



Recipe of the Week

1. Chicken Parmesan
2. Indian Taco
3. Breakfast Burrito
4. Meatza Pizza
5. Trevor's Mash V2
6. Chicken Pot Pie
7. Protein Powder Cake
8. Grilled Chicken Hummus Wrap
9. Breakfast Sandwich
10. Gnocchi in Vodka Sauce
11. Basic Chicken
12. Blueberry Oat Muffins
13. BBQ Chicken Stuffed Potato
14. Carne Asada Taco
15. Southwest Grilled Chicken Salad
16. Classic Breakfast
17. Peanut Butter Crispies
18. Chicken Fajita Burrito Bowl
19. Stuffed Peppers
20. Berry Protein Shake
21. Cowboy Chicken Burger
22. Jambalaya
23. Low Carb Breakfast Casserole
24. White Chocolate Mocha Protein Coffee
25. Trevor's Mash
26. Creamy Chicken Pasta
27. Ground Beef Burritos
28. French Toast
29. Spicy Orange Shrimp Stir Fry
30. Overnight Oats
31. Grilled Kabobs
32. Frozen Yogurt
33. Lasagna
34. Fish Taco
35. Creamy Enchilada Skillet
36. Baked Oats
37. Lean & Mean Chili
38. Buffalo Chicken Wrap
39. BBQ Chicken Mac & Cheese
40. Hamburger Hash Brown Casserole
41. Instant Pot Mexican Chicken
42. Healthy Pudding
43. Jalapeno Chicken Burrito
44. Sweet & Spicy Strips & Chips
45. Turkey Meatballs 3 Ways
46. Veggie Loaded Buffalo Chicken
47. One Pot Turkey Chili Mac
48. Power Parfait
49. Beef Stroganoff
50. Cilantro Lime Quinoa Bowl
51. Buffalo Chicken Dip & Chips
52. Hash Brown Crust Breakfast Pizza

Nutrition Tip of the Week

1. Add Nutrients to Your Shake
2. Avoid Processed Foods
3. Cheat Meal Not Cheat Day
4. Choose Good Carbs
5. Cravings
6. Develop Habits That Last a Lifetime
7. Don't Drink Your Calories
8. Drain & Rinse Ground Beef
9. Drink More Water
10. Earn Your Carbs
11. Eat 2.5 Cups of Veggies a Day
12. Eat a Variety of Colorful Foods
13. Eat Dark Green Vegetables
14. Eat Every 3-4 Hours
15. Eat Fruits, Especially Berries
16. Eat Less Salt
17. Eat More Fish
18. Eat Whole Grains
19. Eat Your Veggies First
20. Eliminate Sugar
21. Enjoy Your Meal
22. Flavor Up with Broth
23. Focus on Fiber
24. Get Moving
25. Get Sleep
26. Grill, Bake, or Fry
27. Ground Beef + Ground Turkey
28. Have a Plan
29. Healthy Fats vs. Unhealthy Fats
30. High Volume Foods
31. Limit Alcohol Consumption
32. Limit Carbs at Night
33. Meal Prep Sunday & Thursday
34. Measure Your Food
35. Multivitamins & Fish Oil
36. Never Skip Breakfast
37. Nutrition + Workouts
38. One Ingredient Foods
39. One Protein Shake Per Day
40. Proteins, Carbs & Fats Together
41. Portion Sizes
42. Post-Workout Protein & Carbs
43. Practical Not Perfect
44. Protein at Every Meal
45. Protein Powder Options
46. Sauces on the Side
47. Shop the Outside Edges of the Grocery Store
48. Spray Butter for Flavor
49. Start with Small Changes
50. Stay Hydrated
51. Use Non-Stick Cooking Spray
52. Use Sugar Free Condiments

When a person is signed up on your CRM, this is the order they will receive the Recipe of the Week and Nutrition Tip of the week via automated emails. The Recipe of the Week will go out on Mondays and the Nutrition Tip of the Week will go out on Wednesdays. We recommend using this schedule for social media posts, as well.