

*"Developing healthy habits that last a lifetime"*

**LifeBase**  
SOLUTIONS™

# MEAL PREP AND RECIPE GUIDE



Healthy Meal Ideas and Recipes for Variety  
and Help to Stay on Track with Nutrition

*Real Food. Real People. Real Results.*



# MEAL PREP AND RECIPE GUIDE

These recipes were created to make eating healthy reasonable, and sustainable, for the average person. In a perfect world, everyone would eat whole foods, nothing processed at all, and cook every meal at home. However, we realize that is not reasonable for most people. Meal preparation is not easy. However, with some guidance, recipes, and tips, it will become just another weekly task to accomplish. We have 52 recipes to help you develop healthy habits that last a lifetime!

Eating the same thing over and over again is not fun, and not sustainable. Changing the flavor profiles, and combinations of foods, will help create a sustainable nutrition plan that you will enjoy. We suggest mastering the simple recipes first, then try the more complex recipes. Put your own spin on recipes and adjust them to fit the flavor profile you (and your family) enjoy!

We have also added a workbook component. At the beginning of each section, you will notice there is a page to complete. We encourage you to write down the time of day for each meal, as well as the macro goals. Also, write down challenges you may have, as well as strategies that work best for you. Each recipe has a notes section so you can remember things about that recipe for next time!

Don't forget to check out the few last pages as we have details on Meal Prep, Conversions, and General Nutrition Tips!

Enjoy the LifeBase Solutions Meal Prep Guide & Workbook!



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# BREAKFAST

Time of Breakfast: \_\_\_\_\_

Macro Goals: Protein \_\_\_\_\_ Carbs \_\_\_\_\_ Fats \_\_\_\_\_

## Challenges

What keeps you from reaching your nutritional goals at breakfast?

## Favorite Breakfast

What breakfast foods/strategies work best for you?

# BAKED OATS

(single serving)



**NUTRITION INFO:** Protein 28g | Carbs 44g | Fat 7g | Fiber 9g | Calories 351

## INGREDIENTS

- 1/3 cup whole grain oat flour
- 1 teaspoon baking powder
- 1/2 teaspoon vanilla extract
- 1/2 scoop 'Max Muscle Maxpro Elite', peanut butter chocolate
- 1/2 cup 'Fairlife' fat-free milk
- 1/8 cup sugar-free maple syrup
- 1 tablespoon 'Bake Believe' baking chips, dark chocolate

## DIRECTIONS

1. Preheat the oven to 400 degrees.
2. Mix protein, oat flour, baking powder, and vanilla together in a bowl.
3. Add milk until desired cake batter consistency is reached.
4. Bake for 15-20 minutes.
5. Add chocolate chips on top to melt. Then add sugar-free syrup.

## Options & Tips

- Use different flavors of protein and toppings!
- If you do not have oat flour, you can put oats in the blender to make it.

## Notes:



# BREAKFAST BURRITOS

(multiple servings)



**NUTRITION INFO: Protein 29g | Carbs 48g | Fat 11g | Fiber 2g | Calories 401**

## INGREDIENTS

- 2 cups liquid egg whites
- 1 large egg
- 1 cup plain Greek yogurt
- 16 ounces 93% lean ground turkey, raw
- 3/4 tablespoon olive oil
- 6 cups shredded hash browns
- 8 flour tortillas, burrito size
- 1 cup salsa

## DIRECTIONS

1. In a skillet, brown turkey. Then drain, rinse, and set aside.
2. In a skillet or air fryer, cook hash browns, then set aside.
3. Add olive oil to the skillet; cook egg and egg whites. Remove from heat and let cool slightly. Combine with Greek yogurt, salsa, and cooked turkey.
4. Divide hash browns evenly among eight tortillas. Then add egg mixture evenly on top of hash browns and roll into burritos.

## Options & Tips

- Brown sides and both ends of burritos on a hot skillet to crisp them and hold together for reheating.

## Notes:

# BREAKFAST SANDWICH

(single serving)



**NUTRITION INFO:** Protein 27g | Carbs 27g | Fat 7g | Fiber 3g | Calories 277

## INGREDIENTS

- 1 whole wheat English muffin
- 6 tablespoons liquid egg whites
- 1 slice classic cut bacon
- 1 slice fat-free cheese
- 1 slice deli ham

## DIRECTIONS

1. Toast English muffin and spray with butter.
2. Cook bacon in a skillet or air fryer and remove grease with a paper towel.
3. Cook egg whites in a skillet. Add cheese when almost done to melt.
4. Assemble sandwich.

## Options & Tips

- Serve with hash browns or fruit to reach carb goals.

## Notes:

# CLASSIC BREAKFAST

(single serving)



**NUTRITION INFO\***: Protein 29g | Carbs 2g | Fat 11g | Fiber 0g | Calories 219

\*No veggies were counted in the above nutrition info.

## INGREDIENTS

1 large egg

1/2 cup liquid egg whites

2 'Jimmy Dean' turkey sausage links

Peppers, mushrooms, onions, tomatoes, etc. (optional)

## DIRECTIONS

1. Cut veggies and turkey sausage into small pieces then brown in a skillet. Set aside.
2. Scramble egg and egg whites, then add the veggies and sausage.

## Options & Tips

- Add a tortilla (or two) and make breakfast burritos with eggs, turkey sausage and veggies. Add shredded hash browns for additional carbs.
- Add protein pancakes to go with your eggs, turkey sausage and veggies ('Kodiak Cakes' is our go-to!). Use a sugar-free syrup, or Greek yogurt, on your pancakes. Even make the pancake mix with eggs and milk.

## Notes:

# FRENCH TOAST

(single serving)



**NUTRITION INFO:** Protein 25g | Carbs 42g | Fat 14g | Fiber 6g | Calories 396

## INGREDIENTS

- 2 whole eggs
- 1/4 cup 'Fairlife' fat-free milk
- 2 slices whole grain bread
- 1 teaspoon cinnamon
- 1/4 cup sugar-free pancake syrup

## DIRECTIONS

1. Scramble eggs, milk, and cinnamon in a bowl.
2. Coat bread with mixture.
3. Place in a skillet over medium-high heat until lightly browned on both sides.
4. Serve with syrup.

## Options & Tips

- Eat with a glass of 'Fairlife' fat-free milk for extra protein.

## Notes:

# HASH BROWN CRUST BREAKFAST PIZZA

(multiple servings)



**NUTRITION INFO\***: Protein 28g | Carbs 23g | Fat 15g | Fiber 3g | Calories 333

## INGREDIENTS

- 3 whole eggs
- 1/2 cup liquid egg whites
- 3 cups hash brown O'Brien with onions & peppers
- 1 cup sharp cheddar cheese
- 1/4 cup chopped red bell pepper
- 1/4 cup chopped green bell pepper
- 28 slices pizza style Canadian bacon

## DIRECTIONS

1. Preheat oven to 425 degrees. Lightly spray an 8x8 pan with non-stick olive oil spray.
2. Combine the hash browns, egg whites, and 1/3 cup cheese and mix well. Pour into the pan. Bake for 15-20 minutes or until golden.
3. While the crust is baking, chop peppers, and Canadian bacon slices.
4. Once the crust is done, top with 2/3 cup cheese, eggs, veggies, and Canadian bacon. Return to bake for 12-15 minutes or until eggs are done to desired consistency.
5. Cut into six slices; one serving is two slices.

## Options & Tips

- To achieve your carb goal, add your favorite fruit to your meal! We suggest blackberries, blueberries, or raspberries.

## Notes:

# LOW CARB BREAKFAST CASSEROLE

(multiple servings)



**NUTRITION INFO:** Protein 27g | Carbs 2g | Fat 11g | Fiber 1g | Calories 218

## INGREDIENTS

18 large eggs

4 cups liquid egg whites

12 'Jimmy Dean' turkey sausage links (precooked)

6 ounces lean pre-cooked ham

2 cups spinach

1 tablespoon green peppers

Additional peppers, mushrooms, onions, tomatoes, etc. (optional)

## DIRECTIONS

1. Preheat oven to 350 degrees.
2. Chop all the veggies and meat and brown in a skillet.
3. Scramble the eggs and egg whites in a large bowl.
4. Add the browned veggies and meat to the large bowl.
5. Spray two 9x13 pans with non-stick spray and then pour mixture into pans. Bake until cooked thoroughly, approximately 30 minutes.
6. Cut into twelve equal pieces.

