

RECIPE GUIDE



CONTENTS

RECIPE

10 minute Veggie Omelet	1	Post Lift Steak	17
Sweet & Sour Chicken	2	Lemon Baked Chicken	18
Tuna Salad	2	Carb Load Oatmeal	18
Southwestern Chicken Quesadillas	3	Marinated Chicken Fajitas	19
Citrus Shrimp with Sautéed veggies	4	Not So Green Salad	20
Pesto Pita Pizza	4	Pesto Chicken	20
Spicy Orange Chicken	5	Quick Chicken Curry	21
Spinach Chicken	6	Burger for Breakfast	22
Avocado-Ranch Salad	6	On The Go Wraps	22
Baked Crispy	7	BBQ Turkey Meatloaf	23
Balsamic Chicken and Veggies	8	Street Chicken Tacos	24
Healthy Baked Fish Sticks	8	Chicken Burrito	24
Turkey Wrap	9	Turkey Chili	25
Chicken Noodle Pho	10	Quinoa Eggs Benedict	26
Egg Salad Sandwich Wrap	10	Breakfast Bowl	26
Grilled Mahi	11	Grilled Steak Salad	27
Tex-Mex Turkey Tacos	12	California Cobb Salad	28
Veggie Quinoa Cakes	12	Stuffed Oatmeal	28
Lemon Dill Halibut	13	Salmon Stack	29
Breakfast Sandwich	14	New Favorite Filet	30
50/50 Meatloaf	14	Breakfast Scramble	30
Fast and Easy Pot Roast	15	Steak Burritos	31
Chicken Pizza	16	Supreme Pepperoni Pizza	32
Greek Yogurt Shrimp Wraps	16		

FITNESS PROGRAMS

Overview	33	Big Arms	39
Fat Loss Extreme	34	6-Pack Shred	40
90 Day Clean Bulk	35	Booty Builder	41
Ripped In 90 Days	36	30 Day Challenge	42
Toned In 90 Days	37	Recipe Guide	43
Custom Plan	38		

10 MINUTE VEGGIE OMELET

INGREDIENTS:

Coconut oil spray

1/4 cup – chopped tomatoes

1 cup – fresh spinach leaves

1 cup – chopped broccoli

4 – large egg whites, beaten

2 tbsp – crumbled goat cheese

1/4 tsp – cayenne pepper

2 slices – Ezekiel Whole Grain

flour-less bread, toasted

DIRECTIONS

- 1 Heat a nonstick skillet on medium heat. Coat pan with coconut oil cooking spray. Add veggies and cayenne pepper, and sauté 4 minutes.
- 2 Pour in eggs over veggies in pan and sprinkle goat cheese. Cook 3 to 4 minutes; flip omelet and cook 2 minutes. Serve with toast.

APPROXIMATE MACROS PER SERVING: 390 CALORIES • 15G FAT • 25G PROTEIN • 35G CARBOHYDRATES



SWEET & SOUR CHICKEN

SERVINGS: 4

INGREDIENTS:

MAIN DISH

- 1.25 pound** – chicken breast (cut into small cubes)
- 3** – egg whites
- 1 tbsp** – coconut oil

SAUCE

- $\frac{2}{3}$ cup** – tomato sauce
- 2 tbsp** – red chili garlic pepper sauce (sirracha)
- 3 tbsp** – rice vinegar
- 2 tbsp** – orange juice
- 1 tbsp** – low-sodium soy sauce or brags liquid aminos
- 1 tbsp** – minced garlic
- $\frac{1}{4}$ tsp** – cayenne pepper

GARNISH

- Fresh scallions or green onions, chopped
- Sesame seeds

DIRECTIONS

- 1 Chop chicken breast into cubes, add cayenne pepper.
- 2 In a separate bowl, beat egg whites and even coat egg white mixture on chicken breasts.
- 3 Over medium heat in a sauté pan add 1 tablespoon of coconut oil. Once melted, add in chicken and brown evenly. Only cook your chicken partially, so it can continue to cook in the sauce.
- 4 Empty the chicken out onto a plate and set the skillet back on the heat. Add the contents for the sauce to the pan and after the sauce begins to simmer, reduce the heat to medium-low and stir continuously. Toss in the browned chicken pieces and coat the pieces in the sauce. Cook for another 6 to 8 minutes, until sizzling.

APPROXIMATE MACROS PER SERVING: 315 CALORIES • 43G PROTEIN • 21G CARBS • 7G FAT



TUNA SALAD

SERVINGS: UP TO 2

INGREDIENTS:

- 6 oz** – of canned albacore tuna
- $\frac{1}{3}$ cup** – diced green onion
- 1** – chopped celery stalk
- 2 tbsp** – chopped pickle relish

- 3 tbsp** – Greek yogurt
- 2 tsp** – Dijon mustard
- $\frac{1}{2}$ tsp** – chili flakes

- Juice from half a lemon
- Sea salt & pepper to taste
- Cilantro, garnish

DIRECTIONS

- 1 Drain excess water from canned tuna.
- 2 Combine all of the ingredients in a bowl and mash and mix with a fork.
- 3 Season to taste with sea salt & pepper.
- 4 Enjoy on top of a salad or in a wrap.

APPROXIMATE MACROS PER SERVING: 245 CALORIES • 22G PROTEIN • 10G CARBS • 15G FAT



SOUTHWESTERN CHICKEN QUESADILLAS

INGREDIENTS:

1/4 cup – hummus

10oz – raw chicken breast

4 small – 100-calorie multi-grain tortillas, or low carb wraps

1 – small avocado (sliced into 4 equal portions)

4 tbsp – goat cheese

1/2 cup – black beans

1/2 cup – chopped red onion

2 tbsp – minced garlic

fresh cilantro, chopped

pico de gallo or salsa of your choice

coconut oil spray

FOR SERVING

Add a dollop – of 0% fat

Greek yogurt for extra protein (optional)

DIRECTIONS

- 1 Spray a nonstick skillet with coconut oil spray and set on medium-high heat.
- 2 Sear 1 tablespoon of minced garlic and chopped red onions in the skillet, then cook thinly cut chicken 12 to 15 minutes or until fully cooked.
- 3 Chop up fresh cilantro and remove the pit from the avocado and cut into thin slices.
- 4 Spread about 2 tablespoons (1/8 cup) hummus on each wheat tortilla.
- 5 On one side of the tortilla, add half of chopped chicken breast, black beans, one tablespoon goat cheese, a fourth portion of avocado and fresh cilantro.
- 6 Fold the quesadilla in half.
- 7 Spray a nonstick skillet with coconut oil and set on medium heat. Allow the skillet to heat up.
- 8 Add the uncooked quesadilla to the skillet and cook for about 2 minutes on each side. Be sure to press down on the quesadilla using a spatula so that it flattens out.
- 9 Remove from the skillet and enjoy with salsa of your choice and a scoop of Greek yogurt for added protein.(optional)

APPROXIMATE MACROS PER SERVING: 250 CALORIES - 48G PROTEIN - 27G CARBOHYDRATES - 13G FAT



CITRUS SHRIMP WITH SAUTÉED VEGGIES

SERVINGS: 4

INGREDIENTS:

1 lb – raw shrimp, peeled
3 – large zucchinis, chopped
1 head – of bok choy, chopped
1 clove – garlic, minced
4 – medium carrots, cleaned and chopped

1 – medium onion, chopped
1 tbsp – coconut oil
2 tbsp – no-salt seasoning
1 tbsp – lemon pepper seasoning

SAUCE

3 tbsp – lemon juice
1 tbsp – apple cider vinegar
 juice from ½ orange

DIRECTIONS

- 1 In a saute pan, add 1 tablespoon coconut oil and over medium-high heat, add 1 onion, chopped. Begin to caramelize for 5-8 minutes. Add 1 clove minced garlic.
- 2 Chop all veggies into ½ inch thick slices. Add veggies to sauté pan with caramelized onion and garlic. Cook for 7-10 minutes over medium-high heat.
- 3 Add peeled shrimp to veggies, add spices and cook on medium-high heat for about 6 minutes.
- 4 Whisk together sauce ingredients and drizzle over shrimp and veggies. Cook one more minute and serve immediately with fresh lemon wedges.

APPROXIMATE MACROS PER SERVING: 250 CALORIES • 42G PROTEIN • 16G CARBS • 7G FAT



PESTO PITA PIZZA

SERVINGS: 4

INGREDIENTS:

6 oz – chicken (cooked, diced)
1 – whole wheat pita bread
¼ cup – cucumber, diced

¼ cup – tomatoes, diced
¼ cup – black olives, diced
¼ cup – parmesan cheese

basil pesto

DIRECTIONS

- 1 Lightly toast pita bread in the oven.
- 2 Using your prepped chicken for the week, cut 6oz of chicken breast into cubes.
- 3 Smear pesto and begin assembling the pizza! Add veggies, olives, cheese and then chicken.
- 4 Place back into oven to melt cheese. 3-4 minutes

APPROXIMATE PER SERVING: 269 KCAL • 12G FAT • 12G CARB • 27G PROTEIN



SPICY ORANGE CHICKEN

SERVINGS: 5

INGREDIENTS:

2 lbs – chicken breast
(measured raw)

¼ cup – low sodium soy
sauce, or 4 tablespoons
Brags Liquid Aminos

⅓ cup – rice wine vinegar

3 tbsp – red pepper garlic sauce

¼ cup – organic, raw honey

2 tbsp – sugar free orange
marmalade

juice from 3 oranges

1 tbsp – tapioca starch

sesame seeds

green onions

spray coconut oil

DIRECTIONS

- 1 In a bowl, mix soy sauce or brags liquid aminos, rice vinegar, orange juice, orange marmalade, honey, red pepper sauce and tapioca starch. Set aside.
- 2 Chop chicken into small bite-size pieces.
- 3 Set a nonstick skillet on medium high heat and spray with coconut oil. Add the chicken and cook until it is about 90% finished.
- 4 Pour in the orange sauce and stir quickly. Reduce the heat, allow the sauce to thicken and continue stirring.
- 5 Garnish with sesame seeds and green onions. (optional)
- 6 Serve with brown rice or quinoa.

