

20 Min Meals for 20 Pounds Down



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20 Min Meals for 20 Pounds Down Recipe Guide

Hi there! I'm so glad you've gotten your hands on the **20 Min Meals for 20 Pounds Down Recipe Guide!** I created this recipe guide to help share my favorite, go-to, easy recipes that I have on repeat as a Dietitian who wants to stay healthy but also not spend hours in the kitchen every day.

Each recipe is between 450-550 calories and packs at least 25-30 grams of protein. I've included specific products I use to make each recipe, alongside suggestions for swaps if you don't have access to the same products or follow a more vegetarian-style of eating.

Inside this guide you'll find my favorite breakfast, lunch and dinner meals alongside simple snacks I enjoy eating, too. You'll also find a mix and match snacking list to make healthy snack combinations easier for you - one of my favorite ways to stay on track.

Can't wait to hear how your progress transforms with these recipes!



Important Notes

1. What If I don't have access to a specific product or brand used in the recipes provided?

We wanted to make this recipe guide as inclusive as possible so we've included alternatives to specific brands we recommend, as well as modifications to make some of the recipes to make them vegetarian-friendly. We offer some suggestions for dairy and gluten-friendly, too.

Please note when using different ingredients, the calories and macros of the recipe will change slightly. If you wish to calculate the new calories, I suggest using an app like MyFitnessPal and entering in each ingredient.

2. Why do some recipes call for a whole pound of meat when the recipe only makes one serving?

This guide was created with ease of cooking in mind so some of the recipes call for larger portions of meat so you can save some for leftovers. If you would prefer to make only one serving of meat at a time, cook 1/4 of the amount listed on the recipe.



Breakfast Recipes

1. Two Minute Protein Pancake in a Bowl
2. Classic Egg and Toast Breakfast
3. Meal Prep Proats (Protein Oatmeal)
4. Easy to Make Eggs & Oatmeal
5. Greek Yogurt Strawberry Bowl

MAKES ONE SERVING

Calories: 485

Carbs: 47 grams

Protein: 34 grams

Fat: 18 grams

Fiber: 7 grams



INGREDIENTS

- ☐ ½ cup Kodiak cakes power mix
- ☐ 1 Egg
- ☐ Unsweetened vanilla almond milk (around ½ cup for perfect consistency)
- ☐ Fruit of choice (macros include ¼ cup raspberries)
- ☐ 2 eggs on the side
- ☐ 2 tbsp lite syrup, Pearl Milling (or any that is 50 cal or less per serving)

BREAKFAST

TWO MINUTE PROTEIN PANCAKE IN A BOWL

DIRECTIONS

1. In a microwave safe dish, add Kodiak mix, 1 egg + almond milk. Mix until you get a pancake batter consistency with no lumps.
2. Place the pancake dish into a bowl and microwave for 2 minutes. Pierce the middle with a fork and if there is raw batter on fork, cook for additional 15 seconds at a time until cooked through.
3. While the pancake mix is cooking, cook 2 eggs to your liking.
4. Top pancake with a drizzle of low calorie syrup and ½ cup raspberries (or fruit of choice).

Brand Swaps: Alternative to Kodiak Cakes is ½ cup Pearl Milling Protein Buttermilk Mix or Millville Oat Pancake Mix.

MAKES ONE SERVING

Calories: 483

Carbs: 59 grams

Protein: 32 grams

Fat: 15 grams

Fiber: 8 grams



INGREDIENTS

- ☐ 2 slices Dave's Killer bread (thin slice)
- ☐ 1 tbsp peanut butter
- ☐ 1 banana (to slice on top of toast)
- ☐ ½ cup egg whites
- ☐ ¼ cup low fat mozzarella cheese

MODIFICATIONS

To make this dairy free, choose a plant based mozzarella cheese or eliminate cheese altogether

BREAKFAST

CLASSIC EGG AND TOAST BREAKFAST

DIRECTIONS

1. In a medium saute pan, add egg whites and scramble. About $\frac{3}{4}$ the of the way of cooking the eggs, add in mozzarella cheese and stir evenly until the eggs are fully cooked.
2. Toast bread and then add ½ tbsp of peanut butter to each piece of toast. Top with sliced banana.

Brand Swaps: Alternative to Dave's Killer Bread is a Thomas multi-grain English muffin or any brand of multi-grain English muffin

MAKES ONE SERVING

Calories: 435

Carbs: 48 grams

Protein: 34 grams

Fat: 14 grams

Fiber: 9 grams



INGREDIENTS

- ☐ ½ cup 1 minute quick oats
- ☐ 1 scoop protein powder (24 grams per scoop) - Optimum Vanilla Gold Standard
- ☐ ¾ cup unsweetened vanilla almond milk
- ☐ Fruit of choice
- ☐ 1 tsp Cinnamon
- ☐ 1 tbsp Peanut butter

BREAKFAST

MEAL PREP PROATS (PROTEIN OATMEAL)

DIRECTIONS

1. Add ½ cup quick oats, protein powder, and cinnamon to a jar or medium container.
2. Pour in ¾ cup unsweetened almond milk to the oat mixture and stir thoroughly.
3. Place the oat mixture in the fridge overnight (or at least 2 hours).
4. When ready to eat, top with 1 tbsp of peanut butter and fruit of choice.

Pro Tip: Add strawberries to oats before putting in fridge, then top with more before eating, too

Brand Swaps: Alternative to Optimum Vanilla Gold Standard Protein Powder is 2 scoops Orgain Vegan Vanilla Protein Powder

MAKES ONE SERVING

Calories: 446

Carbs: 39 grams

Protein: 23 grams

Fat: 23 grams

Fiber: 10 grams



INGREDIENTS

- ☐ 2 eggs
- ☐ ½ cup oats
- ☐ ½ cup unsweetened vanilla almond milk
- ☐ ½ cup raspberries
- ☐ 1 tbsp peanut butter

BREAKFAST

EASY TO MAKE EGGS AND OATMEAL

DIRECTIONS

1. Add oats and unsweetened vanilla almond milk into a microwave-safe bowl. Microwave for 2 minutes 30 seconds until most of the liquid is absorbed.
2. Let the oats rest for 1-2 minutes.
3. In a medium saute pan, cook eggs to liking.
4. Mix 1 tbsp of peanut butter into the oatmeal then top with raspberries.