## Options & Tips

- Sub in more egg whites in place of the whole eggs to decrease the amount of fat and increase protein.
- Add toast, bagel or fruit to meet carb goals.

## Notes:

# OVERNIGHT OATS

(single serving)



**NUTRITION INFO: Protein 31g | Carbs 48g | Fat 7g | Fiber 9g | Calories 381**

## INGREDIENTS

- 1 scoop Titan Stage 7 protein powder
- 2/3 cup oats, dry
- 1/2 cup 'Fairlife' fat-free milk
- 1/3 cup Greek yogurt
- 10 blueberries or 4 blackberries
- 2 tablespoons sugar-free syrup
- 1 teaspoon cinnamon

## DIRECTIONS

1. Combine protein, oats, milk and syrup. Mix well.
2. Top with Greek yogurt and fruit.
3. Put in the fridge overnight.
4. Serve cold.

## Options & Tips

- Use more or less milk to reach desired consistency.
- Use any flavor of sugar-free syrup, protein powder, and Greek yogurt. Here are a few of our favorites: chocolate protein, chocolate syrup, & vanilla yogurt, or vanilla protein, blueberry syrup, & strawberry yogurt.
- Eliminate protein powder if you are eating a whole food protein source.

## Notes:

# POWER PARFAIT

(single serving)



**NUTRITION INFO:** Protein 30g | Carbs 44g | Fat 13g | Fiber 9g | Calories 413

## INGREDIENTS

- 1 tablespoon 'Fairlife' fat-free milk
- 1 cup Greek yogurt
- 1/3 cup oats, dry
- 1 teaspoon chia seeds
- 4 small strawberries
- 5 blackberries
- 1/4 cup 'Bear Naked' vanilla almond granola

## DIRECTIONS

1. Mix yogurt, oats, milk, and chia seeds together.
2. Top with granola and fruit.

## Options & Tips

- Use any flavor of Greek yogurt.
- Switch up the fruit.
- Add sugar free syrup for extra flavor!
- Make sure to use low sugar granola.

## Notes:





# LUNCH & DINNER

Time of Lunch: \_\_\_\_\_

Lunch Macro Goals: Protein \_\_\_\_\_ Carbs \_\_\_\_\_ Fats \_\_\_\_\_

Time of Dinner: \_\_\_\_\_

Dinner Macro Goals: Protein \_\_\_\_\_ Carbs \_\_\_\_\_ Fats \_\_\_\_\_

## Challenges

What keeps you from reaching your nutritional goals at lunch/dinner?

## Favorite Lunch/Dinner

What lunch/dinner foods/strategies work best for you?

# BASIC CHICKEN

(single serving)



**NUTRITION INFO:** Protein 35g | Carbs 46g | Fat 16g | Fiber 8g | Calories 467

## INGREDIENTS

- 4 ounces boneless skinless chicken breast filets, cooked
- 3/4 cup brown rice, cooked
- 1 cup broccoli
- 3/4 tablespoon olive oil
- 'I Can't Believe It's Not Butter!' spray

## DIRECTIONS

1. Coat chicken in olive oil and cook as desired.
2. Cook broccoli and spray with butter.
3. Cook rice as described on the package.
4. Combine ingredients and add any sauce you'd like.

## Options & Tips

- We suggest using steam-in-bag vegetables to make it easiest.
- We recommend 'G Hughes' sauces.

## Notes:

# BBQ CHICKEN MAC & CHEESE

(multiple servings)



**NUTRITION INFO:** Protein 28g | Carbs 47g | Fat 4g | Fiber 2g | Calories 337

## INGREDIENTS

- 16 ounces boneless skinless chicken breast filets, raw
- 4 cups elbow macaroni, dry
- 6 ounces reduced fat cheese block
- 1 1/2 cups 'Fairlife' fat-free milk
- 1 tablespoon onion powder
- 1 tablespoon garlic powder
- 1 teaspoon salt
- dash of ground black pepper
- 1/2 teaspoon smoked paprika
- 1/4 teaspoon cayenne
- 1 cup 'G Hughes' BBQ sauce

## DIRECTIONS

1. Place chicken and BBQ sauce in a crockpot on low for four hours (or use instant pot).
2. Cook macaroni and set aside.
3. Mix dry ingredients.
4. Place milk and butter in a pot over medium heat. Let butter melt, then mix, and add dry ingredients.
5. Add cheese to pot, stirring occasionally. Remove from heat when all cheese is melted.
6. Add macaroni to pot and stir together. Then add chicken and stir.
7. Divide into eight equal servings.

## Notes:

# BBQ CHICKEN SWEET POTATO

(single serving)



**NUTRITION INFO:** Protein 31g | Carbs 42g | Fat 10g | Fiber 6g | Calories 384

## INGREDIENTS

- 4 ounces boneless skinless chicken breast filets, cooked
- 1 1/2 medium-sized sweet potatoes
- 2 tablespoons 'G Hughes' sweet and spicy BBQ sauce
- 1/2 tablespoon butter

## DIRECTIONS

1. Preheat oven to 425 degrees.
2. Cook chicken, as desired, and shred; we recommend using an Instant Pot.
3. With a fork, poke holes in the sweet potatoes and then cook for about 45 minutes or until done.
4. Split the potatoes open and top with butter and chicken.

## Options & Tips

- Substitute pork for chicken.
- Use white potatoes instead of sweet.
- Substitute butter with low-fat sour cream or plain Greek yogurt.

## Notes:

# BEEF STROGANOFF

(multiple servings)



**NUTRITION INFO:** Protein 26g | Carbs 46g | Fat 10g | Fiber 2.5g | Calories 362

## INGREDIENTS

- 16 ounces 93% lean ground beef, raw
- 8 cups egg noodles, dry
- 1 can cream of mushroom soup
- 8 teaspoons dry brown gravy mix
- 1/2 cup nonfat plain Greek yogurt
- 1 medium onion
- 1 teaspoon garlic powder
- 1/2 teaspoon salt
- 1/2 teaspoon ground black pepper
- 1/2 tablespoon parsley

## DIRECTIONS

1. Chop onion into small pieces.
2. Boil water and cook noodles.
3. Brown ground beef then drain and rinse.
4. Simmer ground beef with onion and spices for approximately 5 minutes.
5. Combine brown gravy mix with 1 cup of cold water.
6. Add Greek yogurt, cream of mushroom soup, and brown gravy to ground beef.
7. Drain noodles and add to beef mixture. Top with dried parsley.
8. Divide into eight equal servings.

## Notes:

# BUFFALO CHICKEN DIP & CHIPS

(multiple servings)



**NUTRITION INFO:** Protein 19g | Carbs 14g | Fat 5g | Fiber 2g | Calories 175

## INGREDIENTS

- 6 ounces boneless skinless chicken breast filets, raw
- 1 cup plain Greek nonfat yogurt
- 1 cup fat-free cottage cheese
- 8 tablespoons buffalo sauce (low calorie or calorie free)
- 5 yellow corn tortillas
- 1 tablespoon extra light olive oil

## DIRECTIONS

1. Cut tortillas into eighths, spray or toss in olive oil, and air fry 5-10 minutes at 400 degrees.
2. Blend cottage cheese until smooth.
3. Add Greek yogurt, chicken, and buffalo sauce to reach the desired taste.
4. Split dip into five equal portions and eat 1 full tortilla for one serving.

## Options & Tips

- Replace tortilla chips with carrots or celery.

