

# 30 30 in 30

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Challenge



30 Day Fat Loss Jumpstart  
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# WELCOME

## Welcome to the 30 30 in 30 Challenge!

I created this challenge (and frankly life long eating approach) to help you jumpstart your progress and simplify how to eat right for your goals - for life.

And that's because if I was to choose **ONE thing** I would have every single woman do to...

- Boost their metabolism
- Get fuller, faster
- Improve their health
- Have more energy
- And most importantly lose body fat

***It would be eating more protein and fiber in their diet.***

I can't wait to hear how this challenge helps you achieve your goals, transforms your body, improves your metabolism and most of all simplifies healthy eating for your goals!

xoxo, Lauren



# ABOUT

## **How the challenge works:**

The 30 30 in 30 Challenge is simple! The goal is to commit yourself to eating 30 grams of protein per meal and 30 grams of fiber per day for the next 30 days.

*And how are you going to do this? I got you covered, girl!*

This challenge features 2 full 30 day meal plans (one lower calorie and one higher calorie option) to help you understand how to eat with this approach towards your goals.

Inside the guide you'll also find breakfast, lunch and dinner recipes all designed to pack 30 grams of protein and plenty of fiber per meal.

Plus I have also included some “cheat sheets” with easy portion sizes you can follow alongside healthy snack and dessert ideas. Each recipe also includes simple modifications to accommodate your food preferences, too.

***Head to the next page for important FAQ's you may have!***

# FAQ'S

## **1. Do I have to follow the meal plan perfectly?**

You do not have to follow the meal plan “perfectly” to see benefit from this approach. Inside the goal of this challenge is to focus on committing yourself, for the next 30 days, to prioritizing more wholesome meals in your diet that pack protein and fiber in them. The meal plan is designed to guide you - but you can certainly choose recipes and create “your own meal plan” that fits your preferences.

## **2. What happens if I don't hit 30 grams protein per meal or 30 grams fiber for the day?**

You didn't fail the 30 Day Challenge if you didn't hit these targets! Aiming between 20-30 grams of protein per meal and 20-30 grams of fiber per day is fantastic. Just because you're slightly short on these targets does not mean it is bad for your goals.

## **3. Which meal plan should I choose?**

While your calorie goals are going to depend on a variety of factors, I suggest if you exercise 4-5 times per week I'd choose the higher calorie meal plan. If you exercise closer to 0-2 times per week, choose the lower calorie plan. If you want to know your exact calorie range, [join the Hot & Healthy Membership!](#)

**If you have any other questions or any technical issues, please email our Support Team at [support@thesororitynutritionist.com](mailto:support@thesororitynutritionist.com)**

A woman with long blonde hair, wearing a black top and blue jeans, is smiling and leaning on a white kitchen counter. In the background, there are white cabinets and a built-in microwave. A dark grey horizontal band is overlaid across the middle of the image, containing the text.

# EASY MIX AND MATCH PORTION SIZES

# HIGH PROTEIN LIST

This list features protein-rich foods sources that you can use to create mix and match meals

- **5 oz raw skinless chicken breast**
  - 30 grams
- **4 oz ground turkey breast 99%**
  - 28 grams
- **4 oz ground beef 90%**
  - 30 grams
- **5 oz New York strip steak**
  - 29 grams
- **6 oz raw shrimp**
  - 34 grams
- **6 oz raw cod**
  - 30 grams
- **1 can light tuna fish (165 grams)**
  - 32 grams
- **5 oz raw salmon**
  - 30 grams
- **1.25 cups Greek yogurt (nonfat Fage plain)**
  - 30 grams
- **1 cup cottage cheese (Good Culture low fat classic)**
  - 28 grams
- **10 oz extra firm tofu (Brand = Simple Truth)**
  - 30 grams
- **1 scoop 30 gram protein powder**
  - 30 grams
- **1 scoop 25 gram protein powder + 1 tbsp peanut butter**
  - 29 grams
- **1.5 cups shelled edamame**
  - 30 grams
- **2 cups black beans**
  - 28 grams
- **1 cup egg whites**
  - 26 grams
- **3 eggs**
  - 21 grams
- **2 eggs + ½ cup egg whites**
  - 27.4 grams
- **1 cup 2% reduced fat milk**
  - 8 grams
- **1 cup soy milk**
  - 8 grams

# FIBER MIX AND MATCH LIST

This list features easy mix and match fiber combinations that you can use at meals to pair with protein to stick to the 30 30 in 30 way of eating

- **Potatoes, bell pepper and onion**
  - 1 medium yellow potato = 4 grams
  - 1 large bell pepper = 3.5 grams
  - ½ cup raw onion = 1.5 grams
- **Sweet potatoes and asparagus**
  - 1 large sweet potato = 6 grams
  - 8 medium raw spears asparagus = 2.7 grams
- **Oatmeal and raspberries**
  - ¾ cup raspberries = 6 grams
  - ½ cup oatmeal = 4 grams
  - 1 tbsp almond butter = 1.6 grams
- **Oatmeal and strawberries**
  - ½ cup oatmeal = 4 grams
  - 1 cup strawberries = 4 grams
  - 1 tbsp peanut butter = 1 gram
- **Quinoa and broccoli**
  - ¾ cup cooked quinoa = 3.8 grams
  - 1.5 cup raw chopped broccoli = 3.5 grams
- **Brown rice and zucchini**
  - 1 cup brown rice steamed = 3.5 grams
  - 1 medium zucchini = 2 grams
  - ½ large bell pepper = 1.75 grams
- **Whole wheat pasta and raw brussels sprouts**
  - 1 cup cooked whole wheat pasta = 5.5 grams
  - 1.5 cup raw cut up brussels sprouts = 5 grams
- **Whole wheat bread and baby carrots**
  - 2 slices whole wheat bread = 4 grams
  - 12 raw baby carrots = 6 grams
- **Whole wheat bread and banana**
  - 2 slices whole wheat bread = 4 grams
  - 1 medium banana = 3 grams





# MEAL PLAN 1: 4 WEEK LOWER CALORIE



# WEEK 1: LOWER CALORIE PLAN

Weekly Average: 1455 Calories | 97 g Protein | 32 g Fiber

	B	L	D	Nutrition Facts
Monday	Tomato Feta Egg Wrap + 1/2 cup Blackberries	Chicken Greek Bowl	Chicken Pasta Bake	<b>1487 Calories</b> <b>105 g Protein</b> <b>32 g Fiber</b>
Tuesday	Raspberry Chia Seed Pudding	Chicken Pasta Bake Leftovers + 1/2 cup Blueberries	Turkey and Bean Chili	<b>1388 Calories</b> <b>99 g Protein</b> <b>33 g Fiber</b>
Wed	Honey Pistachio Berry Ricotta Toast	Creamy Feta Pasta Salad	Turkey and Bean Chili Leftovers	<b>1464 Calories</b> <b>92 g Protein</b> <b>31 g Fiber</b>
Thurs	Raspberry Chia Seed Pudding	Leftover Creamy Feta Pasta Salad	Sesame Salmon and Broccoli Bowl	<b>1430 Calories</b> <b>94 g Protein</b> <b>32 g Fiber</b>
Friday	Peach Blueberry Nut Greek Yogurt Parfait	Leftover Sesame Salmon and Broccoli + 1/2 cup Blackberries	Lemon Pepper Chicken Bowl	<b>1455 Calories</b> <b>93 g Protein</b> <b>33 g Fiber</b>
Saturday	Raspberry Vanilla Protein Pancakes	Leftover Lemon Pepper Chicken Bowl	High Protein Fried Rice	<b>1489 Calories</b> <b>94 g Protein</b> <b>30 g Fiber</b>
Sunday	Mango Berry Smoothie Bowl	Greek Chicken Gyro Pita Pocket + Baby Carrots	Carne Asada Inspired Steak Tacos	<b>1482 Calories</b> <b>104 g Protein</b> <b>30 g Fiber</b>

# WEEK 2: LOWER CALORIE PLAN

Weekly Average: 1415 Calories | 94 g Protein | 31 g Fiber

	B	L	D	Nutrition Facts
Monday	Blueberry Bliss Overnight Oats	Chicken Kale Salad and Avocado	Carne Asada Inspired Steak Tacos	<b>1448 Calories</b> <b>96 g Protein</b> <b>31 g Fiber</b>
Tuesday	Spinach Goat Cheese Egg Wrap with Strawberries	Sweet Relish Tuna Salad Wrap with Baby Carrots + 2 tbsp Hummus	Turkey Stuffed Peppers	<b>1351 Calories</b> <b>94 g Protein</b> <b>33 g Fiber</b>
Wed	Peach Blueberry Nut Greek Yogurt Parfait	Leftover Turkey Stuffed Peppers + 3/4 cup Steamed Green Beans	Sheet Pan Teriyaki Chicken and Veggies	<b>1351 Calories</b> <b>93 g Protein</b> <b>29 g Fiber</b>
Thurs	Tomato Feta Egg Wrap	Chickpea, Sweet Potato, and Feta Salad	Leftover Sheet Pan Teriyaki Chicken and Veggies	<b>1471 Calories</b> <b>93 g Protein</b> <b>30 g Fiber</b>
Friday	Raspberry Chia Seed Pudding	Chicken Sausage Bake with Veggies	Cheesy Beef and Quinoa Casserole	<b>1382 Calories</b> <b>93 g Protein</b> <b>34 g Fiber</b>
Saturday	Cheddar and Veggie Egg Bites with 1 Slice of Toast + 1 Apple	Turkey Meatballs with Quinoa and Garlic Aioli	Leftovers Cheesy Beef and Quinoa Casserole	<b>1424 Calories</b> <b>93 g Protein</b> <b>30 g Fiber</b>
Sunday	Raspberry Vanilla Protein Pancakes	Blackened Shrimp Cauliflower Rice Bowl	Original Chicken Tacos	<b>1481 Calories</b> <b>98 g Protein</b> <b>33 g Fiber</b>

