

# 30

## DELICIOUS MEALS

FOR WOMEN WITH 50 LBS (OR MORE) TO LOSE



Finally break free from restriction, guilt, and “starting over Mondays” and discover how real women are losing weight, keeping it off,

*By: Ava monroe (BeFitWomen)*



# About me



*Certified Personal Trainer  
Certified Holistic Weight Loss Coach, and  
Certified Pre- & Post-Natal Coach*

**(MY 110LB WEIGHT LOSS)**



Hi, I'm **Ava!**

I help women finally break free from the endless diet cycle without giving up the foods they love.

A few years ago, I was completely stuck. I tried every diet out there keto, fasting, low-carb, no-carb... you name it. I'd lose a few pounds, then gain it all back (plus some). I was exhausted, hungry, and frustrated with my reflection.

But I refused to give up. After years of trial and error, I discovered a simple, realistic approach that changed everything. I lost 110 pounds and most importantly, I kept it off. No starving. No punishment. No food guilt.

Now, I teach other women how to do the same with a method that's flexible, freeing, and built around real life.

Through my programs, I've helped **thousands** of women transform their bodies and confidence — without restriction or burnout. And this ebook? It's your first step toward that same freedom.

You'll learn how to enjoy your favorite foods while still losing weight... because you don't have to choose between results and happiness.

And when I'm not coaching or creating transformation systems, you'll find me trying new recipes, laughing too loud with friends, or spoiling my dog (who definitely gets too many treats).

Welcome to your transformation journey. I'm so glad you're here. 🧡



# This e-book is for the woman who:

1.

## **IS TIRED OF DIETING AND RESTRICTION**

You've done it all cut carbs, skipped meals, sworn off sugar and it always ends the same: frustration, guilt, and starting over. This guide is your permission slip to finally do it differently.

2.

## **LOVES FOOD BUT STILL WANTS REAL RESULTS**

You want to enjoy your favorite meals without feeling like you "messed up." This ebook shows you how to create balance so you can lose weight and love what you eat.

3.

## **IS BUSY! AND NEEDS QUICK SOLUTIONS**

The recipes are designed for ease and efficiency, perfect for women juggling work, family, and personal commitments while still wanting to eat healthily. Plus, I provide meal prep tips with every recipe to help you stay on track, even on your busiest days.

4.

## **WANTS A BODY SHE FEELS CONFIDENT IN AGAIN**

You're not just chasing a number on the scale — you're ready to feel strong, energized, and comfortable in your skin again. This is about rebuilding your relationship with your body and food.

5.

## **CRAVES FREEDOM, NOT FOOD FEAR**

You're ready to stop obsessing over every bite and start trusting yourself. This ebook helps you eat with confidence, enjoy life, and still move toward your goals guilt-free.



# How this ebook will change your relationship with food:

It's time to cultivate a healthier mindset around eating. By focusing on satisfying, nutritious meals, you 'll no longer obsess over choices but instead embrace the joy of eating. You can indulge guilt-free in delicious flavors while nourishing your body and supporting sustainable weight loss.

You now have a collection of meals where each breakfast, lunch, dinner, and snack is designed to be around 500 calories and packed with over 30 grams of protein. This takes the guessing game out of what to eat, making it easy to maintain a calorie deficit while still feeling satisfied and energized as you work toward your goals.

We all know how tempting takeout can be for comfort, but these recipes allow you to enjoy your favorite flavors without sacrificing your health. This eBook empowers you to break free from old habits and enjoy meals that fit your lifestyle, one satisfying bite at a time.

## WHY PROTEIN IS KEY TO LONG - TERM SUCCESS

Protein is essential for significant weight loss because it:

1.

### **PRESERVES MUSCLE**

Protein helps retain muscle as you burn fat, preventing loose skin and keeping metabolism high.



2.

### **INCREASES SATIETY**

Protein keeps you full longer, reducing cravings and overeating.



3.

### **BOOSTS CALORIE BURN**

Protein digestion burns more calories than carbs or fats, supporting faster fat loss



# Bonuses Await You!

As a special treat, you'll find these valuable bonuses at the end of this ebook:

1.

## A SAMPLE 1-WEEK MEAL PLAN

Take the guesswork out of planning your meals.



2.

## A GROCERY SHOPPING LIST

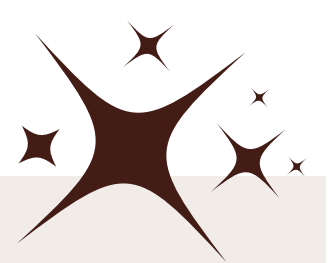
Simplify your shopping experience with a ready-to-go list.



3.

## A BONUS BLOG POST - MY GUIDE TO REDUCING LOOSE SKIN

Discover EVERYTHING I did to avoid loose skin while losing 110 lbs.



**With** this cookbook, you're not just getting recipes; you're gaining a powerful tool for transforming your relationship with food and achieving your weight loss goals!



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# Quick & Tasty Breakfast Sandwich

(Yields 1 serving)

If you love the idea of a breakfast that feels like takeout but fits your goals this one's for you. This protein-packed Turkey Bacon & Egg McMuffin style sandwich is a total game-changer. It's quick, satisfying, and the perfect way to start your morning without guilt or deprivation. You'll feel full, energized, and ready to take on your day all while staying on track with your goals.



## Meal Prep Tip

You can make your mornings even easier by meal-prepping several sandwiches at once!

Simply assemble 5 sandwiches, wrap them individually in foil or plastic wrap, and store them in the fridge for up to 4 days. To reheat, unwrap and place in the oven at 350°F for 5–7 minutes, or microwave for 30–45 seconds, until warmed through.

## INGREDIENTS:

- 1 strip extra-lean turkey bacon, cut in half crosswise
- Olive oil spray
- 1 large egg
- 2 large egg whites
- 1 light multigrain or whole wheat English muffin, toasted
- 1 slice regular cheddar cheese
- Salt and pepper to taste

## COOKING INSTRUCTIONS:

- Spray a skillet with olive oil spray and cook the turkey bacon over medium heat until crispy. Remove from the skillet and set aside.
- In the same skillet, fry the whole egg and egg whites until cooked through, seasoning with salt and pepper to taste.
- Toast the English muffin until lightly browned.
- Assemble the sandwich: On the bottom half of the toasted English muffin, layer the turkey bacon, cooked egg, and cheddar cheese. Place the top half of the muffin on top.
- Serve hot and enjoy!



**Tip: add hot sauce for an extra kick!**

## NUTRITION INFORMATION (APPROXIMATE):

400

Calories

30G

Protein







# Chocolate Peanut Butter Protein Pancakes

(Yields 3–4 small pancakes)

If you’ve ever tried “protein pancakes” and found them dry or bland get ready for a game-changer. These Chocolate Peanut Butter Protein Pancakes are light, fluffy, and taste like dessert... but they’re packed with protein and nutrients to keep you full and satisfied all morning long. It’s comfort food that loves you back.

## INGREDIENTS CONT’D:

- ½ tsp baking powder
- 1 tbsp honey or pure maple syrup
- ¼ cup unsweetened almond milk
- Olive oil spray (for cooking)
- Fresh berries (for topping)

### Meal Prep Tip

Double or triple the batch and freeze the pancakes for quick and easy breakfasts all week! After cooking, let the pancakes cool, then freeze them in a single layer on a baking sheet. Once frozen, transfer them to a freezer-safe bag. To reheat, pop the frozen pancakes in the toaster or microwave for a quick, delicious breakfast on the go

## INGREDIENTS:

- ½ scoop chocolate protein powder (whey protein isolate is best)
- 1 large egg
- 1 large egg white
- ¼ cup rolled oats
- 1 tbsp natural peanut butter
- 1 tbsp cocoa powder (unsweetened)
- 1 Banana

## COOKING INSTRUCTIONS:

- Blend the ingredients: In a blender, combine the protein powder, oats, cocoa powder, baking powder, egg, egg white, honey or maple syrup, and almond milk. Blend until smooth and thick. Add more almond milk if the batter is too thick.
- Heat the skillet: Spray a non-stick skillet with olive oil and heat over medium heat.
- Cook the pancakes: Pour the batter into the skillet, forming small pancakes. Cook until bubbles appear on the surface (about 2-3 minutes), then flip and cook the other side until golden brown.
- Serve: Top with fresh berries or other toppings of choice. Drizzle with extra syrup if desired, and enjoy hot!



**Tips to avoid “chalky” tasting pancakes:** Don't overcook; cook on medium heat to avoid dryness., and choose high-quality whey protein for better texture!

## NUTRITION INFORMATION (APPROXIMATE):

500

Calories

31G

Protein





# Avocado Toast

(Yields 1 serving)

This isn't your average avocado toast it's a high-protein, flavor-packed breakfast that fuels your body and your goals. Topped with creamy avocado, perfectly cooked eggs, and smoked salmon, this recipe keeps you full, satisfied, and ready to take on the day.



## Meal Prep Tip

For an easy weekday, you can prep several components ahead of time.

- Pre-cook the protein: Cook your eggs or bacon in batches at the start of the week. Store them in the fridge for up to 4-5 days.
- Avocado storage: Mash and store extra avocado with a little lemon or lime juice to prevent browning. This allows you to use the other half for the next day, saving time.
- Quick assembly: When ready to eat, reheat your pre-cooked protein, spread the avocado, toast the bread, and top it with everything bagel seasoning, cheese, and eggs for a fresh, high-protein meal in under 5 minutes!



## INGREDIENTS:

- 2 slices high-protein bread (with min. 5g of protein per slice)
- 2 large eggs
- 1 oz smoked salmon (alternative option: 2 slices of turkey bacon or 1 link of turkey sausage)
- 1 oz of feta cheese
- ½ avocado, mashed
- 1 tbsp of everything bagel seasoning
- Olive oil spray
- Salt and pepper
- Fresh herbs

## COOKING INSTRUCTIONS:

- Prepare the eggs: Heat a skillet over medium heat and spray with olive oil. Cook the eggs to your preference—scrambled, fried, or poached. Season with salt and pepper.
- Toast the bread: While the eggs are cooking, toast your bread slices until golden brown.
- Assemble the toast: Spread mashed ½ avocado evenly on each slice of toast. Top with everything bagel seasoning and smoked salmon cheese.
- Add the eggs: Place your cooked eggs on top of the avocado toast.
- Serve: Garnish with fresh herbs like chives or parsley if desired, and enjoy!



**Tip: Add a squeeze of lemon juice or red chili peppers for extra zest and flavour!**

## NUTRITION INFORMATION (APPROXIMATE):

580

Calories

31G

Protein





# Berry Greek Yogurt Chia Pudding

(Yields 1 serving)

This Berry Greek Yogurt Chia Pudding is a creamy, refreshing, protein-packed treat you can enjoy any time of day. It's the perfect mix of rich, satisfying texture and naturally sweet flavor keeping you fueled and full without feeling heavy.