MAKES ONE SERVING

Calories: 480

Carbs: 58 grams

Protein: 26 grams

Fat: 18 grams

Fiber: 12 grams



INGREDIENTS

- ☐ 5.3 oz Vanilla Greek Yogurt (Vanilla Icelandic Provisions, Skyr)
- ☐ 1 cup strawberries, halved
- ☐ 1 tbsp chia seeds
- ☐ 2 tbsp raw almonds, sliced
- ☐ $\frac{1}{3}$ cup granola (Purely Elizabeth)
- ☐ 1 tsp honey

BREAKFAST

GREEK YOGURT STRAWBERRY BOWL

DIRECTIONS

1. In a large serving bowl, add yogurt, strawberries, chia seeds and almond slices.
2. Top yogurt mixture with granola and honey.

Brand Swaps: Alternative to Icelandic Vanilla Greek yogurt is $\frac{3}{4}$ cup Chobani Vanilla Greek Yogurt or Fage 0% Plain Nonfat Greek Yogurt



Lunch Recipes

1. Honey Mustard Chicken Wrap
2. Crispy Honey Mustard Chicken Wrap
3. Mediterranean Turkey Pita Pocket
4. Southwest Turkey Taco Bowl
5. Quinoa Nourish Bowl with Chicken Thighs + Veggies
6. Air Fryer Teriyaki Salmon with Sweet Potatoes
7. Sweet Relish Tuna Salad Sandwich
8. Strawberry Summer Salad with Crispy Chicken Tenders

MAKES ONE SERVING

Calories: 471

Carbs: 60 grams

Protein: 35 grams

Fat: 19 grams

Fiber: 31 grams

INGREDIENTS

- ☐ 1 whole wheat wrap (Carb Balance Whole Wheat Burrito)
- ☐ 3 oz rotisserie chicken no skin, pre-cooked
- ☐ 2 tbsp Bolthouse Farms honey mustard dressing or any other dressing that has around 40 cals for 2 Tbsp
- ☐ ¼ Avocado
- ☐ ½ cup spring mix lettuce
- ☐ 6 cherry tomatoes, diced
- ☐ 2 tbsp hummus
- ☐ 2-3 mini bell peppers
- ☐ 10 baby carrots

MODIFICATIONS

To make Vegetarian swap chicken with Tofurky Plant-Based Lightly Seasoned Chick'n or any plant based chicken alternative. You could also use a high protein veggie burger.



LUNCH

HONEY MUSTARD CHICKEN WRAP

DIRECTIONS

1. In a large bowl, add rotisserie chicken, spring mix, and tomatoes. Toss in 2 tbsp dressing and mix well.
2. Place filling and avocado in the center of the wrap. Fold wrap from the left and right side into the middle. Pick up the bottom side of the wrap and bring it up towards the center starting from the bottom.
3. Portion out 2 tbsp of hummus to go along with mini bell peppers and baby carrots on the side.

Brand Swaps: Alternative to Carb Balance Burrito Wrap is Olé Extreme Wellness Wrap or any whole wheat wrap. Or use 2 slices whole wheat bread and have as a sandwich.

MAKES ONE SERVING

Calories: 442

Carbs: 56 grams

Protein: 31 grams

Fat: 21 grams

Fiber: 29 grams

INGREDIENTS

- ☐ 1 whole wheat wrap, Carb Balance Whole Wheat Mission Burrito
- ☐ 4 oz breaded chicken tenders, Bell and Evans
- ☐ 2 tbsp Bolthouse Farms honey mustard dressing or any other dressing that has around 40 cals for 2 Tbsp
- ☐ ½ cup spring mix
- ☐ 6 cherry tomatoes, diced
- ☐ ¼ avocado

MODIFICATIONS

To make vegetarian, use 2 pieces of Beyond Chicken Tenders. Cook as directed on package.



LUNCH

CRISPY HONEY MUSTARD CHICKEN WRAP

DIRECTIONS

1. Air Fry chicken tenders for 15 minutes at 400°F, flipping chicken tenders half way through cooking. Or use a regular oven and cook to package instructions.
2. Cut chicken tenders into 2 inch pieces.
3. In a small bowl, toss spring mix, diced tomatoes, and dressing.
4. Place chicken tenders, salad mix, and avocado in the center of the wrap. If all the chicken tenders do not fit, serve the rest on the side of your wrap. Wrap up and enjoy!

Brand Swaps: Alternative to Carb Balance Burrito is Olé Extreme Wellness Wrap. Alternative to Bell and Evans Chicken Tenders is Bare Natural brand.

MAKES ONE SERVING

Calories: 400

Carbs: 33 grams

Protein: 38 grams

Fat: 12 grams

Fiber: 9 grams

INGREDIENTS

- ☐ 1 whole wheat pita pocket (Toufayan 100% whole wheat smart pocket)
- ☐ 4 oz deli turkey breast
- ☐ ¼ cup feta cheese, reduced fat
- ☐ 1 tbsp tzatziki
- ☐ 1 cup spring Mix
- ☐ ¼ cup chopped onion
- ☐ 16 cherry tomatoes
- ☐ 1 cup cucumbers, sliced
- ☐ 2 tbsp red pepper hummus

MODIFICATIONS

To make Vegetarian, use sliced Tempeh seasoned to your liking and cooked on the stove top until crispy.



LUNCH

MEDITERRANEAN TURKEY PITA POCKET

DIRECTIONS

1. Stuff deli turkey, tzatziki, spring mix, cherry tomatoes, onion, and feta cheese in the pita pocket.
2. Slice cucumber and serve with hummus on the side.

Brand Swaps: Alternative to Toufan Pita Pocket is Thomas Multi-Grain English Muffin or any tortilla wrap like a Carb Balance Tortilla.