# WEEK 3: LOWER CALORIE PLAN

Weekly Average: 1455 Calories | 97 g Protein | 32 g Fiber

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Saturday	Cheddar and Veggie Egg Bites with 1 Slice of Toast + 1 Apple	Turkey Meatballs with Quinoa and Garlic Aioli	Leftovers Cheesy Beef and Quinoa Casserole	<b>1424 Calories</b> <b>93 g Protein</b> <b>30 g Fiber</b>
Sunday	Raspberry Vanilla Protein Pancakes	Blackened Shrimp Cauliflower Rice Bowl	Original Chicken Tacos	<b>1481 Calories</b> <b>98 g Protein</b> <b>33 g Fiber</b>





# MEAL PLAN 2: 4 WEEK HIGHER CALORIE



# WEEK 1: HIGHER CALORIE PLAN

Weekly Average: 1767 Calories | 124 g Protein | 36 g Fiber

	B	S	L	D	S	Nutrition Facts
Monday	Tomato Feta Egg Wrap + 1/2 cup Blackberries	Oikos Triple Berry Greek Yogurt + 1/2 cup Blueberries	Chicken Greek Bowl	Chicken Pasta Bake	Healthier Date Snickers	<b>1798 Calories</b> <b>124.5 g Protein</b> <b>37 g Fiber</b>
Tuesday	Raspberry Chia Seed Pudding	Cheese Stick + Baby Carrots + Veggie Dip Single (Marzetti)	Chicken Pasta Bake Leftovers + 1/2 cup Blueberries	Turkey and Bean Chili	High Protein Chocolate Pudding	<b>1708 Calories</b> <b>127 g Protein</b> <b>37 g Fiber</b>
Wed	Honey Pistachio Berry Ricotta Toast	1 Fairlife Corepower (26g) + 1/2 cup Raspberries	Creamy Feta Pasta Salad	Turkey and Bean Chili Leftovers	SkinnyPop 1 Package: Sweet and Salty	<b>1776 Calories</b> <b>121 g Protein</b> <b>38 g Fiber</b>
Thurs	Raspberry Chia Seed Pudding	1 Turkey Chomp Stick + Baby Carrots + 1 Single Serving Veggie Dip	Leftover Creamy Feta Pasta Salad	Sesame Salmon and Broccoli Bowl	High Protein Chocolate Pudding	<b>1750 Calories</b> <b>129 g Protein</b> <b>36 g Fiber</b>
Friday	Peach Blueberry Nut Greek Yogurt Parfait	1 Fairlife Corepower (26g) + 1 Small Peach	Leftover Sesame Salmon and Broccoli Bowl + 1/2 cup Blackberries	Lemon Pepper Chicken Bowl	SkinnyPop 1 Package: Sweet and Salty	<b>1776 Calories</b> <b>122 g Protein</b> <b>38 g Fiber</b>
Saturday	Raspberry Vanilla Protein Pancakes	Hard Boiled Egg + 1 chomp stick	Leftover Lemon Pepper Chicken Bowl	High Protein Fried Rice	Vanilla Greek Yogurt Berry Bark	<b>1802 Calories</b> <b>120 g Protein</b> <b>32 g Fiber</b>
Sunday	Mango Berry Smoothie Bowl	Oikos Triple Berry Greek Yogurt + 1/2 cup Blueberries	Greek Chicken Gyro Pita Pocket	Carne Asada Inspired Steak Tacos	Healthier Date Snickers	<b>1758 Calories</b> <b>122.5 g Protein</b> <b>33 g Fiber</b>

# WEEK 2: HIGHER CALORIE PLAN

Weekly Average: 1753 Calories | 123 g Protein | 37 g Fiber

	B	S	L	D	S	Nutrition Facts
Monday	Blueberry Bliss Overnight Oats	3/4 cup Low Fat Cottage Cheese + 1 cup Cucumber	Chicken Kale Salad and Avocado	Carne Asada Inspired Steak Tacos	Vanilla Greek Yogurt Berry Bark	<b>1739 Calories</b> <b>126 g Protein</b> <b>34 g Fiber</b>
Tuesday	Spinach Goat Cheese Egg Wrap with Strawberries	2 Chomp Sticks + 1/2 cup Blackberries	Sweet Relish Tuna Salad Wrap with Baby Carrots + 2 tbsp Hummus	Turkey Stuffed Peppers + 3/4 cup Steamed Green Beans	Frozen Banana Chocolate Bites	<b>1747 Calories</b> <b>122 g Protein</b> <b>43 g Fiber</b>
Wed	Peach Blueberry Nut Greek Yogurt Parfait	1 Fairlife Corepower (26g) + 1/2 cup Raspberries	Leftover Turkey Stuffed Peppers + 3/4 cup Steamed Green Beans	Sheet Pan Teriyaki Chicken and Veggies	Chocolate Oat Flour Mug Brownie	<b>1770 Calories</b> <b>125 g Protein</b> <b>36 g Fiber</b>
Thurs	Tomato Feta Egg Wrap	Oikos Triple Berry Greek Yogurt + 1/2 cup Blueberries	Chickpea, Sweet Potato, and Feta Salad	Leftover Sheet Pan Teriyaki Chicken and Veggies	High Protein Chocolate Pudding	<b>1747 Calories</b> <b>129.5 g Protein</b> <b>34 g Fiber</b>
Friday	Raspberry Chia Seed Pudding	3/4 cup Low Fat Cottage Cheese + 1 cup Cucumber	Chicken Sausage Bake with Veggies	Cheesy Beef and Quinoa Casserole	Strawberry-Chocolate Nice Cream	<b>1756 Calories</b> <b>118 g Protein</b> <b>40 g Fiber</b>
Saturday	Cheddar and Veggie Egg Bites with 1 Slice of Toast + 1 Apple	Cheese Stick + Baby Carrots +Veggie Dip Singlea (Marzetti)	Turkey Meatballs with Quinoa and Garlic Aioli	Leftovers Cheesy Beef and Quinoa Casserole	High Protein Chocolate Pudding	<b>1744 Calories</b> <b>121 g Protein</b> <b>34 g Fiber</b>
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# 30 30 30 RECIPES: MEALS AND DESSERTS



# BREAKFAST

## Recipes

Raspberry Chia Seed Pudding

Blueberry Bliss Overnight Oats

Cheddar and Veggie Egg Bites

Tomato Feta Egg Wrap

Spinach Goat Cheese Egg Wrap

Peach Blueberry Nut Greek Yogurt Parfait

Raspberry Vanilla Protein Pancakes

Mango Berry Smoothie Bowl

Honey Pistachio Berry Ricotta Toast

Zesty Lemon Salmon Lox Toast

## MAKES TWO SERVINGS

FOR ONE SERVING:

Calories: 420

Carbs: 42 grams

Protein: 32 grams

Fat: 15 grams

Fiber: 13 grams



## INGREDIENTS

- ☐ 4 tbsp chia seeds
- ☐ 1 cup almond milk  
(unsweetened)
- ☐ 1 cup Oikos Triple Zero  
Vanilla Greek yogurt
- ☐ 1 scoop of Gold Standard  
Vanilla protein powder (24g  
protein per scoop)
- ☐ 1 cup raspberries
- ☐ 1/2 cup Purely Elizabeth  
Original Granola
- ☐ 2 tsp honey

## MODIFICATIONS

To make this dairy free,  
choose a plant based  
protein powder and plant  
based “Greek” yogurt

## BREAKFAST

### RASPBERRY CHIA SEED PUDDING

## DIRECTIONS

1. Combine chia seeds, Greek yogurt, protein powder, almond milk, and honey in a bowl.
2. Mix until thoroughly combined.
3. Divide between 2 containers.
4. Refrigerate for at least 2 hours or overnight.
5. When ready to serve, top with raspberries and granola.



## MAKES ONE SERVING

Calories: 408

Carbs: 47 grams

Protein: 32 grams

Fat: 12 grams

Fiber: 7 grams

## INGREDIENTS

- ☐ 1/2 cup rolled oats
- ☐ 1/2 scoop Gold Standard Whey vanilla protein powder (24g protein per scoop)
- ☐ 3/4 cups Fairlife skim milk
- ☐ 1 tbsp peanut butter
- ☐ 1/2 cup blueberries

## MODIFICATIONS

To make this dairy free, choose a plant based protein powder and plant based milk (soy will pack more protein than almond or oat milk)

To ensure this recipe is gluten free, choose certified gluten free oats



## BREAKFAST

### BLUEBERRY BLISS OVERNIGHT OATS

## DIRECTIONS

1. Combine oats, protein powder, milk, and peanut butter in a jar.
2. Mix well to combine.
3. Refrigerate for at least 2 hours or overnight.
4. Top with blueberries before eating.