APPROXIMATE MACROS PER SERVING: 259 CALORIES • 42G PROTEIN • 17G CARBS • 2G FAT



SPINACH CHICKEN

SERVINGS: 4

INGREDIENTS:

1 lb— ground chicken
1— small onion, diced
2 cloves— of garlic, minced
1— egg white

1 tbsp— extra virgin olive oil
2 tbsp— tomato paste
½ cup— tomato sauce
1 cup— fresh chopped spinach

1 cup— fresh spinach
1 tbsp— Italian seasoning
3 tbsp— chopped Italian parsley
2 tbsp— fresh basil, chopped
pinch— of sea salt and black pepper

DIRECTIONS

- 1 Preheat your oven to 400 degrees F
- 2 In a medium skillet over medium heat, add the diced onion and the garlic and cook until the onion is translucent. Remove from the heat and cool slightly.
- 3 In a bowl combine the ground chicken, egg white, tomato paste, basil, chopped fresh spinach, parsley, onion and garlic in a large bowl. Season with salt and pepper and mix well. Form meatballs and roll into little balls, about 1 tablespoon of mixture per ball. Place the formed meatballs into a large baking pan about one inch apart.
- 4 Combine 1 tablespoon of olive oil and ½ cup of tomato sauce together in a small bowl and brush on top of each meatball. Bake for 20 minutes, or until golden brown. Top with fresh spinach leaves.

APPROXIMATE MACROS PER SERVING: 450 CALORIES • 30G PROTEIN • 35G CARBS • 18G FAT



AVOCADO-RANCH SALAD

SERVINGS: 4

INGREDIENTS:

1— ripe avocado, halved and pitted, divided
½ cup— 0% fat Greek yogurt
2 tbsp— chopped fresh dill or 2 teaspoons dried

1 tbsp— white vinegar
½ tsp— garlic powder
¼ tsp— salt
¼ tsp— freshly ground pepper

1, 5 to 6 ounce— package baby spinach (about 8 cups)
1— medium red bell pepper, sliced
1, 15 ounce— can chickpeas, rinsed

DIRECTIONS

- 1 Scoop 1 avocado half into a blender; add Greek yogurt, dill, vinegar, garlic powder, salt and pepper. Puree until smooth.
- 2 Cut the remaining avocado half into ½-inch chunks. Combine spinach, bell pepper and chickpeas in a large bowl. Add the dressing; toss to coat. Divide among 4 salad plates and top with the chopped avocado. Serve along side a grilled protein.

APPROXIMATE MACROS PER SERVING: 207 CALORIES • 9G FAT • 27G CARBS • 7G PROTEIN



BAKED CRISPY PLANTAINS

SERVINGS: UP TO 2

INGREDIENTS:

2 – green plantains (cannot be ripe)

1 tbsp – coconut oil

DIRECTIONS

- 1 Shake the pan or flip the chips after 10 minutes and spray with coconut oil.
Bake them for another 10 minutes or until they are brown.
- 2 For the last minute, turn the oven to broil which should help to brown the remaining chips. Careful not to burn.

APPROXIMATE MACROS PER SERVING: 281 CALORIES • 2G PROTEIN • 57G CARBS • 8G FAT



BALSAMIC CHICKEN AND VEGGIES

SERVINGS: 4

INGREDIENTS:

3 tbsp – olive oil

5 tbsp – balsamic vinegar

1 tbsp – honey

¼ tsp – crushed
red pepper

2 tbsp – olive oil

1 pound – chicken breast

12 ounces – fresh asparagus,
trimmed and cut into
2-inch pieces

1 head – of fresh kale, chopped

1 cup – shredded carrot

2 – small tomatoes, seeded
and chopped

DIRECTIONS

- 1 In a small bowl, stir together salad dressing, balsamic vinegar, honey, and crushed red pepper. Set aside.
- 2 In a large skillet, heat oil over medium-high heat. Add chicken; cook for 5 to 6 minutes or until chicken is tender and no longer pink, turning once. Add half of the dressing mixture to skillet; turn chicken to coat.
- 3 Transfer chicken to a serving platter; cover and keep warm.
- 4 Add asparagus, carrots and kale to skillet. Sauté for 4-5 minutes.
- 5 Stir remaining dressing mixture; add to skillet. Cook and stir for 1 minute, scraping up browned bits from bottom of skillet. Drizzle the dressing mixture over chicken and vegetables. Garnish with chopped tomato.



APPROXIMATE MACROS PER SERVING: 269 KCAL • 12G FAT • 12G CARB • 27G PROTEIN

HEALTHY BAKED FISH STICKS

INGREDIENTS:

1.5 lb – halibut (or firm white
fish like cod or tilapia)

½ cup – gluten free wheat
breadcrumbs

2 tbsp – almond flour

½ cup – whole grain flakes

¼ cup – grated parmesan

2 tbsp – Italian seasoning

1 tsp – lemon pepper seasoning

1 tbsp – cayenne pepper

1 – egg

1 – egg white

INGREDIENTS FOR LEMON DIPPING SAUCE: (OPTIONAL)

½ cup – 0% Greek yogurt

¼ cup – red onion chopped

2 tbsp – hot sauce

½ tsp – coriander

juice from ½ lemon

sea salt & pepper to taste

DIRECTIONS

- 1 Pre-heat your oven to 400F.
- 2 Cut fish into long filets.
- 3 Mix breadcrumbs, flakes, parmesan, Italian seasoning and cayenne together in a bowl.
- 4 Beat eggs together in a separate bowl.
- 5 Dip fish in the egg mixture, then the breadcrumbs. Place the pieces on a baking sheet or rack.
- 6 Bake for 15 minutes, or until golden and crispy at 400F.
- 7 Mix all of the ingredients together for the dipping sauce and season with sea salt and pepper to taste. Serve along side your healthy baked fish sticks.



APPROXIMATE MACROS PER SERVING: 133 CALORIES • 9G CARBS • 3G FAT • 17G PROTEIN

TURKEY WRAP

SERVINGS: 1

INGREDIENTS:

6 oz – turkey breast

1 cup – lettuce

½ – avocado, sliced

½ – bell pepper

½ – tomato, sliced

1 – whole-wheat tortilla

black or green olives

DIRECTIONS

- 1 Cut turkey breast into strips and sauté in a nonstick skillet until no longer pink.
- 2 Layer spinach, turkey, avocado, peppers, and tomato onto tortilla. Fold and serve.

APPROXIMATE MACROS PER SERVING: 438 CALORIES • 58G PROTEIN • 30G CARBS • 10G FAT



CHICKEN NOODLE PHO

SERVINGS: 3

INGREDIENTS:

8 cups – no-salt added chicken broth

1 cup – water

1 lb – skinless chicken breast

4oz – brown rice noodles

2 tbsp – garlic paste

¾ cup – chopped onion

6 – carrots, cleaned and chopped

4 stalks – of celery

sea salt to taste

2 tbsp – coconut oil

SEASONINGS:

1 stick – of cinnamon

4-5 – opened green cardamom pods/seeds

1.5 tsp – fennel seeds

½ tbsp – lemongrass

UTENSILS:

Cheesecloth

String

GARNISH:

Jalapeno

basil

red onion

green onions

cilantro

bean sprouts

red pepper

lime



DIRECTIONS

- 1 Cut a cheesecloth into a square. Add seasonings to the cheesecloth and then tie a knot around the cheesecloth to secure the seasonings.
- 2 Slice yellow onion into thin pieces.
- 3 In a large soup pot add coconut oil and set on medium-high heat. Toss in onion and garlic paste. Sauté until the onions become brown.
- 4 Pour chicken broth and water into the pot and allow it to boil. Reduce heat so that it simmers and add the cheesecloth pouch with the seasonings. Cover and cook for approx. 30 minutes. Add sea salt for taste.
- 5 Boil water in a separate pot and toss in chicken breast. Cook for 6-8 minutes until the chicken has completely cooked, be careful not to overcook. Remove from the water and set aside. Once the chicken has somewhat cooled, pull the chicken apart into pieces.
- 6 In another pot, boil water and cook the brown rice noodles according to the instructions. Drain the noodles and set aside.
- 7 Add your portion of noodles and chicken to a bowl. Pour in the chicken broth, and add the garnish.