MAKES ONE SERVING

Calories: 553

Carbs: 57 grams

Protein: 35 grams

Fat: 22 grams

Fiber: 6 grams

INGREDIENTS

- ☐ ¾ cup microwave brown rice (cooked)
- ☐ 4 oz ground turkey breast, raw
- ☐ 2 Tbsp Taco seasoning
- ☐ ½ sliced red pepper
- ☐ ¼ sliced sweet onion
- ☐ ⅓ cup frozen corn, (microwavable)
- ☐ 6 cherry tomatoes
- ☐ 1 cup spring mix
- ☐ ¼ cup tortilla strips
- ☐ 2 tbsp Bolthouse Farms Cilantro Avocado dressing or any other dressing that has around 40 cals for 2 Tbsp

MODIFICATIONS

To make vegetarian swap ground turkey with 4 oz. canned brown lentils. Cook with peppers and onion and add in taco seasoning.



LUNCH

SOUTHWEST TURKEY TACO BOWL

DIRECTIONS

1. In a medium saute pan, spray pan with cooking spray and place in red pepper and sweet onion, lightly cook for 2-5 minutes.
2. Remove veggies and cook ground turkey until browned. Add in taco seasoning as directed on the package.
3. Microwave brown rice and corn directed on package.
4. In a serving bowl add lettuce, rice, cooked turkey, veggies, and corn.
5. Top with tortilla strips, tomatoes, and Cilantro Avocado dressing.

MAKES ONE SERVING

Calories: 431

Carbs: 33 grams

Protein: 28 grams

Fat: 20 grams

Fiber: 5 grams

INGREDIENTS

- ☐ 1 cup organic quinoa
- ☐ 1 pound chicken thighs, raw (one serving is 4 oz. The rest will be leftovers)
- ☐ $\frac{3}{4}$ cup any garlic lemon marinade
- ☐ 1 tbsp dressing (California Ranch Roasted Garlic Dijon & Rosemary or Sweet Baby Ray's Garlic Parmesan or any dressing less than 50 cal per serving)
- ☐ 1 $\frac{1}{2}$ cups Organic Mediterranean Vegetable Blend (1 serving is $\frac{1}{2}$ cup. The rest will be leftovers)

MODIFICATIONS

To make vegetarian use 12oz Extra Firm Tofu. Marinade same way as chicken. Air fry at 400°F for 10 minutes. Shake basket. Cook for another five minutes.



LUNCH

QUINOA NOURISH BOWL WITH CHICKEN THIGHS + VEGGIES

DIRECTIONS

1. Place chicken thighs in a bowl with lid or zip lock bag. Add $\frac{3}{4}$ cup marinade and coat chicken. Let marinade for 30 min or up to 24 hours.
2. Preheat oven to 425° F. Cook chicken until it reaches an internal temp of 165° F (Air Fryer option: Cook chicken at 400° F for 12 minutes on each side).
3. While the chicken is cooking, microwave quinoa as directed on the package.
4. In a medium pan on medium heat, warm olive oil in a pan and saute vegetables. Add salt to taste.
5. Assemble a plate with quinoa, $\frac{1}{2}$ cup of veggies and 1 serving of cooked chicken thighs. Top with 1 tbsp of dressing for flavor.

MAKES ONE SERVING

Calories: 528

Carbs: 52 grams

Protein: 29 grams

Fat: 23 grams

Fiber: 7 grams

INGREDIENTS

- ☐ 4 oz salmon, raw
- ☐ 3 tbsp Primal Kitchen teriyaki sauce or any sauce around 15 cal per serving
- ☐ 1 medium sweet potato
- ☐ ½ tbsp olive oil
- ☐ 2 cups spring mix
- ☐ 6 strawberries
- ☐ 2 tbsp Lemon Poppyseed dressing (365 from Whole Foods or any dressing with around 100 calories or less per 2 tbsp)

MODIFICATIONS

To make vegetarian, substitute salmon for 4oz of Treehouse Tempeh or any tbrand. Add tempeh and ¼ tbsp olive oil to a pan and cook over medium heat for 2-3 min per side.



LUNCH

AIR FRYER TERIYAKI SALMON WITH SWEET POTATOES

DIRECTIONS

1. Preheat air fryer to 400° F. Coat salmon in ¼ tbsp olive oil, season with salt and pepper. Place in air fryer for 7-9 min.
2. Add Teriyaki sauce to salmon for the last 1-2 minutes of cooking.
3. Wash, dry and cut sweet potato into 1-inch cubes. Place on a microwave-safe plate in a single layer. Add ¼ tbsp olive oil, salt, and pepper to taste. Place a damp paper towel over potatoes to create steam while cooking. Microwave for 5-7 minutes until soft. Cook in additional 1-minute increments if needed.
4. Plate the salmon and sweet potatoes with the spring mix, strawberries, and dressing on the plate.

MAKES ONE SERVING

Calories: 469

Carbs: 49 grams

Protein: 30 grams

Fat: 17 grams

Fiber: 10 grams

INGREDIENTS

- ☐ 2 slices Dave's killer bread (thin sliced)
- ☐ 1 can of chunk lite tuna in water
- ☐ 2 tbsp light mayo
- ☐ 1 tbsp sweet Relish
- ☐ 15 baby carrots
- ☐ 3 tbsp original hummus

MODIFICATIONS

To make vegetarian, swap tuna for ½ cup of chickpeas smashed with a fork.



LUNCH

SWEET RELISH TUNA SALAD SANDWICH

DIRECTIONS

1. Drain the water from canned tuna.
2. Add tuna, light mayo and sweet relish to a bowl. Season with Salt and Pepper and mix thoroughly.
3. Add tuna salad mixture to bread to create a sandwich.
4. Plate sandwich with baby carrots and hummus on the side.

Brand Swaps: Alternative to Dave's Killer Bread is a Thomas multi-grain English muffin or any brand of multi-grain English muffin or 2 slices of Ezekiel Bread (found in the freezer section).