## Meal Prep Tip

Double or triple this recipe to meal prep for the week! Store the chia pudding in individual jars or containers for an easy grab-and-go breakfast or snack.

Since the chia seeds help thicken the pudding over time, it'll only get better after sitting for a day or two. Just keep the berries in a separate container and add them right before serving to keep them fresh.

## INGREDIENTS:

- $\frac{3}{4}$  cup plain Greek yogurt (2% or non-fat)
- $\frac{1}{2}$  scoop vanilla whey protein powder
- 2 tbsp chia seeds
- $\frac{1}{2}$  cup mixed berries (fresh or frozen)
- $\frac{1}{4}$  cup unsweetened almond milk (optional, for thinning)
- $\frac{1}{2}$  tsp vanilla extract
- 1 tbsp honey or pure maple syrup
- Fresh mint leaves or extra berries (optional, for garnish)

## COOKING INSTRUCTIONS:

- Mix the yogurt base: In a bowl, mix together Greek yogurt, vanilla protein powder, chia seeds, vanilla extract, and honey/maple syrup (if using). Stir until well combined.
- Adjust consistency (optional): If the mixture is too thick, add unsweetened almond milk a little at a time to reach your desired consistency. The chia seeds will absorb liquid as the pudding sits, thickening the mixture.
- Let it set: Cover the bowl and refrigerate for at least 4 hours, or overnight, to allow the chia seeds to fully absorb the liquid and form a thick, pudding-like texture.
- Add berries: When ready to serve, layer or top the chia pudding with mixed berries.
- Serve: Garnish with fresh mint or extra berries for a beautiful, fresh finish, and enjoy!

## NUTRITION INFORMATION (APPROXIMATE):

**450**

Calories

**31G**

Protein







# Smoked Salmon Bagel

(Yields 1 serving)

This Smoked Salmon Bagel is the ultimate balance of rich, creamy, and fresh. You get the savory flavor of smoked salmon paired with smooth cream cheese and a perfectly cooked egg — all packed into one protein-filled breakfast sandwich that feels like a weekend treat but fits right into your weekday routine.



## Meal Prep Tip

Pre-cook your eggs in advance by boiling or scrambling several at the start of the week. Store them in the fridge for easy, quick assembly during busy mornings. You can also prep the bagel toppings (onion, capers, etc.) in small containers to save time.



## INGREDIENTS:

- 1 high-protein bagel (with min. 8g of protein and max 300 calories)
- 2 oz smoked salmon
- 2 tbsp light cream cheese
- 1 large egg
- ½ tbsp capers
- ¼ small red onion, thinly sliced
- 1 tbsp fresh dill (optional, for garnish)
- Fresh greens
- Olive oil spray (for cooking)
- Lemon wedge (optional, for squeezing)

## COOKING INSTRUCTIONS:

- Prepare the egg: Heat a skillet over medium heat and spray with olive oil. Fry the egg to your desired doneness (or scramble if you prefer). Season with freshly cracked black pepper.
- Toast the bagel: While the egg is cooking, slice and toast the high-protein bagel until golden brown.
- Assemble the bagel: Spread light cream cheese evenly on toasted bagel. Layer the smoked salmon on top, followed by the fried egg.
- Add toppings: Sprinkle capers and red onion slices over the smoked salmon. Garnish with fresh dill and a squeeze of lemon if desired.
- Serve: Assemble the bagel and enjoy!

## NUTRITION INFORMATION (APPROXIMATE):

480

Calories

32G

Protein





# Overnight Chocolate Oats

(Yields 1 serving)

Get ready for the easiest, creamiest breakfast ever. These Overnight Chocolate Oats taste like dessert — but they're packed with protein, fiber, and healthy fats to keep you full and satisfied all morning long. Perfect for those busy mornings when you want something quick, nourishing, and actually delicious.



## Meal Prep Tip

Make a batch for the week! You can easily double or triple this recipe to prep several servings at once. Store them in individual jars in the refrigerator, allowing you to grab a healthy breakfast or snack throughout the week. Just add your toppings right before enjoying it!



## INGREDIENTS:

- ½ scoop chocolate protein powder (whey protein isolate is best)
- ½ cup rolled oats
- 1 cup unsweetened almond milk (or milk of choice)
- 1 tbsp unsweetened cocoa powder
- 2 tbsp chia seeds
- 1 tbsp natural peanut butter or almond butter
- 1 tbsp honey or pure maple syrup (optional for sweetness)
- Fresh berries or banana slices (for topping)

## COOKING INSTRUCTIONS:

- Combine the base: In a jar or bowl, mix the rolled oats, cocoa powder, chia seeds, and protein powder.
- Add the liquid: Pour in the almond milk and stir well to combine. Make sure there are no dry clumps.
- Incorporate nut butter: Stir in the peanut butter or almond butter until well mixed. Add honey or maple syrup if you prefer it sweeter.
- Refrigerate: Cover the jar or bowl and place it in the refrigerator overnight (or for at least 4 hours) to allow the oats to soak and thicken.
- Serve: In the morning, give the oats a good stir. Top with fresh berries or banana slices and enjoy!

## NUTRITION INFORMATION (APPROXIMATE):

**500**

Calories

**30G**

Protein





# Breakfast Burrito

(Yields 1 serving)

Start your morning with this easy and protein-packed Breakfast Burrito! Made with turkey sausage, eggs, and creamy avocado, it's the perfect balance of flavor and fuel to kickstart your day.

## INGREDIENTS:

- 1 whole wheat tortilla
- 1 large egg white
- 1 large egg
- 2 oz turkey sausage
- 1 oz shredded cheddar cheese



### Meal Prep Tip

Make-ahead burritos! Prepare several burritos at once and wrap them tightly in foil or plastic wrap. Store them in the refrigerator for up to 3 days or freeze for longer storage. Reheat in the microwave or oven for a quick, protein-packed breakfast any day of the week!



## INGREDIENTS CONT'D:

- ¼ avocado, diced
- Salt and pepper, to taste
- Olive oil spray (for cooking)
- Salsa (optional)

## COOKING INSTRUCTIONS:

- Cook the sausage: In a skillet, spray a little olive oil and cook the turkey sausage over medium heat until browned. Remove from the skillet and set aside.
- Scramble the eggs: In the same skillet, pour in the egg whites and scramble them until cooked to your preference. Season with salt and pepper.
- Warm the tortilla: Briefly warm the tortilla in the skillet until pliable.
- Assemble the burrito: Lay the tortilla flat and add the scrambled egg whites, cooked turkey sausage, diced avocado, and shredded cheese. Top with salsa if desired.
- Wrap it up: Fold in the sides of the tortilla and roll it up tightly to enclose the filling. Pan fry for a few minutes for that extra crisp!
- Serve: Enjoy your breakfast burrito warm!



**Tip:** Add a dollop of Greek yogurt on top for a bit more protein, plus a tangy flavor contrast.

## NUTRITION INFORMATION (APPROXIMATE):

500

Calories

33G

Protein





# Green Protein Smoothie Bowl

(Yields 1 serving)

Start your morning strong with this refreshing, creamy Green Protein Smoothie Bowl — packed with greens, healthy fats, and a boost of protein to keep you energized all day long!

## INGREDIENTS:

- ½ to 1 cup unsweetened almond milk (depending on your desired consistency)
- 1 scoop vanilla protein powder
- ½ medium banana
- 1 cup fresh spinach
- ¼ avocado
- ½ cup non-fat Greek yogurt
- 1 tbsp chia seeds



### Meal Prep Tip

To save time, you can prep freezer smoothie bags by portioning out the banana, spinach, avocado, and chia seeds in advance. Freeze them in individual bags, so all you need to do is add the almond milk and protein powder before blending!



## INGREDIENTS CONT'D:

- 1 tbsp of honey
- Suggested Toppings: A sprinkle of low-sugar granola, flaxseeds, fruit, veggies, or unsweetened coconut!

## COOKING INSTRUCTIONS:

- Blend the base: In a blender, combine the almond milk, protein powder, banana, spinach, avocado, Greek yogurt, honey, and chia seeds. Blend until smooth and creamy. Start with ½ cup of almond milk and slowly add until mixture is thick.
- Adjust consistency: If the mixture is too thick, add a splash of almond milk to reach your desired consistency. The mixture should be thick enough to eat with a spoon.
- Assemble the bowl: Pour the smoothie into a bowl and smooth the top with a spatula.
- Top it off: Sprinkle the low-sugar granola on top for added crunch. You can also add additional toppings like fresh fruit/veggies, flaxseeds, or unsweetened coconut flakes
- Serve: Enjoy your refreshing and protein-packed smoothie bowl!



**Tip:** If you prefer more sweetness, adding another ½ banana or a touch of maple syrup can make the smoothie more dessert-like without drastically increasing the calories.

## NUTRITION INFORMATION (APPROXIMATE):

420

Calories

41G

Protein





# Sweet Potato & Spinach Frittata

(Yields 1 serving)

Enjoy this delicious recipe for Sweet Potato & Spinach Frittata that's packed with flavor and provides a hearty dose of protein to kickstart your day!

## INGREDIENTS:

- 1 medium sweet potato (~5 oz)
- 3 large egg whites
- 1 large whole egg
- 1 cup fresh spinach (chopped)
- ¼ cup onion (diced)
- 2 tbsp heavy cream
- 1 oz shredded low-fat cheese (e.g., mozzarella or cheddar)



### Meal Prep Tip

Make more Frittata! This frittata can be made ahead of time and stored in the fridge for up to 4 days. Just cut into portions and reheat in the microwave for a quick breakfast that's ready when you are!

## INGREDIENTS CONT'D:

- 1 tsp garlic powder
- 1 tsp basil
- 1 tsp parsley
- 1 tsp smoked paprika
- Olive oil spray
- Salt and pepper to taste

## COOKING INSTRUCTIONS:

- Prepare the Sweet Potato: Peel and dice the sweet potato into small cubes. Boil or steam until tender, about 8-10 minutes. Drain and set aside.
- Sauté the Veggies: In a skillet, spray a little olive oil and sauté the diced onion over medium heat until translucent. Add the chopped spinach and cook until wilted.
- Mix the Egg Mixture: In a bowl, whisk together the cream, egg whites and whole egg. Add seasonings of choice.
- Combine Ingredients: Add the cooked sweet potato to the skillet with the veggies. Pour the egg mixture over the top, stirring gently to combine.
- Add Cheese: Sprinkle the shredded cheese evenly over the mixture.
- Cook the Frittata: Reduce heat to low, cover the skillet, and cook for about 5-7 minutes or until the eggs are set.
- Serve: Slice and enjoy your Sweet Potato & Spinach Frittata warm!

## NUTRITION INFORMATION (APPROXIMATE):

420

Calories

30G

Protein







# Vanilla Chai Protein Smoothie

(Yields 1 serving)

This Vanilla Chai Protein Smoothie blends the warm, comforting spices of chai with a creamy vanilla base. It's a cozy, nourishing way to start your day or the perfect treat when you're craving something sweet and satisfying.