APPROXIMATE MACROS PER SERVING: 339 CALORIES • 31G CARBS • 2G FAT • 47G PROTEIN

EGG SALAD SANDWICH WRAP

INGREDIENTS:

2 – hard-boiled eggs, chopped

2 tbsp – plain Greek-style low-fat yogurt

2 tbsp – chopped bell pepper

¼ tsp – curry powder

¼ tsp – salt

¼ tsp – pepper

2 slices – whole wheat wrap, toasted

½ cup – fresh spinach

¼ cup – chopped pickles

DIRECTIONS

- 1 Combine eggs, yogurt, bell pepper, curry powder, salt, and pepper, pickles in a small bowl; stir well.
- 2 Place spinach on toasted wrap, top with egg salad.

APPROXIMATE MACROS PER SERVING: 410 CALORIES • 14G FAT • 22G PROTEIN • 51G CARBS



GRILLED MAHI

SERVINGS: 3

INGREDIENTS:

1 lb – Mahi Mahi filets

1½ tbsp – olive oil

Salt and pepper to taste

1 – lemon plus ½ lemon sliced

4 sprigs – of thyme

DIRECTIONS

- 1 Coat filets with salt, pepper, olive oil, lemon juice, and sprigs of thyme.
- 2 Let marinade for 15 minutes in refrigerator.
- 3 Cook on grill over medium heat, 6 minutes per side.
- 4 Remove fish from the grill, squeeze remaining lemon on top, and serve.

APPROXIMATE MACROS PER SERVING: 230 CALORIES ▪ 37 G PROTEIN ▪ 1G CARBS ▪ 7 G FAT



TEX-MEX TURKEY TACOS

SERVINGS: 4

INGREDIENTS FOR 3 TACOS:

6 oz – ground turkey

1 – bell pepper, chopped

½ – onion chopped

3 – corn tortillas

choice of raw veggie

¼ – cup roasted corn

fresh cilantro

½ cup – black beans, drained
juice from 2 limes

¼ – avocado, mashed

3 tbsp – 0% fat Greek yogurt

SEASONINGS FOR GROUND TURKEY:

Cumin

Chipotle chili pepper

Cayenne pepper

Garlic paste

DIRECTIONS

- 1 Set a non-stick skillet on medium to high heat, add 1 tablespoon coconut oil, bell pepper and onion and sauté on high heat for 5 minutes.
- 2 Add ground turkey and seasonings to pan. Cook until crispy and golden brown. Add black beans and roasted corn.
- 3 Prepare the avocado-lime Greek yogurt sauce. Add lime juice, mashed avocado and Greek yogurt. Mix together and set aside.
- 4 Chop up veggies, limes and fresh cilantro.
- 5 Warm your corn tortillas in the oven or the microwave for about 30 seconds.
- 6 Build your taco.

APPROXIMATE MACROS PER SERVING: 510 CALORIES • 58G PROTEIN • 35G CARBS • 17G FAT



VEGGIE QUINOA CAKES

SERVINGS: 2

INGREDIENTS:

1/2 cup – cooked quinoa

¼ cup – chopped carrots

½ cup – chopped spinach

¼ cup – whole wheat flour

1 – egg

1 – egg white

juice of 2 lemons

2 tsp – baking powder

Pinch – of sea salt and pepper

DIRECTIONS

- 1 In a bowl, add the following ingredients: flour, baking powder, lemon juice, egg, egg white, quinoa and a pinch of sea salt and pepper.
- 2 Mix well into a batter and add the chopped carrots and spinach.
- 3 Place a non-stick frying pan on medium heat, and grease with spray coconut oil.
- 4 Scoop 1-2 tbsp of batter and place the batter in the center of the pan.
- 5 Cook the quinoa cakes golden brown for 1 to 2 minutes on both sides, or until they are cooked to your liking. 6. Serve hummus or salsa.

APPROXIMATE MACROS PER SERVING: 356 CALORIES • 21G PROTEIN • 48G CARBS • 10G FAT



LEMON DILL HALIBUT

SERVINGS: 2

INGREDIENTS:

¼ cup – lemon juice

½ tbsp – lemon zest

2 tbsp – Dijon mustard

1 tbsp – dried tarragon

1 – scallion, chopped

¼ tsp – pepper

2 tbsp – olive oil

2 tbsp – fresh chopped dill

2 – halibut filets (about 6 oz each)

Nonstick cooking spray

DIRECTIONS

- 1 Combine first six ingredients in a shallow dish. Stir in oil and whisk well.
- 2 Add halibut and turn to coat. Cover and refrigerate 30 minutes.
- 3 Coat a grill rack or pan with nonstick cooking spray and cook fish over high heat for 5 to 7 minutes per side. If using oven, broil for 7-9 minutes, or until golden looking. Serve with lemon wedges and on a bed of greens.

APPROXIMATE MACROS PER SERVING: 269 CALORIES • 33 G PROTEIN • 4 G CARBS • 10 G FAT



BREAKFAST SANDWICH

INGREDIENTS:

1/2 – bell pepper, sliced
2 slices – center cut ham
2 – eggs
1 – croissant

1/2 cup – spinach leaves
1/2 cup – almond milk
1/2 cup – reduced fat
 shredded cheese

1 tbsp – salsa (optional)
 pepper for taste

DIRECTIONS

- 1 Cook ham in a non stick skillet on medium heat, and set aside.
- 2 Sauté sliced peppers lightly.
- 3 Beat eggs in a bowl with a fork while peppers cook
- 4 Add milk to eggs and scramble in the pan until done.
- 5 Build your sandwich with ham, eggs, and spinach.
- 6 Top with cheese, pepper and salsa for taste.



APPROXIMATE MACROS PER SERVING: 460 CALORIES • 22G FAT • 42G PROTEIN • 25G CARB

50/50 MEATLOAF

SERVINGS: 8

INGREDIENTS:

2 tsp – olive oil
1 – medium sweet onion,
 chopped (2 cups)
1, 12 ounce – bottle dark
 or amber beer
1 tsp – dried thyme

1 tsp – dry mustard
2 tsp – tomato paste
3/4 tsp – salt
1/8 tsp – freshly ground pepper
1 1/4 pounds – 95%-lean ground beef

1 1/4 pounds – 93%-lean
 ground turkey
1 cup – whole-wheat breadcrumbs,
1/4 cup – chopped fresh parsley
2 – large eggs, lightly beaten
1 – egg white, lightly beaten

DIRECTIONS

- 1 Preheat oven to 375°F. Coat an 8 1/2-by-4 1/2-inch loaf pan with cooking spray.
- 2 Heat oil in a large nonstick skillet over medium-high heat. Add onion and cook, stirring often, until translucent and starting to brown, about 5 minutes. Pour in beer and increase heat to high. Bring to a vigorous boil; cook until the liquid is quite syrupy and the mixture reduces to about 3/4 cup, 8 to 10 minutes. Transfer to a large bowl. Stir in thyme, dry mustard, salt and pepper. Let cool for 10 minutes.
- 3 Add beef, turkey, breadcrumbs, parsley, egg and egg white to the onion mixture. With clean hands, mix thoroughly and transfer to the prepared pan.
- 4 Bake the meatloaf until an instant-read thermometer registers 160°F when inserted into the center, about 1 hour 20 minutes. Let rest for 5 minutes; drain accumulated liquid from the pan and slice.



APPROXIMATE MACROS PER SERVING: 259 CALORIES • 9G FAT • 10G CARBS • 31G PROTEIN

FAST AND EASY POT ROAST

SERVINGS: 5-6

INGREDIENTS:

3 lbs – beef chuck shoulder roast	4 – cloves of garlic, minced	2 tsp – dried rosemary
2 tsp – extra-virgin olive oil	1 tsp – salt	1 cup – of beef broth (low-sodium)
2 – onions, chopped	1 tsp – pepper	¼ cup – red wine
4 cups – baby carrots	1 tbsp – dried thyme	

DIRECTIONS

- 1 Preheat oven to 350°F. Place a large oven-safe pot or Dutch oven over medium-high heat.
- 2 Add roast and brown on all sides.
- 3 Remove roast from pan and pour out liquid. Add olive oil, onions, and carrots. Rub roast on all sides with garlic, salt, pepper, thyme, and rosemary.
- 4 Cook until onions become translucent.
- 5 Return roast to pan, also adding broth or red wine. Cover tightly and simmer for 5 minutes.
- 6 Place pot/Dutch oven in the oven and roast for 2 to 3 hours. When cooked, the roast should pull apart easily with a fork.
- 7 Serve with your choice of veggies (optional)

APPROXIMATE MACROS PER SERVING: 520 CALORIES • 53 G PROTEIN • 14 G CARBS • 26 G FAT



CHICKEN PIZZA

SERVINGS: 1

INGREDIENTS FOR 3 TACOS:

6 oz—grilled chicken breast,
cut into ½-inch cubes

½ tbsp—low-sodium hot
wing sauce, divided

10 oz—whole-wheat pizza crust
(slice off ⅓ the thickness; you
can eyeball the measurement)

1—large tomato (or 2 small
Roma or plum tomatoes),
cut into ¼-inch-thick slices

1 ½ tbsp—reduced-fat feta
cheese, crumbled

DIRECTIONS

- 1 Preheat oven to 450°F.
- 2 Toss chicken in ½ tbsp sauce. Place pizza crust on a baking sheet and lay the tomato slices evenly over it to cover the crust. Top evenly with chicken, then sprinkle cheese over everything. Drizzle remaining sauce over top.
- 3 Cook pizza until crust is lightly crisped and toppings are hot, about 8 to 10 minutes.