MAKES ONE SERVING

Calories: 449

Carbs: 50 grams

Protein: 26 grams

Fat: 20 grams

Fiber: 11 grams

INGREDIENTS

- ☐ 2 ½ cups Spring mix
- ☐ 8 Strawberries
- ☐ 2 tbsp Lemon Poppyseed dressing (365 from Whole Foods or any dressing with around 100 calories or less per 2 tbsps)
- ☐ 4 oz breaded chicken tenders (Bell and Evans)
- ☐ ½ cup cooked quinoa (microwave quinoa or cooked to package directions)
- ☐ ¼ cup sliced cucumber

MODIFICATIONS

To make vegetarian, use 4 oz. of Beyond Chicken Tenders. Cook as directed on package.



LUNCH

STRAWBERRY SUMMER SALAD WITH CRISPY TENDERS

DIRECTIONS

1. Preheat the oven or air fryer to 400° F. Place frozen chicken strips on a baking sheet and cook in oven for 25-30 min or for 15 min in the air fryer, flipping halfway through.
2. Cook quinoa in the microwave or as directed on the package.
3. Dice the cucumber and strawberries.
4. Place spring mix, strawberries, cucumber, cooked quinoa, and chicken strips in a large salad bowl.
5. Drizzle dressing on top.

Brand Swaps: Alternative to Bell and Evans Chicken Tenders is Bare Natural brand.



Dinner Recipes

1. Thai Coconut Curry
2. Masala Butter Chicken
3. Air Fryer Chicken Quesadilla
4. Kale Chinese Chicken Salad
5. BBQ Chicken, Broccoli & Potatoes
6. Ground Turkey Tacos
7. Chicken Sausage + Simple Salad Kit
8. Simple Marinara Pasta with Zucchini + Meatballs

MAKES ONE SERVING

Calories: 542

Carbs: 49 grams

Protein: 40 grams

Fat: 20 grams

Fiber: 2 grams

INGREDIENTS

- ☐ ¾ cup cooked white jasmine microwave rice (or rice cooked on stove)
- ☐ 1 yellow bell pepper sliced
- ☐ ½ large sweet onion sliced
- ☐ 16 oz chicken breast, raw
- ☐ 1 Kevin's Thai Coconut sauce packet
- ☐ 2 tbsp Olive oil

MODIFICATIONS

To make vegetarian, replace chicken with 1 can of drained and rinsed chickpeas. Add to pan along with sauce after sautéing veggies.



DINNER

THAI COCONUT CURRY

DIRECTIONS

1. Cut chicken into strips and season with salt and pepper.
2. Cook chicken with olive oil on the stove top.
3. When about halfway cooked through, add in bell peppers, onions, and Thai coconut sauce packet then let everything simmer together.
4. Pair 1 serving of the coconut curry (¼ of recipe) with ¾ cup cooked white jasmine rice.
5. Refrigerate leftover curry for future meals!

Brand Swaps: Alternative to Kevin's Thai Coconut sauce packet is any another coconut curry sauce such as Yai's Thai Curry Sauce (or any simmer sauce around 130-150 calories per ½ cup).

MAKES ONE SERVING

For one serving:

Calories: 494

Carbs: 44 grams

Protein: 42 grams

Fat: 17 grams

Fiber: 6 grams

INGREDIENTS

- ☐ 1 - 12.5 oz Jar Maya Kaimal Butter Masala Indian Simmer Sauce or any simmer sauce with around 80 calcs per serving or less
- ☐ 16 oz chicken breast, raw
- ☐ 1 medium zucchini, chopped
- ☐ 1 red bell pepper, chopped
- ☐ 1 - 10.8 oz package Normandy blend mix
- ☐ $\frac{3}{4}$ cup brown microwave rice

MODIFICATIONS

To make vegetarian, replace chicken with 2 blocks extra firm tofu, pressed and sliced into 1 inch cubes. Saute in oil on stovetop, 5 min each side, then follow remaining instructions.



DINNER

MASALA BUTTER CHICKEN

DIRECTIONS

1. Cut chicken into strips and season with salt & pepper.
2. Cook chicken on the stove top until cooked through. Remove from pan.
3. Saute zucchini and red bell pepper in same pan for 4-5 minutes.
4. Steam vegetables in the microwave according to package directions.
5. Add chicken back to pan with zucchini and bell pepper. Add the Simmer Sauce and simmer for 10 minutes.
6. Microwave the rice packet according to the directions on the package.
7. Pair 1 serving of butter chicken ($\frac{1}{4}$ of recipe) with $\frac{3}{4}$ cup veggies and $\frac{3}{4}$ cup cooked brown rice.
8. Refrigerate leftovers for future meals!

MAKES ONE SERVING

Calories: 467

Carbs: 46 grams

Protein: 34 grams

Fat: 17 grams

Fiber: 10 grams

INGREDIENTS

- ☐ 1 whole wheat tortilla
(Mission, burrito sized)
- ☐ 2 oz rotisserie chicken,
pre-cooked (or leftover
chicken you have in your
fridge)
- ☐ ¼ cup reduced- fat
mozzarella cheese
- ☐ ½ small onion, chopped
- ☐ ½ bell pepper, chopped
- ☐ ¼ avocado
- ☐ 3 tbsp non-fat plain
Greek yogurt

MODIFICATIONS

To make vegetarian,
substitute rotisserie
chicken for ½ cup black
beans (¼ cup in quesadilla,
¼ cup on the side)



DINNER

AIR FRYER CHICKEN QUESADILLA

DIRECTIONS

1. Lay whole wheat tortilla flat.
2. Place cheese and rotisserie chicken onto ½ of the tortilla and fold over, pressing the sides together.
3. Preheat air fryer to 350° F.
4. Cook in air fryer for 6-8 minutes until brown on top.
5. Chop ½ bell pepper and ½ small onion.
6. Spray pan with nonstick spray and saute pepper and onions until soft.
7. Serve quesadilla with sauteed peppers, onions, avocado, and plain Greek yogurt.

Brand Swaps: Alternative to Carb Balance Burrito is Olé Extreme Wellness Wrap or any whole wheat wrap.