## MAKES ONE SERVING

Calories: 311

Carbs: 10 grams

Protein: 31 grams

Fat: 16 grams

Fiber: 1 grams

## INGREDIENTS

- ☐ 2 Eggs
- ☐ 1/4 cup low-fat shredded cheddar cheese (Sargento)
- ☐ 1/3 cup 2% fat cottage cheese
- ☐ 1 mini pepper (chopped)
- ☐ 2 tbsp onion (chopped)
- ☐ 1/2 cup raw spinach
- ☐ 1/8 tsp pepper

## MODIFICATIONS

For a complete meal, pair with 1 slice of Dave's killer 21 whole grains and seeds bread for an additional 110 calories, 22g carbs, 5g protein, 1.5g fat, and 5g fiber

To make it dairy free, swap shredded cheese for dairy-free cheddar, omit cottage cheese and top with sliced avocado



## BREAKFAST

### CHEDDAR AND VEGGIE EGG BITES

## DIRECTIONS

1. Preheat the oven to 350 degrees F. Spray 2 regular-sized muffin tins with nonstick spray.
2. Chop pepper and onion.
3. In a small frying pan use non-stick spray and heat. Saute spinach so that it is cooked down.
4. In a large bowl, whisk together eggs, cheese, cottage cheese, veggies, salt, and pepper.
  - a. For a fluffier and smoother texture, blend the cottage cheese and eggs together before adding other ingredients
5. Divide the mixture into 2 muffin tins (two egg cups = 1 serving)
6. Bake for 30 minutes or until eggs are completely set.



## MAKES ONE SERVING

Calories: 436

Carbs: 36 grams

Protein: 33 grams

Fat: 19 grams

Fiber: 9 grams

## INGREDIENTS

- ☐ 2 eggs, large
- ☐ 2 egg whites
- ☐ Whole Wheat flour
- Mission tortilla
- ☐ 1 oz Athenos low-fat Feta cheese
- ☐ 1/2 cup raw spinach
- ☐ 2 tbsp original hummus (Sabaro)
- ☐ 1/4 cup sun-dried tomatoes or 1/4 cup chopped grape tomatoes

## MODIFICATIONS

To make this dairy free, choose a plant based protein powder and plant based milk

To make this gluten free, choose a gluten free tortilla



## BREAKFAST

### TOMATO FETA EGG WHITE WRAP

## DIRECTIONS

1. Add eggs to a bowl and scramble
2. Add spinach to a pan over medium heat until wilted (~1-2 min)
3. Add egg mixture to the pan. Cook until eggs are cooked through.
4. Warm up tortilla in the microwave for 10-15 seconds
5. Spread hummus on tortilla
6. Place eggs in the center of the tortilla and add Feta cheese, and sun-dried tomatoes on top
7. Wrap up and crisp on the stove if desired!

## MAKES ONE SERVING

Calories: 385

Carbs: 27 grams

Protein: 30 grams

Fat: 18 grams

Fiber: 6 grams

## INGREDIENTS

☐ 2 eggs, large

☐ 2 egg whites

☐ Whole Wheat flour

Mission tortilla

☐ 1 oz goat cheese,  
crumbled

☐ 1/2 cup raw spinach

☐ 2 tbsp red onion, raw

☐ 1/4 cup mushrooms,  
sliced and raw

## MODIFICATIONS

For a complete meal, add 1 cup of sliced strawberries for an additional 53 calories, 13g carbs, 1g protein, 0g fat, and 3g fiber

To make this dairy free, swap goat cheese for plant-based cheese or swap for avocado



## BREAKFAST

### SPINACH GOAT CHEESE EGG WRAP

## DIRECTIONS

1. Add eggs to a bowl and scramble
2. Spray a pan with non-stick spray and heat over medium heat. Add spinach and mushrooms until wilted and soft (~2-3 min)
3. Add egg mixture to the pan. Cook until eggs are cooked through.
4. Warm up tortilla in the microwave for 10-15 seconds
5. Place eggs in the center of the tortilla and add goat cheese on top
6. Wrap up and crisp on the stove if desired!

## MAKES ONE SERVING

Calories: 425

Carbs: 49 grams

Protein: 29 grams

Fat: 15 grams

Fiber: 10 grams

## INGREDIENTS

- ☐ 3/4 cup Fage 0% Greek yogurt
- ☐ 1 medium peach
- ☐ 1/2 cup blueberries
- ☐ 1 tbsp pumpkin seeds
- ☐ 1 tbsp Chia Seeds
- ☐ 2 tsp honey
- ☐ 10 whole almonds - chopped

## MODIFICATIONS

To make this dairy free, choose a plant based Greek yogurt



## BREAKFAST

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### PEACH BLUEBERRY NUT GREEK YOGURT PARFAIT

## DIRECTIONS

1. Add Greek yogurt, chia seeds, and honey to a bowl and mix together. Spread the mixture out evenly in the bowl and set aside.
2. Use a knife to cut and pit the peach into bite-sized pieces. Chop almonds to desired size.
3. Add blueberries, peaches, almonds, and pumpkin seeds to yogurt bowl.
4. Serve immediately.



## MAKES THREE SERVINGS

FOR ONE SERVING:

Calories: 510

Carbs: 64 grams

Protein: 31 grams

Fat: 15 grams

Fiber: 11 grams

## INGREDIENTS

- ☐ 1 3/4 cup Oats
- ☐ 2 large eggs
- ☐ 1/2 cup nonfat greek yogurt (0% Fage)
- ☐ 2/3 cup skim milk
- ☐ 1 tbsp Chia Seeds
- ☐ 1 1/2 cup raspberries (1/2 cup per serving)
- ☐ 1 tbsp maple syrup
- ☐ 1 scoop of protein powder (Gold Standard Vanilla Whey, 24g)
- ☐ 2 tsp baking powder
- ☐ 1 1/2 tsp vanilla extract
- ☐ 1/2 teaspoon cinnamon
- ☐ 6 tbsp lite syrup (Log Cabin included in macros)
- ☐ 6 slices Turkey Bacon (Oscar Mayer)

## MODIFICATIONS

To make dairy free, omit yogurt, add 1/2 banana, dairy free milk & protein powder



## BREAKFAST

### RASPBERRY VANILLA PROTEIN PANCAKES

### DIRECTIONS

1. Add eggs, greek yogurt, skim milk, maple syrup, vanilla extract, rolled oats, baking powder, and cinnamon to blender. Blend until smooth.
2. Let batter sit for 10 minutes. Spray pan with non-stick pay & heat to pan to low to medium.
3. Pour about 1/4 cup for 3 pancakes or 1/3 cup for two pancakes of batter in the hot pan.
4. Cook for about 2-3 minutes, then flip and cook for 1 additional minute.
5. Air fry turkey bacon.
6. Once bacon is cooked, crumble two pieces on top of the pancakes.
7. Serve with 1/2 cup of fruit and 2 tbsp of lite syrup.

## MAKES ONE SERVING

Calories: 458

Carbs: 59 grams

Protein: 32 grams

Fat: 12 grams

Fiber: 9 grams

## INGREDIENTS

- ☐ 1/2 cup frozen berries
- ☐ 1/2 cup frozen mango
- ☐ 1/2 cup 0% Greek yogurt (Fage)
- ☐ 1/2 scoop vanilla protein powder (gold standard, 24g)
- ☐ 1/2 cup unsweetened soy milk
- ☐ 1/4 cup granola, Purely Elizabeth Original Ancient Grain
- ☐ 1/4 banana sliced
- ☐ 1 tbsp unsweetened coconut flakes

## MODIFICATIONS

To make this dairy free, choose a plant based protein powder and plant based "Greek" yogurt



## BREAKFAST

---

### MANGO BERRY SMOOTHIE BOWL

## DIRECTIONS

1. Add frozen berries, mango, Greek yogurt, protein powder, and soy milk to the blender.
2. After the mixture has been blended add to a bowl.
3. On top of the smoothie mixture, top with banana, coconut flakes, and granola.
4. Serve immediately.

## MAKES ONE SERVING

Calories: 505

Carbs: 62 grams

Protein: 28 grams

Fat: 19 grams

Fiber: 9 grams

## INGREDIENTS

- ☐ 1 English muffin, Dave's Killer Bread Classic
- ☐ 3/4 cup low fat ricotta cheese
- ☐ 1 oz pistachios, no shell
- ☐ 1/2 cup blackberries
- ☐ 1 cup raspberries
- ☐ 1 tsp Honey
- ☐ 1/4 tsp ground cinnamon

## MODIFICATIONS

To make this dairy free, opt for a dairy free cream cheese instead of ricotta

To make this gluten free, choose a gluten free bread



## BREAKFAST

### HONEY PISTACHIO BERRY RICOTTA TOAST

## DIRECTIONS

1. Toast English muffin in a toaster.
2. Spread ricotta cheese onto each toast slice.
3. Top toast with blackberries and pistachios.
4. Sprinkle cinnamon and drizzle honey on top.



