1 cup Berries
1 oz Mixed Nuts

DIRECTIONS

01 Add nuts to a bowl and serve with berries. Enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	336	Protein	9g
Fat	16g	Cholesterol	0mg
Carbs	49g	Sodium	0mg
Fiber	11g	Calcium	53mg
Sugar	30g	Iron	3mg



Salmon Kabobs and Asparagus

1 SERVING 20 MINUTES



INGREDIENTS

1 1/2 tps Parsley (chopped)
3/4 tsp Sesame Seeds
1/8 tsp Black Pepper
1/8 tsp Sea Salt
1/8 tsp Red Pepper Flakes
1 1/2 tps Extra Virgin Olive Oil (plus extra for asparagus)
5 ozs Salmon Fillet (sliced into 1 inch cubes)
1/2 Lemon (sliced into thin rounds)
2 Barbecue Skewers
1 1/2 cups Asparagus (woody ends trimmed off)
Sea Salt & Black Pepper (to taste)

NUTRITION

AMOUNT PER SERVING

Calories	322	Protein	33g
Fat	17g	Cholesterol	78mg
Carbs	10g	Sodium	363mg
Fiber	5g	Calcium	93mg
Sugar	4g	Iron	6mg

DIRECTIONS

- 01 Preheat grill to medium heat.
- 02 In a mixing bowl, mix the parsley, sesame seeds, black pepper, sea salt, red pepper flakes, and olive oil. Mix well. Add the salmon pieces and toss well to coat.
- 03 Grab your BBQ skewers and slide on a piece of salmon, followed by a folded lemon slice. Repeat until all ingredients are used.
- 04 Toss asparagus in a splash of olive oil and season with sea salt and black pepper to taste.
- 05 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!



FASTer Way Frozen Mocha Protein Smoothie

1 SERVING 5 MINUTES



INGREDIENTS

1 cup Unsweetened Cashew Milk (carton)
2 tbsps Cacao Powder
1/8 tsp Sea Salt
1/2 tsp Maca Powder (optional)
1 serving Protein Powder (25 grams of protein)
1 cup Ice Cubes
1/2 cup Organic Coffee (cold or iced, may also sub 1 tsp instant coffee granules)
1/2 tsp Vanilla Extract
1 tsp Maple Syrup

DIRECTIONS

01 Combine all ingredients in a blender and blend until smooth. You may add more ice depending on the consistency you like. Pour in a glass and enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	253	Protein	28g
Fat	8g	Cholesterol	0mg
Carbs	15g	Sodium	384mg
Fiber	6g	Calcium	137mg
Sugar	5g	Iron	2mg



Cobb Salad

1 SERVING 25 MINUTES



INGREDIENTS

1 Egg
1 slice Bacon
1 tbsp Extra Virgin Olive Oil
2 tbsps Lemon Juice
1/2 tsp Dijon Mustard
8 leaves Romaine (chopped)
4 ozs Chicken Breast, Cooked (chopped)
1/2 Cucumber (sliced)
2 stalks Green Onion (chopped, greens parts only)

NUTRITION

AMOUNT PER SERVING

Calories	548	Protein	49g
Fat	33g	Cholesterol	322mg
Carbs	17g	Sodium	393mg
Fiber	6g	Calcium	148mg
Sugar	7g	Iron	4mg

DIRECTIONS

- 01 Bake or grill chicken until internal temperature reaches 165 degrees.
- 02 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.
- 03 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.
- 04 To a jar add the oil, lemon juice, and mustard. Shake to combine.
- 05 To serve, lay down the Romaine Lettuce top with the chicken, egg, bacon, cucumber, and green onion. Drizzle the dressing on top. Enjoy!



