



*Protein Forward*  
Recipe Bundle

ELEVATE YOUR NUTRITION  
WITH THESE HIGH PROTEIN  
MEALS AND POWER UP YOUR  
DAY!

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A close-up photograph of a breakfast meal on a dark grey plate. The meal consists of a baked egg with melted cheese and mushrooms, a side of potatoes, and fresh arugula. A semi-transparent white rectangular box is overlaid on the center of the image, containing text.

*Protein Forward*  
**Breakfast**

START YOUR DAY RIGHT

# Avocado Delight Omelette



SERVINGS: 1

PREP TIME: 2 MINUTES

COOKING TIME: 5 MINUTES

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## INGREDIENTS

- 2 whole eggs
- 2 egg whites
- 1 oz (28 g) goat cheese
- Salt and pepper to taste
- 1 tsp (4.5 g) avocado oil
- 1/2 small avocado, chopped
- 1/2 cup (15 g) baby spinach
- 1 cup (177 g) honey dew melon, chopped

## DIRECTIONS

1. Whisk together the whole eggs, egg whites, goat cheese, salt, and pepper until well combined.
2. Warm avocado oil in a small skillet, coating the inside.
3. Pour the egg mixture into the skillet and cover. Once the eggs easily separate from the bottom of the pan, flip them.
4. Place spinach on top of the eggs in the skillet and let it slightly wilt.
5. Add avocado slices and fold the omelet in half.
6. Serve with honeydew melon or your preferred choice of fruit.

### NUTRITION INFO

Calories: 491, Carbohydrate: 23 grams, Protein: 28 grams, Fat: 30 grams

# Berry Bliss Smoothie



SERVINGS: 1

PREP TIME: 3 MINUTES

COOKING TIME: 0 MINUTES

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## INGREDIENTS

- 1 banana
- 1/2 cup (122 g) almond milk
- 3/4 cup (240 g) nonfat plain greek yogurt
- 1 tbsp (10 g) hemp hearts
- 1 tbsp (16 g) almond butter
- 1/2 cup (76 g) sliced strawberries
- 1/2 cup (62 g) raspberries

## DIRECTIONS

1. Blend all ingredients together in a blender until smooth and enjoy!

### NUTRITION INFO

Calories: 454, Carbohydrate: 52 grams, Protein: 31 grams, Fat: 17 grams

# Blueberry Breakfast Cookies



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 20 - 25  
MINUTES

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## INGREDIENTS

- 1/2 cup (56 g) almond flour
- 1/3 cup (29 g) rolled oats
- 1/4 tsp (1 g) baking soda
- 1/4 tsp (0.6 g) cinnamon
- 1 scoop (30 g) vanilla protein powder ( optional )
- 2 tbsp (32 g) almond butter
- 1 egg
- 2 tbsp (30 g) almond milk
- 1/4 cup (32 g) dried blueberries (or any dried fruit)
- 1/4 cup (28 g) chopped walnuts

## DIRECTIONS

1. Preheat the oven to 350°F (175°C).
2. In a large bowl, combine almond flour, rolled oats, baking soda, cinnamon, and protein powder.
3. In a separate bowl, whisk together eggs, almond milk, and almond butter.
4. Stir the wet ingredients into the dry ingredients until well combined.
5. Gently fold in the blueberries and walnuts.
6. Roll the batter into 1-2 inch balls and lightly press them onto a greased baking sheet.
7. Bake for 14-16 minutes until they are cooked through.

### NUTRITION INFO

Calories: 581, Carbohydrate: 36 grams, Protein: 36 grams, Fat: 35 grams

# Colombian Style Eggs With Onion & Tomato



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 10 MINUTES

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## INGREDIENTS

- 3 eggs
- 1/2 tomato
- 1/3 yellow onion
- 1 tsp (4 g) garlic, minced
- 1 tbsp (1 g) fresh cilantro
- 1/2 tbsp (7 g) olive oil
- 1 oz (28 g) goat cheese
- 1 large slice sour dough bread

## DIRECTIONS

1. Finely dice the onion, garlic, and tomato, then set them aside.
2. Chop the cilantro and keep it aside for later use (it will be added last).
3. Heat 1 tablespoon of olive oil in a skillet or pan over medium heat. Add the onions, garlic, and tomato, and cook for 4-5 minutes.
4. Scramble the eggs in the skillet and incorporate the cilantro.
5. Continue cooking the eggs until they are thoroughly done, then add goat cheese to melt and blend into the scramble.
6. Enjoy with a halved avocado!