## MAKES ONE SERVING

Calories: 428

Carbs: 40 grams

Protein: 29 grams

Fat: 20 grams

Fiber: 9 grams

## INGREDIENTS

- ☐ 2 slices whole wheat bread (Dave's Killer Bread Powerseed)
- ☐ 2 Tbsp Whipped Chive Cream Cheese
- ☐ 3 oz smoked salmon
- ☐ 1 mini cucumber sliced
- ☐ 1/2 tbsp lemon zest
- ☐ 1 tbsp capers
- ☐ Dash of everything bagel seasoning

## MODIFICATIONS

To make this dairy free, choose a plant based cream cheese

To make this gluten free, choose a gluten free bread



## BREAKFAST

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### ZESTY LEMON SALMON LOX TOAST

## DIRECTIONS

1. Toast bread. Spread cream cheese evenly over toast.
2. Add sliced cucumbers and 1.5 oz of salmon on each toast.
3. Top with lemon zest, everything bagel seasoning, and capers.



# LUNCH

## Recipes

Sweet Relish Tuna Salad Wrap

Dijon Onion Chicken Salad Sandwich

Chicken Sausage Bake with Veggies

Chicken Greek Bowl

Greek Chicken Gyro Pita Pocket

Creamy Feta Pasta Salad

Chicken Kale Salad with Avocado

Blackened Shrimp Cauliflower Rice Bowl

Chickpea, Sweet Potato, and Feta Salad

Chicken Thighs with Veggies and Couscous

Turkey Meatballs with Quinoa and Garlic Aioli

## MAKES ONE SERVING

Calories: 369

Carbs: 32 grams

Protein: 28 grams

Fat: 15 grams

Fiber: 9 grams

## INGREDIENTS

- ☐ 1 can drained, chunk light tuna in water (Starkist)
- ☐ 1 Whole wheat tortilla (Mission)
- ☐ 2 tbsp light mayo (Hellman's)
- ☐ 2 tbsp plain non-fat Greek yogurt (Fage)
- ☐ 1/2 tbsp Vlasic sweet relish
- ☐ 1/4 cup chopped celery
- ☐ 1/4 cup chopped onion
- ☐ 1/4 cup spinach
- ☐ 1/4 medium avocado

## MODIFICATIONS

To make this dairy free, use all mayo OR use mayo and avocado to moisten tuna fish (instead of the Greek yogurt)



## LUNCH

---

### SWEET RELISH TUNA SALAD WRAP

## DIRECTIONS

1. Place drained tuna, light mayo, Greek yogurt, Dijon mustard, chopped onion, relish, and celery into a bowl. Mix with a fork until well combined.
2. Lay tortilla flat. Add spinach leaves and avocado.
3. Spread the tuna mixture over the spinach leaves.
4. Wrap and enjoy!

For a complete meal, add a side of 10 baby carrots and 2 tbsp hummus for an additional 100 calories, 10g carbs, 3g protein, 5g fat, and 5g fiber.

## MAKES ONE SERVING

Calories: 382

Carbs: 40 grams

Protein: 29 grams

Fat: 14 grams

Fiber: 9 grams

## INGREDIENTS

- ☐ 3 oz of chicken breast, raw
- ☐ 2 tbsp light mayo (Hellman's)
- ☐ 1 tsp Dijon mustard
- ☐ 2 tbsp chopped celery
- ☐ 2 tbsp chopped red onion
- ☐ 1/2 tsp pepper
- ☐ 2 slices Dave's Killer Powerseed Bread



## LUNCH

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### DIJON ONION CHICKEN SALAD SANDWICH

### DIRECTIONS

1. Place the chicken in a large pot. Add water, just enough to cover the chicken.
2. Turn heat to high, bring to a boil, then immediately lower the heat down to a simmer.
3. Cook until chicken turns opaque and white throughout or a thermometer reads 165°F.
4. Shred the cooked chicken.
5. Combine cooked chicken, light mayo, Dijon mustard, celery, red onion, and pepper in a medium bowl.
6. Mix until well combined.
7. Place chicken salad mixture on bread to create a sandwich.
8. Toast if desired!



## MAKES TWO SERVINGS

FOR ONE SERVING:

Calories: 477

Carbs: 42 grams

Protein: 28 grams

Fat: 22 grams

Fiber: 7 grams

## INGREDIENTS

- ☐ 3 Aidells chicken apple sausages
- ☐ 2 medium sweet potatoes, diced into large chunks
- ☐ 2 cup broccoli florets
- ☐ 1/2 small red onion, diced into large chunks
- ☐ 1/2 bell pepper, diced into large chunks
- ☐ 1 tbsp garlic, minced
- ☐ 1/2 tbsp olive oil
- ☐ 2 tbsp grated parmesan cheese
- ☐ 1 tsp each garlic salt and pepper to taste

## MODIFICATIONS

To make this dairy free, omit parmesan



## LUNCH

### CHICKEN APPLE SAUSAGE BAKE WITH VEGGIES

## DIRECTIONS

1. Preheat oven to 425 degrees.
2. Add sausage, sweet potato, broccoli, red onion, bell pepper, and garlic to a sheet pan.
3. Drizzle olive oil over sausage and vegetables, toss.
4. Sprinkle with 1 tsp each garlic salt and pepper.
5. Bake for 25-30 minutes or until potatoes are tender. Sprinkle cheese on top.

## MAKES ONE SERVING

Calories: 527

Carbs: 51 grams

Protein: 37 grams

Fat: 21 grams

Fiber: 11 grams

## INGREDIENTS

- ☐ 3 oz uncooked marinated chicken breast
- ☐ 1/2 cup cooked quinoa
- ☐ 1/2 cup chickpeas, canned
- ☐ 1/2 cup grape tomatoes, halved
- ☐ 1/2 cup cucumber, diced
- ☐ 2 tbsp red onion, diced
- ☐ 1 oz Athenos Traditional crumbled feta cheese
- ☐ 2 tbsp tzatziki sauce

### ***Chicken marinade if desired:***

- ☐ 1/2 tbsp olive oil
- ☐ 2 tbsp lemon juice
- ☐ 1 tsp lemon zest
- ☐ 1/2 clove garlic, minced
- ☐ 1/8 tsp pepper
- ☐ 1/2 tsp dried oregano
- ☐ 1 tsp crushed red pepper (optional)



## LUNCH

### CHICKEN GREEK BOWL

## DIRECTIONS

1. To marinate chicken, combine olive oil, lemon zest, lemon juice, garlic, oregano, salt, pepper, and crushed red pepper. Marinate for at least 30 min to 1 hour. ***You can also use an Italian dressing or balsamic vinaigrette.***
2. Cook chicken on a grill or stove top until cooked through to 165 F.
3. Place quinoa in a bowl.
4. Assemble the bowl with cooked chicken, chickpeas, tomatoes, cucumber, red onion, feta cheese, and tzatziki.

\*If dairy free, omit feta and tzatziki and instead top with red pepper hummus.



## MAKES ONE SERVING

Calories: 424

Carbs: 30 grams

Protein: 37 grams

Fat: 18 grams

Fiber: 9 grams

## INGREDIENTS

- ☐ Toufayan Original Smart Carb Pita Pocket
- ☐ 3 oz chicken breast, uncooked
- ☐ 2 tbsp feta cheese crumbles
- ☐ 1/2 cup grape tomatoes, halved
- ☐ 1/2 cup cucumber, diced
- ☐ 1/4 cup chopped romaine lettuce
- ☐ 2 tbsp red onion, diced
- ☐ 2 tbsp classic hummus (Sabaro)
- ☐ 2 tbsps Tzatziki
- ☐ 2 tbsp light Italian dressing

## MODIFICATIONS

To make this dairy free, omit feta and tzatziki and instead spread red pepper hummus on pita for flavor



## LUNCH

### GREEK CHICKEN GYRO PITA POCKET

## DIRECTIONS

1. Chop chicken into 1 inch cubes. Marinate in Italian dressing for one hour or overnight.
2. Spray a pan with non-stick cooking spray. Heat pan and cook chicken on stove top until cooked through.
3. Spread hummus on the inside of pita.
4. Fill pita with chicken, grape tomatoes, cucumber, lettuce, and red onion.
5. Top with feta cheese crumbles and tzatziki sauce.



## MAKES TWO SERVINGS

FOR ONE SERVING:

Calories: 524

Carbs: 66 grams

Protein: 32 grams

Fat: 20 grams

Fiber: 12 grams

## INGREDIENTS

- ☐ 4 oz Banza Rotini Pasta, dry
- ☐ 1 large cucumber
- ☐ 16 cherry tomatoes, halved
- ☐ 1 yellow bell pepper
- ☐ 1 cup spinach
- ☐ 1 cup steamed shelled edamame
- ☐ 1 lemon - juiced
- ☐ 1/2 cup low-fat 2% cottage cheese
- ☐ 1/4 cup and 1 tbsp lite Italian dressing
- ☐ 1/2 cup feta cheese
- ☐ 1/2 tbsp oregano
- ☐ Salt and pepper to taste

## MODIFICATIONS

To make this dairy free, omit cottage cheese and add dairy-free feta cheese



## LUNCH

### CREAMY FETA PASTA SALAD

## DIRECTIONS

1. Boil a large pot of salted water and cook pasta according to the package. Drain and rinse noodles under cold water. Set aside.
2. Steam edamame package and set aside.
3. Dice cucumbers, and bell pepper into bite-size pieces. Chop spinach and add tomatoes and all veggies to a bowl. Add pasta and dressing - toss to coat.
4. Squeeze lemon juice over the salad and add feta cheese. Toss one more time, add a pinch of oregano, salt, and pepper to taste.
5. Stir in cottage cheese.