MAKES ONE SERVING

Calories: 453

Carbs: 41 grams

Protein: 39 grams

Fat: 16 grams

Fiber: 8 grams

INGREDIENTS

- ☐ 2 cups kale or hand torn lettuce
- ☐ 1 tbsp slivered almonds
- ☐ 1 mandarin orange
- ☐ ½ cup thinly sliced carrots
- ☐ ½ cup cooked quinoa
- ☐ 4 oz rotisserie chicken, pre-cooked
- ☐ 1½ tbsp soy sauce
- ☐ 2 tbsp Bolthouse Italian dressing or any dressing around 100 cal per 2 tbsp
- ☐ 1 tsp rice vinegar
- ☐ 1 tsp sesame oil

MODIFICATIONS

To make vegetarian, replace chicken with ½ can of drained and rinsed chickpeas. Season with salt, pepper and olive oil and bake on baking sheet at 375° F for 20-30 min or until crispy.



DINNER

KALE CHINESE CHICKEN SALAD

DIRECTIONS

1. Add kale or lettuce to a large salad bowl.
2. Cut carrots into thin slices. Cut avocado into slices. Peel cutie orange.
3. Cooked quinoa according to instructions on the package.
4. Add slivered almonds, carrots, orange, and rotisserie chicken to the salad base.
5. Mix together Bolthouse Dressing, rice vinegar, and sesame oil then drizzle on top of salad.

MAKES ONE SERVING

Calories: 543

Carbs: 45 grams

Protein: 40 grams

Fat: 23 grams

Fiber: 6 grams

INGREDIENTS

- ☐ 1 pound chicken thighs, raw (makes 4 servings of chicken, great for leftovers)
- ☐ 8 tbsp G Hughes Sugar Free BBQ sauce or any other BBQ sauce around 15 cals per serving (for marinating)
- ☐ 1 cup fresh or frozen broccoli florets
- ☐ 6 baby potatoes
- ☐ 1 tbsp olive oil
- ☐ 1 tbsp Parmesan cheese
- ☐ ¼ tsp garlic powder

MODIFICATIONS

To make vegetarian, substitute chicken with Gardein Ultimate Plant-Based Chick'n Strips or any plant based chicken. Cook to package directions then toss in BBQ sauce.



DINNER

BBQ CHICKEN, BROCCOLI & POTATOES

DIRECTIONS

1. Marinate chicken in BBQ sauce for at least 1 hour.
2. Preheat oven or air fryer to 400° F.
3. Chop broccoli into 1-inch pieces and cut the potatoes in half, then season with ½ tbsp olive oil, ¼ tsp garlic powder, and 1 tbsp Parmesan cheese.
4. Place broccoli and baby potatoes on a baking sheet and cook until crispy, around 30 minutes. You can also separately air fry both these items.
5. Place the chicken into a pan and bake for 35-40 min, or air fry 12 min on both sides (24 min total) until 165° F.
6. Plate 4 oz of cooked chicken with potatoes and broccoli.
7. Refrigerate leftover chicken to enjoy later.

MAKES ONE SERVING

Calories: 492

Carbs: 48 grams

Protein: 31 grams

Fat: 21 grams

Fiber: 6 grams

INGREDIENTS

- ☐ 16 ounces of ground turkey breast - 93% lean, raw (makes 4 servings)
- ☐ 2 Taco Tortillas (Mission Street Taco Flour tortillas)
- ☐ 1 packet of taco seasoning
- ☐ ¼ cup Lettuce
- ☐ ¼ cup chopped tomato
- ☐ 2 tbsp sweet and sour sauce
- ☐ ¼ avocado
- ☐ 2 tbsp Greek yogurt
- ☐ 1 tbsp Ranch seasoning from packet

MODIFICATIONS

To make vegetarian, substitute turkey with 1 package of Gardein plant based ground beef. Cook on the stovetop on medium heat for 7-15 minutes. Follow instructions above for the remaining recipe.



DINNER

GROUND TURKEY TACOS

DIRECTIONS

1. Brown turkey in a large skillet for 10 minutes or until cooked through.
2. Drain excess fat from the pan. Add taco seasoning packet and cook for 5 more minutes.
3. Chop lettuce, tomato, and avocado.
4. Mix together 1 tbsp ranch seasoning with Greek yogurt.
5. Warm tortillas in the microwave for 10 seconds.
6. Add seasoned ground turkey to tortillas and top with lettuce, tomato, sweet and sour sauce, avocado and greek yogurt.
7. Refrigerate leftover ground turkey meat.

Brand Swaps: Alternative to Mission Street Taco Flour tortillas is any other brand of street taco or corn tortilla.

MAKES ONE SERVING

Calories: 565

Carbs: 56 grams

Protein: 31 grams

Fat: 19 grams

Fiber: 24 grams

INGREDIENTS

- ☐ 2 Apple chicken sausage
(Alfresco Roasted Garlic & Herb Chicken Sausage)
- ☐ Taylor Farms sweet salad kit (1 serving salad mix with 2 tbsp dressing) OR If not using a salad kit, combine ½ cup kale, ½ cup spinach, 1 tbsp dried cranberries, and 2 tbsp dressing of choice (look for low calorie dressings with 100 calories or less per 2 tbsps)
- ☐ 1 medium sweet potato
- ☐ 1 tsp olive oil

MODIFICATIONS

To make vegetarian, substitute any plant based sausage such as Field Roast or Impossible brand. Field Roast Smoked Apple & Sage sausages are great!



DINNER

CHICKEN SAUSAGE + SIMPLE SALAD KIT

DIRECTIONS

1. Add chicken sausage to the air fryer and cook on 375° F for 8-10 minutes or until hot, turning occasionally.
2. Cut sweet potato into 1-inch pieces. Drizzle with 1 tsp of olive oil and season with salt and pepper. Place in an air fryer at 400° F for 8-10 minutes. Shake or flip potatoes 1 time during cooking.
3. Plate chicken sausages and sweet potato.
4. Place 1 serving of salad in a bowl. Top with 2 tbsp dressing.

Brand Swaps: Alternative to chicken sausage is any sausage brand with that has at least 10g protein per link and under 150 calories.