## Meal Prep Tip

Craving something sweet and satisfying? This Vanilla Chai Protein Smoothie combines the warm and comforting flavors of chai with a creamy vanilla base. It's a delightful way to kickstart your day or enjoy as a breakfast dessert.

Packed with protein and nutrients, this smoothie will keep you feeling full and energized!



## INGREDIENTS:

- 1 medium banana (frozen for creaminess)
- 1 scoop vanilla protein powder
- 1 cup unsweetened almond milk (or milk of choice)
- ½ cup Greek yogurt (plain, non-fat)
- 1 tbsp chai spice blend (or a mix of cinnamon, cardamom, and ginger)
- 1 tbsp maple syrup Ice cubes (optional)

## COOKING INSTRUCTIONS:

- Blend Ingredients: In a blender, combine the frozen banana, vanilla protein powder, almond milk, Greek yogurt, chai spice blend, and maple syrup.
- Add Ice: If you prefer a thicker smoothie, add a handful of ice cubes.
- Blend Until Smooth: Blend on high until the mixture is creamy and well-combined.
- Serve: Pour into a glass and enjoy your Vanilla Chai Protein Smoothie!



**Tip: Need MORE chai flavor? Steep a chai tea bag in your almond milk before blending for an authentic taste. Adding a touch of vanilla extract can also amplify the overall flavor. For extra warmth, consider including a pinch of nutmeg. (this is for real chai lovers!)**

## NUTRITION INFORMATION (APPROXIMATE):

370

Calories

37G

Protein





# Grilled Shrimp Tacos

(Yields 1 Serving – 3 Tacos)

Looking for a fresh, flavorful, protein-packed meal? These Grilled Shrimp Tacos are a quick, nutritious option for lunch or dinner that doesn't skimp on taste — light, satisfying, and full of zest!

## INGREDIENTS:

- 6 oz raw shrimp (peeled, deveined)
- 3 small corn tortillas
- 1/3 avocado, sliced
- 1/2 cup shredded cabbage (or lettuce)
- 3 tbsp Greek yogurt (plain, non-fat) or light Sour Cream
- 1.5 tbsp lime juice (freshly squeezed)
- 1 tsp olive oil (for grilling shrimp)



### Meal Prep Tip

To make this recipe even quicker, marinate and grill more shrimp ahead of time and store it in the fridge. You can also pre-shred the cabbage and prepare the yogurt-lime sauce in advance! This could make easy 5 min tacos for the week!



## INGREDIENTS CONT'D:

- 1.5 tsp taco seasoning (or a mix of cumin, chili powder, garlic powder, and paprika)
- 1.5 tbsp fresh cilantro (chopped)
- Salt and pepper to taste

## COOKING INSTRUCTIONS:

- Season the Shrimp: Toss the shrimp with olive oil, taco seasoning, and a pinch of salt and pepper.
- Grill the Shrimp: Heat a grill pan over medium heat. Cook the shrimp for about 2-3 minutes on each side until they turn pink and opaque. Set aside.
- Prepare Toppings: Mix Greek yogurt with lime juice to make a light, tangy sauce. Warm the tortillas in a pan or microwave.
- Assemble the Tacos: On each tortilla, layer shredded cabbage, grilled shrimp, avocado slices, cilantro, and drizzle with the yogurt-lime sauce.
- Serve and Enjoy: Enjoy your grilled shrimp tacos, packed with nutrients and bold flavors!



**Tip:** Top with Pico de Gallo which adds a fresh burst of flavor with minimal calories. And if you like a bit of spice, add hot sauce!

## NUTRITION INFORMATION (APPROXIMATE):

500

Calories

41G

Protein





# Chicken Burrito Bowl

(Yields 1 Serving)

This Chicken Burrito Bowl, inspired by Chipotle, brings together tender grilled chicken, fluffy rice, and vibrant toppings — a wholesome, flavorful meal that keeps you feeling full and energized all day long!

## INGREDIENTS:

- 4 oz grilled chicken breast (sliced)
- ½ cup cooked brown rice (or quinoa)
- 1 cup shredded romaine lettuce
- ¼ cup black beans (canned, rinsed, and drained)
- ¼ cup corn (canned or frozen)
- ¼ avocado (sliced)
- ¼ cup pico de gallo (or diced tomatoes)



### Meal Prep Tip

You can prepare several bowls in advance for the week by portioning the rice, beans, and marinated and cooked chicken into containers. Add the toppings fresh when you're ready to eat for maximum flavor and freshness! You can safely store up to 4 days



## INGREDIENTS CONT'D:

- 1 tbsp fresh cilantro (chopped)
- 1 lime wedge (for serving)

## SEASONING FOR CHICKEN:

- 1 tsp chili powder
- ½ tsp cumin
- ½ tsp garlic powder
- ½ tsp onion powder
- ¼ tsp smoked paprika
- ¼ tsp cayenne pepper (optional for extra heat)
- salt and pepper to taste
- ½ tbsp olive oil juice of
- ½ lime

## COOKING INSTRUCTIONS:

- Season the Chicken: In a bowl, mix the chili powder, cumin, garlic powder, onion powder, smoked paprika, cayenne pepper (if using), salt, pepper, olive oil, and lime juice. Add the chicken breast and marinate for at least 30 minutes for maximum flavor.
- Cook the Chicken: Grill or sauté the marinated chicken on medium heat until cooked through, then slice and set aside.
- Assemble the Bowl: In a bowl, layer the cooked brown rice, black beans, corn, lettuce, and sliced grilled chicken.
- Add Toppings: Top with sliced avocado, pico de gallo, and chopped cilantro.
- Serve: Squeeze fresh lime juice over the bowl and enjoy your Chicken Burrito Bowl!

## NUTRITION INFORMATION (APPROXIMATE):

500

Calories

41G

Protein





# Steak Fajita Salad

(Yields 1 Serving)

Craving a flavorful and satisfying meal? This Steak Fajita Salad combines perfectly seasoned grilled steak with crisp vegetables and a zesty chipotle-lime dressing — a delicious, protein-packed way to fuel your day!

## INGREDIENTS:

- 4 oz sirloin steak (grilled and sliced)
- 2 cups mixed salad greens (spinach, romaine, or your choice)
- ¼ cup bell peppers (sliced, mixed colors)
- ¼ cup red onion (sliced)
- ¼ cup cherry tomatoes (halved)
- ¼ avocado (sliced)
- 2 tbsp fresh cilantro (chopped)

## SEASONING FOR STEAK:

- 1 tsp chili powder
- ½ tsp cumin
- ½ tsp garlic powder
- ½ tsp onion powder
- ¼ tsp smoked paprika salt and pepper to taste
- ½ tbsp olive oil (for grilling)

## CHIPOTLE-LIME DRESSING:

- 1 tbsp lime juice
- 1 tsp olive oil
- 1 tsp of vinegar like apple cider or red wine vinegar
- ½ tsp chipotle chili powder
- ½ tsp garlic powder
- Salt and pepper to taste

## COOKING INSTRUCTIONS:

- Season the Steak: In a bowl, mix chili powder, cumin, garlic powder, onion powder, smoked paprika, salt, and pepper. Rub this seasoning mixture over the steak. Let it marinate for at least 30 minutes for enhanced flavor.
- Grill the Steak: Preheat your grill or skillet over medium-high heat. Add the olive oil and grill the steak for about 4-5 minutes per side, or until it reaches your desired doneness. Remove from heat, slice, and let it rest for a few minutes before slicing.
- Prepare the Salad: In a large bowl, combine the mixed salad greens, bell peppers, red onion, cherry tomatoes, and cilantro.
- Make the Dressing: In a small bowl, whisk together lime juice, olive oil, chipotle chili powder, honey (if using), garlic powder, salt, and pepper. Adjust the seasoning to taste.
- Serve: Drizzle the zesty chipotle-lime dressing over the salad, toss gently, and enjoy your flavorful Steak Fajita Salad!

## NUTRITION INFORMATION (APPROXIMATE):

450

Calories

30G

Protein

### Meal Prep Tip

You can grill extra steak for later meals. Prepare the salad ingredients and dressing and store them separately in airtight containers. Combine them just before eating to keep everything fresh!







# Poke Bowl

(Yields 1 Serving)

Indulge in this flavorful Sushi/Poke Bowl, a delightful mix of fresh ingredients and savory seasonings that satisfies your cravings while supporting your wellness journey.

## INGREDIENTS:

- 4 oz sushi-grade tuna (or salmon, diced)
- ½ cup cooked brown rice
- ¼ avocado (sliced)
- ½ cup cucumber (diced)
- ½ cup cherry tomatoes
- ¼ cup edamame (shelled)
- ¼ cup carrots (shredded)



### Meal Prep Tip

Prep your Sushi/Poke Bowls for the week! Cook a larger batch of brown rice and portion it into containers. Marinate the fish in advance, but add it to the bowls just before eating to keep it fresh. Portion out the veggies and toppings into separate containers, so all you have to do is assemble when you're ready to enjoy a quick, tasty, and nutritious meal!

## INGREDIENTS CONT'D:

- 1 tbsp seaweed salad (optional)
- 1 tbsp sesame seeds (for garnish)
- 1 lime wedge (for serving)

## SEASONING FOR FISH:

- 1 tbsp low sodium soy sauce
- ½ tsp sesame oil
- ½ tsp rice vinegar
- ¼ tsp sriracha (optional for heat)
- Salt and pepper to taste

## COOKING INSTRUCTIONS:

- **Season the Fish:** In a bowl, combine soy sauce, sesame oil, rice vinegar, sriracha (if using), salt, and pepper. Add the diced tuna (or salmon) and marinate for about 15 minutes.
- **Prepare the Base:** Cook the brown rice. Let it cool slightly.
- **Assemble the Bowl:** In a bowl, layer the rice, seasoned fish, cucumber, tomatoes, edamame, shredded carrots, and sliced avocado.
- **Add Toppings:** Top with seaweed salad (if using) and sprinkle sesame seeds over the top.
- **Serve:** Squeeze fresh lime juice over the bowl and enjoy your delicious Sushi/Poke Bowl!



**Tip:** You can also add a sprinkle of wasabi or pickled ginger for an extra kick.

## NUTRITION INFORMATION (APPROXIMATE):

480

Calories

36G

Protein





# BBQ Pulled Pork Wraps

(Yields 1 Serving)

These BBQ Pulled Pork Wraps are the perfect mix of tender, flavorful pork, fresh veggies, and a wholesome whole-grain tortilla — all wrapped up for a satisfying meal that keeps you fueled and on track!

## INGREDIENTS:

- 4 oz lean pulled pork (cooked and shredded)
- 1 whole grain tortilla (about 8 inches)
- ¼ cup BBQ sauce (low-sugar variety)
- ½ cup shredded cabbage (for crunch)
- ¼ cup diced tomatoes



### Meal Prep Tip

Prep these BBQ Pulled Pork Wraps for the week! Cook a larger batch of pulled pork and portion it into containers with the seasoning and BBQ sauce mixed in. Prepare the veggies in advance and store them separately to maintain freshness. When you're ready to eat, simply warm the pork, assemble the wrap, and enjoy a quick, satisfying meal that's full of flavor!

