



2-week guide  
to healthy eating

# NUTRITION GUIDE



Welcome to Astone Fitness' Nutrition Guide.  
This ebook goes hand in hand with your Astone  
Circuit Training ebooks, giving you all the tools  
you need for success!



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To get the most from your workouts, you need to consider how fitness and nutrition work together.

**NO MATTER HOW MUCH YOU WORK OUT, IF YOU DON'T MAKE SMARTER FOOD CHOICES, YOU WILL NOT LOSE WEIGHT OR ACHIEVE MAJOR MUSCLE DEFINITION!**

Diet counts for 75% of achieving results, while exercise (though very important) only contributes to 25%.

Here is the secret that everyone has been waiting for when it comes to achieving success in dieting. Are you ready for it? Here it is:

The trick to achieving success in a diet is: DON'T DIET. Most diets don't work. They either come in the form of "some miracle" promising an easy fix for losing major poundage in a very short period of time OR they drastically lower your calorie intake causing your body to go into "starvation mode."

Quick fix diets achieve weight loss by promoting dehydration, which, not only can be very dangerous, but the weight you lose is mostly water. Once you are properly hydrated you end up gaining all the weight back.

If you reduce your calorie intake too drastically, you can actually alter your body's metabolic rate causing you to store excess calories as fat instead of burning them. This causes weight loss plateaus or not losing weight at all.

Your goal should not be a quick fix, but to develop some new and healthy eating habits that you will take with you throughout the rest of your life.

You should not be focused on "losing weight" but instead increasing the ratio of lean muscle to stored fat. Muscle

weighs a lot more than fat, so you may not notice a change on the scale, but you'll notice it in your measurements and how your clothes fit.

The thought of changing your eating habits for life may make you cringe with the idea of only being able to eat bland, boring foods, never to enjoying a meal again. We would like to make clear that that doesn't have to be the case. Making healthy food choices does not mean sacrificing flavor or enjoyment.

Here are the guidelines to follow in order to achieve results (I am going to make this as simple as possible):

- Eat a protein source that is about the size of a deck of cards (3 oz.) and a "HEALTHY" carb source at least double that at every meal. That's it!
- If you're hungry – EAT!
- Eat whenever you notice the first signs of being hungry. DO NOT wait until you are starving.
- Never skip breakfast. It is your first opportunity to set your blood sugar patterns straight for the rest of your day.

You should eat at least 4-5 times a day to maintain a high metabolic rate in order to lose weight but other than that, as long as you stick to the proper portions of protein to carbs, stick within the following food guidelines and eat BOTH carbs AND protein at every meal, you are gold!

**PAY ATTENTION TO YOUR BODY:** Everyone is different, and will therefore react differently to changes. If you still feel hungry and unsatisfied after your meal have a big glass of water and wait 20 minutes (to give your body time to digest). If you are still hungry after 20 minutes, you may want to add a healthy fat source to your meal such as avocados, almonds, macadamia nuts and olives.

You can never eat too many vegetables so you can always increase your veggie portion.

If you plateau in your weight loss and should still lose more, you may need to increase protein and reduce carbs even more because of your unique response to insulin.



**YOU MUST AVOID:** Sugar, junk foods, processed foods, and unnatural foods (foods loaded with coloring, preservatives or chemicals). These foods rob us of energy, can cause major sleep and health problems, and also cause us to gain weight.

- Eat organic whenever possible.
- Drink 8-12 glasses of water everyday.
- Avoid cream sauces, gravies and anything soaked in butter.

### Protein:

Eat protein in every meal and every snack - no exceptions. Your source of protein should always be the first thing you put in your mouth (protein means "first"). Protein and fat slow digestion down, aiding you to feel full longer and control your appetite. Here are our guidelines to protein.

- Choose lean meats (turkey, chicken, pork, fish). Skinless white meats are generally a better choice than red meats.
- Eggs are a good protein source.
- When in a fix you can have a whey protein shake.
- The portion of meat should be no larger than a deck of cards.
- Stick with the 3 Bs: Bake, Broil or Bake. NEVER FRY!

### Vegetarians:

Substitute with tempeh, tofu, low-fat dairy products, and legumes.