Strawberries & Almonds

1 SERVING 2 MINUTES



INGREDIENTS

1/4 cup Almonds (raw, about 24 pieces)
1 cup Strawberries

DIRECTIONS

01 Place in a bowl and enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	253	Protein	9g
Fat	18g	Cholesterol	0mg
Carbs	19g	Sodium	2mg
Fiber	7g	Calcium	119mg
Sugar	9g	Iron	2mg



Burger in a Bowl

1 SERVING 20 MINUTES



INGREDIENTS

8 ozs Extra Lean Ground Beef
2 cups Romaine (Chopped)
1/2 cup Cherry Tomatoes
1/4 cup Pickle
2 tbsps Red Onion (Chopped)
1 1/2 tsps Ketchup
2 tbsps Mayonnaise
1/2 tsp Pickle (Pickle Juice)
1 1/2 tsps Red Onion (Diced)

DIRECTIONS

- 01 In a medium skillet, cook ground beef until cooked throughout over medium to high heat.
- 02 Chop romaine lettuce and add to bowl. Top with Pickles, chopped red onion, cherry tomatoes.
- 03 In a small bowl, whisk together mayo, ketchup, pickle juice, diced onions, diced pickle chip until smooth.
- 04 Add cooked ground beef to bowl. Top with sauce and serve.

NUTRITION

AMOUNT PER SERVING

Calories	643	Protein	47g
Fat	45g	Cholesterol	157mg
Carbs	10g	Sodium	882mg
Fiber	4g	Calcium	83mg
Sugar	4g	Iron	6mg



Vanilla & Berry Overnight Oats

1 SERVING 8 HOURS



INGREDIENTS

1 cup Oats (dry)
1 tsp Chia Seeds
1 cup Unsweetened Almond Milk (vanilla unsweetened)
1/2 tsp Vanilla Extract
3/4 serving Protein Powder (18 grams of protein per serving)
1/4 cup Raspberries
1/4 cup Blueberries
1 tbsp Almond Butter

DIRECTIONS

- 01 In a large bowl or container combine the oats, chia seeds, vanilla extract and milk. Stir to combine. Place in the fridge for 8 hours, or overnight.
- 02 After the oats have set, remove from the fridge and add the protein powder. Mix well. Add extra almond milk 1 tbsp at a time if the oats are too thick.
- 03 Place the oats in a bowl or cup and top with raspberries, blueberries and almond butter. Enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	572	Protein	35g
Fat	18g	Cholesterol	0mg
Carbs	70g	Sodium	168mg
Fiber	15g	Calcium	581mg
Sugar	7g	Iron	5mg



Chicken, Broccoli & Sweet Potatoes

1 SERVING 15 MINUTES



INGREDIENTS

5 ozs Chicken Breast
5 ozs Sweet Potato (5 oz, weighed)
2 cups Broccoli
1 tbsp Avocado Oil

NUTRITION

AMOUNT PER SERVING

Calories	477	Protein	39g
Fat	18g	Cholesterol	103mg
Carbs	41g	Sodium	124mg
Fiber	9g	Calcium	93mg
Sugar	3g	Iron	2mg

DIRECTIONS

- 01 Grill, bake or air fry chicken until internal temperature reaches at least 165 degrees.
- 02 Wash sweet potato, peel and weigh. Chop into desired size pieces. Coat evenly with avocado oil and bake at 375 on a sheet pan for 18-22 minutes, stirring half way until desired tenderness.
- 03 Steam broccoli and season to your liking.
- 04 Plate all ingredients and enjoy!



FASTER Way Orange Vanilla Creamsicle Smoothie

1 SERVING 5 MINUTES



INGREDIENTS

1 Navel Orange (peeled)
6 Ice Cubes
1 Banana (frozen)
1 cup Unsweetened Almond Milk
1 tsp Vanilla Extract
1 serving Protein Powder (25 grams of protein)
1/2 cup Frozen Cauliflower (riced)

DIRECTIONS

01 Place all ingredients in a high speed blender and blend until smooth. Enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	344	Protein	30g
Fat	4g	Cholesterol	0mg
Carbs	51g	Sodium	180mg
Fiber	11g	Calcium	533mg
Sugar	28g	Iron	1mg



One Pan Hawaiian Salmon

1 SERVING 35 MINUTES



INGREDIENTS

1 Red Bell Pepper (sliced)
3/4 tsp Extra Virgin Olive Oil
4 ozs Salmon Fillet
Sea Salt & Black Pepper (to taste)
1/2 cup Pineapple (cored and sliced into rounds)