APPROXIMATE MACROS PER SERVING: 475 CALORIES • 55 G PROTEIN • 35 G CARBS • 13 G FAT



GREEK YOGURT SHRIMP WRAPS

SERVINGS: 2

INGREDIENTS:

2—tortillas

3 oz—low-fat, plain Greek yogurt

1 tbsp—cayenne pepper

2 tbsp—lime juice

½ cup—cilantro, chopped

3 tsp—extra-virgin olive oil

¼ head—cabbage, thinly sliced

½ lb—shrimp, peeled and deveined

Salt and black pepper to taste

DIRECTIONS

- 1 In a bowl, mix yogurt, cayenne, lime juice, and cilantro.
- 2 Heat olive oil in a nonstick skillet over medium-high heat. Add cabbage and cook for 4 minutes or until the cabbage is just barely wilted.
- 3 Remove cabbage from skillet, add shrimp, and cook for 3 to 4 minutes. Season with cayenne pepper, and add salt and black pepper to taste.
- 4 Heat tortillas over medium heat in a dry skillet or in a toaster oven.
- 5 Layer wrap with cabbage, shrimp, and yogurt mix

APPROXIMATE MACROS PER SERVING: 474 CALORIES • 37 G PROTEIN • 50 G CARBS • 18 G FAT



POST LIFT STEAK

SERVINGS: 1

INGREDIENTS:

3 ½-inch-thick – red onion slices (whole slices, no individual rings)

6 oz – trimmed top round steak

½ lb – asparagus spears, washed and trimmed

Olive oil spray

Salt and pepper to taste

2 tsp – balsamic vinegar

1 tsp – extra-virgin olive oil

2 tsp – turkey bacon bits, nitrate-free

1 tbsp – reduced-fat blue cheese. (optional)

DIRECTIONS

- 1 Preheat grill to high. Lightly mist the onion slices, steak, and asparagus on both sides with cooking spray, and season with salt and pepper.
- 2 Place onion slices side-by-side on grill and cook 3 minutes. Flip onions.
- 3 Add steak and asparagus. Grill, flipping each item once, until onion is tender, steak reaches desired doneness, and asparagus is crisp yet tender (3 to 8 minutes).
- 4 Meanwhile, mix the balsamic and oil until combined.
- 5 Place the spears across the center of a dinner plate and top with steak.
- 6 Separate onion into individual rings and pile them on top. Drizzle balsamic mixture over plate, then sprinkle bacon and cheese evenly on top. (optional)

APPROXIMATE MACROS PER SERVING: 376 CALORIES • 45 G PROTEIN • 13 G CARBS • 16 G FAT



LEMON BAKED CHICKEN

SERVINGS: 2

INGREDIENTS:

1 – fresh whole chicken
Olive oil
Salt and black pepper to taste
1 tsp – oregano

1 tbsp – lemon juice
4 sprigs – of rosemary
2 – parsnips, peeled and diced
(can substitute with carrots)

½ cup – brown rice
¼ cup – black beans,
drained and rinsed

DIRECTIONS

- 1 Preheat oven to 400°F.
- 2 Rinse the chicken and pat dry with a paper towel.
- 3 Grease a baking tray and lightly brush chicken with olive oil. Season with salt, pepper, oregano, and lemon juice.
- 4 Place chicken on baking tray and bake until it browns, about 15 minutes, then reduce heat to 350°F. Cook for additional 20 minutes per pound of chicken.
- 5 Insert a meat thermometer into a thigh. The chicken is ready when it's in the 165 to 180 degree range. Remove from oven and allow to rest for 5 minutes.
- 6 While chicken cooks, bring an inch of water to a boil in a medium skillet over high heat, add parsnips, cover, and boil for 10 minutes. Mash with a fork.
- 7 Cook rice according to package instructions and combine with parsnips and beans. Serve alongside chicken.

APPROXIMATE MACROS PER SERVING: 353 CALORIES • 57 G PROTEIN • 97 G CARBS • 16 G FAT



CARB LOAD OATMEAL

SERVINGS: 1

INGREDIENTS:

½ cup – steel cut oats
2 tbsp – flaxseed
½ cup – water

½ cup – almond milk
1 – banana, sliced
1 – apple, chopped

1 tbsp – chopped walnuts
or almonds
1 tsp – ground cinnamon

DIRECTIONS

- 1 Combine oats, water and almond milk in a small microwave-safe bowl. Microwave on high 3 minutes.
- 2 Top with banana slices, chopped apple, walnuts, and cinnamon.

APPROXIMATE MACROS PER SERVING: 310 CALORIES • 8G FAT • 8G PROTEIN • 57G CARB



MARINADED CHICKEN FAJITAS

SERVINGS: 2

INGREDIENTS:

- | | | |
|--|--|---|
| ½ cup – fresh orange juice | ½ tsp – dried oregano | 4, 8 inch – whole-wheat tortillas |
| 2 – chipotles (from a can of chipotles in adobo sauce), or use just 1 for milder heat | 1 lb – boneless, skinless chicken breasts, cut cross-wise into ½-inch slices. | 1 – avocado, pitted, peeled, and finely chopped, for serving |
| 2 – garlic cloves, coarsely chopped | 1 – medium onion, cut into thin rounds | ¼ cup – fat-free Greek yogurt |
| ¾ tsp – salt plus extra for the vegetables | 2 – medium bell peppers (any color you like), cut into strips | ½ cup – chopped cilantro |
| ½ tsp – freshly ground black pepper | Cooking spray | 1 – lime, cut into 8 wedges, for serving |

DIRECTIONS

- Using a blender, food processor, or immersion blender, puree the orange juice, chipotles, garlic, salt, pepper, and oregano until smooth. In a large resealable plastic bag, combine the chicken and the marinade. Refrigerate for at least 30 minutes or overnight.
- Preheat the broiler. Spray a rimmed baking sheet with cooking spray.
- Lift the chicken out of the marinade, letting any excess drip off. Arrange the chicken on one half of the prepared baking sheet. Place the onions and peppers on the other side of the baking sheet, season with extra salt, and spray lightly with cooking spray. Broil until the chicken is cooked through and the vegetables are browned in spots, 5 to 7 minutes.
- Meanwhile, heat a medium cast-iron skillet over medium-high heat. Add the tortillas, one at a time, and warm on both sides, about 10 seconds per side. Serve the chicken and vegetables wrapped in the tortillas. If you like, top with avocado and yogurt and place lime wedges on the side.
- Serve the chicken and vegetables wrapped in the tortillas. If you like, top with avocado and yogurt and place lime wedges on the side.

APPROXIMATE MACROS PER SERVING:

572 CALORIES • 58 G PROTEIN • 80 G CARBS • 6 G FAT



NOT SO GREEN SALAD

SERVINGS: 1

INGREDIENTS:

½ cup – cooked brown rice**1 cup** – cooked green beans, roughly chopped (3oz)**1** – ripe plum, thinly sliced (3 oz)**2 tbsp** – (½ oz) chopped walnuts**1** – hard-cooked egg, sliced**1 tsp** – sesame oil**2 tbsp** – fresh lime juice**¼ tsp** – kosher salt

Freshly ground black pepper, to taste

DIRECTIONS

- 1 Combine rice, beans, plum, walnuts, and egg in a portable container.
- 2 Drizzle with sesame oil, lime juice, salt, and pepper; toss gently to combine. Refrigerate up to 2 days.

APPROXIMATE MACROS PER SERVING: 388 CALORIES • 20G FAT • 13G PROTEIN • 43G CARBS



PESTO CHICKEN

SERVINGS: 4

INGREDIENTS:

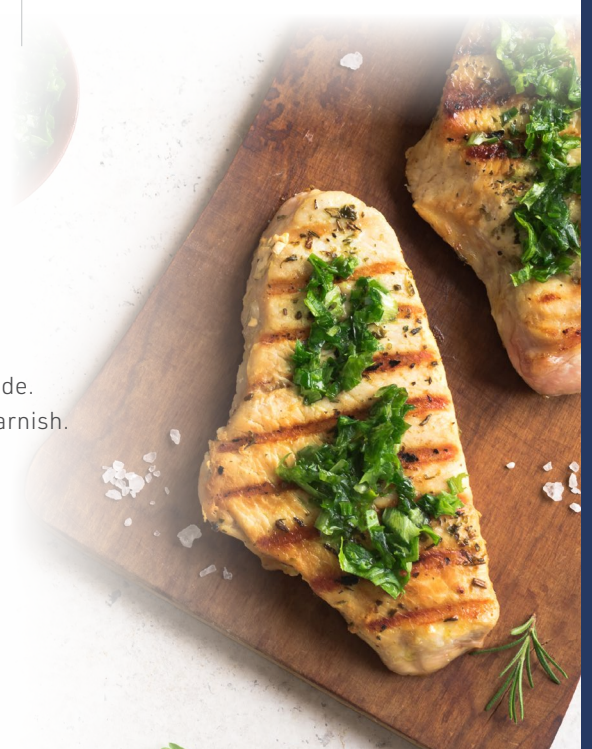
¼ cup – grated parmesan**¼ cup** – pesto (pine nut or walnut variety)**1 tbsp** – olive oil**1 tsp** – chili powder**1 pound** – chicken tenders**½ cup** – loosely packed fresh basil leaves**2** – scallions, sliced

Juice of 3 lemons

DIRECTIONS

- 1 Add chicken to a bowl and dress with ¼ pesto and juice of 3 lemons. Marinate in the refrigerator for 20 minutes or up to 1 hour.
- 2 Preheat grill to medium-high.
- 3 Meanwhile, chop basil and scallions and set aside.
- 4 Oil the grill rack. Remove the chicken from the marinade and grill until cooked through and no longer pink in the middle, about 2 minutes per side. Serve the chicken with pesto and add chopped basil and scallions for garnish.