## INGREDIENTS CONT'D:

- ¼ avocado (sliced)
- 1 tbsp red onion (thinly sliced)
- 1 tbsp fresh cilantro (chopped)
- 1 lime wedge (for serving)

## SEASONING FOR PORK:

- 1 tsp smoked paprika
- ½ tsp garlic powder
- ½ tsp onion powder
- ½ tsp chili powder
- Salt and pepper to taste

## COOKING INSTRUCTIONS:

- Season the Pork: In a bowl, mix the smoked paprika, garlic powder, onion powder, chili powder, salt, and pepper. Toss the cooked pulled pork with the seasoning until well coated.
- Add BBQ Sauce: Stir in the BBQ sauce and heat the mixture in a skillet over medium heat until warmed through.
- Assemble the Wrap: Lay the whole grain tortilla flat and place the seasoned pulled pork in the center. Top with shredded cabbage, diced tomatoes, sliced avocado, red onion, and chopped cilantro.
- Wrap it Up: Fold the sides of the tortilla over the filling, then roll it up tightly from the bottom and enjoy!



**Tip:** If you prefer a saucier wrap, increase bbq sauce to 1/3 or even 1/2 cup. Just be mindful of the extra calories

## NUTRITION INFORMATION (APPROXIMATE):

470

Calories

35G

Protein





# Crispy Chicken Caesar Salad

(Yields 1 Serving)

Take your salad game up a notch with this Crispy Chicken Caesar Salad — where flavor meets balance. You'll get that golden, crunchy chicken paired with crisp romaine lettuce and a light Caesar drizzle that hits all the right notes of satisfaction and nutrition.

## INGREDIENTS:

- 4 oz chicken breast
- 3 cups romaine lettuce (chopped)
- 2 tbsp shaved Parmesan cheese
- 2 tbsp light Caesar dressing (aim for 50 cals per tbsp)



### Meal Prep Tip

To streamline your week, prep the chicken ahead of time by baking multiple portions. Store the sliced chicken in airtight containers. Wash, chop, and prepare the salad base (romaine) and store separately. Add the dressing, croutons, and cheese just before eating to keep everything fresh!



## INGREDIENTS CONT'D:

- 1 tsp olive oil
- ½ cup croutons
- 2 tbsp of whole wheat panko

## SEASONING FOR CHICKEN:

- ½ tsp garlic powder
- ½ tsp paprika
- ¼ tsp salt
- ¼ tsp black pepper

## COOKING INSTRUCTIONS:

- Prepare the Chicken: Preheat the oven to 400°F (200°C). In a bowl, mix garlic powder, paprika, salt, and pepper. Coat the chicken breast with olive oil and season with the mixture. Dredge in whole-wheat panko breadcrumbs.
- Bake the Chicken: Place the coated chicken on a baking sheet and bake for 20-25 minutes, or until golden brown and cooked through. (alternatively, you can air fry for 12-15 minutes) Slice and set aside.
- Assemble the Salad: In a large bowl, combine chopped romaine, and sliced chicken and croutons.
- Add Dressing and Cheese: Drizzle with light Caesar dressing and sprinkle with shaved Parmesan. Toss gently and enjoy!

## NUTRITION INFORMATION (APPROXIMATE):

500

Calories

40G

Protein





# BBQ Chicken Flatbread

(Yields 1 Serving)

Here's a meal that brings together everything you love — flavor, crunch, and protein! This BBQ Chicken Flatbread is the perfect go-to when you want something hearty and satisfying, without straying from your wellness goals.

## INGREDIENTS:

- 4 oz grilled chicken breast (shredded)
- 1 whole-wheat flatbread (approx. 150 calories)
- 2 tbsp BBQ sauce (low sugar)
- ¼ cup red onion (thinly sliced)

*Meal Prep Tip*

Double or triple this recipe and cook multiple flatbreads at once. Store the cooked flatbread (without the fresh toppings) in the fridge for up to 3 days. When ready to eat, simply reheat in the oven and add fresh cilantro for a quick and easy meal!

## INGREDIENTS CONT'D:

- ¼ cup shredded light cheddar or mozzarella cheese
- 1 tbsp fresh cilantro (chopped)
- 1 tsp olive oil (for grilling chicken)

## SEASONING FOR CHICKEN:

- ½ tsp garlic powder
- ½ tsp paprika
- ¼ tsp black pepper Salt to taste

## COOKING INSTRUCTIONS:

- Season & Cook the Chicken: Rub the chicken with olive oil, garlic powder, paprika, black pepper, and salt. Grill or sauté the chicken until fully cooked, then chop it.
- Assemble the Flatbread: Preheat the oven to 400°F (200°C). Spread the BBQ sauce evenly over the flatbread. Top with shredded chicken, red onion, and cheese.
- Bake: Place the flatbread on a baking sheet and bake for 8-10 minutes, or until the cheese is melted and bubbly and flatbread is toasted.
- Add Fresh Toppings: Remove from the oven and sprinkle with fresh cilantro and mixed greens for a crunchy finish.
- Serve & Enjoy: Slice into pieces and enjoy your delicious, guilt-free BBQ Chicken Flatbread!

## NUTRITION INFORMATION (APPROXIMATE):

500

Calories

45G

Protein







# Turkey & Avocado BLT

(Yields 1 serving)

This Turkey & Avocado BLT is a fresh, modern twist on a timeless favorite — think of it as the classic BLT you love, just upgraded with lean turkey, creamy avocado, and wholesome ingredients. If you’re a sandwich lover, this one’s definitely going to hit the spot comforting, flavorful, and totally guilt-free



## Meal Prep Tip

If you're prepping meals ahead of time, switch things up by making BLT wraps instead of sandwiches to avoid soggy bread! Simply use a whole-wheat wrap instead of bread, and assemble the ingredients the same way. Wrap each prepared BLT wrap in foil or parchment paper, and store in an airtight container in the fridge for up to 3 days.



## INGREDIENTS:

- 4 oz deli turkey breast (low-sodium)
- 2 slices whole-grain bread (around 200 calories total)
- ¼ avocado (sliced)
- 2 slices turkey bacon (cooked)
- 1 cup romaine lettuce (shredded)
- 2 slices tomato
- 1 tbsp light mayonnaise
- Salt and pepper to taste, pinch of garlic powder

## COOKING INSTRUCTIONS:

- Cook turkey bacon in a nonstick skillet over medium heat until crispy. Set aside.
- Assemble the Sandwich: Lightly toast the whole-grain bread. Spread a thin layer of light mayonnaise on one slice of bread. Layer on the turkey breast, crispy turkey bacon, lettuce, tomato, and sliced avocado.
- Season & Serve: Sprinkle with salt, pepper, and a pinch of garlic powder for extra flavor. Top with the other slice of bread, cut in half, and enjoy!

## NUTRITION INFORMATION (APPROXIMATE):

500

Calories

40G

Protein





# Spicy Crispy Chicken Sandwich

(Yields 1 Serving)

We all love a good Spicy Crispy Chicken Sandwich from those takeout spots we can't resist but this homemade version hits just as hard, without derailing your goals. Crispy, flavorful, and perfectly spicy, it's comfort food that fits your wellness plan.

## INGREDIENTS:

- 4 oz chicken breast (boneless, skinless)
- 1 burger bun (aim for around 200 calories)
- 1 large lettuce leaf
- 2 slices tomato
- 1 tsp olive oil



### *Meal Prep Tip*

For meal prep, swap the bun for a whole-wheat wrap to make storage easier. Assemble your wraps with all ingredients, minus the sauce, and wrap in foil or parchment paper. Add your sriracha may fresh when ready to eat. This keeps the wrap from getting soggy during the week. Precooked chicken breasts can be stored in the fridge for up to 4 days, and wraps can be assembled in advance and kept for 2-3 days.

## INGREDIENTS CONT'D:

- 1 tbsp of light mayonnaise mixed with 1 tsp of sriracha sauce
- Top with pickles if you fancy!

## SEASONING FOR CHICKEN:

- ½ tsp chili powder
- ½ tsp smoked paprika
- ¼ tsp cayenne pepper (for heat)
- ½ tsp garlic powder
- salt and pepper to taste
- 1 tbsp whole-wheat flour
- 2 tbsp panko breadcrumbs

## COOKING INSTRUCTIONS:

- Prep the Chicken: Season the chicken breast with chili powder, smoked paprika, cayenne, garlic powder, salt, and pepper. Coat the chicken breast with olive oil and season with the mixture. Dredge in whole-wheat panko breadcrumbs.
- Cook the Chicken: In a nonstick skillet over medium heat, lightly spray with olive oil and cook the chicken until golden and cooked through (about 4-5 minutes on each side). Alternatively, cook in the airfryer for 10-12 minutes.
- Set aside. Assemble the Sandwich: Toast the bun (optional) and spread a light layer of sriracha mayonnaise on each side. Add the lettuce, tomato, pickles, and crispy chicken.

## NUTRITION INFORMATION (APPROXIMATE):

**470**

Calories

**35G**

Protein







# Shrimp Pad Thai

(Yields 1 Serving)

Thailand honestly feels like a second home to me — I’ve been there more than a dozen times! Pad Thai has always been one of my all-time favorite dishes, so I had to create a lighter version that still keeps all those bold, vibrant flavors I adore.

## SAUCE:

- 1 tbsp low-sodium soy sauce (or tamari)
- 1 tbsp fish sauce
- 1 tbsp lime juice
- 1 tsp honey
- ¼ tsp chili flakes (optional for heat)



### Meal Prep Tip

Make a large batch of Pad Thai by doubling or tripling the recipe. Portion it into individual containers and store in the fridge for up to 3 days. The flavors actually deepen over time, so it will taste just as good on day 2 or 3! Just reheat in the microwave or on the stovetop, and it's ready to enjoy.



## INGREDIENTS:

- 4 oz shrimp (peeled, deveined)
- 1 cup of cooked rice noodles
- ½ cup bean sprouts
- ¼ cup shredded carrots
- 1 egg (lightly beaten)
- 1 tsp peanuts (crushed, for garnish)
- 2 tablespoons of chopped spring onions
- 1 lime wedge (for serving)

## COOKING INSTRUCTIONS:

- Cook the noodles: Prepare the rice noodles according to the package instructions. Drain and set aside.
- Make the sauce: In a small bowl, whisk together soy sauce, fish sauce, lime juice, peanut butter, and honey.
- Sauté the shrimp: In a non-stick pan, cook shrimp over medium heat until pink and fully cooked (about 2-3 minutes per side). Remove and set aside.
- Cook the veggies & egg: In the same pan, sauté the carrots until tender. Push the veggies to the side, then scramble the beaten egg in the same pan.
- Combine: Add the cooked noodles, bean sprouts, shrimp, and sauce to the pan, tossing everything to coat evenly. Cook for an additional 2 minutes.
- Serve: Plate your Pad Thai, top with crushed peanuts, spring onions, and a squeeze of lime!