NUTRITION

AMOUNT PER SERVING

Calories	263	Protein	24g
Fat	11g	Cholesterol	62mg
Carbs	18g	Sodium	56mg
Fiber	4g	Calcium	33mg
Sugar	13g	Iron	2mg

DIRECTIONS

- 01 Preheat oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 02 In a large bowl, toss the sliced bell peppers with the olive oil. Transfer to the perimeter of a baking sheet, and add the salmon fillets to the middle.
- 03 Sprinkle the salmon with salt and pepper, then top with the pineapple slices. Place the baking sheet in the oven for 30 minutes.
- 04 After 30 minutes, plate, and enjoy!



Acai Bowl - No sugar added

1 SERVING 15 MINUTES



INGREDIENTS

1 1/3 tbsps Oats (dry)
1 1/3 tbsps Almonds (crushed)
1/2 tsp Coconut Oil
2/3 Banana
2/3 cup Frozen Berries
1/3 cup Baby Spinach
1 1/3 cup Unsweetened Almond Milk
2 tps Ground Flax Seed
2 tps Chia Seeds
2 tps Acai Powder
2/3 tsp Cinnamon
2 2/3 tbsps Strawberries (sliced)
2 2/3 tbsps Blueberries
1/3 Kiwi (sliced)
1/8 Nectarine (chopped)
1 tsp Hemp Seeds
1 serving Protein Powder (25 grams of protein)

DIRECTIONS

- 01 To make granola, toast oats and crushed almonds on the stovetop at medium-low heat for about 5 minutes. Add coconut oil. Stir to coat evenly for additional 2-3 minutes. Remove from heat and set aside.
- 02 Place banana, frozen berries, spinach, almond milk, ground flax seed, chia seeds, acai powder, protein powder and cinnamon into a blender. Blend well until smooth.
- 03 Add to bowl and top with strawberries, blueberries, kiwi, nectarine, hemp seeds and granola. Enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	502	Protein	35g
Fat	17g	Cholesterol	0mg
Carbs	59g	Sodium	64mg
Fiber	16g	Calcium	316mg
Sugar	27g	Iron	4mg



Citrus Beet Salad

1 SERVING 1 HOUR



INGREDIENTS

1 Beet (medium, cut into quarters)
2 tbsps Quinoa (uncooked, dry)
1 tsp Extra Virgin Olive Oil
1/2 Navel Orange (juiced)
1 tsp Apple Cider Vinegar
1/2 tsp Dijon Mustard
Sea Salt & Black Pepper (to taste)
1/2 cup Baby Spinach
1 tbsps Radishes (finely sliced)
1/2 Carrot (medium, peeled into ribbons)
1/4 cup Chickpeas (cooked, from the can)
2 tbsps Mint Leaves (chopped)

DIRECTIONS

- 01 Preheat the oven to 375°F (190°C). Wrap the beets in foil and bake for 35 to 45 minutes, or until tender when pierced with a fork.
- 02 Remove the beets from the oven and once they have cooled, rinse them under cold water and peel them. Once they are peeled, thinly slice them.
- 03 Cook your quinoa on the stove according to package directions, and set aside.
- 04 Make the dressing by combining the olive oil, orange juice, apple cider vinegar, dijon, salt and pepper in a jar. Mix well.
- 05 Add the baby spinach to a bowl and top with beets, quinoa, radishes, carrots, chickpeas, and mint. Drizzle dressing over top and enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	278	Protein	9g
Fat	7g	Cholesterol	0mg
Carbs	46g	Sodium	133mg
Fiber	10g	Calcium	108mg
Sugar	15g	Iron	4mg



Bourbon Chicken

1 SERVING 40 MINUTES



INGREDIENTS

1 tbsp Gluten-Free Soy Sauce (Coconut Aminos)
1 tbsp Bourbon
1 tbsp Coconut Sugar
1 1/2 tsps Rice Vinegar
1/4 tsp Ginger (fresh)
1/2 Garlic Clove
6 ozs Chicken Breast (boneless, cut into bite-size pieces)
1 tbsp Organic Chicken Broth (low-sodium)
1/4 bunch Broccoli (cut into florets)
1 stalk Scallions