APPROXIMATE PER SERVING: 168 CALORIES • 6G FAT • 3G CARBS • 24G PROTEIN



QUICK CHICKEN CURRY

SERVINGS: 4

INGREDIENTS:

1 tbsp – coconut oil

1 – onion, chopped

2 tbsp – ginger, finely chopped

2 tsp – ground cumin

1 tsp – turmeric

1 tsp – mustard seeds

2 tsp – chili flakes

1 tsp – turmeric

3 – tomatoes, diced

1 can – reduced fat coconut milk

1 cup – Greek yogurt

1 lb – chicken breast,
sliced into strips

Sea salt to taste

DIRECTIONS

- 1 Add oil to a large saucepan over medium heat.
- 2 Add onion and cook until light golden brown, then add ginger, cumin, fennel, mustard, chili, and turmeric. Cook spices until they begin to sizzle and pop.
- 3 Add tomatoes, coconut milk, and Greek yogurt and bring to a simmer.
- 4 Add chicken and cook for about 10 minutes. Serve with lime wedge and cilantro.

APPROXIMATE MACROS PER SERVING: 322 CALORIES • 39 G PROTEIN • 10 G CARBS • 14 G FAT



BURGER FOR BREAKFAST

SERVINGS: 4

INGREDIENTS:

1 – medium onion, halved and thinly sliced

1 – medium green bell pepper, thinly sliced

1 tbsp – extra-virgin olive oil

2 tsp – Italian seasoning, divided

¼ tsp – freshly ground pepper

10 ounces – 93%-lean ground turkey

2 – links sweet or hot turkey sausage, casings removed

¼ cup – fine, dry breadcrumbs

1 tsp – fennel seeds

½ tsp – garlic powder

4 – slices provolone cheese

4 – small whole-wheat hamburger buns, toasted

DIRECTIONS

- 1 Place a grill basket on one side of grill. Preheat to medium-high.
- 2 Toss onion, bell pepper, oil, 1 teaspoon Italian seasoning and pepper in a large bowl. Transfer to the preheated grill basket. Cook, stirring a few times, until the vegetables are soft, 12 to 15 minutes.
- 3 Meanwhile, combine ground turkey, sausage, breadcrumbs, fennel seeds, garlic powder and the remaining 1 teaspoon Italian seasoning in a medium bowl. Shape into four 4-inch patties.
- 4 Oil the grill rack (see Tip), place the burgers on it and cook for 4 minutes. Turn them over, top with the grilled vegetables and cheese; continue grilling until the burgers are cooked through and the cheese is melted, 4 to 6 minutes more. Serve on buns.



APPROXIMATE MACROS PER SERVING: 409 CALORIES • 18G FAT • 32G CARBS • 31G PROTEIN

ON THE GO WRAPS

SERVINGS: 4

INGREDIENTS:

1 cup – corn kernels, fresh

½ cup – chopped fresh tomato

¼ cup – chopped sun-dried tomatoes in olive oil

1 tbsp – red-wine vinegar or balsamic vinegar

8 – thin slices low-sodium deli turkey (about 8 ounces)

4, 8 inch – whole-wheat tortillas

2 cups – chopped romaine lettuce

DIRECTIONS

- 1 Combine corn, tomato, sun-dried tomatoes, oil and vinegar in a medium bowl.
- 2 Divide turkey among tortillas. Top with equal portions of the corn salad and lettuce. Roll up. Serve the wraps cut in half, if desired.

APPROXIMATE PER SERVING: 321 CALORIES • 12G FAT • 35G CARBS • 19G PROTEIN



BBQ TURKEY MEATLOAF

SERVINGS: 8

INGREDIENTS:

2 ½ lbs – extra-lean ground turkey

½ cup – zucchini, finely chopped

1 cup – spinach, finely chopped

1 – onion, minced

1 – clove garlic, minced

2 tbsp – tomato paste

2 tbsp – dijon mustard

½ cup – BBQ sauce (low-sugar variety)

2 – eggs

1 cup – gluten free, whole wheat bread crumbs

DIRECTIONS

- 1 Preheat oven to 425°F.
- 2 Put all ingredients together in a large bowl and mix well with your hands.
- 3 On 2 baking sheets lined with foil, spray with cooking olive oil spray. Fill pans with meatloaf mixture and press down firmly. Cook for approximately 35 to 45 minutes or until food reaches 135°F, as measured with a meat thermometer.
- 4 Remove from oven and let sit for at least 5 minutes to set and cool. Serve with a tablespoon of BBQ on top.

APPROXIMATE MACROS PER SERVING: 312 CALORIES • 30 G PROTEIN • 17 G CARBS • 13 G FAT



STREET CHICKEN TACOS

SERVINGS: 2

INGREDIENTS:

2 – tomatoes, chopped

8 ounces – boneless, skinless chicken breast, finely chopped

¼ tsp – salt

¼ tsp – freshly ground pepper

2 tsp – coconut oil, divided

½ cup – finely chopped white onion

2 cloves – garlic, minced

1 – small jalapeño pepper, seeded and minced

2 tsp – lime juice, plus lime wedges for garnish

2 tsp – chopped fresh cilantro

2 – scallions, chopped

6 – small corn tortillas, heated

1 – head of romaine lettuce, chopped

DIRECTIONS

- 1 Heat a medium skillet over high heat until very hot. Add tomatoes and cook, turning occasionally with tongs, until charred on all sides, 8 to 10 minutes. Transfer to a plate to cool slightly. Cut the tomatoes in half crosswise; squeeze to discard seeds. Remove cores and chop the remaining pulp and skin.
- 2 Cut chicken into 1-inch chunks; sprinkle with salt and pepper. Add 1 teaspoon oil to the pan and heat over high heat until very hot. Add the chicken and cook, stirring occasionally, until it is browned and no longer pink in the middle, 3 to 5 minutes. Transfer to a plate.
- 3 Reduce the heat to medium and add the remaining 1 teaspoon oil. Add onion and cook, stirring, until softened, about 2 minutes. Add garlic and jalapeño and cook, stirring, until fragrant, about 30 seconds. Add lime juice, the chicken and tomatoes. Cook, stirring, until heated through, 1 to 2 minutes.
- 4 Stir in cilantro and scallions. Divide the chicken mixture among tortillas. Serve with lime wedges, cilantro and lettuce.



APPROXIMATE MACROS PER SERVING: 297 CALORIES • 9G FAT • 27G CARBS • 27G PROTEIN

CHICKEN BURRITO

SERVINGS: 1

INGREDIENTS:

6-8 oz – boneless and skinless chicken breast

1 cup – brown rice

½ cup – asparagus

½ cup – diced tomato

½ – avocado

½ cup – chopped onion

1 – whole wheat tortilla

1 tbsp – goat cheese
cilantro

DIRECTIONS

- 1 Broil chicken breast for about 7 minutes.
- 2 Cook brown rice according to package instructions.
- 3 Steam asparagus.
- 4 Dice chicken, asparagus, tomato, onion and avocado.
- 5 Put rice on wrap and top with chicken, veggies, cilantro and goat cheese.
- 6 Fold and serve with salsa and 0% fat Greek Yogurt



APPROXIMATE PER SERVING: 490 CALORIES • 37 G PROTEIN • 54 G CARBS • 15 G FAT

TURKEY CHILI

SERVINGS: 8

INGREDIENTS:

6 ounces – hot turkey
Italian sausage

1 – chopped onion

1 cup – chopped red bell pepper

4 – garlic cloves, minced

1 pound – ground turkey

1 – jalapeño pepper, chopped

3 tbsp – chili powder

2 tbsp – brown sugar

1 tbsp – ground cumin

3 tbsp – tomato paste

2 tsp – dried oregano

½ tsp – freshly ground
black pepper

1 tsp – salt

2 – bay leaves

1 cup – brewed coffee

2, 28 oz cans – no-salt-added
whole tomatoes, undrained
and coarsely chopped

2, 15 oz cans – no-salt-added
kidney beans, drained

1 can – black beans

1 can – pinto beans

½ cup (2 ounces) – shredded
reduced-fat sharp
cheddar cheese

DIRECTIONS

- 1 Heat a large Dutch oven over medium-high heat. Remove casings from sausage. Add sausage, onion, and the next 4 ingredients (onion through jalapeño) to pan; cook 8 minutes or until sausage and turkey are browned, stirring to crumble.
- 2 Add chili powder and the next 7 ingredients (chili powder through bay leaves), and cook for 1 minute, stirring constantly. Stir in coffee, tomatoes, and kidney beans; bring to a boil. Cover, reduce heat, and simmer 1 hour, stirring occasionally.
- 3 Uncover and cook for 30 minutes, stirring occasionally. Discard the bay leaves. Sprinkle each serving with cheddar cheese and chopped green onions.