## Notes:

# BUFFALO CHICKEN WRAP

(single serving)



**NUTRITION INFO:** Protein 21g | Carbs 20g | Fat 5g | Fiber .5g | Calories 205

## INGREDIENTS

- 2 1/2 ounces boneless skinless chicken breast filets, cooked
- 1 tablespoon fat free ranch seasoning
- 1 tablespoon buffalo sauce (low calorie or calorie free)
- 1 small flour tortilla
- 1/4 cup shredded lettuce

## DIRECTIONS

1. Cook chicken as desired, then dice or shred.
2. Place chicken in a large 'Ziploc' bag with buffalo sauce and ranch seasoning.
3. Shake the chicken in the bag until evenly coated with sauce.
4. Place chicken into tortilla and add lettuce.

## Options & Tips

- Add blue cheese crumbles or shredded parmesan cheese.

## Notes:

# CARNE ASADA TACO

(single serving)



**NUTRITION INFO:** Protein 18g | Carbs 15g | Fat 5g | Fiber 2g | Calories 179

## INGREDIENTS

- 2 ounces flank steak, cooked
- 1 corn tortilla
- 2 tablespoons chopped onion
- 1/8 teaspoon salt
- 1/8 teaspoon ground pepper
- 1/8 teaspoon garlic
- 1 tablespoon cilantro
- 1 tablespoon lime juice
- 1 tablespoon Pico de Gallo

## DIRECTIONS

1. Chop steak into bite-sized-pieces. Then begin to brown in a pan coated with nonstick olive oil spray.
2. Add half of the onion and cook until it starts to brown.
3. Season mixture with salt, pepper, garlic, and lime juice.
4. Continue cooking until meat is cooked through.
5. Fill corn tortilla with mixture, top with Pico de Gallo and cilantro.

## Options & Tips

- Customize by adding onions, cheese, guacamole or your favorite taco toppers!

## Notes:



# CHICKEN FAJITA BURRITO BOWL

(single serving)



**NUTRITION INFO:** Protein 29g | Carbs 52g | Fat 11g | Fiber 8g | Calories 480

## INGREDIENTS

- 3 ounces boneless skinless chicken breast filets, cooked
- 3/4 cup brown rice, cooked
- 1/4 cup black beans
- 1/8 cup red bell pepper
- 1/8 cup green bell pepper
- 1 1/2 teaspoons olive oil
- 1 tablespoon onion
- 2 teaspoons taco seasoning
- 1/8 cup chopped cilantro
- 2 tablespoon lime juice

## DIRECTIONS

1. Cook rice and let cool.
2. Heat olive oil in a large nonstick skillet.
3. Add chicken and cook thoroughly. Season with taco seasoning. Set aside when cooked.
4. Chop peppers and onions, and cook in skillet.
5. Cut cilantro, then mix with rice and lime juice in a bowl.
6. Place the rice down first. Top with chicken, peppers, and black beans.

## Options & Tips

- Use lean steak or 93% lean ground beef in place of chicken. Just be sure not to overdo it on fat, eliminate the olive oil if needed.

## Notes:

# CHICKEN PARMESAN

(single serving)



**NUTRITION INFO:** Protein 34g | Carbs 48g | Fat 7g | Fiber 9g | Calories 371

## INGREDIENTS

- 2 ounces boneless skinless chicken breast filets, cooked
- 1 1/2 ounces whole grain spaghetti, cooked
- 1 1/2 tablespoons 'Fairlife' fat-free milk
- 1/8 cup liquid egg whites
- 1/8 cup marinara sauce
- 1/8 cup Italian-style bread crumbs
- 1/8 cup finely shredded parmesan cheese
- 1 cup broccoli florets

## DIRECTIONS

1. Preheat oven to 450 degrees.
2. Mix egg whites and milk in a bowl.
3. Place bread crumbs in a separate bowl.
4. Dip chicken breast in egg mixture, then in bread crumbs.
5. Top with marinara.
6. Bake for approximately 20 minutes or until chicken is cooked. With about 8 minutes remaining, top with cheese.
7. While the chicken is baking, cook spaghetti and broccoli.
8. Layer chicken on top of spaghetti and serve with broccoli.

## Options & Tips

- 'Classico' Red Pepper spaghetti sauce is great with this recipe. Use whichever marinara sauce you prefer, just be mindful of the sugar content!

## Notes:

# CHICKEN POT PIE

(multiple servings)



**NUTRITION INFO:** Protein 29g | Carbs 41g | Fat 10g | Fiber 4g | Calories 369

## INGREDIENTS

- 24 ounces boneless skinless chicken breast filets, raw
- 8 'Pillsbury' Grand, buttermilk biscuits
- 1 cup chopped onion
- 1 cup corn
- 1 cup chopped carrots
- 1 cup peas
- 2 cups broccoli
- 2 cups reduced sodium chicken broth
- 1 1/2 cups 'Fairlife' fat-free milk
- 1/2 tablespoon dried thyme
- 1/2 teaspoon garlic powder
- 1 teaspoon ground black pepper
- 1/2 cup oat flour

## DIRECTIONS

1. Preheat oven to 350 degrees.
2. Cook chicken as desired. We recommend using the Instant Pot then shredding.
3. Dice and sauté onion, then add chicken broth, carrots, corn, peas, thyme, garlic powder, and pepper to skillet and bring to a boil. Reduce heat and simmer until vegetables are tender (approx. 5 minutes).
4. Slowly sprinkle flour into the mixture, constantly stirring. Mixture will begin to thicken. After flour, do the same thing with milk.
5. Add chicken and continue to simmer until the sauce thickens (approx. 3 minutes).
6. Coat a 9x13 pan with non-stick spray and pour mixture into the pan. Place biscuits on top.
7. Bake for 20 minutes, or until biscuits are golden brown.
8. Divide into eight equal servings.

# CILANTRO LIME QUINOA BOWL

(multiple servings)



**NUTRITION INFO:** Protein 28g | Carbs 44g | Fat 9g | Fiber 7g | Calories 364

## INGREDIENTS

- 16 ounces boneless skinless chicken breast filets, raw
- 5 cups sweet potato, cubed
- Juice of 1 lime
- 3/4 cup cilantro
- 3/4 cup tri-color quinoa, dry
- 1 cup black beans
- 1/3 cup nonfat plain Greek yogurt
- 2 tablespoons olive oil
- 1 teaspoon chili powder
- 3/4 teaspoon cumin
- 3/4 teaspoon kosher salt
- 1/4 teaspoon garlic powder

## DIRECTIONS

1. Sweet potatoes: Dice sweet potatoes into cubes, toss in olive oil, season with 1/2 teaspoon chili powder, 1/4 teaspoon cumin, and 1/4 teaspoon kosher salt. Roast in an air fryer at 350 degrees for 10-15 minutes.
2. Quinoa: Rinse and drain quinoa, then put it in a medium sized saucepan with 1 3/4 cups water and 1/4 teaspoon kosher salt. Bring to a boil, then cover and lower the heat to medium-low. Cook until all liquid is absorbed, about 15 minutes. Remove from heat and season with 1/4 teaspoon kosher salt, 1/2 teaspoon chili powder, 1/2 teaspoon cumin, 1/4 teaspoon garlic powder, juice of half a lime, and 2 tablespoons cilantro.
3. Cilantro Cream Drizzle: In a blender place 1/3 cup plain Greek yogurt, 1/4 cup cilantro, juice of half a lime, and a pinch of each salt, garlic powder, and chili powder.
4. Black beans: Rinse and drain.
5. Chicken: Cook as desired and shred.
6. Lay out eight containers. In each container, layer quinoa, black beans, sweet potato, and chicken. Then, drizzle with cilantro cream. Garnish with chopped cilantro if desired.

# COWBOY CHICKEN BURGER

(single serving)



**NUTRITION INFO:** Protein 28g | Carbs 1g | Fat 13g | Fiber 0g | Calories 235

## INGREDIENTS

- 4 ounces 93% lean ground chicken, cooked
- 1/2 jalapeno
- 1 strip turkey bacon
- 1/4 egg
- 1/8 cup shredded cheese

## DIRECTIONS

1. Remove seeds and chop jalapeno into small pieces.
2. Cook turkey bacon and crumble.
3. Combine all ingredients in a large bowl and mix together.
4. Form into patty and cook.