### NUTRITION INFO

Calories: 478, Carbohydrate: 23 grams, Protein: 31 grams, Fat: 29 grams

# Mushroom Frittata w/ Roasted Red Potatoes



SERVINGS: 1

PREP TIME: 5 MINUTES

COOK TIME: 10 MINUTES

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## INGREDIENTS

- 1/2 tbsp (6.5 g) ghee
- 1/2 cup (42 g) sliced portabella mushrooms
- 3 eggs
- 1/4 cup (56 g) low-fat cottage cheese
- 4 small red potatoes
- 1/2 tsp (0.5 g) dill
- Salt and pepper to taste

## DIRECTIONS

1. Preheat the oven to 400°F (204°C).
2. In a small, oven-safe skillet, melt the ghee over medium heat and add the portabella mushrooms.
3. Saute the mushrooms for 3-5 minutes or until they begin to soften.
4. While the mushrooms are cooking, blend the eggs and low-fat cottage cheese in a blender until smooth and frothy.
5. Pour the egg mixture into the skillet, season with salt and pepper, then place it in the oven to bake.
6. Bake for 12-15 minutes or until the eggs are cooked through to your preferred texture.

### NUTRITION INFO

Calories: 515, Carbohydrate: 46 grams, Protein: 32 grams, Fat: 22 grams



# Nut Butter Banana Greek Yogurt



SERVINGS: 1

PREP TIME: 5

COOKING TIME: 0

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## INGREDIENTS

- 1 cup (240 g) greek yogurt
- 2 tbsp (32 g) almond butter
- 1 medium banana (136 g)
- 1/4 tbsp (3 g) chia seeds
- 1/4 tbsp (2.5 g) hemp hearts

## DIRECTIONS

1. Add 1 cup of greek yogurt to a bowl.
2. Add 2 tbsp of almond butter and stir.
3. Cut up one medium banana into slices and place on top of yogurt bowl.
4. Sprinkle with chia seeds and enjoy!

### NUTRITION INFO

Calories: 451, Carbohydrate: 42 grams, Protein: 30 grams, Fat: 22 grams

# Pineapple Cottage Cheese with Matcha Latte



SERVINGS: 1

PREP TIME: 2 MINUTES

COOKING TIME: 2 MINUTES

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## INGREDIENTS

- 1 1/4 cup (283 g) low-fat cottage cheese
- 1 cup (155 g) chopped pineapple
- 1/2 tbsp (6 g) chia seeds
- 1 serving (2 g) matcha powder
- 1.5 cup (368 g) almond milk

## DIRECTIONS

1. Place cottage cheese in a bowl and layer it with pineapple chunks and chia seeds.
2. Heat almond milk and mix in matcha powder, whisking until thoroughly blended.

### NUTRITION INFO

Calories: 373, Carbohydrate: 33 grams, Protein: 39 grams, Fat: 11 grams

# Protein Forward Pancakes



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 10 MINUTES

## INGREDIENTS

- 3/4 cup (84 g) almond flour
- 2 whole eggs
- 1/2 cup (122 g) egg whites
- 1 mashed banana
- 1 tsp (4.5 g) baking powder
- 30 g vanilla protein powder
- 1/4 tsp (0.6 g) cinnamon
- A pinch of salt
- 1 tbsp (14 g) ghee
- Optional topping: 1 tbsp maple syrup (adds 52 calories and 14 g carbohydrates)

## DIRECTIONS

1. Combine all ingredients in a blender and blend until mostly smooth.
2. Heat small amount of ghee in a large skillet.
3. Pour batter onto the skillet, forming circles about the size of your palm.
4. Once the pancake easily lifts from the pan with a spatula, flip it and continue cooking until the center is no longer gooey.
5. Repeat this process with the remaining batter.

### NUTRITION INFO

Calories: 523, Carbohydrate: 24 grams, Protein: 42 grams, Fat: 30 grams

# Protein Packed Yogurt Bowl



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 0

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## INGREDIENTS

- 1 cup (300 g) non-fat Greek yogurt
- 2 tbsp (28.5 g) cashews
- 2 tbsp (17 g) peanuts
- 2 tbsp (15 g) shelled Pistachios
- 1/2 cup (83 g) sliced strawberries
- 1/2 cup (83 g) diced mango
- 1/2 tsp (11 g) honey