## NUTRITION INFORMATION (APPROXIMATE):

500

Calories

36G

Protein





# Chicken Parmesan with Spaghetti

(Yields 1 Serving)

This Chicken Parmesan with Spaghetti strikes that perfect balance of delicious and nutritious comforting enough for dinner but light enough to keep you feeling good!

## INGREDIENTS:

- 4 oz chicken breast (boneless, skinless)
- 1 cup cooked whole-wheat spaghetti
- ¼ cup marinara sauce (low-sugar or homemade)
- 1 tbsp grated parmesan cheese
- ¼ cup light mozzarella or cheddar cheese
- 1 tbsp whole-wheat breadcrumbs
- 1 tsp Italian seasoning



### Meal Prep Tip

To make this a go-to for your week, cook a batch of chicken breasts and spaghetti in advance. Store the components separately in containers, and when you're ready to eat, reheat the chicken and sauce, then combine with freshly reheated spaghetti for the best texture. This way, you'll have a balanced meal ready in minutes!



## INGREDIENTS CONT'D:

- 1 tsp garlic powder
- 1 tsp onion powder
- 1 tsp olive oil
- Roasted Veggies (optional side)
- Salt and pepper to taste

## COOKING INSTRUCTIONS:

- Prep the Chicken: Coat the chicken breast with olive oil and season with Italian seasoning, garlic powder, onion powder, salt, and pepper. Dredge in whole-wheat panko breadcrumbs for added crunch.
- Cook the Chicken: In a nonstick skillet over medium heat, lightly spray with olive oil and cook the chicken until golden and cooked through (about 4-5 minutes on each side). Alternatively, cook in the air fryer at 400°F (200°C) for 10-12 minutes, flipping halfway.
- Bake: Transfer the chicken to a baking dish, top with marinara sauce and mozzarella cheese. Bake at 400°F (200°C) for 10-12 minutes, or until the cheese is bubbly.
- Cook the Spaghetti: While the chicken is baking, cook the spaghetti according to package directions. Drain and season with a pinch of salt.
- Assemble: Plate the cooked spaghetti, then top with the chicken parmesan. Add the roasted veggies as an optional side. Garnish with a sprinkle of fresh basil or parsley, and enjoy!

## NUTRITION INFORMATION (APPROXIMATE):

550

Calories

40G

Protein





# Loaded Fries

(Yields 1 Serving)

Who says you can't enjoy loaded fries while staying on track with your goals? These loaded fries are the ultimate guilt-free comfort food — satisfying, hearty, and totally macro-friendly!

## INGREDIENTS:

- 4 oz lean ground beef (96% lean)
- 1 medium russet potato (about 5oz), cut into fries
- ¼ cup reduced-fat shredded cheddar cheese
- ¼ cup diced red onion
- 1 tbsp fresh cilantro, chopped
- 1 tsp paprika
- 1 tsp garlic powder



### Meal Prep Tip

For a quick grab-and-go meal, you can prep the ground beef ahead of time and store it in the fridge for up to 4 days. Bake the fries fresh to keep them crispy, or use an air fryer for an even faster option!



## INGREDIENTS CONT'D:

- 1 tsp onion powder
- 1 tsp cumin
- Salt and pepper to taste
- 1 tsp olive oil (for the fries)
- Optional toppings: ½ cup of diced tomatoes, ½ cup of chopped jalapeno (optional: for extra heat), and 1 tbsp plain Greek yogurt (as a sour cream alternative)

## COOKING INSTRUCTIONS:

- Bake the Fries: Preheat your oven to 425°F (220°C). Toss the potato fries in olive oil, paprika, garlic powder, salt, and pepper. Spread them out on a baking sheet lined with parchment paper. Bake for 25-30 minutes, flipping halfway, until crispy and golden.
- Air Fryer Option: Air fry the fries at 400°F (200°C) for 15-18 minutes, flipping halfway through, until crispy and golden.
- Cook the Ground Beef: While the fries are baking, season the ground beef with cumin, onion powder, garlic powder, salt, and pepper. Cook in a non-stick skillet over medium heat until browned and cooked through (about 5-7 minutes). Drain excess fat if necessary.
- Assemble the Loaded Fries: Once the fries are done, place them on a plate. Top with the cooked ground beef, shredded cheddar cheese, red onions, optional: jalapenos, tomatoes, and Greek yogurt. Garnish with fresh cilantro for a burst of flavor! Cover for a few moments to melt the cheese!

## NUTRITION INFORMATION (APPROXIMATE):

450

Calories

35G

Protein





# Turkey Chili

(Yields 4 Serving)

This hearty Turkey Chili is the ultimate cozy, feel-good meal that proves you can enjoy big, satisfying flavors while still staying aligned with your goals. It’s bold, rich, and packed with protein — the perfect balance of comfort and nutrition in one bowl.

## INGREDIENTS:

- 1 lb ground turkey (lean, 93% or higher)
- 1 can (15 oz) black beans (rinsed and drained)
- 2 tbsp of Tomato Paste
- 1 can (15 oz) diced tomatoes (no added sugar)
- 1 cup bell peppers (chopped)
- 1 cup onion (chopped)
- 2 cloves garlic (minced)



### Meal Prep Tip

Prepare a double batch of this turkey chili to have meals ready for the week! Portion into containers for easy grab-and-go lunches or dinners. This dish freezes well, so you can save some for later. Just reheat and enjoy whenever hunger strikes!



Open-Faced Philly Cheesesteak

## INGREDIENTS CONT'D:

- 2 tbsp chili powder
- 1 tbsp cumin
- 1 tbsp smoked paprika
- 1 tbsp garlic powder
- 1 tbsp onion powder
- 1 tsp cayenne pepper (optional for heat)
- Salt and pepper to taste
- 1 tbsp olive oil
- 1 cup low-sodium chicken broth
- Fresh cilantro, 1 tbsp of shredded cheese or spring onion (for garnish)

## COOKING INSTRUCTIONS:

- Sauté the Veggies: In a large pot, heat olive oil over medium heat. Add chopped onions and bell peppers. Sauté until softened, about 5 minutes. Add minced garlic and tomato paste, cook for an additional minute.
- Cook the Turkey: Add ground turkey to the pot, breaking it apart as it cooks. Season with chili powder, cumin, smoked paprika, garlic powder, onion powder, cayenne pepper (if using), salt, and pepper. Cook until turkey is browned and cooked through.
- Add Remaining Ingredients: Stir in black beans, diced tomatoes (with juices), and chicken broth. Bring to a simmer and let cook for 20-25 minutes, stirring occasionally.
- Serve: Ladle the chili into bowls and top with garnish of choice

## NUTRITION INFORMATION (APPROXIMATE):

400

Calories

30G

Protein





# Teriyaki Salmon Bowl

(Yields 4 Serving)

Indulge in this flavorful Teriyaki Salmon Bowl, where every bite is packed with wholesome goodness. It's perfectly balanced with protein, veggies, and grains — a meal that's as satisfying as it is nourishing. Ideal for anyone who wants to enjoy delicious food while staying mindful of their goals.

## INGREDIENTS:

- 4oz salmon fillet
- 1 tsp garlic powder
- ½ tsp ground ginger
- ½ tsp black pepper
- ¼ tsp salt
- ½ cup cooked rice
- 1 cup steamed broccoli (or mixed veggies)
- ¼ cup carrots (shredded or sliced)
- ¼ cup purple cabbage (shredded)



### Meal Prep Tip

Make a batch of the salmon, brown rice and steam a variety of veggies on the weekend. Portion out servings in individual containers. You can reheat them throughout the week, ensuring you have a nutritious and satisfying meal ready to go!



## INGREDIENTS CONT'D:

- ¼ cup edamame (shelled)
- 1 tbsp teriyaki sauce (low-sodium)
- 1 tsp sesame oil
- 1 tbsp green onions (sliced, for garnish)
- Light sprinkle of sesame seeds (for garnish)

## COOKING INSTRUCTIONS:

- Prepare the Salmon: Preheat your oven to 400°F (200°C). Brush the salmon fillet with sesame oil, then generously season with garlic powder, ground ginger, black pepper, and salt. Drizzle with teriyaki sauce and place the salmon on a baking sheet lined with parchment paper.
- Bake the Salmon: Bake the salmon in the preheated oven for about 12-15 minutes or until it flakes easily with a fork.
- Cook the Brown Rice: While the salmon is baking, cook the rice according to package instructions. Fluff with a fork and set aside. Toss the cooked rice in a little bit of the teriyaki sauce for extra flavour.
- Steam the Veggies: Steam the broccoli and carrots until tender, about 5-7 minutes. Add the edamame for the last 2 minutes of steaming.
- Assemble the Bowl: In a bowl, layer the cooked brown rice, steamed vegetables, cabbage, and the baked salmon.
- Garnish: Sprinkle with green onions and sesame seeds before serving.

## NUTRITION INFORMATION (APPROXIMATE):

550

Calories

38G

Protein





# Open-Faced Philly Cheesesteak

(Yields 1 Serving)

Treat yourself to this Open-Faced Philly Cheesesteak — a lighter, balanced take on the classic comfort favorite. It’s packed with all the rich, savory flavor you love, but with a nutritious twist that keeps it perfectly guilt-free.

## INGREDIENTS:

- 4 oz lean flank steak (sliced thin)
- ½ of a 6 inch baguette (or half an openfaced sandwich roll)
- ½ cup bell peppers (sliced, any color)
- ½ cup of mushrooms
- ¼ cup onions (sliced)
- 1 slice reduced-fat provolone cheese



### Meal Prep Tip

Prepare the steak and sauté the peppers and onions in advance. Store them separately in airtight containers. When ready to enjoy, simply toast your baguette, reheat the steak and veggies, layer them on the baguette with cheese, and melt. This way, you’ll have a delicious meal ready to go in minutes!



## INGREDIENTS CONT'D:

- 1 tbsp Worcestershire sauce
- 1 tsp olive oil
- 1 tsp garlic powder
- 1 tsp onion powder
- Salt and pepper to taste
- Fresh parsley (for garnish)

## COOKING INSTRUCTIONS:

- **Cook the Vegetables:** In a skillet, heat olive oil over medium heat. Add the sliced bell peppers, mushrooms, and onions, seasoning with salt, pepper, garlic powder, and onion powder. Sauté for about 5-7 minutes, until softened. Remove from the skillet and set aside.
- **Cook the Steak:** In the same skillet, add the sliced flank steak and Worcestershire sauce. Cook for 3-4 minutes until browned and cooked to your liking.
- **Assemble the Sandwich:** Lightly toast the half baguette. On top of the baguette, layer the cooked steak, followed by the sautéed veggies. Place the slice of provolone cheese on top and cover for 1-2 minutes to melt the cheese (alternatively, you can lightly broil the assembled sandwich for an extra toasty, crispy cheese topping)
- **Serve:** Garnish with fresh parsley and enjoy your Open-Faced Philly Cheesesteak!