**Vegetables:**

- **VEGETABLES ARE CARBS!** When we say eat carbs we mean mostly vegetables.
- Use low “glycemic index” vegetables such as: broccoli, cauliflower, asparagus, green beans, brussels sprouts and salad greens. Low GI fruits and vegetables have higher nutritional density and more fiber.
- The glycemic index (GI) is a measurement of carbs on the blood sugar level. Glucose has a GI of 100. A low GI is 55 or less.
- When eating salads try to limit the dressing to one to two tablespoons of low-fat or non-fat dressing. Lemon juice is a great salad dressing option. Vegetables should be steamed or raw.

**Bread, Pasta, Rice and Fruits:**

- Limit food in this category to 3 small servings a day (serving = 1/4 cup).
- Eat whole grain and brown rice instead of refined grains and white rice.
- Avoid boxed cereal and anything “INSTANT.” Use large-flax, rolled oats or other unprocessed whole grains for cereal and pancakes.
- Use low GI fruits such as: berries, cherries, apples, peaches, plums, and pears. Low GI fruits and vegetables have higher nutritional density and more fiber.

Juice and dried fruit are not considered a good substitute for actual fruit! It’s all sugar.

**No matter how much you work out, if you don’t make smarter food choices, you will not lose weight or achieve major muscle definition!**



**Fats:**

- Avoid saturated and trans fats in red meats, full-fat dairy foods, and processed foods.
- Avocados and raw nuts are a great source of essential fatty acids – just keep portions very small.

**Beverages:**

- You should try your best to drink water and the occasional herbal tea **ONLY** – especially while you are in training and trying to make a change in your body.
- To add flavor to your water you can lemon, lime, oranges, watermelon, fresh mint, or cucumber to a jug in the fridge.
- Avoid juices. They contain a lot of sugar. If you drink coffee, take it black. Try your best to avoid alcohol.

**Dessert:**

If you **MUST** have dessert, a cup of fruit is the best way to go. If you really can't avoid that piece of chocolate cake, give yourself the leeway to enjoy it, but have about a 3rd of the portion size you normally would.

If you are a chocolate lover stick with dark chocolate that is at least 70% cocoa. It's so much better for you, and because it's richer you'll be satisfied with only a couple of squares.

Contrary to popular belief, not all fat is bad. Fat in the diet controls the rate of rise in blood sugar. Essential fatty acids (EFAs) play a crucial role in the complex working of the human body. Every bodily function is dependant upon their presence. They are necessary for cell growth, division and they regulate vital cell activity.

Research shows that adequate and balanced amounts of EFAs can:

- Improve stamina and endurance
- Decrease recovery time and inflammation after exercise and speed the healing of injuries
- Improve protein and amino acid utilization to help build and maintain lean mass
- Decrease fat storage and production, while increasing metabolic rate
- Improve oxygen uptake and utilization
- Optimize glandular function
- Decrease arthritic joint pain and strengthen bones
- Improve circulation and immune function
- Promote sleep and elevate mood
- Heighten reflexes and concentration

We highly recommend taking an Omega3 Essential Fatty Acid Supplement.

Leading scientific studies show Omega-3 fatty acids are proven to promote a healthier heart, brain, skin, mood, joints, and more.



- Eat when you are hungry and never starve yourself. The quickest ways to slow your metabolism are to not eat and to not exercise.
- Always eat before you are starving. Stop eating when you experience that first feeling of feeling full or satisfied.
- Control your portions. Using smaller plates will help you eat less.
- Take vitamins:  
A multi-vitamin will ensure that your body is getting the nutrients it needs when you are cutting calories and building muscle.

### We Recommend:

#### Greens + (A green food supplement)

Green foods contain an excellent source of nutrients and antioxidants, which help to nourish your body, prevent free radical damage, increase energy and improve overall health.

- It is recommended to cleanse 1-2 times per year to help ensure good health, reduce the risk of disease, and to maintain and increase energy levels.

### We Recommend:

#### CleanseSmart

CleanseSmart is an easy to use, 30-day cleansing program. It works to eliminate toxins, pollutants and free radicals from the body stimulating the body's 7 channels of elimination, particularly the liver and colon. Lots of people will begin a new nutrition regime with doing a cleanse to start things off.