## Options & Tips

- We recommend Colby Jack cheese.
- Eliminate cheese for a lower fat option.

## Notes:

# CREAMY CHICKEN PASTA

(multiple servings)



**NUTRITION INFO:** Protein 26g | Carbs 47g | Fat 5g | Fiber 6g | Calories 335

## INGREDIENTS

- 16 ounces boneless skinless chicken breast filets, raw
- 1 cup 'Fairlife' fat-free milk
- 1/3 cup shredded parmesan cheese
- 1/2 cup shredded mozzarella cheese
- 6 cups whole wheat penne, dry
- 1 red bell pepper
- 1 green bell pepper
- 1 can 'Campbell's' 98% fat-free cream of chicken condensed soup

## DIRECTIONS

1. Cook chicken breast, then cut into small pieces.
2. Dice peppers and sauté.
3. Add soup, milk, cheese, pasta, and chicken to skillet with peppers and cook over medium heat until mixture is hot. Stir occasionally.
4. Top with cheese.
5. Divide into eight equal servings.

## Notes:

# CREAMY ENCHILADA SKILLET

(multiple servings)



**NUTRITION INFO:** Protein 28g | Carbs 41g | Fat 9g | Fiber 4g | Calories 355

## INGREDIENTS

- 16 ounces boneless skinless chicken breast filets, raw
- 1/4 tablespoon minced onion
- 1 1/2 teaspoons chili powder
- 1/2 cup light sour cream
- 1 jalapeno
- 1 teaspoon garlic salt
- 1 cup shredded Mexican-style reduced fat cheese
- 1 tablespoon chopped green pepper
- 1 cup reduced sodium black beans
- 3 cups red enchilada sauce
- 1 tablespoon olive oil
- 1 1/2 teaspoons ground cumin
- 13 white corn tortillas

## DIRECTIONS

1. Cook chicken, as desired, and shred; we recommend using an Instant Pot.
2. Drain and rinse black beans and cut tortillas into small pieces.
3. Chop pepper and jalapeno.
4. Sauté pepper and jalapeno in a skillet with olive oil.
5. Combine shredded chicken and enchilada sauce, then add to the skillet.
6. Stir in black beans, then add sour cream and tortilla pieces.
7. Bring all ingredients to medium-high heat. Add cheese on top.
8. Divide into six equal servings.

## Options & Tips

- Substitute plain Greek yogurt for sour cream.

# FISH TACO

(single serving)



**NUTRITION INFO:** Protein 34g | Carbs 44g | Fat 10g | Fiber 3g | Calories 406

## INGREDIENTS

- 4 ounces white fish (mahi-mahi, halibut, cod or tilapia), cooked
- 2 tablespoons lime juice
- 1 small flour tortilla
- 1/4 cup Pico de Gallo
- 2 teaspoons taco seasoning
- 1 teaspoon olive oil
- 1/4 cup shredded lettuce

## DIRECTIONS

1. Coat fish with taco seasoning and lime.
2. Cook fish in a skillet with olive oil.
3. Heat tortilla in the microwave for 15 seconds to soften.
4. Place fish in tortilla.
5. Top with Pico de Gallo and lettuce. Squeeze fresh lime juice on top.

## Options & Tips

- Cook with shredded pork or chicken instead of fish. Be careful of fat macros if you use por.

## Notes:



# GNOCCHI IN VODKA SAUCE

(single serving)



**NUTRITION INFO:** Protein 30g | Carbs 42g | Fat 16g | Fiber 3g | Calories 434

## INGREDIENTS

- 2 1/2 ounces sirloin steak, cooked
- 1/2 cup potato gnocchi, dry
- 1/4 cup vodka sauce
- 1/8 cup fat-free cottage cheese
- 1 tablespoon chopped yellow onion
- 1 cup broccoli
- 1 tablespoon shredded part skim mozzarella cheese

## DIRECTIONS

1. Cook steak as desired and cut into cubes.
2. Cook gnocchi according to the package.
3. In a blender, combine cottage cheese and sauce. Blend until smooth.
4. Chop onion and sauté.
5. In a large bowl, combine cooked gnocchi, sauce, and onion.
6. Cook broccoli.
7. Put the gnocchi mixture onto a plate, top with broccoli, chicken, and mozzarella.

## Options & Tips

- Use your favorite protein. We recommend steak, shrimp, or chicken.
- We suggest using steam-in-bag vegetables to make it easiest.

## Notes:

# GRILLED KABOBS

(single serving)



**NUTRITION INFO:** Protein 30g | Carbs 7g | Fat 15g | Fiber 1g | Calories 282

## INGREDIENTS

- 2 ounces sirloin steak, cooked
- 2 ounces boneless skinless chicken breast filets, cooked
- 1/4 green bell pepper
- 1/4 red bell pepper
- 1/8 onion
- 2 tablespoons low-calorie teriyaki sauce
- 1 teaspoon olive oil

## DIRECTIONS

1. Cut steak and chicken into 1-inch cubes.
2. Marinate steak and chicken in your favorite teriyaki sauce 1-2 hours.
3. Cut veggies into 1-inch squares.
4. Thread meat and veggies on skewers, leaving a small space between each piece.
5. Oil the grill grates and cook skewers over medium-high heat until meat is cooked thoroughly.

## Options & Tips

- We suggest 'G Hughes' teriyaki sauce.
- Add or substitute shrimp. However, make sure to cook shrimp separately as they will not take as long to cook as chicken or steak.
- Use zucchini, mushrooms, tomatoes, or any other veggies you like.
- Serve over a bed of rice for additional carbs.

## Notes:

# GROUND BEEF BURRITOS

(single serving)



**NUTRITION INFO:** Protein 27g | Carbs 33g | Fat 9g | Fiber 3g | Calories 320

## INGREDIENTS

- 2 1/2 ounces 93% lean ground beef, cooked
- 1/8 cup black beans
- 1 tablespoon green chiles, canned
- 2 tablespoons 'Old El Paso' enchilada sauce, mild
- 1/2 cup shredded lettuce
- 2 tablespoons canned corn
- 2 tablespoons diced tomatoes
- 1 teaspoon low sodium taco seasoning
- 1 flour fajita tortilla

## DIRECTIONS

1. Brown ground beef until cooked thoroughly.
2. Drain and rinse black beans.
3. Drain excess liquid from canned corn and tomatoes.
4. Combine all ingredients together with 1 cup water and cook on low for 15-20 minutes.
5. Fill each tortilla with beef mixture.
6. Place rolled up tortillas in skillet and cook on both sides until golden brown and crispy.
7. Top with enchilada sauce and microwave for 30 seconds.
8. Top with lettuce.

## Notes:

# HAMBURGER HASH BROWN CASSEROLE

(multiple servings)



**NUTRITION INFO:** Protein 28g | Carbs 33g | Fat 10g | Fiber 3g | Calories 322

## INGREDIENTS

- 16 ounces 93% lean ground beef, raw
- 9 cups shredded hash browns
- 1 can 'Campbell's' condensed cream of mushroom soup
- 1 1/2 cup Mexican-style reduced fat shredded cheese
- 1/2 teaspoon salt
- Dash ground black pepper
- 1 1/2 cups plain bread crumbs
- 2 1/2 cups green beans, reduced sodium, drained
- 1 1/4 cups nonfat plain Greek yogurt

## DIRECTIONS

1. Preheat oven to 350 degrees.
2. Let frozen hash browns thaw before cooking.
3. Brown ground beef.
4. Combine hash browns, cheese, yogurt, salt, and pepper in a bowl.
5. Combine ground beef, soup, and green beans.
6. Put beef mixture into a 9x13 pan, top with hash brown mixture, add bread crumbs on top.
7. Bake for 50-60 minutes.
8. Divide into eight equal servings.