NUTRITION

AMOUNT PER SERVING

Calories	421	Protein	58g
Fat	6g	Cholesterol	177mg
Carbs	21g	Sodium	941mg
Fiber	4g	Calcium	81mg
Sugar	12g	Iron	4mg

DIRECTIONS

- 01 Mix together gluten free soy sauce, 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.
- 02 Heat coconut oil in nonstick sauté pan (with lid) over medium-high heat.
- 03 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.
- 04 Add broth and broccoli florets to pan, cover and steam until tender, about 5-7 minutes. Once tender, drain excess liquid from pan.
- 05 Add cooked chicken to broccoli, heat until warmed through. Add desired amount of thickened sauce, toss to coat chicken and broccoli.
- 06 Top with sliced scallions.



FASTER Way Key Lime Pie Smoothie

1 SERVING 5 MINUTES



INGREDIENTS

1 serving Protein Powder (25 grams of protein per serving)
1 tbsp Coconut Butter
1 cup Lite Coconut Milk (light canned, 15g fat per cup)
3 tbsps Lime Juice (key lime juice, bottled)
1/2 cup Cauliflower Rice (frozen)
1 cup Ice Cubes

DIRECTIONS

01 Combine all ingredients in a high speed blender and blend until smooth. Enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	389	Protein	27g
Fat	26g	Cholesterol	0mg
Carbs	15g	Sodium	77mg
Fiber	5g	Calcium	16mg
Sugar	6g	Iron	1mg



Strawberry Protein Pancakes

1 SERVING 15 MINUTES



INGREDIENTS

1/2 serving Protein Powder (15 grams of protein)
1 tsp Ground Flax Seed
1/2 Banana (mashed with a fork)
2 tbsps Unsweetened Almond Milk
2 tbsps Oats (dry, rolled)
1 tsp Vanilla Extract
1/4 cup Strawberries
1/4 cup Egg Whites
1/4 tsp Baking Soda
3/4 tsp Coconut Oil
1 tbsp Maple Syrup

DIRECTIONS

- 01 In a mixing bowl or blender, mix the egg whites, protein powder, flax seed, banana, almond milk, cinnamon, oats, and baking soda. Let stand for 5 minutes.
- 02 Heat coconut oil in a frying pan over medium-low heat. Pour in batter and cook pancakes about 2 minutes per side, or until they're firm enough to flip.
- 03 Serve topped with fresh strawberries & maple syrup.

NUTRITION

AMOUNT PER SERVING

Calories	300	Protein	22g
Fat	6g	Cholesterol	0mg
Carbs	39g	Sodium	440mg
Fiber	4g	Calcium	99mg
Sugar	22g	Iron	1mg



Oil-Free Scrambled Egg Whites

1 SERVING 10 MINUTES



INGREDIENTS

1 cup Egg Whites

NUTRITION

AMOUNT PER SERVING

Calories	126	Protein	26g
Fat	0g	Cholesterol	0mg
Carbs	2g	Sodium	403mg
Fiber	0g	Calcium	17mg
Sugar	2g	Iron	0mg

DIRECTIONS

- 01 Add the egg whites to a cold saucepan. Place over low to low-medium heat and stir continuously with a heat-safe spatula until fluffy and cooked through, about 10 minutes.
- 02 Transfer to a plate and enjoy!



Maple Baked Beans

1 SERVING 20 MINUTES



INGREDIENTS

1 tbsp Water
1/4 Yellow Onion (small, diced)
1/2 cup White Navy Beans (cooked, rinsed)
1 1/3 tbsps Crushed Tomatoes
1 1/8 tsps Fancy Molasses
3/4 tsp Maple Syrup
3/4 tsp Dijon Mustard
3/4 tsp Lemon Juice
1/2 tsp Apple Cider Vinegar
1/8 tsp Paprika
1/8 tsp Sea Salt

DIRECTIONS

- 01 In a medium pot, add water and bring to a boil. Add in the onion and simmer for five minutes.
- 02 Stir in remaining ingredients and simmer for 15 minutes. Serve and enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	187	Protein	8g
Fat	1g	Cholesterol	0mg
Carbs	38g	Sodium	379mg
Fiber	11g	Calcium	104mg
Sugar	13g	Iron	4mg