## DIRECTIONS

1. Add greek yogurt, cashews, peanuts, pistachios, strawberries, and mango to a large bowl.
2. Drizzle with honey.

### NUTRITION INFO

Calories: 440, Carbohydrate: 47 grams, Protein: 35 grams, Fat: 15 grams

# Ricotta Breakfast Bowl



SERVINGS: 1

PREP TIME: 2 MINUTES

COOKING TIME: 0 MINUTES

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## INGREDIENTS

- 3/4 cup (185 g) ricotta cheese, part skim
- 1/2 tbsp (5 g) hemp hearts
- 2 tbsp (15 g) pistachios
- 1/3 cup (48 g) blackberries
- 1/4 cup (28 g) paleo granola

## DIRECTIONS

1. Add ricotta to a bowl and top with all other ingredients. Enjoy!

### NUTRITION INFO

Calories: 514, Carbohydrate: 26 grams, Protein: 31 grams, Fat: 33 grams

A top-down view of a white plate filled with a pasta salad. The salad consists of spiral-shaped pasta, pieces of grilled chicken, chunks of white mozzarella cheese, cherry tomatoes in yellow, orange, and red, and fresh green basil leaves. A dark dressing is drizzled over the ingredients. A semi-transparent white rectangular box is centered over the middle of the plate, containing text.

*Protein Forward*  
**Lunch**

GET THE BOOST YOU NEED

# Chicken Caprese Pasta Salad



SERVINGS: 1

PREP TIME: 5-10 MINUTES

COOK TIME: 0 MINUTES

## INGREDIENTS

- 1 cup (85 g) cooked chickpea pasta
- 1/2 cup (70 g) cooked chopped chicken breast
- 1/2 cup (75 g) cherry tomatoes (halved)
- 1 oz (28 g) mozzarella
- 1/2 tbsp (8 g) balsamic vinegar
- 1/2 tbsp (7 g) olive oil
- 2-3 basil leaves (chopped)
- Salt and pepper to taste

## DIRECTIONS

1. In a large bowl, combine chickpea pasta, grilled chicken, cherry tomatoes, mozzarella, balsamic vinegar, olive oil, basil, salt and pepper.
2. Mix until salad is thoroughly dressed.
3. Serve cold and enjoy!

## NUTRITION INFO

Calories: 555, Carbohydrate: 58 grams, Protein: 44 grams, Fat: 18 grams

# Chicken Nuggets and Ranch Dipping Sauce



SERVINGS: 2

PREP TIME: 10

COOKING TIME: 15

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## INGREDIENTS

- 8 oz (226 g) shredded chicken breast
- 1/4 cup (28 g) cheddar cheese
- 1 egg
- 1 tbsp (8 g) garlic powder
- 1/4 cup (60 g) nonfat greek yogurt
- 3 tsp (11 g) ranch seasoning mix
- 1 cup baby carrots (150 g)
- 2 apples (364 g)

## DIRECTIONS

1. Preheat the oven to 350°F (175°C).
2. Combine shredded chicken, cheese, egg, and garlic powder in a mixing bowl.
3. Shape the mixture into 14 nuggets and bake at 350°F (175°C) for 15 minutes.
4. In a bowl, mix 1/4 cup of greek yogurt with ranch seasoning.
5. Cut apple slices and serve them with baby carrots. Serve 7 nuggets per serving.

### NUTRITION INFO

Calories: 385, Carbohydrate: 38 grams, Protein: 36 grams, Fat: 10 grams



# Harvest Sweet Potato Salad



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 30 MINUTES

## INGREDIENTS

- 1 medium sweet potato, chopped into 1/2 inch pieces
- 10 oz (284 g) chicken breast
- 2 tbsp (27 g) avocado oil
- 1 tsp dried thyme
- 1 tbsp (15 g) dijon mustard
- 1 tbsp (15 g) apple cider vinegar
- Salt and pepper to taste
- 4 cups (80 g) arugula or rocket
- 2 tbsp (14 g) chopped pecans
- 4 tbsp (43 g) pomegranate arils, or substitute with dried unsweetened cranberries
- 2 oz (56 g) mozzarella cheese
- Option to serve with an apple (add 25g carbs and 95 calories)

## DIRECTIONS

1. Preheat the oven to 400°F (204°C).
2. Toss chopped sweet potato and chicken breast in a baking dish with 1 tablespoon of avocado oil, thyme, salt, and pepper.
3. Bake for 20 minutes. Remove the sweet potato and continue baking the chicken for an additional 10-15 minutes or until the internal temperature reaches above 165°F (74°C).
4. While the chicken is cooking, whisk together the remaining oil, apple cider vinegar, and Dijon mustard for the dressing.
5. Let the cooked chicken rest for at least 5 minutes. Then, chop the chicken and divide it, along with the sweet potato, pomegranate arils, pecans, and arugula, into two salad bowls.
6. Drizzle the Dijon mustard dressing over the salads and serve.