## Notes:

# INDIAN TACO

(single serving)



**NUTRITION INFO:** Protein 30g | Carbs 53g | Fat 10g | Fiber 7g | Calories 419

## INGREDIENTS

- 2 1/4 ounces 93% lean ground beef, cooked
- 1/8 cup chunky medium salsa
- 1/2 cup whole wheat flour
- 1 teaspoon baking powder
- 1/8 teaspoon salt
- 1/2 cup 'Fairlife' fat-free milk
- 1/4 cup shredded lettuce
- 1/2 tablespoon taco seasoning mix, reduced sodium
- 1 tablespoon guacamole
- I Can't Believe It's Not Butter' spray

## DIRECTIONS

1. Preheat air fryer to 365 degrees.
2. Combine flour, baking powder, and salt. Then mix in milk.
3. Form a ball and let sit for 5 minutes.
4. Work into a 1/4-inch-thick disc.
5. Coat both sides with spray butter and air fry for 8-10 minutes.
6. Cook the ground beef, then drain and rinse.
7. Return to the skillet and add 1 tablespoon of water and taco seasoning.
8. Serve with fry bread on bottom layered with beef, lettuce, salsa, guacamole, and cheese.

## Notes:

# INSTANT POT MEXICAN CHICKEN

(multiple servings)



**NUTRITION INFO:** Protein 25g | Carbs 49g | Fat 2g | Fiber 7g | Calories 309

## INGREDIENTS

- 16 ounces boneless skinless chicken breast filets, raw
- 1 1/2 cups brown rice, dry
- 1 packet reduced sodium taco seasoning mix
- 1 1/2 cups low sodium black beans
- 1 cup mild enchilada sauce
- 1 can low sodium diced tomatoes
- 1/4 cup green chilies
- 1 cup frozen corn

## DIRECTIONS

1. Pour 1/2 cup water and enchilada sauce into Instant Pot.
2. Add chicken and top with taco seasoning.
3. Rinse black beans.
4. Add all remaining ingredients except brown rice.
5. Add 1 1/2 cups of brown rice, pushing it down into the mixture to make sure it is covered; not just dry on top of ingredients.
6. Pressure cook on high for 20 minutes.
7. Divide into six equal servings.

## Options & Tips

- Add reduced sodium chicken broth to make this into a soup.
- Add avocado and shredded cheese on top for extra fat!
- Eat in a tortilla for increased carbs.
- Make quesadillas! Two small corn tortillas with mixture plus 1/8 cup shredded Mexican cheese. Grill on stove top in a pan until both sides are brown.

# JALAPENO CHICKEN BURRITO

(single serving)



**NUTRITION INFO:** Protein 30g | Carbs 50g | Fat 9g | Fiber 3g | Calories 396

## INGREDIENTS

- 1 3/4 ounces boneless skinless chicken breast filets, cooked
- 1 flour tortilla, burrito size
- 1/4 cup plain Greek yogurt
- 1 wedge 'The Laughing Cow' spreadable cheese
- 1/8 cup corn
- 1/8 cup low sodium black beans
- 3/4 jalapeno
- 1 tablespoon shredded Colby Jack and Monterey Jack cheese
- 1/2 teaspoon ranch seasoning
- 1/4 cup shredded lettuce
- 2 tablespoons Pico de Gallo

## DIRECTIONS

1. Tenderize the chicken breast then sprinkle each side with ranch seasoning. Air fry at 400 degrees for 10 minutes.
2. After the chicken is done, add jalapeno to the air fryer. Air fry at 400 degrees for 5 minutes.
3. While jalapeno is air frying, dice chicken. When jalapeno is done, remove seeds and dice.
4. Jalapeno Dip: Add Greek yogurt, 'Laughing Cow Cheese' wedge, and jalapeno to a bowl and mix. Add chicken and mix to combine.
5. Place jalapeno dip, shredded cheese, corn, black beans, and lettuce into tortilla. Wrap burrito tight and place in a skillet on medium heat to brown the sides.

## Notes:

# JAMBALAYA

(multiple servings)



**NUTRITION INFO:** Protein 33g | Carbs 48g | Fat 9g | Fiber 7g | Calories 402

## INGREDIENTS

- 24 ounces boneless skinless chicken breast filets, raw
- 4 links pre-cooked chicken sausage
- 16 ounces whole grain spaghetti, dry
- 4 bell peppers
- 1 onion
- 2 1/2 cups lower sodium spaghetti sauce

## DIRECTIONS

1. Cook pasta and set aside.
2. Dice sausages into small pieces and slice peppers and onion into 1-inch strips.
3. Cook chicken on grill while frying the veggies and sausages in a large nonstick skillet.
4. Combine all ingredients in the skillet with spaghetti sauce and stir.
5. Divide into nine equal servings.

## Options & Tips

- Add shrimp for extra protein.
- Add extra spice with jalapenos or cayenne pepper.

## Notes:



# LASAGNA

(multiple servings)



**NUTRITION INFO:** Protein 31g | Carbs 29g | Fat 11g | Fiber 4g | Calories 341

## INGREDIENTS

- 9 pieces whole grain lasagna noodles
- 16 ounces 93% lean ground beef, raw
- 16 ounces 1% low-fat cottage cheese
- 1 3/4 cup spaghetti sauce
- 1 1/2 cups shredded mozzarella cheese

## DIRECTIONS

1. Preheat oven to 350 degrees.
2. Cook pasta and set aside.
3. Brown ground beef and drain.
4. Layer pan in this order:
  - a. 3 pieces of pasta
  - b. 1/2 of the cottage cheese
  - c. 1/2 of the ground beef
  - d. 1/3 of the sauce
  - e. 1/3 of the mozzarella cheese
  - f. 3 sheets of pasta
  - g. 1/2 of the cottage cheese
  - h. 1/2 of the ground beef
  - i. 1/3 of the sauce
  - j. 1/3 of the mozzarella cheese
  - k. 3 sheets of pasta
  - l. remaining 1/3 of sauce
  - m. remaining 1/3 of the mozzarella cheese
5. Bake for 20-30 minutes or until the cheese is golden brown.
6. Cut into eight equal pieces

## Options & Tips

- Add peppers for additional veggies.

# LEAN AND MEAN CHILI

(multiple servings)



**NUTRITION INFO:** Protein 30g | Carbs 25g | Fat 8g | Fiber 8g | Calories 290

## INGREDIENTS

- 16 ounces 93% lean ground beef, raw
- 16 ounces 99% lean ground turkey, raw
- 3 cups tomato sauce
- 1 cup diced tomatoes
- 1 cup kidney beans, rinsed and drained
- 2 1/2 cups chili beans, no salt added
- 2 cups chopped green bell pepper
- 2 cups chopped red bell pepper
- 1 medium onion
- 2 cloves garlic
- 1/2 cup chili powder
- 1 cup water
- 1 tablespoon ground black pepper
- 1 teaspoon cayenne pepper
- 2 tablespoons olive oil

## DIRECTIONS

1. Brown meat, drain, and set aside.
2. Chop and seed peppers. Chop onion and garlic.
3. Cook peppers, onion, and garlic in a pot with olive oil for 5 minutes.
4. Add all ingredients to the pot and mix together.
5. Cook on low heat for 1-2 hours.
6. Split into twelve equal servings.

## Options & Tips

- Adjust seasonings to your preferences.
- Use all beef and no turkey; fat will be higher.
- Add a calorie-free sweetener or sugar-free maple syrup for a bit of a sweet kick!

# MEATZA CAULIFLOWER PIZZA

(multiple servings)



**NUTRITION INFO: Protein 31g | Carbs 46g | Fat 13g | Fiber 3g | Calories 418**

## INGREDIENTS

- 1 'Rustic Crust' cauliflower pizza crust
- 2 1/2 ounces 93% lean ground beef, raw
- 1 cup pizza sauce
- 1 cup part skim mozzarella cheese
- 24 slices turkey pepperoni
- 2 ounces cubed cooked ham
- 1 teaspoon garlic salt
- 'I Can't Believe It's Not Butter' spray

## DIRECTIONS

1. Brown ground beef.
2. Spray the edge of the crust with butter and sprinkle with garlic salt.
3. Top pizza crust with sauce, pepperoni, hamburger, and ham. Then top with cheese.
4. Bake as directed on the pizza crust package.
5. Cut pizza into six slices. One serving is two slices.