## NUTRITION INFORMATION (APPROXIMATE):

500

Calories

40G

Protein





# Crispy Honey Garlic Chicken Wings

(Yields 1 Serving)

These Crispy Baked Honey Garlic Chicken Wings are the perfect guilt-free indulgence — tender on the inside, crispy on the outside, and coated in a sweet-savory glaze that delivers on flavor without compromise.

## INGREDIENTS:

- 10 oz chicken wings (about 6 wings, skin-on)
- 1.5 tbsp honey
- 3 tbsp low-sodium soy sauce
- 2 cloves garlic (minced)
- 1 tsp olive oil
- ½ tsp garlic powder
- ½ tsp onion powder
- ¼ tsp black pepper
- Salt to taste
- Green onions (for garnish, optional)



### Meal Prep Tip

Cook a larger batch of wings and store them in the fridge. Reheat in the oven or air fryer for a quick snack or meal throughout the week. Marinate the wings ahead of time to maximize flavor and save time when you're ready to cook!



## SIDES:

- 1 cup celery (chopped)
- 1 cup carrots (cut into sticks)
- ¼ cup of light ranch dressing

## COOKING INSTRUCTIONS:

- Prepare the Wings: Preheat your oven to 400°F (200°C) or your air fryer to 375°F (190°C). Pat the chicken wings dry with paper towels for extra crispiness. Season with garlic powder, onion powder, black pepper, and salt. Toss to coat.
- Bake or Air-Fry: **For Baking:** Line a baking sheet with foil and place a wire rack on top (if baking). Arrange the wings in a single layer on the wire rack. Bake for 40-45 minutes, flipping halfway through, until golden and crispy. **For Air-Frying:** Place the wings in the air fryer basket in a single layer. Air fry for 25-30 minutes, flipping halfway through, until crispy and cooked through.
- Prepare the Honey Garlic Sauce: While the wings are cooking, whisk together honey, soy sauce, and minced garlic in a bowl. Set aside.
- Toss the Wings: Once the wings are done cooking, remove them from the oven or air fryer. Immediately toss the hot wings in the honey garlic sauce until they are well coated.
- Serve: Garnish with sliced green onions and enjoy your Crispy Honey Garlic Chicken Wings with your side of ranch, carrots and celery sticks!

## NUTRITION INFORMATION (APPROXIMATE):

600

Calories

35G

Protein





# Crispy Fish Tacos

(Yields 1 Serving)

Dive into these Crispy Fish Tacos — a flavorful, satisfying meal that brings the taste of the ocean right to your plate while keeping your health goals in check. Light, crunchy, and fresh with every bite!

## INGREDIENTS:

- 6 oz white fish fillets cut into 1 inch cubes
- 1 tbsp whole wheat flour
- 1 tbsp cornmeal
- ½ panko breadcrumbs
- 1 egg (beaten)
- ½ tsp garlic powder
- ½ tsp paprika



### Meal Prep Tip

To save time during the week, prepare the breaded fish and veggies in advance and store it in an airtight container in the fridge. When you're ready to enjoy, simply cook the fish, warm the tortillas, and assemble your tacos. This way, you'll have a delicious, healthy meal ready in minutes!



## INGREDIENTS CONT'D:

- Salt and pepper to taste
- 3 small corn or whole wheat tortillas
- ½ cup iceberg lettuce (shredded)
- ½ cup tomatoes (diced)
- ¼ cup light sour cream or Greek yogurt (for white sauce)
- 1 tbsp lime juice
- Fresh cilantro (for garnish)
- Lime wedges (for serving)

## COOKING INSTRUCTIONS:

- Prepare the Fish: In a bowl, mix the flour, cornmeal, breadcrumbs garlic powder, paprika, salt, and pepper. Dip each fish cube into the beaten egg, then coat with the flour mixture, pressing gently to adhere.
- Cook the Fish: Heat a non-stick skillet over medium heat. Spray with cooking spray or add a little oil. Cook the fish cubes for about 3-4 minutes per side until golden brown and cooked through.
- Make the Taco Sauce: In a small bowl, mix the light sour cream (or Greek yogurt) with lime juice, and season with salt and pepper to taste.
- Assemble the Tacos: Warm the tortillas in a dry skillet or microwave. Layer each tortilla with cooked fish cubes, shredded lettuce, diced tomatoes, and a drizzle of the white sauce. Garnish with fresh cilantro.
- Serve: Serve the tacos with lime wedges on the side for an extra burst of flavor.

## NUTRITION INFORMATION (APPROXIMATE):

550

Calories

50G

Protein





# Pesto Pasta with Shrimp

(Yields 1 Serving)

Bring a vibrant twist to your dinner table with this Pesto Pasta with Shrimp — a fresh, flavorful meal that keeps things light without sacrificing taste or balance.

## INGREDIENTS:

- 6 oz shrimp (peeled and deveined)
- 1 cup rigatoni pasta (cooked)
- 1.5 tbsp pesto (store-bought or homemade)
- 1 tsp olive oil



### Meal Prep Tip

To save time during the week, prepare the breaded fish and veggies in advance and store it in an airtight container in the fridge. When you're ready to enjoy, simply cook the fish, warm the tortillas, and assemble your tacos. This way, you'll have a delicious, healthy meal ready in minutes!



## INGREDIENTS CONT'D:

- ½ cup cherry tomatoes (halved)
- ¼ cup spinach (fresh)
- 1 tsp lemon juice (fresh)
- Salt and pepper to taste
- Lemon wedge (for serving)

## COOKING INSTRUCTIONS:

- Cook the Pasta: In a large pot, bring water to a boil and cook rigatoni according to package instructions. Drain and set aside, reserving a bit of the pasta water.
- Sauté the Shrimp: In a skillet, heat olive oil over medium heat. Add shrimp and season with salt and pepper. Cook for 2-3 minutes until shrimp are pink and opaque.
- Combine Ingredients: Add cooked rigatoni, cherry tomatoes, and spinach to the skillet with the shrimp. Pour in the pesto and toss to coat, adding a splash of reserved pasta water if needed for creaminess. Stir in lemon juice.
- Serve: Plate the pasta and garnish with basil and additional pesto, if desired. Serve with a lemon wedge on the side.



**Tip:** If you want a richer texture, stir in a tablespoon of ricotta or parmesan cheese along with the pesto. Just be mindful of added calories

## NUTRITION INFORMATION (APPROXIMATE):

550

Calories

50G

Protein





# Grilled Chicken and Spinach Pizza

(Yields 1 Serving)

Annnd, you’ve made it to one of my absolute favorites! Pizza will always have a special place in my heart and this Grilled Chicken and Spinach Pizza is the perfect nutritious twist on the classic. It’s flavorful, satisfying, and so simple to make.

## INGREDIENTS:

- 1 whole wheat pita bread (6-inch)
- ½ cup marinara or tomato sauce
- 1 cup fresh spinach (roughly chopped)



### Meal Prep Tip

Grill a batch of chicken at the beginning of the week and store it in airtight containers in the fridge. You can also portion out individual servings of the tomato sauce and spinach for quick assembly. When you're ready to enjoy, simply assemble your pizza and bake. This prep method makes it easy to whip up a delicious meal any night of the week!

## INGREDIENTS CONT'D:

- 4 oz cooked grilled chicken breast (sliced)
- ¼ cup shredded mozzarella cheese (partskim)
- 2 tbsp crumbled goat cheese
- 1 tsp Italian seasoning
- Salt and pepper to taste
- Fresh basil (for garnish, optional)

## COOKING INSTRUCTIONS:

- Preheat the Oven: Preheat your oven to 400°F (200°C).
- Prepare the Base: Place the whole wheat pita on a baking sheet. Spread the marinara sauce evenly on top.
- Add Spinach and Chicken: Scatter the chopped spinach over the sauce, followed by the sliced grilled chicken. Season with Italian seasoning, salt, and pepper.
- Cheese It Up: Sprinkle the shredded mozzarella cheese over the chicken and spinach, and add the crumbled goat cheese on top.
- Bake: Place the pizza in the oven and bake for 10-12 minutes, or until the cheese is bubbly and slightly golden.
- Serve: Remove from the oven, garnish with fresh basil if desired, and enjoy your nutritious pizza!

## NUTRITION INFORMATION (APPROXIMATE):

510

Calories

50G

Protein







# Fish and Chips

(Yields 1 Serving)

Savor this lightened-up version of the classic Fish and Chips! You'll still get all that crispy, golden goodness — but with wholesome ingredients and a nutritious twist that doesn't skimp on flavor.

## INGREDIENTS:

- 6 oz white fish fillet (such as cod or haddock)
- 1 medium potato (about 5 oz, cut into wedges)
- 1 tbsp tartar sauce
- 1 tbsp guacamole
- 1 tsp olive oil



### Meal Prep Tip

To make meal prep easier, you can batchcook the potato wedges at the start of the week and store them in the fridge. For the fish, you can pre-bread several fillets, storing them in the refrigerator until ready to cook. When you're ready to eat, just pop them into the air fryer along with the wedges for a quick, healthy meal!



## INGREDIENTS CONT'D:

- 1 tbsp fresh parsley or dill (chopped)
- ½ cup whole wheat breadcrumbs
- 1 tbsp cornmeal
- ½ tsp garlic powder
- ½ tsp paprika
- ½ tsp onion powder
- Salt and pepper to taste
- Fresh lemon wedge (for garnish)

## COOKING INSTRUCTIONS:

- Prepare the Potatoes: Preheat your air fryer to 400°F (200°C). Toss the potato wedges with olive oil, garlic powder, paprika, onion powder, salt, and pepper. Air fry for 20-25 minutes, shaking the basket halfway through, until golden brown and crispy.
- Bread the Fish: While the potatoes are cooking, season the fish fillet with salt and pepper. In a shallow dish, mix whole wheat breadcrumbs, cornmeal, garlic powder, paprika, and fresh parsley or dill. Dredge the fish in the breadcrumb mixture, pressing lightly to adhere.
- Air Fry the Fish: Place the breaded fish fillet in the air fryer basket. Air fry at 400°F (200°C) for about 10-12 minutes, flipping halfway through, until golden brown and cooked through. For crispier finish, spray the breaded fish lightly with cooking spray before air frying
- Plate It Up: Once everything is cooked, arrange the crispy fish and potato wedges on a plate. Serve with a dollop of tartar sauce and a side of guacamole. Squeeze fresh lemon juice over the fish for an added burst of flavor!

## NUTRITION INFORMATION (APPROXIMATE):

546

Calories

44G

Protein





# 10 high protein snacks

(10g+ Protein, Around 300 Calories)

## Greek Yogurt Parfait with Honey and Berries

This parfait is a refreshing, protein-packed way to start your day or enjoy a light snack. The creamy Greek yogurt provides probiotics for gut health and lasting fullness, while the berries add a burst of natural sweetness and antioxidants. It's simple, nourishing, and perfectly balanced.