## NUTRITION INFO

Calories: 513, Carbohydrate: 21 grams, Protein: 43 grams, Fat: 29 grams

# Loaded Chopped Salad



SERVINGS: 1

PREP TIME: 10 MINUTES

COOKING TIME: 0 MINUTES

## INGREDIENTS

- 1 oz (28 g) goat cheese
- 4 oz (113 g) shredded or chopped cooked chicken breast
- 1/2 cup (130 g) chickpeas
- 1/2 tomato, chopped
- 1/4 cup (38 g) corn (from a can or cooked fresh)
- 2 cups (190 g) romaine lettuce, chopped
- 1 tbsp (14 g) olive oil
- 1/2 tbsp (8 g) dijon mustard
- 1/2 tbsp (8 g) apple cider vinegar
- 1/2 tbsp (7 g) lemon juice
- Salt and pepper to taste

## DIRECTIONS

1. Place lettuce in a salad bowl and layer it with goat cheese, chicken, chickpeas, tomato, and corn.
2. In a small bowl, whisk together olive oil, dijon mustard, apple cider vinegar, and lemon juice until thoroughly combined.
3. Top salad with the dressing and enjoy!

## NUTRITION INFO

Calories: 560, Carbohydrate: 40 grams, Protein: 42 grams, Fat: 26 grams

# Mediterranean Orzo Salad



SERVINGS: 2

PREP TIME: 20 MINUTES

COOKING TIME: 10 MINUTES

## INGREDIENTS

- 2/3 cup (56 g) orzo pasta
- 6 oz (170 g) shredded chicken, cooked
- 2 tbsp (15 g) shelled pistachios
- 2 tbsp (15 g) peanuts
- 10 pitted kalamata olives, sliced
- 10 pitted green olives, sliced
- 1 oz (28 g) crumbled feta cheese
- 12 oz (325 g) jar artichoke hearts
- 6 oz (168 g) roasted red peppers
- Salt to taste
- 1 tbsp (14 g) olive oil

## DIRECTIONS

1. In a large pot, bring 6 cups of water to a boil and add 1/2 tablespoon of salt.
2. Cook the orzo in the boiling water for approximately 9 minutes or until it reaches an al dente texture.
3. Drain the cooked orzo using a strainer and rinse it under cold water until it's slightly cooled. Transfer the orzo to a large bowl.
4. Halve the kalamata olives, green olives, and artichoke hearts.
5. Combine the chicken, pistachios, peanuts, kalamata olives, green olives, artichoke hearts, and roasted red peppers in the bowl with the orzo. Gently toss.
6. Add the remaining salt and olive oil, then toss until thoroughly combined.
7. Chill the mixture for 2 hours. Before serving, top it with crumbled feta cheese.

## NUTRITION INFO

Calories: 553, Carbohydrate: 57 grams, Protein: 37 grams, Fat: 22 grams

# Salmon Edamame Bowl



SERVINGS: 1

PREP TIME: 10

COOKING TIME: 10

## INGREDIENTS

- 3 oz (85g) Salmon cubed
- 1 tbsp (21g) honey
- 0.5 tsp (1.2g) red pepper flakes
- 1 cup (170g) edamame, hulled
- 1 small cucumber, peeled and chopped
- 2 tbsp (10 g) red onion, chopped
- 1 tbsp (9g) Sesame seeds
- Salt and pepper to taste

## DIRECTIONS

1. Preheat the oven to 400°F (204°C).
2. Cut the salmon into cubes and toss it with honey and red pepper flakes.
3. Bake the salmon for 10 minutes in the oven (or in an air fryer at 400°F/204°C for 7 minutes).
4. In a bowl, combine edamame, red onion, and cucumber. Toss the mixture with salt and pepper.
5. Place the baked salmon on top of the vegetable mixture and sprinkle with sesame seeds.

## NUTRITION INFO

Calories: 471, Carbohydrate: 43 grams, Protein: 38 grams, Fat: 18 grams

# Savory Dip and Veggie Platter



SERVINGS: 1

PREP TIME: 5

COOKING TIME: 0

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## INGREDIENTS

- 1 cup (226 g) low-fat cottage cheese
- 1/4 tsp (0.5 g) onion powder
- 1/4 tsp (0.75 g) garlic powder
- 1 tsp (1 g) dried dill
- 1/2 small cucumber, grated
- 1/2 cup baby carrots
- 1/2 cup snow peas
- 2 ribs celery, cut into 2 inch pieces
- 1 serving gluten free crackers
- 1 apple

## DIRECTIONS

1. In a blender, mix together cottage cheese, onion powder, garlic powder, and dill until smooth and creamy. Mix in the grated cucumber.
2. Serve the cottage cheese dip with the vegetables and crackers. Have an apple on the side.