## MAKES ONE SERVING

Calories: 475

Carbs: 53 grams

Protein: 30 grams

Fat: 20 grams

Fiber: 14 grams

## INGREDIENTS

### **Chicken:**

- ☐ 3 oz chicken breast, uncooked
- ☐ 1/2 tbsp olive oil
- ☐ 2 tsp Adobo Seasoning

### **Salad:**

- ☐ 1 cup chopped kale
- ☐ 1 cup chopped broccoli (buy pre-packaged as "slaw")
- ☐ 1/2 cup strawberries, halved
- ☐ 1/4 avocado
- ☐ 2 tbsp dried cranberries
- ☐ 1 tbsp Parmesan cheese, shredded
- ☐ 1/4 cup quinoa, cooked
- ☐ 2 tbsp light balsamic vinaigrette

## MODIFICATIONS

Swap chicken for edamame if plant-based.



## LUNCH

### CHICKEN KALE SALAD WITH AVOCADO

### DIRECTIONS

1. Preheat the oven to 375 degrees.
2. Coat chicken with olive oil and Adobo seasoning.
3. Bake until the digital thermometer comes to 165 degrees internally, 20-30 minutes. If using an airfryer, preheat the airfryer to 375 degrees and let chicken cook for 6 minutes.
4. Once chicken is cooled, chop into 2" chunks.
5. Cook quinoa according to package directions.
6. Add salad ingredients into a bowl.
7. Once the quinoa has cooled, add it to the salad mixture and toss.
8. Top salad with chicken and salad dressing.



## MAKES ONE SERVING

Calories: 455

Carbs: 51 grams

Protein: 30 grams

Fat: 16 grams

Fiber: 12 grams

## INGREDIENTS

- ☐ 8 Jumbo shrimp, raw
- ☐ 1/2 tbsp olive oil
- ☐ 1/2 tbsp blackened seasoning
- ☐ 1/2 cup cooked brown rice
- ☐ 3/4 cup cauliflower rice
- ☐ 1/2 cup microwave steamed edamame
- ☐ 2 tbsp cilantro, chopped
- ☐ 2 tbsp pineapple salsa
- ☐ 1/4 avocado
- ☐ 1/2 medium red bell pepper, diced
- ☐ 3/4 cup frozen stir fry blend

## MODIFICATIONS

If you don't eat shrimp, swap fish or blackened tofu you can make in your air fryer for a healthy protein



## LUNCH

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### BLACKENED SHRIMP CAULIFLOWER RICE BOWL

## DIRECTIONS

1. Toss shrimp in olive oil and blackened seasoning, coat evenly.
2. Heat a grill or medium pan on the stove over medium-high heat.
3. Add shrimp and cook for 2-3 minutes per side.
4. Cook edamame, stir fry veggies and cauliflower rice as directed on the package.
5. Add the rice to a bowl. Add pineapple salsa, avocado, cilantro, and red bell pepper.

## MAKES ONE SERVING

Calories: 553

Carbs: 57 grams

Protein: 29 grams

Fat: 24 grams

Fiber: 12 grams

## INGREDIENTS

- ☐ 1 cup arugula
- ☐ 1 large carrot, peeled and cubed
- ☐ 1/2 cup sweet potato, cubed
- ☐ 1/2 cup edamame, shelled
- ☐ 1/2 cup low fat feta cheese
- ☐ 1/4 cup cooked couscous
- ☐ 1/4 cup canned chickpeas, drained
- ☐ 2 tbsp low fat green goddess dressing (Maserati)
- ☐ 1/2 tbsp olive oil
- ☐ 1 tsp garlic powder
- ☐ 1 tsp cumin
- ☐ 1 tsp paprika
- ☐ Salt and pepper to taste

## MODIFICATIONS

To make this dairy free, choose a dairy-free feta



## LUNCH

### CHICKPEA, SWEET POTATO, AND FETA SALAD

## DIRECTIONS

1. Place carrot and sweet potato in a medium bowl. Toss with olive oil, cumin, garlic powder, and paprika. Dash in salt and pepper.
2. Heat the airfryer to 400 degrees, add in sweet potato and carrot and cook for 25 minutes or until you can pierce with a fork. Flip veggies halfway through.
3. While veggies are cooking in the airfryer, cook couscous as directed on the package.
4. Cook edamame as directed on the package.
5. In a bowl, combine chickpeas, arugula, feta cheese, couscous, and edamame. Add in green goddess dressing and toss together.
6. Top with roasted sweet potato and carrots. Top with salt and pepper for taste.



## MAKES ONE SERVING

Calories: 521

Carbs: 56 grams

Protein: 29 grams

Fat: 22 grams

Fiber: 8 grams

## INGREDIENTS

- ☐ 4 oz boneless skinless chicken thighs, raw
- ☐ 3/4 cup cooked couscous
- ☐ 1 medium zucchini
- ☐ 1/2 cup shredded carrots
- ☐ 1/2 cup onion
- ☐ 1 medium orange bell pepper
- ☐ 2 tbsp golden thai marinade (California Ranch)
- ☐ 1/2 tbsp olive oil
- ☐ Salt and pepper to taste

## MODIFICATIONS

Replace chicken thighs with 6 oz extra firm tofu. Press tofu for 15 minutes to take out extra moisture. Cut tofu into 1 inch pieces, marinate and heat in the airfryer at 375 degrees for 15 minutes. Flip tofu halfway through.



## LUNCH

### CHICKEN THIGHS WITH VEGGIES AND COUSCOUS

## DIRECTIONS

1. Add chicken thighs and marinade to a ziplock bag. Let sit for 30 minutes at room temperature.
2. While chicken is marinating, cook couscous as directed on package.
3. Chop zucchini, bell pepper, and onion. In a medium pan, add 1/2 tbsp of olive oil. Cook 5 - 8 minutes or until onions are translucent.
4. Remove veggies from pan and lightly spray pan with cooking spray. Shake off the excess marinade from chicken, place in pan and cook at medium heat for 8 minutes on each side, or until temperature reaches 165 degrees.
5. Add couscous to a dish and top with chicken, roasted veggies and shredded carrots. Season with salt and pepper for taste.

## MAKES THREE SERVINGS

FOR ONE SERVING:

Calories: 423

Carbs: 42 grams

Protein: 29 grams

Fat: 17 grams

Fiber: 6 grams

## INGREDIENTS

### ***Turkey Meatballs***

- ☐ 1/2 lb 93% ground turkey, raw
- ☐ 1 large egg
- ☐ 1 tbsp parmesan
- ☐ 1/4 cup panko crumbs
- ☐ 1/4 tsp garlic powder
- ☐ 1/4 tsp onion powder
- ☐ 1 tsp dried oregano
- ☐ 1 tbsp olive oil

### ***Quinoa and veggies:***

- ☐ 2 cups broccoli, chopped
- ☐ 1 large cucumber, chopped
- ☐ 20 cherry tomatoes
- ☐ 1 1/2 cup asparagus, chopped
- ☐ 1 1/2 cup cooked quinoa
- ☐ 1/2 tbsp olive oil

### ***Garlic Aioli:*** (2 tbsp/serving)

- ☐ 1/2 cup nonfat plain greek yogurt (0% Fage)
- ☐ 1 lemon juice, squeezed
- ☐ 1 garlic clove, minced
- ☐ Salt

***\*If vegetarian, swap for plant-based meatballs***



## LUNCH

### TURKEY MEATBALLS WITH QUINOA AND GARLIC AIOLI

### DIRECTIONS

1. Cook quinoa according to package directions.
2. Preheat the oven to 400°, line a baking sheet with foil and cooking spray.
3. Mix all meatball ingredients together. Roll the mixture into 15 balls and place on the baking sheet. Bake for 25-30 minutes.
4. While meatballs cook, heat airfryer to 400 F. In a large bowl combine broccoli, asparagus, and tomatoes. Toss with 1/2 tbsp of olive oil, season with salt and pepper and add to airfryer for 8 minutes.
5. Whisk Greek yogurt, lemon, garlic clove and salt together to make aioli.
6. Assemble the dish with 1/3 cup quinoa, top with veggies, cucumber, and 5 meatballs per serving.



# DINNER

## Recipes

Air Fryer Salmon and Edamame Bowl

Turkey Stuffed Peppers

Chicken Pasta Bake

Original Chicken Tacos

Carne Asada Inspired Steak Tacos

Sheet Pan Teriyaki Chicken and Veggies

Turkey and Bean Chili

High Protein Fried Rice

Lemon Pepper Chicken Bowl

Sesame Salmon and Broccoli Bowl

Cheesy Beef and Quinoa Casserole

## MAKES ONE SERVING

Calories: 475

Carbs: 40 grams

Protein: 30 grams

Fat: 24 grams

Fiber: 8 grams

## INGREDIENTS

- ☐ 3 oz wild-caught salmon, raw
- ☐ 1/2 cup quinoa, cooked
- ☐ 1/4 cup edamame
- ☐ 1 cup shredded carrots
- ☐ 1 cup chopped cucumber
- ☐ 1/2 tbsp olive oil
- ☐ 1/2 tbsp soy sauce

## MODIFICATIONS

If you don't eat fish, swap salmon for teriyaki tofu by cutting tofu into small blocks, marinating in teriyaki sauce and air frying or sautéing in oil.