## Notes:

# ONE POT TURKEY CHILI MAC

(multiple servings)



**NUTRITION INFO:** Protein 30g | Carbs 44g | Fat 9g | Fiber 9g | Calories 374

## INGREDIENTS

20 ounces 93% lean fresh ground turkey, raw  
 8 ounces whole grain elbow macaroni, dry  
 1 cup chopped green bell pepper  
 1 1/2 cups chicken broth  
 1 medium onion  
 3 1/2 cups no-salt-added petite diced tomatoes  
 1 1/2 cups no-salt-added light red kidney beans  
 1/8 cup mild cheddar shredded cheese  
 2 tablespoon chili powder  
 Dash salt

## DIRECTIONS

1. In a 6-quart pot, cook turkey, then add diced onion and pepper, and sauté.
2. Rinse and drain beans.
3. Once the onion is lightly golden, add 1-2 tablespoons chili powder, 1 teaspoon salt, tomatoes, chicken broth, and beans. Bring to a boil.
4. Add dry pasta and bring to a boil.
5. Reduce heat to medium low, cover with lid and cook for 15-20 minutes.
6. Divide into six equal servings and garnish with cheese.

## Notes:

# SOUTHWEST GRILLED CHICKEN SALAD

(single serving)



**NUTRITION INFO:** Protein 29g | Carbs 24g | Fat 13g | Fiber 9g | Calories 352

## INGREDIENTS

- 3 ounces boneless skinless chicken breast filets, cooked
- 2 cups romaine lettuce
- 1/2 cup spinach
- 3 tablespoons green pepper, chopped
- 2 tablespoons frozen corn, thawed
- 2 tablespoons black beans, drained and rinsed
- 1 tablespoon cilantro
- 1 tablespoon green onion, chopped
- 1 teaspoon lime juice
- 1/2 teaspoon lemon juice
- 1 teaspoon 'Walden Farms' pancake syrup
- 1 teaspoon olive oil
- 1 1/2 tablespoons nonfat plain Greek yogurt
- 1/4 teaspoon cumin
- 1/4 teaspoon oregano
- Dash salt
- 1/4 avocado

## DIRECTIONS

1. Cook chicken as desired. We recommend grilling and dice into cubes.
2. Thaw corn, rinse and drain black beans, chop onions and cilantro, and dice pepper.
3. Mix all the above ingredients into a bowl.
4. In a separate small bowl mix together the juice of the lime and lemon, olive oil, Greek yogurt, syrup, cumin, oregano, and salt.
5. Add the dressing mixture to the chicken mixture and stir together well. Top with sliced avocado.
6. Cover and place in the fridge for at least 20 minutes to let the flavor soak in!

## Options & Tips

- Add a flour tortilla with this salad to achieve carb goals!

# SPICY ORANGE SHRIMP STIR FRY

(single serving)



**NUTRITION INFO:** Protein 33g | Carbs 45g | Fat 10g | Fiber 6g | Calories 407

## INGREDIENTS

- 4 ounces shrimp, cooked
- 3/4 cups brown rice, cooked
- 3/4 cup steam-in-bag stir fry veggies
- 3 tablespoons sugar-free orange marinade
- 2 tablespoons garlic
- 1/4 teaspoon red pepper flake
- 1/2 tablespoon olive oil

## DIRECTIONS

1. Cook rice and set aside.
2. Cook veggies as described on the package.
3. Sauté shrimp in a skillet with olive oil, garlic, and red pepper flakes.
4. Add veggies, rice, and sauce to the skillet and mix together.

## Options & Tips

- Cook rice in chicken broth instead of water for more flavor.
- Use chicken instead of shrimp. Fat will be about the same.
- Recommend 'G Hughes' orange marinade.

## Notes:

# STUFFED PEPPER

(single serving)



**NUTRITION INFO: Protein 30g | Carbs 33g | Fat 10g | Fiber 6g | Calories 347**

## INGREDIENTS

- 3 ounces 93% lean ground beef, cooked
- 1 large bell pepper
- 1/3 cup brown rice, cooked
- 2 1/2 ounces tomato sauce
- 3/4 cup steam-in-bag riced cauliflower, broccoli, and carrots
- 1/8 cup onion, finely chopped
- 1 teaspoon Italian seasoning

## DIRECTIONS

1. Preheat oven to 350 degrees.
2. Cut the top off the pepper, clean out the seeds and ribs.
3. Place pepper in a baking dish, cut side down, with 1/2 cup water and cover with foil.
4. Bake for approximately 20 minutes.
5. While the pepper is baking, cook rice in a pot and brown meat and onion in a large skillet. Drain meat.
6. Cook the riced veggies in the microwave.
7. Add all the seasoning, tomato sauce, rice, and veggies to the meat and stir until well mixed.
8. Remove pepper and drain off the water from the skillet.
9. Place mixture inside pepper.
10. Cover with foil and bake at 350 degrees for 15 minutes.
11. Remove foil and bake for an additional 10 minutes.

## Options & Tips

- Cook without rice for a lower carb option.
- Substitute 99% lean turkey or shredded chicken instead of beef.
- Top each pepper with shredded mozzarella cheese.

# SWEET AND SPICY STRIPS AND CHIPS

(single serving)



**NUTRITION INFO:** Protein 30g | Carbs 47g | Fat 9g | Fiber 5g | Calories 381

## INGREDIENTS

- 2 1/2 ounces boneless skinless chicken breast filets, cooked
- 1 small potato
- 1 egg
- 1/4 cup bread crumbs
- 1/2 teaspoon cayenne pepper
- 1 tablespoon coconut flour
- 1/4 cup sugar-free maple pancake syrup

## DIRECTIONS

### Chicken:

1. Slice chicken into strips.
2. Marinate chicken in maple syrup and cayenne pepper for a minimum of 30 minutes.
3. Place the coconut flour, egg (beaten), and bread crumbs into 3 separate dishes.
4. Coat the chicken in coconut flour, then dip in the egg, then bread crumbs.
5. Cook chicken in the air fryer at 400 degrees for 4 minutes on each side or until cooked.

### Potato chips:

6. Slice the potato into thin slices (like potato chips); a slicer works best.
7. Spray air fryer with non-stick olive oil spray.
8. Cook in an air fryer at 400 degrees for approximately 20 minutes, stirring regularly.

## Options & Tips

- For an additional kick, add extra cayenne pepper in the bread crumbs when coating chicken.



# TREVOR'S MASH

(multiple servings)



**NUTRITION INFO:** Protein 32g | Carbs 45g | Fat 8g | Fiber 5g | Calories 378

## INGREDIENTS

- 12 ounces 93% lean ground beef, raw
- 12 ounces 99% lean ground turkey, raw
- 7 cups brown rice, dry
- 7 1/2 cups steam-in-bag frozen riced veggies

## DIRECTIONS

1. Cook rice as described on the package, then set aside.
2. Brown the ground beef and turkey in a skillet and season as desired.
3. Cook veggies as described on the package.
4. Add veggies and rice to the skillet with meat and mix together.
5. Stir in the sugar-free sauce you prefer.
6. Divide into eight equal servings.

## Options & Tips

- We recommend 'G Hughes' teriyaki or orange ginger marinades.
- Put in tortillas for added carbs.

## Notes:

# TREVOR'S MASH V2

(single serving)



**NUTRITION INFO:** Protein 32g | Carbs 40g | Fat 14g | Fiber 8g | Calories 418

## INGREDIENTS

- 1 1/2 'Honeysuckle White' Turkey Meatballs, Italian-style
- 1 ounce 93% lean ground beef, cooked
- 3/4 cup quinoa, cooked
- 1 1/4 cup steam-in-bag riced broccoli & cauliflower

## DIRECTIONS

1. Cook quinoa according to the package and set aside.
2. Cut meatballs into 1/8-inch pieces.
3. Brown ground beef. Season as desired.
4. Add in meatballs and chop together for approximately 5 minutes on low heat.
5. Cook riced veggies in the microwave.
6. Add riced veggies and quinoa to the meatball/beef mixture.