APPROXIMATE MACROS PER SERVING: 286 CALORIES • 7.5G FAT • 22.4G PROTEIN • 28.5G CARBS



QUINOA EGGS BENEDICT

SERVINGS: 4

INGREDIENTS:

- | | | |
|--|--|--|
| 1 cup — of quinoa | 1/3 cup — chopped pancetta | 6 — large eggs |
| 4 tsp — extra-virgin olive oil, divided | 2 tbsp — reduced-fat mayonnaise | 4 large — egg whites |
| 3 tsp — chopped fresh oregano, divided, plus 4 sprigs for garnish | 2 tbsp — nonfat plain yogurt | 2 tbsp — reduced-fat cream cheese |
| | 2 tsp — lemon juice | 1/4 tsp — salt |
| | 1 tsp — water | |

DIRECTIONS

- 1 Preheat oven to 425°F.
- 2 Toss quinoa with 2 teaspoons oil and 2 teaspoons oregano. Place them top-side down on half of a large baking sheet. Spread pancetta in an even layer on the other half. Roast until the quinoa are just beginning to brown and the pancetta is crispy, 12 to 14 minutes.
- 3 Meanwhile, whisk mayonnaise, yogurt, lemon juice and water in a small bowl until smooth. Beat eggs and egg whites in a large bowl.
- 4 Heat the remaining 2 teaspoons oil in a large nonstick skillet over medium-high heat. Add the eggs and cook, folding and stirring frequently with a heatproof rubber spatula until almost set, about 2 minutes. Remove from the heat and fold in cream cheese, the remaining 1 teaspoon oregano and salt.
- 5 To serve, divide the artichoke bottoms among 4 plates. Top each artichoke with equal portions scrambled egg, crispy pancetta and creamy lemon sauce. Garnish with oregano sprigs, if desired.

APPROXIMATE MACROS PER SERVING: 282 CALORIES • 19G FAT • 9G CARBS • 17G PROTEIN



BREAKFAST BOWL

INGREDIENTS:

- | | | |
|-------------------------------|--------------------------------------|--------------------------|
| 2 tsp — canola oil | 2 tbsp — red onions, diced | 1 — tomato, diced |
| 4 tbsp — black beans | 1 — parsnip, grated | 3 — eggs |
| 1/4 — eggplant, sliced | 2 — spears asparagus, chopped | Salt and pepper to taste |

DIRECTIONS

- 1 Heat oil in a skillet over medium-high heat.
- 2 Throw in all vegetables and sauté, stirring frequently, until eggplant is golden brown. Remove from skillet.
- 3 Add eggs to skillet and scramble with a spatula until cooked.
- 4 Add cooked vegetables, toss with eggs, season with salt and pepper, and serve.

APPROXIMATE PER SERVING: 558 CALORIES • 29 G PROTEIN • 60 G CARBS • 25 G FAT



GRILLED STEAK SALAD

SERVINGS: 4

INGREDIENTS:

1 tbsp – minced garlic
3 tsp – extra-virgin olive oil, divided
½ tsp – salt, divided
2 – boneless strip (top loin) steaks, trimmed (about 1 ¼ pounds)

1 – large ear corn, husked
1 cup – Romaine lettuce, chopped
2 – medium tomatoes, chopped
1 – small orange or red bell pepper, diced
2 tbsp – chopped fresh basil

2 tbsp – balsamic vinegar
¼ cup – cilantro
½ – avocado (optional)

DIRECTIONS

- 1 Spray a nonstick skillet with coconut oil spray and set on medium-high heat.
- 2 Sear 1 tablespoon of minced garlic and chopped red onions in the skillet, then cook thinly cut chicken 12 to 15 minutes or until fully cooked.
- 3 Chop up fresh cilantro and remove the pit from the avocado and cut into thin slices.
- 4 Spread about 2 tablespoons (⅓ cup) hummus on each wheat tortilla.
- 5 On one side of the tortilla, add half of chopped chicken breast, black beans, one tablespoon goat cheese, a fourth portion of avocado and fresh cilantro.
- 6 Fold the quesadilla in half.
- 7 Spray a nonstick skillet with coconut oil and set on medium heat. Allow the skillet to heat up.
- 8 Add the uncooked quesadilla to the skillet and cook for about 2 minutes on each side. Be sure to press down on the quesadilla using a spatula so that it flattens out.
- 9 Remove from the skillet and enjoy with salsa of your choice and a scoop of Greek yogurt for added protein. (optional)

APPROXIMATE MACROS PER SERVING: 250 CALORIES • 48G PROTEIN • 27G CARBOHYDRATES • 13G FAT



CALIFORNIA COBB SALAD

SERVINGS: 2

CREAMY BLUE CHEESE DRESSING INGREDIENTS:

1/3 cup – low-fat mayonnaise**1/3 cup** – buttermilk or nonfat milk**1/3 cup** – nonfat plain yogurt**2 tbsp** – tarragon vinegar
or white vinegar**1 tbsp** – Dijon mustard**1/2 tsp** – salt**1/2 tsp** – freshly ground pepper**1/4 cup** – crumbled blue cheese

SALAD INGREDIENTS:

8 – large eggs**6 cups** – baby spinach**4** – strips of bacon, cooked
and crumbled**4 tbsp** – Creamy Blue Cheese
Dressing, divided
filet mignon**1, 8 oz** – can beets, rinsed and sliced**1 cup** – shredded carrots**2 tbsp** – chopped pecans, toasted

DIRECTIONS

- 1 To prepare dressing: Whisk mayonnaise, buttermilk (or milk), yogurt, vinegar, mustard, salt and pepper in a medium bowl until smooth. Add cheese and stir, mashing with a spoon until the cheese is incorporated.
- 2 To prepare salad: Place eggs in a single layer in a saucepan; cover with water. Bring to a simmer over medium-high heat. Reduce heat to low, cover and cook at the lowest simmer for 10 minutes. Pour off the hot water and run cold water over the eggs until they are completely cooled. Peel the eggs; discard 6 of the yolks. Chop the remaining yolks and whites.
- 3 Toss spinach and 2 tablespoons of the dressing in a large bowl. Divide between 2 plates. Top with the chopped eggs, bacon, beets, carrots and pecans. Drizzle with 2 more tablespoons dressing. (Refrigerate the extra dressing for up to 1 week.)



APPROXIMATE MACROS PER SERVING: 270 CALORIES • 12G FAT • 20G CARBS • 23G PROTEIN

STUFFED OATMEAL

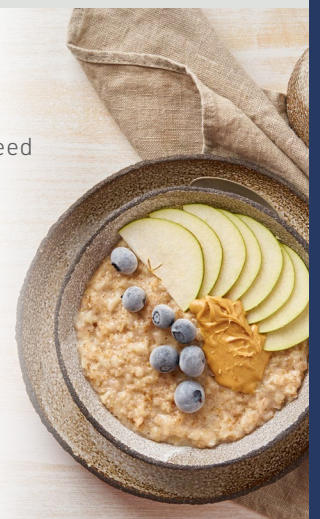
SERVINGS: 1

INGREDIENTS:

1/2 cup – dry oatmeal**1/2 cup** – water**1 tbsp** – peanut butter (or
nut butter of choice)**2 scoops** – whey protein powder
(flavor of choice)**1 tbsp** – ground flaxseed**1/2 cup** – berries

DIRECTIONS

- 1 Combine dry oatmeal and water in a medium bowl, and microwave 1½ to 2 minutes.
- 2 Add nut butter, protein powder and flaxseed, and stir thoroughly. Top with berries of your choice.



APPROXIMATE PER SERVING: 549 CALORIES • 58 G PROTEIN • 53 G CARBS • 15 G FAT

SALMON STACK

SERVINGS: 4

INGREDIENTS:

2— lemons, thinly sliced,
plus 1 lemon cut into
wedges for garnish

20-30— sprigs mixed fresh
herbs, plus 2 tablespoons
chopped, divided (basil,
thyme and rosemary)

1— clove garlic

½ tsp— salt

1 tsp— pepper

2 tbsp— Dijon mustard

1.5 pound— center-cut
salmon, skinned

DIRECTIONS

- 1** Preheat grill to medium-high.
- 2** Lay two 9-inch pieces of foil on top of each other and place on a rimless baking sheet. Arrange lemon slices in two layers in the center of the foil. Spread herb sprigs over the lemons. With the side of a chef's knife, mash garlic with salt to form a paste. Transfer to a small dish and stir in mustard and the remaining 2 tablespoons chopped herbs. Sprinkle pepper over salmon. Spread the mixture over both sides of the salmon. Place the salmon on the herb sprigs.
- 3** Slide the foil and salmon off the baking sheet onto the grill without disturbing the salmon-lemon stack. Cover the grill; cook until the salmon is opaque in the center, 10-15 minutes. Wearing oven mitts, carefully transfer foil and salmon back onto the baking sheet. Cut the salmon into 4 portions and serve with lemon wedges (discard herb sprigs and lemon slices).