## DINNER

---

### AIR FRYER SALMON AND EDAMAME BOWL

## DIRECTIONS

1. Cut salmon into 1 inch cubes.
2. Toss with olive oil and soy sauce.
3. Place the air fryer in a single layer. Air fry for 10 min at 375 degrees.
4. Cook quinoa as directed on the package.
5. Place cooked quinoa and salmon into a bowl.
6. Add edamame, shredded carrots, and cucumber to the bowl.

## MAKES TWO SERVINGS

### FOR ONE SERVING:

Calories: 419

Carbs: 47 grams

Protein: 31 grams

Fat: 13 grams

Fiber: 8 grams

## INGREDIENTS

- ☐ 6 oz 93% lean ground turkey, raw
- ☐ 2 bell peppers, cut in half
- ☐ 1 1/2 cups quinoa, cooked
- ☐ 1/3 cup white onion, minced
- ☐ 1 clove garlic, minced
- ☐ 1/2 cup tomato sauce
- ☐ 1/4 cup low-fat mozzarella cheese
- ☐ 1 1/2 cups chicken broth
- ☐ 1 tsp each garlic powder, cumin, and salt

## MODIFICATIONS

For a vegetarian option, substitute ground turkey with 1 1/2 cups of Gardein Plant-Based Frozen Ground Beef crumbles.



## DINNER

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### TURKEY STUFFED PEPPERS

## DIRECTIONS

1. Heat oven to 400°F.
2. Heat a nonstick skillet on medium heat.
3. Add onion and garlic, cook 2 minutes. Add turkey, salt, garlic powder, cumin and cook meat for 4-5 minutes until cooked through.
4. Add 1/4 cup of tomato sauce and 1/2 cup of chicken broth. Mix and simmer on low for 5 minutes.
5. Combine cooked quinoa and meat together.
6. Cut peppers in half lengthwise, remove all seeds. Divide the meat mixture into each pepper half and place in a baking dish. Top with cheese.
7. Pour rest of chicken broth on bottom of pan. Cover tightly with foil and bake for 45 minutes or until peppers are tender.



## MAKES TWO SERVINGS

### FOR ONE SERVING:

Calories: 493

Carbs: 49 grams

Protein: 35 grams

Fat: 19 grams

Fiber: 8 grams

## INGREDIENTS

- ☐ 4 oz uncooked chicken breast, cut into chunks
- ☐ 4 oz Banza penne pasta
- ☐ 1/3 cup yellow onion, diced
- ☐ 1/2 garlic clove, minced
- ☐ 1 cup broccoli
- ☐ 2 cup spinach
- ☐ 1 cup Rao's marinara sauce
- ☐ 1/4 cup part skim Ricotta cheese
- ☐ 1/2 tbsp Italian seasoning
- ☐ 1/2 tbsp olive oil
- ☐ 1/4 cup low fat mozzarella cheese

## MODIFICATIONS

For a vegetarian option, remove the chicken and replace it with 3/4 cup of 1% low fat cottage cheese. Add cottage cheese along with Ricotta in step 7.



## DINNER

### CHICKEN PASTA BAKE

## DIRECTIONS

1. Preheat the oven to 350 degrees.
2. Heat a large pan on the stove. Add olive oil and cook chicken until cooked through.
3. In a microwave-safe bowl, add 2 tbsp of water and broccoli. Loosely secure with lid and microwave broccoli for 4 minutes.
4. Add the garlic, onion, spinach, broccoli, and Italian seasoning to the pan. Cook for an additional 2 minutes.
5. Add the marinara sauce to the chicken and simmer for another 2 minutes.
6. Drain the pasta and add to the chicken mixture, mix well.
7. Add Ricotta cheese and mix again.
8. Transfer the pasta bake to a sprayed baking dish
9. Sprinkle with mozzarella cheese
10. Bake for 15-20 minutes

## MAKES TWO SERVINGS

FOR ONE SERVING:

Calories: 516

Carbs: 47 grams

Protein: 37 grams

Fat: 22 grams

Fiber: 10 grams

## INGREDIENTS

### **Tacos:**

- ☐ 6 ounces, boneless skinless chicken thighs, raw
- ☐ 1 tbsp olive oil, divided
- ☐ 6 street taco corn tortillas, Mission
- ☐ 1/2 traditional taco seasoning packet
- ☐ 1/2 cup pico de gallo
- ☐ 1/2 cup chopped onion
- ☐ 1/2 cup low-fat cheddar cheese, Sargento
- ☐ 2 oz non-fat plain Greek yogurt

### **Side Salad:**

- ☐ 2 cups mixed greens
- ☐ 1/2 avocado
- ☐ 1/2 cup black beans
- ☐ 1/2 cup diced tomato
- ☐ 2 tbsp Bolthouse Farm's Cilantro Avocado dressing



## DINNER

### ORIGINAL CHICKEN TACOS

## DIRECTIONS

### **Tacos:**

1. In a large zip lock bag, add chicken, taco seasoning and 1/2 tbsp olive oil. Close bag and mix. Let this rest for up to a half-hour.
2. Heat a large skillet over medium heat. Add 1/2 tbsp of olive oil and chicken to the pan. Cook for 12 to 14 minutes until the chicken is cooked through. Remove the chicken from the pan and let it rest for 10 minutes.
3. Chop the chicken into bite-sized pieces.
4. Pile chicken into tortillas followed by pico, onion, cheddar cheese, and Greek yogurt.

### **Salad:**

1. Place greens, diced avocado, beans, tomatoes, and dressing into a mixing bowl. Toss, and divide between two portions.



## MAKES TWO SERVINGS

FOR ONE SERVING:

Calories: 565

Carbs: 47 grams

Protein: 34 grams

Fat: 27 grams

Fiber: 10 grams

## INGREDIENTS

### ***Tacos:***

- ☐ 6 ounces skirt steak, raw
- ☐ 6 street taco corn tortillas, Mission
- ☐ 1/2 carne asada taco seasoning packet
- ☐ 1/2 cup sweet onion, diced
- ☐ 1/3 cup corn
- ☐ 1/4 cup cotija cheese
- ☐ 1 tbsp olive oil

### ***Side Salad:***

- ☐ 2 cups mixed greens
- ☐ 1/2 avocado
- ☐ 1/2 cup black beans
- ☐ 1/2 cup diced tomato
- ☐ 2 tbsp Bolthouse Farm's Cilantro Avocado dressing



## DINNER

### CARNE ASADA INSPIRED STEAK TACOS

## DIRECTIONS

### ***Tacos:***

1. Season steak with seasoning packet. Set aside for 20 min.
2. Heat 1 tablespoon olive oil in a large skillet over medium-high heat. Once hot, add steak and sear for 1-2 minutes then continue to cook until just until browned.
3. While steak cooks, heat a small skillet over medium heat and grill corn for 1-2 min.
4. Pile steak in warmed tortillas followed by cotija cheese, grilled corn, and onion

### ***Salad:***

1. Place greens, diced avocado, beans, tomatoes, and dressing into a mixing bowl. Toss, and divide between two portions

## MAKES TWO SERVINGS

FOR ONE SERVING:

Calories: 482

Carbs: 67 grams

Protein: 31 grams

Fat: 10 grams

Fiber: 9 grams

## INGREDIENTS

- ☐ 8 oz boneless skinless chicken thighs, raw
- ☐ 1 orange bell pepper, sliced
- ☐ 1 red bell pepper, sliced
- ☐ 3 cups sugar snap peas
- ☐ 1 1/2 cups brown rice, cooked
- ☐ 1/2 cup white onion
- ☐ 3 tbsp Teriyaki Marinade (Primal Kitchen)

## MODIFICATIONS

To make this vegetarian friendly, replace teriyaki chicken with teriyaki tofu OR opt for a plant based sausage (the brand Field Roast is great), cut into pieces and cook in the oven with the veggies.



## DINNER

### SHEET PAN TERIYAKI CHICKEN AND VEGGIES

## DIRECTIONS

1. Place a large rimmed baking sheet in the oven and preheat to 400F.
2. Cook brown rice as directed on package.
3. Cut bell peppers into slices. Chop scallions.
4. Place chicken, sugar snap peas, bell peppers, and scallions into a large bowl. Add marinade and coat. Remove the baking sheet from the oven and coat with cooking spray. Spread the chicken and veggies in an even layer on the baking sheet.
5. Bake for 20-30 minutes or until the internal temperature of the chicken reaches at least 165 degrees. Flip contents in pan halfway through baking.
6. Serve with rice.