Bacon

1 SERVING 5 MINUTES



INGREDIENTS

3 slices Organic Bacon

NUTRITION

AMOUNT PER SERVING

Calories	132	Protein	9g
Fat	11g	Cholesterol	27mg
Carbs	0g	Sodium	534mg
Fiber	0g	Calcium	3mg
Sugar	0g	Iron	0mg

DIRECTIONS

- 01 Add bacon to skillet.
- 02 Cook on medium to high heat for 2-3 minutes each side.
- 03 Follow this alternative cooking method to avoid grease splatter. Line a baking sheet with aluminum foil. Place bacon in a single layer on foil. Set oven to 400 degrees. Place baking sheet with bacon in a cold oven. As the oven comes to temperature, the bacon will gently cook. Cook 15-20 minutes or until crispy.



Chicken Kabobs

1 SERVING 30 MINUTES



INGREDIENTS

1/4 Lemon (juiced)
3/4 tsp Red Wine Vinegar
3/4 tsp Oregano (dried)
1 1/2 tsps Extra Virgin Olive Oil (divided)
4 ozs Chicken Breast (boneless, skinless, diced into cubes)
1/4 Zucchini (large)
1/4 Yellow Bell Pepper
1/4 cup Red Onion
1/2 cup Cherry Tomatoes
2 Barbecue Skewers

DIRECTIONS

- 01 Combine the lemon juice, red wine vinegar, oregano and 1/2 of the olive oil in a mixing bowl. Add in the cubed chicken breast and mix well. Place in the fridge and let marinate while you prep the vegetables.
- 02 Dice the zucchini, yellow bell pepper, and red onion into large chunks. Toss in the remaining olive oil.
- 03 Slide the marinated cubed chicken, zucchini, yellow bell pepper, red onion and cherry tomatoes onto the skewers.
- 04 Preheat the grill to medium heat.
- 05 Grill the kabobs for 8 to 10 minutes per side or until chicken is cooked through.
- 06 Remove the kabobs from the grill and enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	287	Protein	37g
Fat	11g	Cholesterol	117mg
Carbs	12g	Sodium	69mg
Fiber	3g	Calcium	48mg
Sugar	5g	Iron	2mg



Grilled Watermelon & Honeydew Salad

4 SERVINGS 15 MINUTES



INGREDIENTS

1/2 Honeydew Melon (medium, peeled, seeds removed, cut into wedges)
1/4 Seedless Watermelon (medium, cut into wedges)
1 1/2 tbsps Extra Virgin Olive Oil
1/4 tsp Sea Salt
1 1/2 tsps Balsamic Vinegar
1/3 cup Mint Leaves (torn)
1/3 cup Basil Leaves (torn)
1/3 cup Pumpkin Seeds (toasted)

DIRECTIONS

- 01 Place the honeydew and watermelon in a large baking dish or on a baking sheet. Drizzle the oil on all sides and sprinkle with salt.
- 02 Heat the grill to medium-high heat. Place the honeydew and watermelon directly on the grill and char for three minutes per side, until charred. Remove and place back on the tray or baking dish. Let cool.
- 03 Once cooled, chop the melon wedges into chunks and place in a large salad bowl. Drizzle with balsamic vinegar and top with mint, basil, and pumpkin seeds. Enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	239	Protein	6g
Fat	11g	Cholesterol	0mg
Carbs	35g	Sodium	175mg
Fiber	3g	Calcium	44mg
Sugar	28g	Iron	2mg



Amanda's Sweet Potato Egg Bake

3 SERVINGS 45 MINUTES



INGREDIENTS

3/4 cup Sweet Potato
3 Egg
4 ozs Turkey Sausage
1 slice Bacon, Cooked
1 cup Baby Spinach

NUTRITION

AMOUNT PER SERVING

Calories	176	Protein	15g
Fat	9g	Cholesterol	217mg
Carbs	8g	Sodium	362mg
Fiber	0g	Calcium	45mg
Sugar	0g	Iron	2mg

DIRECTIONS

- 01 Soften the sweet potato in the microwave. Peel and shred the sweet potato.
- 02 Cook and chop the turkey sausage.
- 03 Cook (almost all the way) and piece apart the bacon.
- 04 Whisk the egg.
- 05 Combine everything. Place in a greased pan or muffin tins and bake. *Note: This recipe can be made for 12 muffins with 3 cups of sweet potatoes, 12 eggs, 16 oz of turkey, 4 slices of bacon and 4 cups of spinach to be baked for 30 minutes at 350 degrees. Enjoy!