APPROXIMATE MACROS PER SERVING: 212 CALORIES • 15G FAT • 1G CARBS • 23G PROTEIN



NEW FAVORITE FILET

SERVINGS: 4

INGREDIENTS:

5 — large shallots, peeled and halved

3 tsp — extra-virgin olive oil, divided

1 tbsp — coarsely chopped fresh thyme

½ tsp — kosher salt

½ tsp — freshly ground pepper

4, 4 oz — filet mignon or sirloin steaks

1 ¼ — inches thick, trimmed

¾ cup — red wine

1, 14-ounce — can reduced-sodium beef broth

1 tsp — olive oil

1 tsp — all-purpose flour

1 tsp — tomato paste

1 tbsp — butter, melted

DIRECTIONS

- 1 Preheat oven to 425°F.
- 2 Toss shallots with 1 teaspoon oil in a small baking pan. Roast until beginning to brown, about 25 minutes.
- 3 Meanwhile, combine thyme, salt and pepper in a small bowl; rub the mixture all over steaks. Heat the remaining 2 teaspoons oil in a large nonstick skillet over medium-high heat. Add the steaks and cook, adjusting the heat as necessary to prevent burning, 4 to 6 minutes per side for medium-rare. Transfer to a plate; tent with foil to keep warm.
- 4 Add wine to the pan and cook for 1 minute. Add broth and bring to a boil; continue cooking until the liquid is reduced by about half, 10 to 12 minutes.
- 5 Combine butter and flour in a small bowl. Stir tomato paste into the pan until dissolved, then add the butter-flour paste in small bits, breaking up any lumps with a wooden spoon, until it's dissolved. Add the roasted shallots and steaks to the pan along with any accumulated juices. Turn to coat and cook until heated through, 1 to 2 minutes. Serve the steaks with the remaining sauce in the pan.

APPROXIMATE MACROS PER SERVING: 359 CALORIES • 12G FAT • 23G CARBS • 28G PROTEIN



BREAKFAST SCRAMBLE

INGREDIENTS:

3 slices — turkey bacon such as Jennie-O Extra Lean Turkey Bacon

1½ — cups egg whites

¼ cup — tomato, diced

¼ cup — red onion, diced

¼ — avocado, sliced

DIRECTIONS

- 1 In a skillet, add turkey bacon and cook until crispy and golden.
- 2 In a large bowl, combine egg whites, tomato, and onion. Microwave two minutes, stir, then cook two more minutes.
- 3 Top scramble with crumbled bacon, avocado and cheese.

APPROXIMATE PER SERVING: 521 CALORIES • 56 G PROTEIN • 40 G CARBS • 11 G FAT



STEAK BURRITOS

SERVINGS: 4

INGREDIENTS:

½ cup – prepared fresh salsa

¼ cup – mashed avocado

½ cup – water

¾ cup – brown or white rice, preferably brown

1 tbsp – taco seasoning

1, 15 oz – can black beans, preferably low-sodium, rinsed

12 oz – strip steak, trimmed and thinly sliced crosswise

¼ tsp – freshly ground pepper

1 tbsp – coconut oil

4 8-inch – tortillas, preferably whole-wheat low carb

½ cup – shredded sharp Cheddar cheese

2 tbsp – coarsely chopped fresh cilantro

DIRECTIONS

- 1 Add salsa to pre-cooked brown rice, reduce heat to a simmer, cover and cook for 5 minutes. Stir in beans, return to a simmer and cook, uncovered, stirring occasionally, until the rice is tender and most of the liquid is absorbed, about 5 minutes more.
- 2 Meanwhile, sprinkle steak with pepper and taco seasoning. Heat oil in a large skillet over medium-high heat. Add steak and cook, stirring occasionally, until browned and cooked through, 3 to 5 minutes.
- 3 To assemble, divide the steak among the tortillas and top with equal amounts of cheese, guacamole, cilantro and the rice mixture. Roll each tortilla up into a burrito. Enjoy!

APPROXIMATE MACROS PER SERVING: 471 CALORIES • 16G FAT • 49G CARBS • 31G PROTEIN



SUPREME PEPPERONI PIZZA

THIN-CRUST WHOLE-WHEAT PIZZA DOUGH INGREDIENTS:

¾ cup – plus 1 tablespoon
lukewarm water (105-115°F)

1 package – active dry yeast
(2 ¼ teaspoons)

1 tsp – sugar

1 cup – whole wheat pastry flour

1 cup – whole wheat all-
purpose flour

½ tsp – salt

2 tbsp – extra-virgin olive oil

2 tbsp – fine cornmeal

All-purpose flour for dusting

TOPPINGS INGREDIENTS

½ cup – prepared marinara sauce

½ cup – mini pepperoni slices,
or can substitute with 12 oz.
cooked chopped chicken

1 – red bell pepper, chopped finely

1 cup – shredded part-skim
mozzarella cheese

¼ cup – parmesan cheese

¼ cup – black olives, chopped

½ cup – chopped mushrooms,
chopped

¼ cup – basil, chopped

DIRECTIONS

- 1 To prepare dough: Stir water, yeast and sugar in a large bowl; let stand until the yeast has dissolved, about 5 minutes. Stir in whole-wheat flour, all-purpose flour and salt until the dough begins to come together.
- 2 Turn the dough out onto a lightly floured work surface. Knead until smooth and elastic, about 10 minutes. (Alternatively, mix the dough in a food processor or in a stand mixer with a dough hook. Process or mix until it forms a ball.
- 3 Continue to process until the dough is smooth and elastic, about 1 minute more in a food processor or 3 to 4 minutes more on low speed in a stand mixer.) Place the dough in an oiled bowl and turn to coat the dough with oil to prevent sticking.
- 4 Cover with a clean kitchen towel; set aside in a warm, draft-free place until doubled in size, about 1 hour. Set your bowl of dough in your turned off oven to avoid excess moisture and help it rise.
- 5 Position rack in lower third of oven; preheat to 450°F. Brush oil over a large baking sheet. Sprinkle the baking sheet with cornmeal to coat evenly. Sprinkle flour over work surface. Roll out the dough to the size of the baking sheet and transfer to the baking sheet. Cover the dough with sauce.
- 6 Assemble and add all of your desired toppings and cheese. Bake until the crust is crispy and the cheese is melted and starting to brown, 15 to 20 minutes. Top off with some crushed chili peppers and fresh chopped basil for garnish. Enjoy!

APPROXIMATE MACROS PER SERVING:

378 CALORIES • 12G FAT • 47G CARBS • 18G PROTEIN



VSHRED

VSHRED

FITNESS PROGRAMS

UNIQUE SOLUTIONS FOR YOUR UNIQUE BODY

V Shred's programs are the perfect companion to Sculpt Nation's Supplements.

WHY?

Because unlike the millions of cookie cutter diet and exercise programs that litter the internet and flood social media every day, V Shred's programs are designed to match YOUR body, YOUR goals, YOUR lifestyle.

When you combine a diet and exercise program that perfectly pairs with your body type with supplements that are guaranteed to accelerate your results, you will reach your goals in record time.

And just like every Sculpt Nation Supplement, every single V Shred Program is backed by a lifetime, 100% Money Back Guarantee .



FAT LOSS EXTREME

NEED TO DROP 20+LBS, FAST?

Available at **VSHRED.COM**

Losing a lot of weight is NOT easy. If you've tried before and failed, don't worry, it's not your fault... the fitness industry misled you. That's why we created **FAT LOSS EXTREME**, the diet and exercise program designed to **HELP YOU BURN 20, 30, EVEN 50+LBS OF FAT EASILY:**

- 1** Workouts Designed for YOUR Body Type
- 2** Easy-to-Follow FLEXIBLE Diet Based on Foods You Actually Like Eating
- 3** End Kitchen Confusion
- 4** Easy, Fast, Anti-Cardio Sessions That Torch Calories for 48-Hours
- 5** 100% Digital 90 Day Program Includes Exclusive Follow-Along Videos
- 6** GUARANTEED Results (over 100,000 copies sold!)

FAT LOSS EXTREME is available in Men's and Women's programs.



90 DAY CLEAN BULK

PACK ON SLABS OF LEAN, POWERFUL MUSCLE
MASS WITHOUT THE FAT

Available at VSHRED.COM

**SICK OF BULKING PLANS THAT LEAVE YOUR BELLY
BULGING AND YOUR BELT CUTTING YOU IN HALF?**

90 DAY CLEAN BULK IS HERE TO HELP YOU:

- 1** Gain 17+lbs of Lean Muscle
- 2** Discover the 3-Simple Hacks for Skinny Guys to Gain 5X's More Muscle Than Ever Before
- 3** Follow the EXACT Workouts Needed for YOUR Body Type to Pack on Serious Mass
- 4** Unleash the Clean Bulk Diet That Has Helped 100,000+ Hardgainers Finally Gain Lean, Powerful, Fat-Free Mass
- 5** Train to Prime Your Body's Anabolic Hormones for Maximum Muscle Growth
- 6** Unlock the Underground Methods That Deliver You 37% More Muscle Growth for 6-hours Post-Workout PLUS 51% More Muscle for Up to 24-Hours After Every Single Workout

Results backed by a lifetime,
100% Money-Back Guarantee



RIPPED IN 90 DAYS

STEP BY STEP BLUEPRINT FOR TORCHING BODY FAT WHILE
BUILDING A LEAN, MUSCULAR, POWERFUL BODY - GUARANTEED

Available at VSHRED.COM

RIPPED in 90 Days was designed for guys like you who want to break away from the pack, leaving their average bodies behind and transforming their physiques into a lean, ripped, powerful mass of shredded muscle.

- 1** Workouts Designed for Guys of All Skill Levels Who Need to Get RIPPED, Fast
- 2** Advanced TUT Techniques for Guaranteed Muscle Growth
- 3** Lightning Fast Anti-Cardio Workouts That Burn Calories for 48-Hours
- 4** Flexible, \$\$-Saving Diet Designed to Rapidly Incinerate Fat for YOUR Body Type
- 5** Ab Shredder Workouts
- 6** 100% Digital 90 Day Program - Includes Exclusive Follow Along Videos
- 7** GUARANTEED Results
(over 100,000 Copies Sold!)