MAKES ONE SERVING

Calories: 528

Carbs: 61 grams

Protein: 36 grams

Fat: 18 grams

Fiber: 10 grams

INGREDIENTS

- ☐ 4 frozen meatballs (that can be air fried)
- ☐ 1 ½ cups cooked Barilla protein plus pasta (2 oz dry pasta)
- ☐ ½ cup Tomato sauce
- ☐ 1 zucchini
- ☐ 1 tsp olive oil

MODIFICATIONS

To make vegetarian, substitute frozen meatballs with and plant based meatball options such as Impossible or Beyond Brand.



DINNER

SIMPLE MARINARA PASTA WITH ZUCCHINI + MEATBALLS

DIRECTIONS

1. Place frozen meatballs in the air fryer for 10 minutes at 400° F.
2. Cook Barilla protein plus pasta according to the package.
3. Warm pasta sauce in a saucepan over medium heat.
4. Slice zucchini into small pieces.
5. Cook zucchini in 1 tsp olive oil in a small pan for 2 minutes until heated.
6. Drain pasta and add to plate.
7. Add zucchini, tomato sauce, and meatballs to the top of pasta.

Brand Swaps: Alternative to Barilla Protein Plus pasta is any high-protein pasta such a Banza.



Snack Recipes

1. High Protein Oatmeal Bites
2. Greek Yogurt with Blueberries and Granola
3. Banana with Peanut Butter and Chocolate Chips
4. Mocha Protein Shake
5. Mango Raspberry Smoothie
6. Greek Yogurt Dip + Apple Slices
7. Banana + Peanut Butter
8. Simple Snack Plate
9. Mini Air Fryer Pizza
10. Almond and Banana Protein Smoothie
11. Apple and Turkey Roll Ups
12. Easy Protein Banana Bread

MAKES EIGHT SERVINGS

Per two bites:

Calories: 204

Carbs: 24 grams

Protein: 11 grams

Fat: 7 grams

Fiber: 4 grams

INGREDIENTS

- ☐ 2 cups quick oats
- ☐ 2 servings (scoops) protein powder (Gold Standard Whey Vanilla 24g protein/scoop)
- ☐ ¼ cup PB Fit or any powdered peanut butter
- ☐ ½ cup unsweetened vanilla almond milk (to get to desired thickness)
- ☐ ½ cup dark chocolate morsels (you can always add more if you like chocolate like me!



SNACKS

HIGH PROTEIN OATMEAL BITES

DIRECTIONS

1. Put all ingredients minus the dark chocolate chips together in a bowl and mix until combined.
2. Add in almond milk, then slowly fold in chocolate chips.
3. Create small balls depending on how big or small you want - I personally like making around 16-18.
4. Store in the fridge and eat them as you go for a healthy high protein carb source to pair with whatever you're eating at breakfast, to round out a meal, or a balanced mid-day snack.

Brand Swaps: Alternative to Gold Standard Whey Vanilla is 2 scoops Orgain Vegan Vanilla Protein Powder.

MAKES ONE SERVING

Calories: 262

Carbs: 30 grams

Protein: 18 grams

Fat: 8 grams

Fiber: 7 grams

INGREDIENTS

- ☐ ¾ cup Chobani Vanilla Greek yogurt
- ☐ ½ cup blueberries
- ☐ 2 tbsp sliced almonds

MODIFICATIONS

To make dairy free, use any soy, almond or coconut milk yogurt. I suggest a “Greek” dairy free yogurt for more protein per serving such as the brands Kite Hill, Siggi’s or Silk.



SNACKS

GREEK YOGURT WITH BLUEBERRIES + GRANOLA

DIRECTIONS

1. Add Greek yogurt to a bowl.
2. Wash blueberries and place on top of yogurt.
3. Top with sliced almonds.

Brand Swaps: Alternative to Chobani Vanilla Greek Yogurt is Fage 0% Plain Nonfat Greek Yogurt and top this with 1 tsp honey for sweetness.

MAKES ONE SERVING

Calories: 267

Carbs: 36 grams

Protein: 6 grams

Fat: 13 grams

Fiber: 6 grams

INGREDIENTS

- ☐ 1 Banana
- ☐ 1 tbsp peanut butter
- ☐ 1 tbsp dark chocolate chips



SNACKS

BANANA WITH PEANUT BUTTER AND CHOCOLATE CHIPS

DIRECTIONS

1. Slice banana in half.
2. Add 1 tbsp peanut butter to the banana.
3. Top with 1 tbsp of chocolate chips.
4. Pop in the freezer until chilled for a frozen treat (optional).

MAKES ONE SERVING

Calories: 273

Carbs: 35 grams

Protein: 28 grams

Fat: 6 grams

Fiber: 6 grams

INGREDIENTS

- ☐ ½ frozen banana
- ☐ ¾ cup cold coffee
- ☐ 1 tbsp cocoa powder
- ☐ 1 scoop Gold Standard Vanilla Whey protein powder (24g per scoop)
- ☐ 1 tsp peanut butter
- ☐ 4-6 ice cubes (if a thick shake is desired)



SNACKS

MOCHA PROTEIN SHAKE

DIRECTIONS

1. Add all ingredients to a blender and blend until smooth.
2. Pour in a glass and enjoy!

Brand Swaps: Alternative to Gold Standard Whey Vanilla is 1 scoop Orgain Vegan Vanilla Protein Powder.

Pro Tip: You can use vanilla, chocolate or chocolate peanut butter protein powder in this recipe.

MAKES ONE SERVING

Calories: 234

Carbs: 24 grams

Protein: 27 grams

Fat: 4 grams

Fiber: 5 grams

INGREDIENTS

- ☐ ½ cup frozen mango
- ☐ ½ cup frozen raspberries
- ☐ 1 scoop Gold Standard Vanilla Whey protein powder (24g per scoop)
- ☐ 1 cup unsweetened vanilla almond milk



SNACKS

MANGO RASPBERRY SMOOTHIE

DIRECTIONS

1. Add all ingredients to a blender and blend until smooth.
2. Pour in a glass and enjoy!

Brand Swaps: Alternative to Gold Standard Whey Vanilla is 1 scoop Orgain Vegan Vanilla Protein Powder.