This recipe yields 1 serving



### *Meal Prep Tip*

Portion out individual servings in jars with lids for the week.

### ASSEMBLY STEPS:

- In a bowl or jar, layer
- 1 cup of Greek yogurt. Drizzle 1 tbsp of honey over the yogurt.
- Top with 1/2 cup of mixed berries.

### NUTRITION INFORMATION (APPROXIMATE):

**200**

Calories

**16G**

Protein







# Greek Yogurt Bark

This high-protein, low-calorie treat is creamy, refreshing, and perfectly customizable with your favorite toppings. Enjoy it as a quick snack, light dessert, or post-workout bite that feels indulgent yet nourishing.

This recipe yields 1 serving



## Meal Prep Tip

Make a larger batch of Greek yogurt bark by doubling the recipe and spreading the yogurt mixture across a larger baking sheet. This way, you'll have enough for several days.

## INGREDIENTS:

- 1 cup non-fat plain Greek yogurt
- 1 tbsp honey or maple syrup
- 1/2 cup mixed berries
- 1 tbsp of low sugar granola

## ASSEMBLY STEPS:

- Prepare the yogurt base: In a bowl, mix 1 cup of non-fat Greek yogurt with 1 tbsp honey (or maple syrup) until smooth.
- Spread on a baking sheet: Line a baking sheet with parchment paper, then spread the yogurt mixture evenly, about 1/4-inch thick.
- Add toppings: Sprinkle the mixed berries and granola on top of the yogurt.
- Freeze: Place the baking sheet in the freezer for at least 2 hours or until the yogurt is completely frozen.
- Break into pieces: Once frozen, break the yogurt bark into pieces. Top with fresh mint and store in an airtight container in the freezer.

## NUTRITION INFORMATION (APPROXIMATE):

250

Calories

16G

Protein





# Egg Muffin Cups

These savory egg muffin cups are a perfect high-protein, low-calorie snack. They're easy to meal prep and endlessly customizable with your favorite veggies or proteins. Ideal for a grab-and-go breakfast or a mid-day boost!

This recipe yields 1 serving  
(2 muffin cups)

## Meal Prep Tip

Make a larger batch by doubling or tripling the recipe. Store extras in the fridge, or freeze them for later use. Just reheat in the microwave for a quick snack (or breakfast).

## INGREDIENTS:

- 2 large eggs
- 1/4 cup shredded low-fat cheese (cheddar, mozzarella, or your choice)
- 1/4 cup diced bell peppers (or veggies of your choice)
- 1/4 cup diced lean turkey sausage (or ham)
- Salt and pepper to taste Cooking spray

## COOKING INSTRUCTIONS:

- Preheat oven to 350°F (175°C).
- Whisk the eggs in a bowl with salt and pepper until well combined and add the fillings of bell peppers and turkey sausage.
- Prepare the muffin tin: Lightly spray a muffin tin with cooking spray.
- Pour in the egg mixture: Pour the mixture in each muffin cup until about 3/4 full. Depending on the size of your tin, this may yield 2 or 3 muffins.
- Top with cheese: Sprinkle the shredded cheese on top of each muffin cup.
- Bake: Place the muffin tin in the oven and bake for about 15-18 minutes or until the eggs are fully set.
- Cool and store: Let the muffins cool before storing them in an airtight container in the fridge for up to 4 days.

## NUTRITION INFORMATION (APPROXIMATE):

**300**

Calories

**27G**

Protein







# Protein-Packed Tuna Bites

This light yet satisfying snack combines high-protein tuna with crunchy whole-grain crackers for the perfect midday bite or quick meal. Easy to prepare and great for meal prep, these tuna bites are ideal when you’re craving something savory and protein-rich!

This recipe yields 1 serving  
(6 crackers with tuna salad)



## Meal Prep Tip

Prepare a larger batch of tuna salad by doubling or tripling the ingredients. Store in the fridge and assemble with crackers just before serving to keep them crunchy. You can also substitute the crackers with whole-wheat bread for a more substantial meal.



## INGREDIENTS:

- 1 can (4 oz) tuna in water, drained
- 1 tbsp of light mayo
- 1/2 tsp Dijon mustard
- 1/4 cup diced celery (optional)
- 1 tbsp chopped red onion (optional)
- Salt and pepper to taste
- 6 of your favourite crackers (aim for 25-30 calories per cracker)

## ASSEMBLY STEPS:

- Prepare the tuna salad: In a bowl, mix the drained tuna, mayo, Dijon mustard, diced celery, and red onion until well combined. Add salt and pepper to taste.
- Serve on crackers: Divide the tuna salad evenly among the 6 whole-grain crackers.
- Garnish (optional): Add fresh herbs like parsley or a squeeze of lemon for extra flavor.
- Enjoy immediately or store the tuna salad in an airtight container in the fridge for up to 3 days.

## NUTRITION INFORMATION (APPROXIMATE):

300

Calories

23G

Protein





# Protein Chocolate Pudding

(This recipe yields 1 serving)

This creamy, rich dessert feels indulgent yet is packed with protein — the perfect post-workout treat to satisfy your sweet tooth while keeping you full and energized.

## INGREDIENTS:

- 1 cup plain non-fat Greek yogurt
- 1 scoop chocolate protein powder (about 20g protein)
- 1 tbsp unsweetened cocoa powder
- ½ tsp vanilla extract
- 1.5 tbsp sweetener of choice (i.e. honey, or maple syrup)
- Optional toppings: berries, nuts, or a drizzle of nut butter

## ASSEMBLY STEPS:

- Mix the ingredients: In a bowl, combine the Greek yogurt, protein powder, cocoa powder, vanilla extract, and sweetener. Stir until smooth and fully combined.
- Chill (optional): You can enjoy the pudding immediately or let it chill in the fridge for 20-30 minutes for a firmer texture.
- Serve: Once ready, top with berries or a sprinkle of nuts if desired and enjoy!

### *Meal Prep Tip*

Make a batch of this pudding and portion it into small containers for easy, high-protein snacks throughout the week. Store in the fridge for up to 3-4 days.

## SOME TIPS FOR THE BEST RESULTS:

- Use a High-Quality Protein Powder (ones that are “smooth” or “creamy”)
- Blend Instead of Stirring. This will create a much creamier, more pudding-like texture.
- Add a Bit More Liquid: If the pudding feels too thick, try adding a little more almond milk.
- Let It Chill Longer: Letting the mixture sit in the fridge for a bit longer (at least an hour) allows the flavors to meld and the texture to improve.
- Incorporate Fat for Creaminess: A tiny bit of healthy fat, like a teaspoon of nut butter, avocado, or even coconut cream, can add creaminess

## NUTRITION INFORMATION (APPROXIMATE):

300

Calories

36G

Protein





# Peanut Butter on Rice Cakes

This simple yet satisfying snack is the perfect blend of crunch and creaminess. Packed with healthy fats and protein, it's an ideal choice for a quick pick-me-up or a nourishing post-workout bite.

Yields: 1 serving (2 rice cakes)



## Meal Prep Tip

Bringing this to work? To make this more portable, pre-portion the peanut butter and chia seeds into small containers, then add them to the rice cakes when you're ready to eat. This prevents the rice cakes from getting soggy. Store the rice cakes in a sealed container to keep them fresh and crispy.



## INGREDIENTS:

- 2 plain rice cakes
- 2 tbsp natural peanut butter
- 1 tsp chia seeds
- Optional toppings: sliced banana, berries, nuts, or a drizzle of honey (adjust calories if adding)

## ASSEMBLY STEPS:

- Prepare the rice cakes: Spread 1 tbsp of natural peanut butter on each rice cake.
- Add chia seeds: Sprinkle 1 tsp of chia seeds evenly on top of both rice cakes for added protein and texture.
- Optional toppings: Add a few slices of banana, berries, or a drizzle of honey for extra flavor (be mindful of extra calories).

## NUTRITION INFORMATION (APPROXIMATE):

290

Calories

11G

Protein





# Sweet Date Bliss Balls

These bliss balls are naturally sweetened with dates and packed with wholesome, energy-boosting ingredients. They're quick to make, easy to store, and perfect as a pre-workout bite or an afternoon pick-me-up!

Yields: 12 balls (3 balls per serving)



## Meal Prep Tip

Store the bliss balls in an airtight container in the refrigerator for up to a week or freeze them for longer storage. They make a perfect on-the-go snack!

## INGREDIENTS:

- 1 cup pitted Medjool dates
- 1 cup rolled oats
- 1/2 cup almond flour
- 1/4 cup unsweetened cocoa powder
- 1 scoop of protein powder (recommend chocolate flavor)
- 1/4 cup dark chocolate chips
- 1 tsp vanilla extract
- Pinch of salt

## ASSEMBLY STEPS:

- Blend the dates: In a food processor, blend the pitted dates until they form a sticky paste.
- Combine ingredients: Add the rolled oats, almond flour, cocoa powder, protein powder, dark chocolate chips, vanilla extract, and salt. Blend until the mixture is well combined.
- Form the balls: Roll the mixture into small balls, about 1 inch in diameter.
- Chill: Place the balls on a baking sheet lined with parchment paper and refrigerate for about 30 minutes to firm up.

## NUTRITION INFORMATION (APPROXIMATE):

300

Calories

12G

Protein







# Chickpea Salad

This chickpea salad is a refreshing, protein-packed dish that’s ideal for meal prep. Loaded with fiber, healthy fats, and crisp veggies, it makes a satisfying snack or a light, nourishing lunch.

This recipe yields 1 serving



## Meal Prep Tip

Store the bliss balls in an airtight container in the refrigerator for up to a week or freeze them for longer storage. They make a perfect onthe-go snack!

## INGREDIENTS:

- 1 cup canned chickpeas, rinsed and drained
- 1/2 cup diced cucumber
- 1/2 cup diced bell pepper
- 1/4 cup red onion, finely chopped
- 1 tbsp of feta cheese
- 1 tsp olive oil
- 1 tbsp lemon juice
- Salt and pepper to taste
- Optional: fresh herbs (like dill, parsley or cilantro)

## ASSEMBLY STEPS:

- In a mixing bowl, combine the chickpeas, cucumber, pepper, feta, and red onion.
- Drizzle with olive oil and lemon juice, then season with salt and pepper. Toss to combine.
- Add fresh herbs if desired and mix well.
- Store in an airtight container in the refrigerator for up to 3 days.

## NUTRITION INFORMATION (APPROXIMATE):

315

Calories

12G

Protein







# Berry Cheesecake Parfait

This parfait is a simple, satisfying snack or breakfast that blends the creaminess of cottage cheese with the natural sweetness of berries and a delicious crunch from granola.

This recipe yields 1 serving



## Meal Prep Tip

Assemble the parfaits in multiple mason jars for a quick breakfast or snack. Keep the granola/graham separate until you're ready to eat to maintain its crunchiness.