TONED IN 90 DAYS

tone, strengthen, and reshape your body rapidly

Available at VSHRED.COM

IMAGINE IF YOU COULD SCULPT YOUR BODY IN JUST 90 DAYS:

- 1 Zero Starvation Diets
- 2 NO Being Stranded on No-Carb Island
- 3 No Mind Numbing, Worthless Cardio Workouts

It'll help you, too. Guaranteed.

TONED in 90 Days is the fastest path to a toned, tight, lean body for women of all ages who are sick of starvation diets, confusing workouts, and endless cardio.

THE SECRET TO TONED IN 90 DAYS INCREDIBLE SUCCESS STORIES?

- 4 A Highly Customizable, Flexible Diet That Lets You Enjoy Your Favorite Foods
- 5 Short, Intense, Fat-Melting Workouts That Take LESS THAN 30-Minutes
- 6 Access to the "Hollywood Carb Secret" That Actresses Use to Get Into Killer Shape for Their Roles (Almost Overnight!)

TONED in 90 Days has helped tens of thousands of women achieve their dream bodies faster, and easier, than they ever dreamed possible.



CUSTOM PLAN

JAW-DROPPING RESULTS IN A FRACTION OF TIME

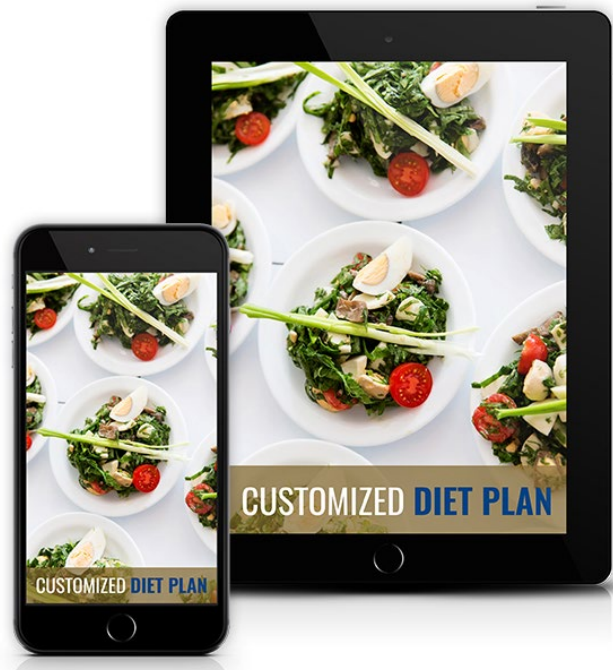
Available at **VSHRED.COM**

What if you could begin enjoying your dream body in record time... and you NEVER had to suffer through starvation diets, workouts that leave you destroyed for days, or calorie calculations so complex they'd leave an MIT professor's ear smoking?

You can leave those frustrations in the rear-view when you arm your body with the single most powerful body transformation tool on Earth: an **8-WEEK 100% CUSTOM DIET & TRAINING PLAN**.

- 1** Every Single Meal is Planned 100% for You
- 2** Meals Based on Foods You Actually Enjoy
- 3** 8-Weeks of Workouts Custom Designed for YOUR Body
- 4** Every Calorie, Carb, Protein, and Fat Pre-Calculated for You
- 5** Easy to Follow Shopping Lists
- 6** Personal Help from Your Diet & Exercise Coach
- 7** Unlimited Email Support
- 8** All Sets, Reps, and Workouts 100% Custom Made for YOU

The CUSTOM PLAN is the perfect solution for Men and Women who want to easily transform their bodies in minimal time.



BIG ARMS

FINALLY: ADD INCHES OF ROCK HARD,
POWERFUL MUSCLE TO YOUR ARMS

Available at [VSHRED.COM](https://vshred.com)

STOP STRUGGLING TO BULK YOUR BI'S, TRI'S, AND FOREARMS.
YOU'RE ABOUT TO LEARN THE SECRETS OF BUILDING
MASSIVE GUNS FASTER THAN YOU EVER IMAGINED:

- 1** The Special, Essential Exercise Sequence That Flips the Internal Switch to Send Your Arm Muscle Fibers into Hyper-Growth Mode
- 2** Exact Exercises, Sets, and Reps You Need to Force Stubborn Muscles to Explode with Fresh Growth
- 3** The Hardgainer's Secret Weapon: How to Perform EACH Rep for Maximum Muscle
- 4** 6-Simple Ways to Destroy the Dreaded "Adaptation Response" & Keep Your Guns Growing
- 5** Advanced Techniques Used by Elite Athletes to Force Hypertrophy in Your Fast Twitch Muscle Fibers - This is KEY for Sleeve-Splitting Muscle Building



6-PACK SHRED

UNLEASH THE ULTIMATE HIGH-SPEED SHREDDING PROGRAM GUARANTEED TO DESTROY THAT LAST LAYER OF FAT AND UNCOVER A SET OF ETCHED, CHISELED ABS

Available at
VSHRED.COM

GUESS WHAT? DOING ENDLESS CRUNCHES AND TONS OF BORING CARDIO IS NOT THE WAY TO A KILLER SET OF ABS.

Uncover the fool-proof 2-Step Process absolutely essential to burning belly fat and building a beautiful 6-pack.

- 1** Melt Your Love Handles
- 2** Cut Fat and Uncover Your Intercostals
- 3** Discover the Exact Sets, Reps, Exercises, and Frequency You MUST Use to Have Chiseled Abs
- 4** Bonus - At Home Workouts That Slash Belly Fat Fast
- 5** Anti-Cardio Workouts That Torch Fat for 48-Hours Post Workout... and Take Less Than 15-Minutes to Complete
- 6** Learn How to Adapt Fat Burning Workouts So You Can Do Them Anywhere, Anytime
- 7** Carb-Cycling Secrets That Kick Your Belly-Fat Burning into Hyperdrive

6-Pack Shred is perfect for men and women who want to lean out and enjoy a tight, shredded core.



BOOTY BUILDER

Available at **VSHRED.COM**

VSHRED

A STEP-BY-STEP BOOTY BUILDING PROGRAM SO FAST AND EFFECTIVE THAT YOUR HATERS WILL SWEAR YOU'VE HAD PLASTIC SURGERY.

BOOTY BUILDER helps you develop the tight, round, sculpted butt you've always dreamed of while also helping you banish cellulite forever.

- 1** Learn How to Build ALL the Essential Muscles Needed for a Perfect Posterior
- 2** Shape and Tone Your Thighs
- 3** Sculpt Killer Curves
- 4** Learn the 5 Essential Lifestyle Factors Guaranteed to Help You Build the Butt You've Always Dreamed of
- 5** Why Squats and Lunges Are NOT Enough (Not Even Close...)
- 6** 12 Foods That Help Blast Cellulite
- 7** The Exact Sets, Reps, and Exercises Needed to Reshape Your Rear
- 8** 9-Little Known Hip Exercises That Build Incredible Curves



30 DAY CHALLENGE

YOUR DREAM BODY IN JUST 30 DAYS?

Available at [VSHRED.COM](https://vshred.com)

**IF YOU'RE UP FOR THE CHALLENGE, YOU LITERALLY
COULD BE ENJOYING YOUR BEST BODY EVER...
AND A SHOT AT WINNING \$2,500 IN CASH...
IN JUST 30 SHORT DAYS.**

HOW?

The V Shred 30 Day Custom Body Transformation Challenge:

- 1** 4-Weeks of 100% Custom Made for YOU Workouts
- 2** Trainer and Social Support
- 3** 4-Weeks of a 100% Custom Designed Diet
- 4** Special 15-Minute Fat Melter Workouts
- 5** 100% Guaranteed Results
- 6** Chance at Winning \$2,500 in Cash
- 7** That Kick Your Belly-Fat Burning into Hyperdrive

The Custom Body Transformation Challenge has helped 10,000+ men and women completely reshape their bodies in just 30 days.

Day 1



Day 30



RECIPE GUIDE

END KITCHEN CONFUSION & DIET ANXIETY FOREVER

Available at [VSHRED.COM](https://vshred.com)

FINALLY, A SIMPLE GUIDE THAT HELPS YOU EFFORTLESSLY PREPARE INCREDIBLE MEALS THAT FIT PERFECTLY WITH YOUR DIET PLAN.

Oh, and the carbs, fats, proteins, and calories are 100% done-for-you. No complicated calculations. No confusion.

- 1** Meals Based on Foods You Actually Like
- 2** All Meals Can Be Prepared With Normal Foods You Find in Any Supermarket
- 3** Over 40 Fully Customizable Recipes Designed by a Professional Chef, Utilizing Healthy Foods with a Laser-Like Focus on FLAVOR
- 4** Adaptable to Every Goal - From Muscle Gain to Extreme Fat Loss
- 5** Amazing Meals Made with REAL Food - No Overpriced, Pre-Packaged Junk



SAVE 20% OFF
SCULPT NATION SUPPLEMENTS

COUPON CODE: WELCOMEVS20

VSHRED.COM

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease. Always consult with a qualified healthcare professional prior to beginning any diet or exercise program or taking any dietary supplement. The content on Sculpt Nation's website is for informational and educational purposes only and is not intended as medical advice or to replace a relationship with a qualified healthcare professional.