MAKES ONE SERVING

Calories: 275

Carbs: 40 grams

Protein: 13 grams

Fat: 9 grams

Fiber: 6 grams

INGREDIENTS

- ☐ ½ cup Chobani Vanilla Greek yogurt
- ☐ 1 tbsp almond butter
- ☐ ¼ tsp cinnamon
- ☐ 1 apple, sliced

MODIFICATIONS

To make dairy free, use any soy, almond or coconut milk yogurt. I suggest a “Greek” dairy free yogurt for more protein per serving such as the brands Kite Hill, Siggi’s or Silk.



SNACKS

GREEK YOGURT DIP + APPLE SLICES

DIRECTIONS

1. Add vanilla Greek yogurt, almond butter, and cinnamon to a bowl and mix.
2. Cut apple into slices.
3. Dip apples into Greek yogurt dip and enjoy!

Brand Swaps: Alternative to Chobani Vanilla Greek Yogurt is Fage 0% Plain Nonfat Greek Yogurt and top this with 1 tsp honey for sweetness.

MAKES ONE SERVING

Calories: 299

Carbs: 30 grams

Protein: 5 grams

Fat: 8 grams

Fiber: 4 grams

INGREDIENTS

- ☐ 1 banana
- ☐ 1 tbsp peanut butter



SNACKS

BANANA + PEANUT BUTTER

DIRECTIONS

1. Cut banana into slices.
2. Drizzle with 1 tbsp peanut butter.

Pro Tip: If you microwave the peanut butter for 5 seconds you can more easily drizzle.

MAKES ONE SERVING

Calories: 223

Carbs: 30 grams

Protein: 7 grams

Fat: 9 grams

Fiber: 4 grams

INGREDIENTS

- ☐ 1 babybel original cheese wheel
- ☐ ½ cup grapes
- ☐ 5 Triscuit original crackers



SNACKS

SIMPLE SNACK PLATE

DIRECTIONS

1. Add all ingredients to a plate and enjoy!

MAKES ONE SERVING

Calories: 215

Carbs: 23 grams

Protein: 17 grams

Fat: 12 grams

Fiber: 16 grams

INGREDIENTS

- ☐ 1 Whole Wheat Tortilla
(Carb Balance)
- ☐ ¼ cup tomato marinara sauce
- ☐ ¼ cup shredded fat free shredded mozzarella cheese
- ☐ 5 pepperoni slices

MODIFICATIONS

To make vegetarian replace pepperoni with any veggies like peppers, tomatoes or onions.



SNACKS

MINI AIR FRYER PIZZA

DIRECTIONS

1. Preheat your air fryer to 375° F.
2. Lightly spray the tortilla with olive oil spray and add to air fryer for 4 minutes to make the crust slightly crispy.
3. Take tortilla out when crispy and assemble pizza by spreading marinara sauce evenly over the tortilla, leaving a small border around the edges for the crust.
4. Top with mozzarella cheese evenly over the tortilla and then add pepperoni slices.
5. Air fry the pizza for another 5-7 minutes or until the cheese is bubbly. Keep an eye out to prevent over-burning.

Brand Swaps: Alternative to Carb Balance tortilla is a Sieta Frozen Almond Flour Tortilla for a GF option.

MAKES ONE SERVING

Calories: 275

Carbs: 30 grams

Protein: 17 grams

Fat: 11 grams

Fiber: 6 grams

INGREDIENTS

- ☐ 1 small frozen banana
- ☐ 1 tbsp almond butter
- ☐ ½ scoop Gold Standard Whey protein powder (12g per ½ scoop)
- ☐ 1 tsp ground cinnamon
- ☐ ¾ cup unsweetened almond milk
- ☐ 3 - 4 ice cubes



SNACKS

ALMOND AND BANANA PROTEIN SMOOTHIE

DIRECTIONS

1. Blend all ingredients into a blender until smooth.

Brand Swaps: Alternative to Gold Standard Whey Vanilla is ½ scoop Orgain Vegan Vanilla Protein Powder.

MAKES ONE SERVING

Calories: 244

Carbs: 19 grams

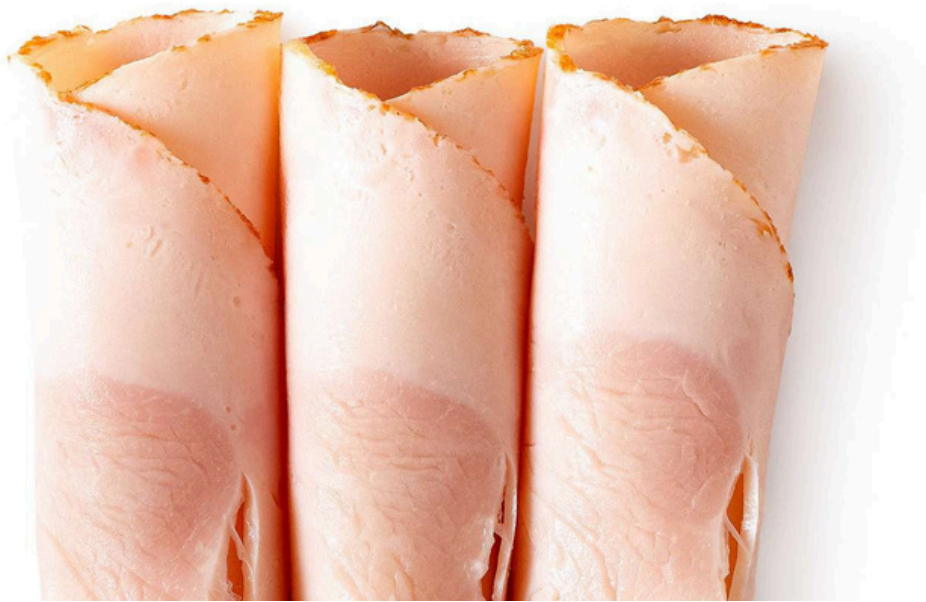
Protein: 24 grams

Fat: 8 grams

Fiber: 3 grams

INGREDIENTS

- ☐ ½ apple, thinly sliced
- ☐ 3 turkey slices (5 slices if thinly sliced)
- ☐ 2 slices Ultra Thin Mild Cheddar Slices (Sargento)



SNACKS

APPLE AND TURKEY ROLL UPS

DIRECTIONS

1. Cut apple into thin slices.
2. Place 3 thinly sliced apple slices in the center of the turkey slice.
3. Roll with ½ slice of ultra thin cheese in each roll up.