### NUTRITION INFO

Calories: 483, Carbohydrate: 61 grams, Protein: 30 grams, Fat: 14 grams

# Simple Chicken & Hummus Wrap



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 0 MINUTES

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## INGREDIENTS

- 1 sprouted grain wrap
- 1 tbsp hummus
- 4 oz chicken breast, cooked and shredded
- 2 tbsp kalamata olives, sliced
- 1/2 small red bell pepper, sliced
- 1/4 small red onion, sliced
- 1 orange

## DIRECTIONS

1. Spread hummus on the sprouted grain wrap and top with all other ingredients. Roll one side to the other and enjoy!
2. Serve with an orange on the side (or fruit of your choosing).

### NUTRITION INFO

Calories: 432, Carbohydrate: 48 grams, Protein: 42 grams, Fat: 9 grams

# Smoked Salmon With Arugula & Artichoke



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 0

## INGREDIENTS

- 5 oz (142 g) store-bought cooked smoked salmon (found in the deli section)
- 1 cup (20 g) arugula
- 5 cherry tomatoes
- 1/2 medium cucumber
- 1/4 small red onion
- 1/4 cup (65 g) chopped artichoke hearts from a jar
- 2 tbsp (17 g) pine nuts
- 1 tbsp (7 g) olive oil
- 1 tbsp (15 g) balsamic glaze
- Salt and pepper to taste

## DIRECTIONS

1. Chop the cucumber into bite-sized pieces, halve the cherry tomatoes, and chop the red onion.
2. Arrange the salad by placing a bed of arugula in a bowl. Add the chopped vegetables (tomatoes, cucumbers, onions, and artichoke hearts) on top.
3. Layer the smoked salmon over the vegetables, sprinkle with pine nuts, and drizzle with olive oil and balsamic glaze.
4. Season the salad with salt and pepper to taste.

### NUTRITION INFO

Calories: 455, Carbohydrate: 23 grams, Protein: 33 grams, Fat: 25 grams

# Tuna Salad with Garlic and Rosemary



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 0 MINUTES

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## INGREDIENTS

- 1 1/2 cup (326 g) white beans rinsed and drained
- 2 (28 g) tsp olive oil
- 1 clove garlic, small
- 1 tbsp (15 g) lemon juice
- Cayenne pepper to taste
- 8 oz (227 g) tuna, canned and drained
- 1 string of fresh rosemary
- 2 red bell peppers

## DIRECTIONS

1. Combine beans, olive oil, roasted garlic, lemon juice, and cayenne pepper in a mini food processor.
2. Blend the ingredients until they form a completely smooth mixture.
3. Mince fresh rosemary and mix it in a bowl with the tuna. Add the blended bean mixture and stir thoroughly.
4. Serve and enjoy with freshly cut bell peppers, ideal for scooping up the tuna and bean mixture.

### NUTRITION INFO

Calories: 424, Carbohydrate: 32 grams, Protein: 40 grams, Fat: 15 grams





*Protein Forward*  
Dinner

END THE DAY FEELING GOOD

# Asian Shrimp Rice Bowl



SERVINGS: 1

PREP TIME: 15 MINUTES

COOKING TIME: 30 MINUTES

## INGREDIENTS

- 1/2 cup (61 g) rice
- 7 oz (227 g) shrimp, peeled and deveined
- 1/2 cup (85 g) shelled edamame
- 12 spears asparagus
- 1/2 cup (64 g) carrots, sliced
- 1/4 cup (64 g) almond butter
- 3 tbsp (42 g) coconut aminos
- 1 1/2 tsp (7 g) sesame oil
- 1/2 tbsp (3 g) ginger powder
- 2 tbsp (38 g) lime juice

## DIRECTIONS

1. Cook rice according to package instructions.
2. Add peanut butter, soy sauce, sesame oil, ginger, and lime juice to a saucepan.
3. Cook the sauce on medium to low heat until warm.
4. Cut carrots into rounds.
5. Snap the ends off the asparagus.
6. In a large pan, sauté carrots and asparagus until tender. Set aside.
7. Add shrimp to the pan and sauté until pink.
8. Add carrots and asparagus to the shrimp and sauté until all ingredients are mixed.
9. Serve over cooked rice with a generous drizzle of peanut sauce.