Hummus Dippers

1 SERVING 15 MINUTES



INGREDIENTS

1/4 Yellow Bell Pepper
1 Carrot
1 stalk Celery
1/3 cup Hummus
1/4 Red Bell Pepper

DIRECTIONS

- 01 Slice your peppers, carrot and celery into sticks.
- 02 Dip your veggie sticks into the hummus and enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	245	Protein	8g
Fat	15g	Cholesterol	0mg
Carbs	24g	Sodium	426mg
Fiber	8g	Calcium	82mg
Sugar	5g	Iron	3mg



FASTER Way Strawberry Mango Smoothie

1 SERVING 5 MINUTES



INGREDIENTS

1 serving Vanilla Protein Powder (25 grams of protein)
1 cup Unsweetened Almond Milk
1 cup Frozen Mango
1 cup Strawberries
2 tsps Maple Syrup

DIRECTIONS

01 Add all ingredients into a blender and blend until smooth.

NUTRITION

AMOUNT PER SERVING

Calories	321	Protein	28g
Fat	4g	Cholesterol	0mg
Carbs	48g	Sodium	165mg
Fiber	7g	Calcium	506mg
Sugar	38g	Iron	1mg



Chicken over Mexi Rice & Beans

1 SERVING 20 MINUTES



INGREDIENTS

5 ozs Chicken Breast
1/2 cup Black Beans
1/2 cup Brown Rice
2 tbsps Salsa
1/2 Avocado
2 tsps Avocado Oil
1 tsp Cumin
1 Sea Salt & Black Pepper

DIRECTIONS

- 01 In a grill pan over medium heat, add avocado oil and chicken breast. Season with salt and pepper. Cook for 5 minutes, then flip and cook for an additional 10 minutes, covered with a lid, until the internal temperature is 165 degrees F. Let rest for 10 minutes before slicing.
- 02 Cook rice according to package directions. Season with cumin and salt. Fluff with a fork.
- 03 In a bowl, add the brown rice and top with black beans, cooked chicken breast, salsa and avocado. Serve immediately or chill and save for leftovers. Enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	881	Protein	49g
Fat	31g	Cholesterol	103mg
Carbs	103g	Sodium	336mg
Fiber	18g	Calcium	81mg
Sugar	3g	Iron	6mg



Cookie Dough Overnight Oats

1 SERVING 3 HOURS



INGREDIENTS

3/4 cup Unsweetened Almond Milk
1/2 cup Quick Oats (dry)
1 tbsp Maple Syrup
1 tbsp Chia Seeds
1 tsp Vanilla Extract
1/2 tsp Cinnamon
1 serving Protein Powder (25 grams of protein)
1/8 tsp Nutmeg

DIRECTIONS

- 01 Combine all the ingredients into a small mixing bowl.
- 02 Cover and refrigerate for at least 3 hours or up to overnight. Stir in additional almond milk to thin if needed before serving. Enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	413	Protein	33g
Fat	9g	Cholesterol	0mg
Carbs	51g	Sodium	124mg
Fiber	9g	Calcium	440mg
Sugar	13g	Iron	3mg



BBQ Chicken with Grilled Balsamic Vegetables

1 SERVING 1 HOUR



INGREDIENTS

3/4 tsp Extra Virgin Olive Oil
2 tbsps Red Onion (chopped)
3/4 Garlic (cloves, minced)
1/2 Tomato (diced)
1/2 tsp Tabasco Sauce
1 tbsp Apple Cider Vinegar
1 tbsp Yellow Mustard
1 tbsp Fancy Molasses
1 1/2 tps Raw Honey
1/8 tsp Sea Salt
4 ozs Chicken Breast
1/4 Yellow Onion (coarsely chopped)
1/4 Zucchini (coarsely chopped)
1/2 cup Portobello Mushroom (coarsely chopped)
1/4 Yellow Bell Pepper (coarsely chopped)
3/4 tsp Balsamic Vinegar