## Options & Tips

- Season turkey meatball/ground beef mixture as desired; use low sodium/no salt seasonings. We use Italian seasoning, garlic, pepper, red pepper, and minced onion.
- Top with 'Cookies Wings & Things' buffalo sauce or any 'G Hughes' sauce.

## Notes:

# TURKEY MEATBALLS 3 WAYS

(single serving)



**NUTRITION INFO\***: Protein 10g | Carbs 2g | Fat 1g | Fiber 0g | Calories 46

\*per meatball w/out seasoning

## INGREDIENTS

1 pound 99% lean ground turkey, raw

1 egg

1/2 cup bread crumbs

### Seasoning A:

1/3 cup buffalo sauce

4 ounces blue cheese crumbles

### Seasoning B:

1/3 cup 'G Hughes' BBQ sauce

### Seasoning C:

Italian bread crumbs in place of plain

1/3 cup parmesan garlic marinade (low-calorie)

1/4 cup grated parmesan cheese

## DIRECTIONS

1. Preheat oven to 375 degrees.
2. Combine all ingredients in a large bowl and mix together.
3. Form into 16 1-ounce balls and place on a baking sheet lined with parchment paper.
4. Bake until cooked thoroughly (approximately 15 minutes).

## Options & Tips

- Make sure to add seasoning for final nutrition info.

## Notes:

# VEGGIE LOADED BUFFALO CHICKEN

(single serving)



**NUTRITION INFO:** Protein 29g | Carbs 43g | Fat 10g | Fiber 7g | Calories 376

## INGREDIENTS

- 3 ounces boneless skinless chicken breast filets, cooked
- 3/4 cup brown rice, cooked
- 1/2 cup frozen riced cauliflower
- 1/2 cup frozen broccoli florets
- 1/4 cup shredded Brussel sprouts
- 1 tablespoon chopped onion
- 1/4 cup spinach
- 1 teaspoon olive oil
- 2 tablespoon buffalo wing sauce

## DIRECTIONS

1. Dice onion and sauté in skillet with olive oil.
2. Cook frozen veggies as directed on the package, then chop as needed.
3. Add cauliflower, broccoli, and Brussel sprouts to the skillet with the onion.
4. Add sauce and sauté for 5-10 minutes.
5. Cook rice as directed on the package.
6. Cook chicken as desired, then dice into cubes.
7. Divide fresh spinach, cooked chicken, and cooked rice on a plate. Top with vegetable mixture.

## Notes:



# SNACKS

Time of Snack #1: \_\_\_\_\_

Macro Goals: Protein \_\_\_\_\_ Carbs \_\_\_\_\_ Fats \_\_\_\_\_

Time of Snack #2: \_\_\_\_\_

Macro Goals: Protein \_\_\_\_\_ Carbs \_\_\_\_\_ Fats \_\_\_\_\_

## Challenges

What keeps you from reaching your nutritional goals at snack time?

## Favorite Snack

What snack foods/strategies work best for you?

# BERRY POWER PROTEIN SHAKE

(single serving)



**NUTRITION INFO:** Protein 38g | Carbs 33g | Fat 7g | Fiber 11g | Calories 347

## INGREDIENTS

- 2 scoops 'Titan Stage 7' strawberry shortcake protein
- 1 cup 'Fairlife' fat-free milk
- 1 cup mixed berries
- 2 ounces ice

## DIRECTIONS

1. Blend all ingredients together.

## Options & Tips

- Add 'Two Good' yogurt for additional protein.
- You may also adjust the number of berries for fewer carbs and add a 'Walden Farms' strawberry syrup for more flavor!
- Add 1/2 cup dry oats for additional carbs.
- Flax seed will add fat and fiber.

## Notes:

# BLUEBERRY OAT MUFFINS

(multiple servings)



**NUTRITION INFO:** Protein 10g | Carbs 10g | Fat 2g | Fiber 1g | Calories 100

## INGREDIENTS

- 4 scoops 'Titan' whey protein, vanilla wafer
- 1 cup plain Greek yogurt
- 1/4 cup 'Walden Farms' maple walnut syrup
- 2 tablespoons olive oil
- 1 teaspoon vanilla extract
- 1 3/4 cups old-fashioned oats
- 1 teaspoon baking powder
- 1 teaspoon cinnamon
- 1/2 teaspoon baking soda
- 1/4 teaspoon salt
- 1/2 cup 'Fairlife' fat-free milk
- 1 egg
- 1 cup blueberries

## DIRECTIONS

1. Preheat oven to 375 degrees.
2. In a large bowl, mix wet ingredients: yogurt, syrup, milk, egg, and olive oil.
3. Place oats in a blender and blend to create oat flour. Combine with protein powder, cinnamon, salt, baking powder, and baking soda.
4. Add dry mixture to wet mixture and fold in blueberries.
5. Pour in muffin pan, makes 15, and bake for 18-20 minutes.
6. Store muffins in refrigerator.

## Options & Tips

- You may customize with your favorite mix-ins, try different flavors of protein or fruit.

# FROZEN YOGURT

(single serving)



**NUTRITION INFO:** Protein 25g | Carbs 14g | Fat 4g | Fiber 3g | Calories 194

## INGREDIENTS

- 2 cups 'Two Good' vanilla Greek yogurt
- 1/2 cup mixed berries
- 2 tablespoons 'Walden Farms' strawberry syrup

## DIRECTIONS

1. Mix all ingredients and freeze for 2-3 hours.

## Options & Tips

- Use powdered peanut butter and a sugar-free chocolate syrup in place of berries and strawberry syrup.

## Notes:



# GRILLED CHICKEN HUMMUS SNACK WRAP

(single serving)



**NUTRITION INFO:** Protein 22g | Carbs 19g | Fat 6g | Fiber 12g | Calories 217

## INGREDIENTS

- 2 1/2 ounces boneless skinless chicken breast filets, cooked
- 1 whole wheat fajita tortilla
- 2 tablespoons roasted red pepper hummus
- 1/4 cup spinach

## DIRECTIONS

1. Cook chicken and shred; we recommend using an Instant Pot.
2. Chop spinach and mix with hummus.
3. Spread hummus mixture on tortilla and place chicken on top.
4. Roll wrap and enjoy!

## Options & Tips

- Give the wrap a little crisp by placing each side on a medium heat skillet until golden brown.

## Notes:

# HEALTHY PUDDING

(multiple servings)



**NUTRITION INFO:** Protein 23g | Carbs 13g | Fat 4g | Fiber 1g | Calories 180

## INGREDIENTS

- 1 scoop 'Titan Stage 7' protein
- 1 package 'Jell-O' sugar-free pudding mix
- 2 cups cottage cheese
- 2 ounces water

## DIRECTIONS

1. Blend all ingredients together. Add water as needed to reach smooth consistency.
2. Split into three equal servings and enjoy!

## Options & Tips

- You may use any flavor combinations. We recommend the following:
  - pistachio pudding & vanilla protein
  - cheesecake pudding & strawberry shortcake protein
  - chocolate pudding & chocolate or cookies & cream protein
- You may use 1%, 2%, or non-fat cottage cheese, depending on your macros.
- Add fruit or nuts on top to help reach macros!

## Notes:

# PEANUT BUTTER CRISPIES

(multiple servings)



**NUTRITION INFO:** Protein 9g | Carbs 12g | Fat 8g | Fiber 1g | Calories 151

## INGREDIENTS

2 scoops 'Titan' whey protein, peanut butter fudge

3 cups 'Rice Krispies' cereal

1/2 cup natural creamy peanut butter

1/2 cup 'Walden Farms' pancake syrup

1/2 teaspoon vanilla

## DIRECTIONS

1. Mix pancake syrup and peanut butter in a bowl. Melt in the microwave for 30 seconds.
2. Mix in vanilla. Then add in protein, 1 scoop at a time. It will be cookie batter consistency.
3. Put cereal in a separate bowl, then add the mixture to it. You can use your hands, or a spatula, and combine.
4. Coat a 9 x 9 pan with nonstick cooking spray and put mixture into pan. Flatten ingredients down into pan and put in the fridge for 30 minutes.
5. Cut into nine equal pieces.