## INGREDIENTS:

### For the Cheesecake Layer:

- 1 cup cottage cheese
- 1 tablespoon honey or maple syrup (adjust to taste)
- 1/2 teaspoon vanilla extract
- 1 tablespoon lemon juice

### For the Berry Puree:

- 1/2 cup mixed berries (strawberries, blueberries, raspberries)

### For the Crunch Layer:

- 2 tablespoons crushed graham crackers or granola

## ASSEMBLY STEPS:

- Prepare the Cheesecake Layer: In a blender, pulse 1 cup of cottage cheese with 1 tablespoon of honey (or maple syrup), 1/2 teaspoon of vanilla extract, and 1 tablespoon of lemon juice until smooth and well combined.
- Make the Berry Puree: In a blender, pulse 1/2 cup of mixed berries with a touch of lemon juice. Blend until smooth.
- Layer the Parfaits: In serving glasses, start with a layer of the cheesecake mixture, followed by a layer of berry puree, and then a layer of crushed graham crackers or granola. Repeat the layers until the glasses are filled.
- Chill: Place the parfaits in the refrigerator for at least 1 hour to allow flavors to meld.
- Serve: Enjoy chilled, and top with additional fresh berries if desired!



**Tips for the best results:** Add a tablespoon of cream cheese for added cheesecake taste!

## NUTRITION INFORMATION (APPROXIMATE):

370

Calories

28G

Protein





# My Favourite Protein Bars

I kid you not, I have easily tried every protein bar on the market. So let me save you time (and money) and just share the top ones below.

There are 2 brands I just love (and this isn't sponsored, just sharing the goods!) I've also listed my favourite flavours below!

1.

## **BAREBELLS (MUST BE THE SOFT PROTEIN BAR LINE)**

And my favourite flavors include:

- Lemon Cheesecake
- Coco Choco
- Caramel Choco
- Peanut Caramel
- Marshmallow Rocky Road



2.

## **FULFILL BARS**

And my favourite flavors include:

- Chocolate Salted Caramel
- Chocolate Peanut Butter
- Chocolate Hazelnut
- Chocolate Peanut Caramel







# Sample 1-Week Meal Plan

My biggest secret for keeping off **110 pounds** for over ten years? **Meal planning and prepping.**

Meal prepping isn't just a trend; it's a powerful weight loss strategy.

## Not convinced?

Here are some compelling reasons to start meal planning and prepping TODAY:

1.

### Time-Saving

Batch-prepping your meals can save you up to 10 hours a week. Just set aside a couple of hours on the weekend, and you'll eliminate the daily stress of cooking and decision-making — freeing up time and mental energy for everything else that matters.

2.

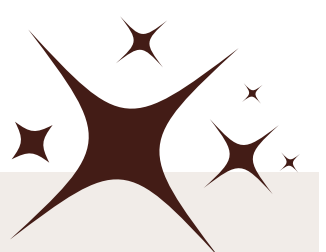
### Cost-Effective

Let's be real — takeout adds up fast. With meals averaging \$15–\$20, prepping your food at home can save you around \$60–\$100 a week. Do that for a year and you're looking at serious savings — money you can put toward other goals instead.

3.

### Avoiding Temptation

Weekends are where most meal plans fall apart. A quick mid-week prep session keeps things fresh, helps you avoid last-minute takeout runs, and keeps you on track through Thursday (and beyond). This exact strategy has helped over 2,000 clients in our WeTransform Coaching Program — and it works.



**Now**, the upcoming pages include your sample plan along with a grocery list that promotes weight loss without compromising taste!









# How To Create Your Meal Plan

When crafting this meal plan, I focused on key factors to support your weight loss journey (and this is what you should consider when creating your own, too!):

1.

## Meal Variety

Enjoy a mix of savory and sweet options that satisfy cravings while maintaining high protein levels. This variety helps prevent boredom and keeps you motivated on your journey (and avoids tempting take-out options!)

2.

## Convenient Snacks

Choose snacks that are simple to prepare and ideal for batch cooking, ensuring you have healthy, protein-rich options ready to grab on the go. This approach helps you steer clear of unhealthy temptations, like the vending machine.

3.

## Efficient Meal Prep

Efficient Emphasizing batch cooking allows you to prepare meals in advance, saving you precious time on busy days. A little prep on the weekend sets you up for success throughout the week.

4.

## Protein Efficiency

With chicken and shrimp as your primary proteins, grocery shopping becomes streamlined. You'll want to stick to 1-2 proteins when designing in your plan. This minimizes the hassle of a lengthy shopping list

5.

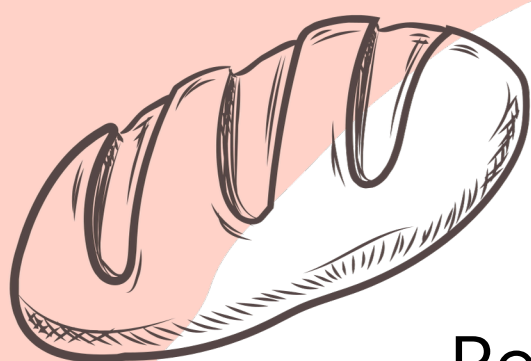
## Flexibility and Customization

Remember to adjust portion sizes and ingredients based on your preferences and hunger levels. Personalizing your meals keeps you engaged and satisfied. This is simply a sample to help guide you!



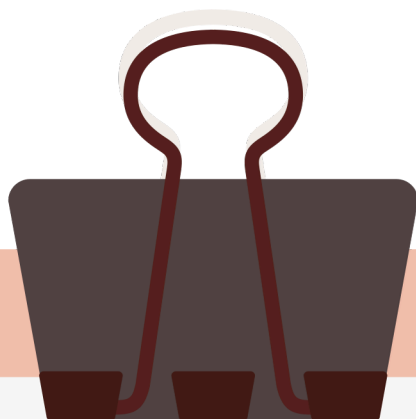
By focusing on these **key factors**, you 'll create a meal plan that not only supports your weight loss goals but also fits seamlessly into your lifestyle!





# Grocery List

Ready to bring your meal plantolife?Here’s a handy grocery list to make your shoppingeasy and efficient!



## Proteins

- ☐ Extra-lean turkey bacon
- ☐ Eggs
- ☐ Protein powder
- ☐ Shrimp
- ☐ Grilled chicken breast
- ☐ Lean Turkey Sausage or Ham

## Dairy

- ☐ Sliced Cheddar cheese
- ☐ Shredded low-fat cheese
- ☐ Greek yogurt
- ☐ Light non-fat sour cream  
*(if choosing this for shrimp tacos)*
- ☐ Goat Cheese
- ☐ Shaved Parm. Cheese

## Grains

- ☐ Light multigrain or whole wheat English muffins
- ☐ Rolled Oats
- ☐ Rigatoni pasta
- ☐ Corn Tortillas
- ☐ Whole Wheat Pita Bread
- ☐ Low sugar granola or graham crackers

## Vegetables

- ☐ Spinach
- ☐ Romaine lettuce
- ☐ Red onion
- ☐ Avocado
- ☐ Garlic
- ☐ Bell pepper
- ☐ Shredded cabbage/lettuce

## Condiments/Extras

- ☐ Olive oilspray(orregular olive oil)
- ☐ Honey
- ☐ Peanut butter
- ☐ Pesto
- ☐ Caesar dressing
- ☐ Marinara or tomato sauce
- ☐ Croutons
- ☐ Whole wheat panko breadcrumbs
- ☐ Cocoa powder (unsweetened)
- ☐ Baking powder
- ☐ Maple syrup  
*(optional, instead of using honey)*
- ☐ Unsweetened Almond Milk

## Spices/Herbs

- ☐ Salt
- ☐ Pepper
- ☐ Dried herbs  
*(suchasparsley,oregano, or basil)*
- ☐ Chili powder
- ☐ Cumin
- ☐ Taco seasoning
- ☐ Fresh cilantro
- ☐ Italian seasoning
- ☐ Garlic Powder
- ☐ Paprika

## Fruits

- ☐ Bananas
- ☐ Berries
- ☐ Limes/Lemons





# EVERYTHING I did to avoid loose skin while losing 110lbs

This is probably my most frequently asked question: **How to deal with loose skin after significant weight loss?**



As someone who has lost over **110 pounds** and recently navigated weight loss after having a baby, I understand the concern all too well. While I still have some cellulite, stretch marks, and areas of my body that are looser than others, I am comfortable and happy with my results.

**Before I dig in, it's essential** to acknowledge that some factors contributing to loose skin are beyond our control.

Here are three uncontrollable factors that may affect skin elasticity:

1.

## Genetics

Your hereditary factors can influence skin tightness and elasticity. Genetics plays a significant role in skin elasticity, and while some women in my family have struggled with loose skin, I managed to avoid it. This proves that genetics isn't the final word; with the right strategies, you can improve your outcomes.



2.

## Age

As we age, our skin naturally loses elasticity due to decreased collagen production.



3.

## Weight Loss Amount

Generally, the more weight you lose, the more difficult it may be to avoid loose skin.





Despite these elements, there are proactive measures you can take. Here are my top tips to minimize loose skin while losing weight:

1.

### GRADUAL WEIGHT LOSS

Rapid weight loss can stretch the skin too quickly, preventing it from adjusting. Instead of opting for crash diets, aim for a steady weight loss of 1-2 pounds per week. This slower approach gives your skin time to adapt, helping it tighten naturally over time.

2.

### NUTRIENT-RICH DIET

What you consume has a significant impact on your skin's health. Here are key nutrients to prioritize for improved skin elasticity:

- **Antioxidant-Rich Fruits and Vegetables:** Foods like berries, citrus fruits, and leafy greens help combat oxidative stress and support skin health.
- **Healthy Fats:** Incorporate sources like avocados, nuts, and fatty fish (e.g., salmon). These healthy fats keep your skin lubricated and flexible.
- **Protein:** Prioritize protein sources such as chicken, turkey, and lean beef. Protein is crucial for collagen production, which is vital for skin elasticity.

3.

### STAY HYDRATED

Hydration is essential for maintaining skin elasticity. Water helps maintain skin turgor and elasticity, ensuring your skin remains supple as you lose weight. Aim for at least 8-10 glasses of water daily, adjusting based on your activity level and body size.

4.

### INCORPORATE STRENGTH TRAINING

Many people, including myself, initially focus on cardio to lose weight. However, incorporating strength training is vital for building muscle mass, which can help fill out loose skin. Aim for a balanced approach, dedicating at least 2-3 days per week to resistance training.

5.

### SKINCARE ROUTINE

In addition to the above strategies, consider using topical treatments that promote collagen production, such as retinoids, hyaluronic acid, and vitamin C serums. Regularly moisturizing your skin can also help improve its appearance.





# A Note on Individuality

Remember, everyone is different and unique. It's crucial to avoid comparing yourself to others, including my journey. You are unique, and your body will react in the way it's meant to. The goal is to focus on your health and well-being first and foremost.

While you can take steps to minimize loose skin, it's important to have realistic expectations. Your body is on its own journey, and that's what truly matters.

**Wishing you much success on your journey to health! 😊**