## MAKES FOUR SERVINGS

FOR ONE SERVING:

Calories: 435

Carbs: 42 grams

Protein: 32 grams

Fat: 14 grams

Fiber: 10 grams

## INGREDIENTS

- ☐ 1 small yellow onion, chopped
- ☐ 1 medium zucchini, sliced
- ☐ 3 garlic cloves, minced
- ☐ 1 lb 93% ground turkey, raw (sub 12 oz impossible ground beef for vegetarian option)
- ☐ 1 can (15 oz) sweet corn, drained and rinsed
- ☐ 1 can (16oz) red kidney beans, drained and rinsed
- ☐ 1 1/2 cups low sodium chicken broth
- ☐ 1 can (14.5oz) diced tomatoes
- ☐ 1 tbsp olive oil
- ☐ 2 tsp cumin
- ☐ 1 tsp oregano
- ☐ 2 tbsp chili powder
- ☐ 1-2 tsp of red pepper flakes - optional for spice
- ☐ Salt and pepper to taste



## DINNER

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### TURKEY AND BEAN CHILI

## DIRECTIONS

1. Heat oil over medium heat in a large pot. Once pot is hot, add onion, zucchini, and minced garlic. Saute for 4 minutes and stir frequently.
2. Create some room in the pan by pushing the veggies to the side. Add in ground turkey or impossible meat and cook until the meat is no longer pink.
3. Add in spices and stir to combine with the contents in the pan.
4. Add in tomatoes, chicken broth, kidney beans, and corn. Stir to combine, then bring to a boil.
5. Reduce the heat and let chili simmer for 45-50 minutes. Taste and adjust seasonings if needed.

***\*To make vegetarian, swap ground turkey for Gardein Ground Beef crumbles OR just omit a meat from this recipe (just beans)***

## MAKES TWO SERVINGS

FOR ONE SERVING:

Calories: 476

Carbs: 48 grams

Protein: 30 grams

Fat: 19 grams

Fiber: 7 grams

## INGREDIENTS

- ☐ 4 oz raw chicken breast, cut into strips
- ☐ 2 cups frozen cauliflower rice, uncooked
- ☐ 1 cup brown rice, cooked
- ☐ 2 large eggs
- ☐ 1 bell pepper, chopped
- ☐ 1 cups broccoli florets
- ☐ 1 cup frozen peas and diced carrots
- ☐ 1 tbsp avocado oil
- ☐ 2 medium scallions, thinly sliced
- ☐ 2 tsp sesame oil
- ☐ 1 tbsp low sodium soy sauce
- ☐ Salt and pepper to taste

## MODIFICATIONS

To make this vegetarian, omit chicken breast and instead add more egg & also add edamame for protein



## DINNER

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### HIGH PROTEIN FRIED RICE

#### DIRECTIONS

1. Heat skillet over medium with 1/2 tbsp of avocado oil. Cook chicken for 3-4 minutes each side. Season with salt and pepper. Set aside.
2. Heat 1/2 tbsp avocado oil in the skillet. Cook scallions for 1 minute. Add broccoli and bell pepper to the pan, and cook until soft.
3. Add peas, carrots and cauliflower rice to the skillet and cook for 3-4 minutes.
4. Remove everything from skillet. Add 2 tsp of sesame oil and spread the rice mixture and brown rice evenly in the skillet. Cook without stirring for 3 minutes, or until the bottom becomes slightly crispy.
5. While rice cooks, spray small pan with cooking spray. Scramble the eggs with a fork until cooked.
6. Add eggs and chicken to cooked rice and vegetables. Serve with soy sauce.



## MAKES TWO SERVINGS

FOR ONE SERVING:

Calories: 503

Carbs: 51 grams

Protein: 33 grams

Fat: 21 grams

Fiber: 12 grams

## INGREDIENTS

- ☐ 6 oz chicken, uncooked, cut into cubes
- ☐ 1 cup quinoa, cooked
- ☐ 1 cup sweet potato, diced
- ☐ 1 cup brussel sprouts
- ☐ 2 cups cauliflower florets
- ☐ 3 cups kale, chopped
- ☐ 1 tbsp and 1 tsp of olive oil
- ☐ 1 tbsp lemon pepper
- ☐ 1 tsp garlic powder
- ☐ Salt and pepper to taste

### ***Lemon Tahini Sauce:***

- ☐ 2 tbsp tahini
- ☐ 1 garlic clove minced
- ☐ 2 tbsp warm water
- ☐ 2 tbsp lemon juice
- ☐ Salt and pepper to taste

## MODIFICATIONS

For vegetarian, swap chicken for tofu made with corn starch, lemon pepper seasoning, oil & honey & cook in oil (or air fry)



## DINNER

### LEMON PEPPER CHICKEN BOWL

## DIRECTIONS

1. Preheat oven to 400° F. Add veggies (not kale) and sweet potatoes to baking sheet and toss with 1 tbsp of oil, salt and pepper. Cook for 30 minutes. Flip vegetables one time.
2. In a medium bowl, toss 1 tsp oil, lemon pepper and garlic powder with chicken. Cook chicken in airfryer for 6 minutes. Flip chicken over and cook for another 4 minutes or until internal temp reaches 165°F.
3. For dressing, whisk tahini, garlic, lemon juice, and water in small bowl. Season with salt and pepper. If the dressing is too thick, add a little more water as needed.
4. Add quinoa, veggies, chicken and kale to bowls. Drizzle with lemon tahini dressing and serve.

## MAKES TWO SERVINGS

FOR ONE SERVING:

Calories: 486

Carbs: 44 grams

Protein: 30 grams

Fat: 25 grams

Fiber: 7 grams

## INGREDIENTS

- ☐ 2, 4 oz salmon filets, uncooked
- ☐ 2 cups raw broccoli
- ☐ 2 cups diced sweet potato
- ☐ 1 tbsp sesame oil
- ☐ 1 clove garlic minced
- ☐ 1 tsp honey
- ☐ 1 tsp grated ginger
- ☐ 1 tbsp sesame seed
- ☐ 1 tbsp lime juice
- ☐ 1 tbsp low sodium soy sauce
- ☐ Salt and pepper to taste

## MODIFICATIONS

To make this recipe easier, choose a Korean BBQ sauce or pre-made teriyaki sauce to marinate salmon in overnight



## DINNER

### SESAME SALMON AND BROCCOLI BOWL

## DIRECTIONS

1. Preheat the oven to 400°F.
2. Whisk together sesame oil, soy sauce, ginger, garlic, lime juice, and honey.
3. Spray large baking sheet with non-stick spray and add salmon and diced sweet potato.
4. Spoon over marinade and season with salt and pepper. Roast in the oven for 20 minutes or until internal temperature reaches 145 degrees F. Sweet potatoes should cook for 25-30 minutes.
5. Top salmon with sesame seeds.
6. Meanwhile, cook broccoli in a medium saucepan. Bring 1 inch of water to a boil. Place broccoli in boiling water, reduce heat to medium and let it cook for 5-6 minutes.



## MAKES FOUR SERVINGS

### FOR ONE SERVING:

Calories: 485

Carbs: 65 grams

Protein: 33 grams

Fat: 11 grams

Fiber: 14 grams

## INGREDIENTS

- ☐ 1/2 pound beef (93% lean), raw
- ☐ 3 cups cooked quinoa
- ☐ 3/4 cup low fat shredded Mozzarella cheese
- ☐ 1 cup cherry tomatoes
- ☐ 1 cup fresh broccoli
- ☐ 1/2 cup frozen or fresh corn
- ☐ 1 can of black beans
- ☐ 1 cup marinara sauce
- ☐ Taco seasoning packet

## MODIFICATIONS

To make this plant based, opt for Gardein ground beef crumbles OR omit the protein and add additional black beans to recipe

To make dairy free, choose plant based cheese



## DINNER

### CHEESY BEEF AND QUINOA CASSEROLE

## DIRECTIONS

1. Preheat the oven to 350°F.
2. Cook ground beef on the stove top until cooked through.
3. Wash and slice the tomatoes and broccoli.
4. Drain and rinse the black beans.
5. In a casserole dish, add quinoa, cooked ground beef, tomatoes, broccoli, black beans and corn and mix together.
6. Add in marinara sauce, 1/2 cup of mozzarella cheese (save 1/4 of it for later) and also taco seasoning packet, then fully mix together.
7. Top with the remaining 1/4 cup mozzarella cheese then bake in the oven for 10-15 minutes until bubbly and brown on the top.

# DESSERT

## Recipes

Healthier Date Snickers

High Protein Chocolate Pudding

Chocolate Oat Flour Mug Brownie

Strawberry-Chocolate Nice Cream

Vanilla Greek Yogurt Berry Bark

Frozen Banana Chocolate Bites



## MAKES TWO SERVINGS

FOR ONE SERVING:

Calories: 180

Carbs: 25 grams

Protein: 4 grams

Fat: 9 grams

Fiber: 3 grams

## INGREDIENTS

- ☐ 2 Medjool dates, pitted
- ☐ 1 tbsp natural peanut butter
- ☐ 1 tbsp dark chocolate chips
- ☐ 1 tbsp peanuts, shelled
- ☐ Sea salt



## DESSERT

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### HEALTHIER DATE SNICKERS

## DIRECTIONS

1. Use a knife to cut a slit in dates lengthwise.  
Do not cut all the way through. Removed pit.
2. Add peanut butter to the center of dates.
3. Top with peanuts.
4. Heat chocolate chips in a microwave-safe dish. Melt chocolate chips in the microwave in 20-second intervals until melted.
5. Drizzle melted chocolate on the dates.
6. Sprinkle with sea salt if desired.
7. Wait until the chocolate hardens or put it in the fridge for 5 min. Enjoy!