## NUTRITION INFO

Calories: 566, Carbohydrate: 54 grams, Protein: 30 grams, Fat: 27 grams

# Baked Turkey and Acorn Squash



SERVINGS: 2

PREP TIME: 15 MINUTES

COOKING TIME: 65 MINUTES

## INGREDIENTS

- 1 medium acorn squash
- 1 tbsp (14 g) avocado oil
- Salt and pepper to taste
- 3/4 lb (336 g) ground turkey
- 2 ribs celery, diced
- 1/2 tsp (0.5 g) dried thyme
- 1/4 tsp (0.5 g) ground ginger
- 1/2 tsp (1.5 g) garlic powder
- 1/4 cup (32 g) pecans, chopped
- 1/4 cup (10 g) dried cranberries, unsweetened

## DIRECTIONS

1. Preheat the oven to 400°F (approximately 204°C).
2. Prepare the acorn squash by cutting off the top and bottom points to make it sit flat. Horizontally slice the squash in half and remove the seeds.
3. Brush the inside of the squash with 1/2 tablespoon of avocado oil, then sprinkle with salt and pepper.
4. Place the acorn squash in the oven and bake for 50 minutes.
5. Meanwhile, heat 1/2 tablespoon of avocado oil in a skillet over medium heat. Add the ground turkey, breaking it apart as it cooks.
6. Once the turkey is mostly cooked, move it to one side and add the celery. Cook for 2-3 minutes, then incorporate the cranberries, chopped pecans, garlic powder, ground ginger, thyme, salt, and pepper. Cook for an additional 2-3 minutes.
7. Fill the baked acorn squash halves with the turkey mixture and return them to the oven for an extra 15 minutes.

## NUTRITION INFO

Calories: 518, Carbohydrate: 31 grams, Protein: 37 grams, Fat: 30 grams

# Butternut Squash & White Bean Soup w/ Chicken



SERVINGS: 2

PREP TIME: 5 MINUTES

COOKING TIME: 4-6 HOURS

## INGREDIENTS

- 4 cups (970 g) chicken stock
- 1/2 lb (227 g) chicken breast
- 2 cups (280 g) butternut squash, cubed
- 1 cup (261 g) white beans, cooked or from a can
- 1 parmesan rind (3-4 inches)
- 1/2 tbsp (3.5 g) paprika
- 1/2 tbsp (4.2 g) garlic powder
- 2 cups (134 g) kale
- Salt and pepper to taste

## DIRECTIONS

1. In a crockpot, combine chicken stock and chicken breast. Cook on high for 3-4 hours or until the chicken is tender. Once done, remove the chicken from the crockpot and shred it.
2. Add butternut squash, white beans, parmesan rind, paprika, and garlic powder to the crockpot. Cook on high for 1-2 hours or until the butternut squash is tender.
3. Return the shredded chicken to the crockpot and add kale. Season with salt and pepper to taste.
4. Serve the dish hot and enjoy your flavorful creation!

## NUTRITION INFO

Calories: 519, Carbohydrate: 48 grams, Protein: 53 grams, Fat: 14 grams

# Healthy Chicken Milanese



SERVINGS: 2

PREP TIME: 10

COOKING TIME: 20

## INGREDIENTS

- 8 oz (224 g) thin sliced boneless skinless chicken breast
- Salt and pepper
- 3 tsp (5.4 g) Italian seasoning
- 1/4 cup (28 g) almond flour
- 2 tbsp (27 g) olive oil
- 1/2 cup (10 g) arugula
- 1 cup (150 g) cherry tomatoes
- 2 medium sweet potatoes
- 1 lemon
- Option to garnish with parmesan cheese

## DIRECTIONS

1. Preheat the oven to 375°F (190°C). Cut the sweet potatoes into cubes, toss them with 1/2 tablespoon of olive oil and salt. Place them on a sheet pan and bake for 15-20 minutes or until they are soft.
2. In a frying pan, heat 2 tablespoons of olive oil over medium-high heat.
3. Flatten the chicken breast as thinly as possible using a meat tenderizer. Season it with salt, pepper, and Italian seasoning, then coat it with almond flour.
4. Add the chicken to the pan and cook for 5 minutes on each side.
5. Remove the chicken and place it on a paper towel to cool.
6. In the same pan, reduce the heat to medium-low, add cherry tomatoes, and cook until they start to wilt (about 5 minutes).
7. Place arugula on top of the chicken. Squeeze half a lemon over the arugula and top it with the cooked cherry tomatoes.