Brand Swaps: Alternative to Sargento Mild Cheddar Slices is any low fat cheese option like mozzarella string cheese cut into 3 long slices.

MAKES SIX SERVINGS

For one serving:

Calories: 221

Carbs: 35 grams

Protein: 14 grams

Fat: 4 grams

Fiber: 5 grams



INGREDIENTS

- ☐ 2 overripe bananas
- ☐ 2 cups Kodiak cakes flapjack mix
- ☐ 2 eggs
- ☐ ½ cup Fairlife milk (2%)
- ☐ Cinnamon to taste
- ☐ 1 tsp vanilla extract
- ☐ Dark chocolate chips (not included in macros)

MODIFICATIONS

To make dairy free, use any soy, almond or coconut milk yogurt. I suggest replacing Fairlife with Ripple milk or any soy milk for more protein per serving.

SNACKS

EASY PROTEIN BANANA BREAD

DIRECTIONS

1. Preheat oven to 350° F and spray bread pan with cooking spray.
2. Place all ingredients into a blender except chocolate chips and blend until smooth.
3. Fold in dark chocolate chips (optional).
4. Pour batter into bread pan.
5. Bake for 15-20 min or until the middle is cooked through.
6. Makes 6 servings (slices).

Brand Swaps: Alternative to Kodiak Cakes is 2 cups Pearl Milling Protein Buttermilk Mix or 2 cups Millville Oat Pancake Mix. You can also use another higher protein pancake mix for a flour that packs more protein per serving than white flour.

MIX + MATCH SNACKING LIST



EASY SNACK MIX+MATCH LIST

This mix + match list is broken down into 2 categories:

1) Carbs + Color and 2) Proteins + Fats

To use this list, choose one item from each category to create a macro-balanced, quick snack to stay on track with your goals!

Carbs + Color

- ½ cup grapes (52 calories, 13g carb, 0g Fat, 1g Protein)
- 1 cup pineapple (83 calories, 22g carb, 0g fat, 1g protein)
- Medium Banana (105 calories, 24g carb, 0g fat, 1g protein)
- Apple (98 calories, 20g carbs, 0g fat, 0g protein)
- 2 clementines (70 calories, 15g carbs, 0g fat, 1g protein)
- Peach (60 calories, 12g carbs, 0g fat, 1g protein)
- ½ cup Cherries (50 calories, 9g carbs, 0g fat, 1g protein)
- 1 Kiwi (42 calories, 8g carb, 1g protein, 0g fat)
- 1 cup watermelon (46 calories, 11g carbs, 0g fat, 1g protein)
- 8 medium strawberries (31 calories, 5g carbs, 0g fat, 1g protein)
- 1 cup blackberries (62 calories, 6g carbs, 1g fat, 2g protein)
- 1 cup raspberries (64 calories, 7g carbs, 1g fat, 2g protein)
- ½ cup blueberries (42 calories, 9g carbs, 0g fat, 1g protein)

Continued on the next page...

EASY SNACK MIX+MATCH LIST

Carbs + Color

- 4 Solely dried mango halves (130 calories, 30g carbs, 0g fat, 1g protein)
- 10 baby carrots (35 calories, 5g carbs, 0g fat, 1g protein)
- 1 cup broccoli, raw (30 calories, 4g carbs, 0g fat, 2g protein)
- 1 medium cucumber (32 calories, 5g carbs, 0g fat, 1g protein)
- 10 cherry Tomatoes (31 calories, 5g carbs, 0g fat, 2g protein)
- ½ cup shelled edamame (100 calories, 6g carb, 3g fat, 10g protein)
- 1 medium red pepper (31 calories, 5g carb, 0g fat, 1g protein)
- 100 Calorie BBQ popchips (100 calories, 16g carbs, 3.5g fat, 1g protein)
- Biona Chickpea Snack Pack (140 calories, 20g carbs, 3.5g fat, 8g protein)
- 2 Yasso frozen Greek yogurt poppables (70 calories, 8g carbs, 3g fat, 2g protein)
- 3 cups LesserEvil Organic Popcorn (120 calories, 14g carbs, 6g fat, 2g protein)
- 1 Dave's Killer Bread whole- grain English muffin (140 calories, 27g carbs, 1g fat, 6g protein)

EASY SNACK MIX+MATCH LIST

Proteins + Fats

- ¼ cup almonds (160 calories, 2g carbs, 14g fat, 6g protein)
- 1 hard boiled eggs (78 calories, 0g carbs, 5g fat, 6g protein)
- Icelandic Provisions Vanilla Skyr Greek Yogurt (130 calories, 13g carb, 2g fat, 15g protein)
- 2 low-fat mozzarella cheese stick (90 calories, 0g carb, 5g fat, 10g protein)
- 1 tbsp nut butter (95 calories, 4g carbs, 8g fat, 4g protein)
- 2 oz turkey (50 calories, 0g carb, 1g fat, 9g protein)
- 1 serving (23) Whisps Parmesan Cheese Crisps (150 calories, 1g carbs, 10g fat, 13g protein)
- Quest Cheese Crackers (130 calories, 10g carbs, 7g fat, 10g protein)
- 1 Turkey Chomp Stick (80 calories, 0g carb, 3.5g fat, 12g protein)
- Fairlife Core Power (170 calories, 8g carb, 4.5g fat, 26g protein)
- ½ Good Culture low-fat cottage cheese (80 calories, 3g carbs, 2.5g fat, 14g protein)
- Lunch to-go Starkist tuna (260 calories, 25g carbs, 9g fat, 19g protein)
- 2 tbsp hummus (70 calories, 5g carb, 6g fat, 2g protein)