## MAKES TWO SERVINGS

FOR ONE SERVING:

Calories: 145

Carbs: 15 grams

Protein: 21 grams

Fat: 1 gram

Fiber: 2 grams

## INGREDIENTS

- ☐ 1 cup Fairlife ultra filtered skim milk
- ☐ 1 scoop Gold Standard Chocolate Whey protein powder (24g protein per scoop)
- ☐ 1/2 packet of sugar free chocolate pudding mix
- ☐ 1 crushed Oreo (optional, not included in macros)

## MODIFICATIONS

To make this dairy free, choose a plant based protein powder and plant based (yet high protein) milk such as Ripple milk or soy milk

Pairs great with sliced strawberries on top (not included in macros)



## DESSERT

### HIGH PROTEIN CHOCOLATE PUDDING

### DIRECTIONS

1. Combine all ingredients and whisk for 2 minutes.
2. Let sit in fridge for 10 minutes.

## MAKES ONE SERVING

Calories: 217

Carbs: 18 grams

Protein: 5 grams

Fat: 15 grams

Fiber: 3 grams

## INGREDIENTS

- ☐ 1 tbsp olive oil
- ☐ 2 tbsp Fairlife ultra-filtered skim milk
- ☐ 1 1/2 tbsp Bob's Red Mill oat flour
- ☐ 1/2 tbsp sugar
- ☐ 1 tbsp unsweetened cocoa powder
- ☐ 1/2 tsp vanilla extract
- ☐ 2 tsp mini chocolate chips (optional, not included in nutrition info)

## MODIFICATIONS

To make this dairy free, choose a plant based high protein milk such as Ripple or soy milk



## DESSERT

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### CHOCOLATE OAT FLOUR MUG BROWNIE

## DIRECTIONS

1. Place olive oil in a small microwave-safe coffee mug.
2. Whisk in milk and vanilla.
3. Add flour, sugar, and cocoa; continue whisking until completely incorporated. Stir in chocolate chips, if using.
4. Microwave on high until firm to the touch and no longer glossy, 30 to 40 seconds. Let stand for 5 minutes.



## MAKES ONE SERVING

Calories: 238

Carbs: 38 grams

Protein: 3 grams

Fat: 6 grams

Fiber: 5 grams

## INGREDIENTS

- ☐ 1 whole banana frozen, cut into 1 inch chunks
- ☐ 1/2 cup frozen sliced strawberries
- ☐ 2 tbsp unsweetened soy milk
- ☐ 1 tsp maple syrup
- ☐ 1 tbsp dark chocolate chip morsels
- ☐ Dash sea salt



## DESSERT

### STRAWBERRY-CHOCOLATE NICE CREAM

## DIRECTIONS

1. In a food processor or blender, combine frozen bananas, strawberries, maple syrup, soy milk, and salt. Cover and blend until smooth.
2. Stir in chocolate chips and serve immediately.



## MAKES FOUR SERVINGS

FOR ONE SERVING:

Calories: 155

Carbs: 25 grams

Protein: 8 grams

Fat: 3 grams

Fiber: 2 grams

## INGREDIENTS

- ☐ 1 1/2 cup vanilla greek yogurt (Chobani)
- ☐ 1/2 cup strawberries, halved
- ☐ 1 cup blueberries
- ☐ 1 tsp vanilla extract
- ☐ 2 tbsp honey
- ☐ 2 tbsp coconut flakes

## MODIFICATIONS

To make this dairy free, choose a dairy free "Greek" yogurt



## DESSERT

### VANILLA GREEK YOGURT BERRY BARK

## DIRECTIONS

1. Mix yogurt, honey, and vanilla with a whisk or blender. Stir in 1 tbsp of coconut flakes and berries.
2. Line a small baking sheet with parchment paper and spread the yogurt mixture inside.
3. Sprinkle the remaining 1 tbsp of coconut flakes over the yogurt.
4. Freeze for 1-2 hours or until firm, cut into pieces and serve.

## MAKES ONE SERVING

Calories: 205

Carbs: 35 grams

Protein: 3 grams

Fat: 10 grams

Fiber: 6 grams

## INGREDIENTS

- ☐ 1 banana
- ☐ 2 tbsp sugar free dark chocolate chips
- ☐ Sea salt flakes (optional)

## MODIFICATIONS

You can also add in peanut butter (pictured) on top of bananas before sprinkling with chocolate for added protein and fiber... and deliciousness!



## DESSERT

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### FROZEN CHOCOLATE BANANA BITES

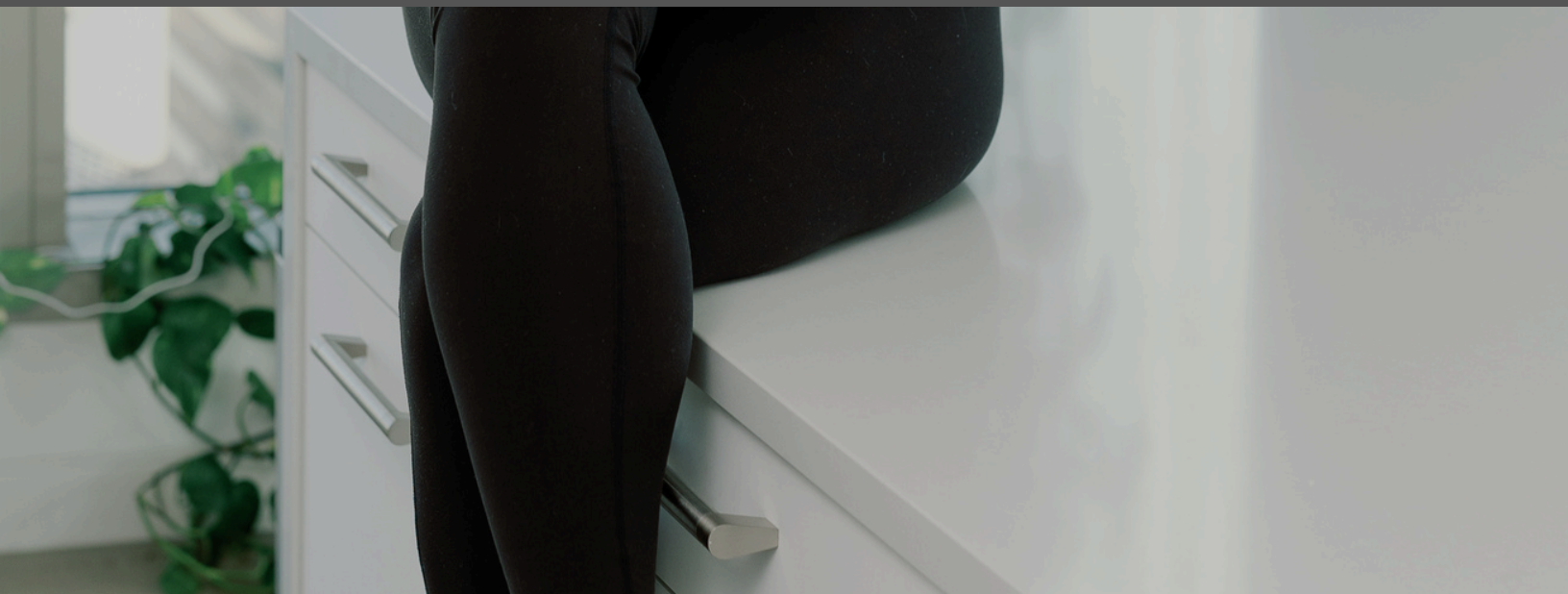
## DIRECTIONS

1. Lay out parchment paper on a wood block, cutting board or cooking sheet.
2. Slice banana into bite size pieces.
3. Place banana pieces on parchment paper.
4. Microwave chocolate for around 30 seconds to 1 minute, or until fully melted (cook times vary on microwave).
5. Mix chocolate together spin a spoon in cup, and then sprinkle with a spoon the melted chocolate over banana pieces.
6. Top with sea salt (optional).
7. Place in your freezer with no cover for 1 hour or overnight, then enjoy the next day!





# PROTEIN AND FIBER SNACK IDEAS



# 10 EASY SNACK IDEAS

Snack Ideas That Emphasize Protein & Fiber

Here is an easy snack list with 10 nourishing snacks that pack protein and fiber for your goals:

- 1. Single-serving Greek Yogurt or Icelandic Yogurt + 1/2 cup fresh fruit (such as raspberries or strawberries)** - If you are dairy free, opt for a plant-based non-dairy “Greek” yogurt such as Kite Hill or Siggi’s, you could do the plain version + almond butter + fruit for more natural flavor (less added sugars)
- 2. 1 Hard-Boiled Egg with 1-2 Flavored Rice Cakes** (if you want a bigger snack, I suggest adding nut butter or ricotta cheese + sliced fruit of choice)
- 3. 1 serving Turkey or Beef Jerky**
- 4. Single Serving Popcorn + 1/4 cup Cashews**
- 5. Nuts (like pistachios or cashews)**
- 6. 1 Protein Shake**
- 7. 1 Banana or Apple + 1 tbsp Peanut Butter or Almond Butter**
- 8. 3/4 Cup Low Fat Cottage Cheese with a topping of your choice** (such as 1 cup cucumber or 1/2 to 1 cup fruit like pineapple)
- 9. 1 Cheese Stick + 1 cup Grapes**
- 10. Baby Carrots + Sliced Cucumber with Hummus or Dip**