## NUTRITION INFO

Calories: 458, Carbohydrate: 35 grams, Protein: 33 grams, Fat: 21 grams

# Orange Chicken Bowls



SERVINGS: 2

PREP TIME: 20 MINUTES

COOKING TIME: 15 MINUTES

## INGREDIENTS

- 3/4 lb (340 g) chicken breast, cut into bite-size pieces
- 1/4 cup (31 g) arrowroot starch
- 2 tbsp (28 g) of avocado oil
- 1/4 cup (56 g) coconut aminos
- 1/4 cup (56 g) rice vinegar
- 1/4 cup (62 g) orange juice
- 1 tbsp (21 g) honey
- 1/4 cup (60 g) of water
- 1 tbsp (9 g) arrowroot starch
- 1/4 tsp (1 g) minced garlic
- 1/4 tsp (0.6 g) crushed red pepper flakes
- 1/2 tsp (1 g) of orange zest
- 3 cups (213 g) broccoli florets, steamed

## DIRECTIONS

1. Heat oil in a skillet.
2. Place first serving of arrowroot starch in a bowl with the cut chicken and coat the chicken pieces.
3. Once the oil is hot, add the coated chicken to the skillet and cook it until it's thoroughly done.
4. Remove the cooked chicken from the skillet and place it in a bowl.
5. Add the remaining ingredients to the skillet and cook until the sauce thickens.
6. Return the cooked chicken to the sauce and cook until the chicken is heated through.
7. Serve the dish with steamed broccoli or your choice of vegetables.

### NUTRITION INFO

Calories: 534, Carbohydrate: 55 grams, Protein: 43 grams, Fat: 17 grams

# Salmon with White Beans and Broccoli



SERVINGS: 2

PREP TIME: 10

COOKING TIME: 30

## INGREDIENTS

- 8 oz (226 g) salmon
- 2 cups (142 g) broccoli
- 1 can (327 g) great northern beans
- 1 tbsp (15 g) olive oil
- 1 clove garlic
- 1/2 cup (120 g) bone broth
- 1 tsp (1.2 g) rosemary
- 1 tsp (1.4 g) thyme
- Salt and pepper to taste

## DIRECTIONS

1. Preheat the oven to 350°F (175°C). Heat olive oil in a medium saucepan.
2. Sauté minced garlic until fragrant.
3. Add 1 can of beans, seasoning, and bone broth to the saucepan, and bring it to a boil.
4. Once boiling, reduce the heat to low and cover with a lid until the broth is dissolved (about 10-15 minutes).
5. Season salmon with salt and pepper, place it on a sheet pan, and bake at 350°F (175°C) for approximately 15 minutes or until cooked to your liking.
6. Bring 1 cup of water to a boil in a large saucepan. Once boiling, add broccoli, reduce the heat to low, and cover with a lid to steam the broccoli. Cook for about 7-10 minutes.
7. Once the broth is evaporated, use a hand blender (food processor or regular blender) to blend the beans.

## NUTRITION INFO

Calories: 446, Carbohydrate: 40 grams, Protein: 41 grams, Fat: 14 grams

# Steak & Potatoes



SERVINGS: 1

PREP TIME: 15 MINUTES

COOKING TIME: 45 MINUTES

## INGREDIENTS

- 4 oz (113 g) sirloin steak
- 3/4 cup (125 g) fingerling potatoes, chopped
- 1/2 cup (61 g) carrots, sliced
- 1 tbsp (14 g) olive oil
- 1/2 tsp (3.5 g) paprika
- 1/2 tsp (3.5 g) onion powder
- 1/2 tsp (4.2 g) garlic powder
- 3/4 tsp (14 g) salt
- 1/4 tsp (1.5 g) black pepper
- 1 cup (70 g) sliced mushrooms
- 1 cup (30 g) baby spinach
- 1/2 cup (120 g) chicken broth
- 1 tbsp (14 g) ghee

## DIRECTIONS

1. Preheat oven to 350°F (175°C).
2. Slice potatoes and carrots in half and place them in an oven-safe baking dish.
3. Toss the potatoes and carrots in 1 tablespoon of olive oil, paprika, garlic powder, onion powder, and 1/4 tablespoon of salt.
4. Bake for 25 minutes or until soft.
5. In a medium skillet, sauté mushrooms in 1/2 tablespoon of ghee until browned.
6. Add spinach to the mushrooms and cook until wilted.
7. Add 1/4 tablespoon of kosher salt, remaining ghee, and chicken broth to the spinach and mushrooms. Let the liquid simmer until reduced by half.
8. Season the steak with 1/2 tablespoon of kosher salt and 1/4 tablespoon of black pepper.
9. Sear the steak in a hot pan until it reaches the desired doneness.