DIRECTIONS

- 01 Heat olive oil in a saucepan over medium heat. Add red onion and saute for about 5 minutes or until soft. Add garlic and saute for another minute. Add in diced tomatoes and stir occasionally for 10 minutes. Add in tabasco, vinegar, mustard, molasses, honey and salt. Stir well. Reduce heat and let barbecue sauce simmer for 25 minutes.
- 02 Transfer to blender and blend until smooth. Let cool while you prepare the rest.
- 03 Place all diced vegetables in a bowl and toss with olive oil. Transfer to a grilling basket.
- 04 Preheat grill on medium heat. Add vegetables and chicken breast. Use a brush to coat the chicken breasts with barbecue sauce. Toss the vegetables occasionally. After 8 to 10 minutes, flip the chicken breasts and coat with barbecue sauce again. Cook for another 8 to 10 minutes or until chicken is cooked through.
- 05 Once chicken is cooked through, transfer to a plate. Transfer grilled vegetables back into bowl and toss with balsamic vinegar.
- 06 Plate chicken and grilled veggies. Serve with extra barbecue sauce if you desire. Enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	335	Protein	30g
Fat	7g	Cholesterol	82mg
Carbs	40g	Sodium	557mg
Fiber	4g	Calcium	87mg
Sugar	31g	Iron	3mg



Fruit Salad

1 SERVING 5 MINUTES



INGREDIENTS

1 cup Berries (mixed)
1/2 Banana

DIRECTIONS

- 01 Add fruits to bowl and enjoy! Feel free to squeeze lemon on top or even cinnamon!

NUTRITION

AMOUNT PER SERVING

Calories	133	Protein	2g
Fat	0g	Cholesterol	0mg
Carbs	33g	Sodium	1mg
Fiber	7g	Calcium	29mg
Sugar	22g	Iron	2mg



Fish Tacos with Pineapple Salsa

1 SERVING 30 MINUTES



INGREDIENTS

1 Brown Rice Tortilla (thawed)
1/2 Tilapia Fillet (4 oz)
1/3 tsp Extra Virgin Olive Oil
Sea Salt & Black Pepper (to taste)
1/4 Lemon (juiced)
1/4 cup Baby Spinach
2 tbsps Pineapple (diced)
2 tbsps Red Onion (finely diced)
1/4 Jalapeno Pepper (deseeded and chopped)
1/4 Garlic (clove, minced)
1/4 Red Bell Pepper (diced)
1/4 Lime (juiced)
1/2 Avocado (peeled and mashed)
1/4 Tomato (diced)

NUTRITION

AMOUNT PER SERVING

Calories	419	Protein	18g
Fat	20g	Cholesterol	29mg
Carbs	45g	Sodium	228mg
Fiber	12g	Calcium	40mg
Sugar	8g	Iron	2mg

DIRECTIONS

- 01 Preheat the oven to 500°F (260°C) and move the rack to the top setting. Cover a large baking sheet with parchment paper and lightly grease with some olive oil. Lightly rub white fish with extra virgin olive oil, a splash of lemon juice and season with sea salt and pepper. Cook in the oven on top rack for 8 minutes or until fish flakes with a fork.
- 02 Remove fish from oven and chop with a knife. Place in a bowl and toss with a bit of lemon juice.
- 03 Prepare all ingredients for the salsa and mix together in a large mixing bowl. (Pineapple, red onion, jalapeno, red bell pepper, and lime juice).
- 04 Prepare all ingredients for the guacamole and mix together in a separate mixing bowl. (Avocado, tomato, garlic and splash of lemon juice).
- 05 Warm your tortilla and place on a plate. Put your salsa, guacamole, spinach and fish out in separate bowl with a spoon/fork in each. Happy fish taco night!