## Options & Tips

- Pair with 'Two Good' yogurt for a sweet snack.

## Notes:

# PROTEIN POWDER CAKE

(single serving)



**NUTRITION INFO:** Protein 22g | Carbs 15g | Fat 5g | Fiber 5g | Calories 188

## INGREDIENTS

- 1 scoop 'Titan Stage 7' protein
- 1/2 cup of 'Two Good' yogurt
- 1 teaspoon baking powder
- 2 tablespoons water
- 5 blackberries
- 4 strawberries

## DIRECTIONS

1. Combine protein, baking powder, and water. Add just enough water to bind, you do not want it runny.
2. Microwave for 1 minute then let cool.
3. Top with yogurt and fruit!

## Options & Tips

- We recommend using sugar cookie protein flavor, vanilla yogurt and top with berries! You can use any flavor of protein or yogurt, and any type of fruit!

## Notes:

# WHITE CHOCOLATE MOCHA

(single serving)



**NUTRITION INFO: Protein 31g | Carbs 15g | Fat 6g | Fiber 5g | Calories 238**

## INGREDIENTS

2 scoops 'Titan Stage 7' white chocolate mocha protein

12 ounces coffee

1/2 cup 'Fairlife' fat-free milk

## DIRECTIONS

1. Put coffee in a blender bottle, then add milk.
2. Add protein.
3. Shake ONCE. Pop the lid. Close the lid and shake ONCE more.
4. Then, shake vigorously until mixed.
5. Reheat in the microwave if needed.

## Options & Tips

- Make this ahead of time and place it in the fridge overnight. Add ice and blend in the morning for an iced coffee smoothie!

## Notes:



# MEAL PREP MADE EASY:

1. Set out 8 meal containers.
2. Cook 8 servings of rice or whole grain pasta.
3. Cook/grill/bake/crockpot 3-4 pounds of various lean meats.
4. Prep no less than 8 cups of veggies. Spray with calorie-free butter and season with garlic salt and pepper for additional flavor. Steam-in-bag veggies make this part easy!

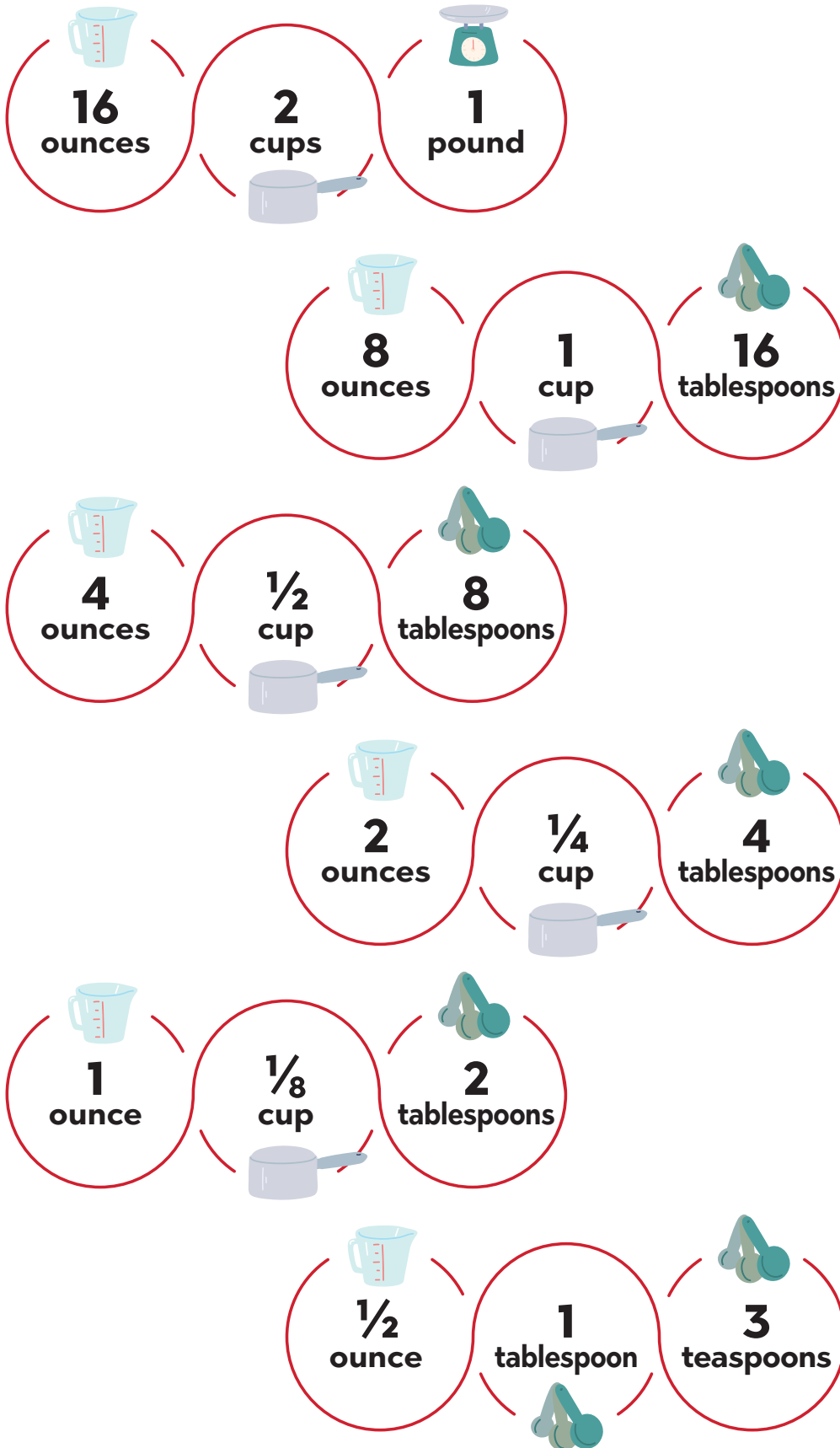
## **In each container combine:**

1. 1 cup cooked rice (approximately 45 grams carbs)
2. 4 ounces meat (approximately 28 grams proteins)
3. 1 cup or more veggies (approximately 5-10 grams carbs)
4. Top with sauce of your choice. This is the key to keeping things interesting! There are a number of companies that make delicious sugar-free sauces. Just experiment with different brands and flavors!

## **Measurements Raw or Dry vs. Cooked:**

- Meat typically loses 1/4 of its weight once it is cooked. For example, 16 ounces of raw meat will turn into 12 ounces cooked. (When there is a single serving recipe, meat is always listed as an ingredient as cooked, not raw)
- Carbohydrates such as pastas and rice typically double in size. For example, 3 cups of rice will turn into 6 cups of cooked rice. (When there is a single serving recipe, carbohydrates are always listed as an ingredient as cooked, not raw)

# CONVERSIONS





## GENERAL NUTRITION TIPS:

1. Meat stays fresh in the fridge for about three days. If you have the time, grill your meat fresh. Steamed bags of veggies only take a few minutes in the microwave. You can prepare rice days ahead and it will be fine to eat for the week. If meat is the only thing you have to cook, you will be set!
2. Keep low-sugar Greek yogurts, fresh fruit, and almonds on hand for easy go-to snack options. Protein bars and shakes work well in a pinch, too.
3. Try to look at snacks as small meals. Foods don't have to be sweet to qualify as snacks. Eat the same thing you do at lunch for an afternoon snack, but in a smaller portion.
4. Eat "real" food as often as you can. Protein shakes and bars are to be used for snacks only and not meals.
5. When you have the basics of nutrition down, try to eliminate processed foods. Only eat whole foods.
6. Don't overwhelm yourself. Start slow with one habit change at a time.
7. This is NOT a diet. This is a lifestyle! Develop healthy habits that last a lifetime!

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