## NUTRITION INFO

Calories: 659, Carbohydrate: 41 grams, Protein: 32 grams, Fat: 42 grams



# Steak Fajitas



SERVINGS: 2

PREP TIME: 25 MINUTES

COOKING TIME: 15 MINUTES

## INGREDIENTS

- 10 oz (285 g) skirt steak
- 1 tbsp (14 g) olive oil
- 1/2 yellow onion
- 1 red bell pepper
- 1 tomato
- 1/2 avocado
- 1 garlic clove
- 2 tbsp (2 g) fresh cilantro
- 2 tbsp (30 g) sour cream
- 1/2 jalapeno
- 1 tsp (2.1 g) cumin
- 1 tsp (1.8 g) oregano
- 1/2 (1 g) tsp cayenne
- 1/2 tsp (1 g) smoked paprika
- 4-6 corn tortillas

## DIRECTIONS

1. Slice steak into strips against the grain and place them in a bowl.
2. Slice the onion, pepper, and garlic into slivers and add them to the bowl of steak.
3. Add cumin, oregano, smoked paprika, cayenne, salt, and pepper to the bowl. Mix well to ensure all ingredients are coated evenly. Allow it to marinate for a quick 15 minutes on the countertop.
4. While the meat marinates, prepare your toppings by chopping the tomato, avocado, cilantro, and jalapeño.
5. Heat a large skillet with 1 tablespoon of olive oil. Add the marinated meat, peppers, and onions. Cook for about 7 minutes until the meat reaches medium-rare or medium doneness, and the peppers and onions retain a crunchy texture.
6. Serve the cooked mixture with corn tortillas and fresh toppings such as sour cream, chopped tomato, avocado, cilantro, and jalapeño.

## NUTRITION INFO

Calories: 503, Carbohydrate: 29 grams, Protein: 35 grams, Fat: 39 grams

# Thai Chicken Curry With Jasmine Rice



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 25 MINUTES

## INGREDIENTS

- 12 oz chicken thighs (339 g), skinless and boneless
- 1 cup (226 g) light coconut milk
- 2 tbsp (30 g) green curry paste
- 1/2 cup (93 g) rice
- 1 tbsp (18 g) fish sauce
- 1/2 yellow onion
- 2 tbsp (5.3 g) fresh basil, chopped
- 1 tbsp (14 g) coconut oil

## DIRECTIONS

1. Begin by cutting the chicken thighs into cubes and set them aside.
2. Dice the onion and chop the cilantro.
3. Rinse the rice and cook it in a pot with 1 cup of water. Bring it to a boil, then reduce the heat to medium-low and let it finish steaming.
4. In another pot, heat coconut oil and sauté the onions and green curry paste for about 3 minutes.
5. Deglaze the pot by adding the can of coconut milk. Then, add the cubed chicken thighs and the diced onion.
6. Cook for approximately 20 minutes until the chicken is thoroughly cooked. Season it with fish sauce to enhance the flavor.
7. Serve the cooked chicken over a bed of jasmine rice and garnish it with chopped basil.

### NUTRITION INFO

Calories: 513, Carbohydrate: 43 grams, Protein: 37 grams, Fat: 21 grams

# Tuscan Pork and Bean Salad



SERVINGS: 2

PREP TIME: 20 MINUTES

COOKING TIME: 0 MINUTES

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## INGREDIENTS

- 5 oz (142 g) boneless cooked pork cut into bite-size pieces
- 1 cup (262 g) canned great northern beans and cannellini
- 4 cups (220 g) mixed salad greens
- 3 stalks green onions, chopped
- 1/4 cup (55 g) marinated artichoke hearts, chopped
- 1/4 cup (42 g) green olives, halved
- 1/2 cup (90 g) chopped tomatoes
- 2 tbsp (21 g) olive oil
- 1.5 tbsp (7.5 g) grated parmesan cheese

## DIRECTIONS

1. In a serving bowl, combine all the ingredients except for the parmesan cheese.
2. Drizzle olive oil over the mixture and toss to combine.
3. Place the prepared salad onto a plate and sprinkle it with parmesan cheese as a topping.

### NUTRITION INFO

Calories: 542, Carbohydrate: 36 grams, Protein: 34 grams, Fat: 31 grams