- Beans and lentils are mainly carbohydrates and nuts and peanut butter are mainly fat.
- Forget the potatoes and rice and have more vegetables. Your energy will soar!
- Use whip butter instead of solid butter. You'll use less.
- Reduce your caffeine intake. Caffeine stimulates the liver to release sugar into the blood, which raises insulin, and inhibits metabolism leading to fat storage. Never drink coffee before eating something at breakfast time.
- Cook a whole turkey, chicken, roast beef, pork, lamb, or fish. Slice and freeze in snack and meal size (deck of cards portions). Great for when you don't have time to cook and have a craving.
- Research shows that those who keep a food journal are more successful in achieving their goals.
- Never reward your weight loss with a binge, but rather with a new, fitted outfit that you really like.
- Learn to listen to your body's needs. Give yourself some well-earned time off to really relax. Make sure you get to bed at a reasonable hour and get enough sleep. If you're having a stressful day or feel over tired, there is nothing wrong with taking a power nap, or taking a time out from stressful situations. Go for a walk outside on your lunch-break and take deep breaths. It will do you wonders.

Have a rest day once a week. Research shows that those who do not take a day of rest once a week are more likely to have 25% less energy on the other 6 days. Spend the day having quality time with the family, explore nature or take a meditation class. Do what you need to do to unwind.

- Remember that people in general have a “herd way of thinking.” If someone is doing something different (like controlling portion sizes), it is a natural reaction for him to make comments. Don't let anyone tell you that your diet is unbalanced or unhealthy. All you have to do is follow these guidelines for a few weeks and let your body be the judge. Millions of people have reached their ideal weight without any struggle and stayed there; all while attaining good health.

- Select protein first, then your vegetables.
- When looking at a plate of food that is high in fat and/or carbs, eat half of what you would normally eat.
- Precede any alcohol with a protein appetizer (i.e. shrimp, chicken, crab, cheese, smoked salmon, etc.).
- Hors d'oeuvres and appetizers are full of saturated fat and calories. Stick with veggies and dip.
- With sandwiches & burgers, make it an open-faced sandwich and only eat one slice of bread.
- Order a side salad with your pasta and/or add on a sliced chicken breast on top. At least that way you are getting your protein and veggies and it will help you eat less of the pasta.
- Never eat the whole portion in a restaurant. It's way too

huge. Order a doggy bag right from the beginning. Better yet, get the waiter to bring half your plate in a doggy bag right from the start. That way, you don't even have to look at it and resist temptation to finish it all.

## FAST FOODS

For those who need to catch a quick meal while away from home, here are some tips to fast food choices.

- The majority of fast foods have a high fat and sodium content. You should NOT exceed one fast food meal per day, a few times a week.
- You can eat chicken, turkey, or beef without the bun or bread.
- Avoid high-fat dressings on salads.
- Want dessert? Then don't eat the starch in the main course.







# Water is your friend

Dehydration causes reduced muscle endurance, resulting in not being able to workout to your full potential, and therefore stalling overall progress.

Remember to drink 8-12 glasses of water daily.

Note - Even though most drinks contain water, because they contain a large amount of sugar and chemicals.

The main ingredient of colas is corn syrup. Consuming soft drinks should be minimized, or better yet given up all together.

Limit yourself to no more than half a glass of any other drink besides water.

## Benefits of Water:

- Without sufficient water, metabolism of fat slows down drastically. If you are on a strict diet and are not drinking enough water, the weight you will lose is mostly muscle – not body fat. This is unhealthy weight loss.

- Water is a calorie free way to curb your appetite. When you feel like snacking, reach for a glass of water first.
- Water helps improve skin tone and your complexion.
- Boosting your water intake can aid you in your efforts to enhance muscle tone and building mass.
- Water works with our kidneys to flush toxins and wastes out of our system. Insufficient water in our system can put strain on the kidneys and keep toxins from leaving the body.
- Water minimizes muscle and joint soreness from exercise.
- Water helps you maintain your proper body temperature or thermoregulation. On average, a person can lose between 1-2 L of water during a workout, which results in an elevated core temperature. To prevent our bodies from overheating it is crucial to replace lost water.
- Water makes up more then 80% of your blood. You need adequate blood volume to ensure that the nutrients you digest are transported and used throughout your body effectively and efficiently.
- Sufficient water prevents digestive problems.

**Tip:** Buy a water bottle or jug that can carry about a gallon of water (8-12 glasses equals one gallon). Try to drink the whole bottle every 24 hours. Get into the habit of pouring some water from it into a smaller bottle and taking it with you wherever you go.

**About tap water:** Tap water has been found to contain over 100 life destroying harmful chemicals and bacteria. The most inexpensive way to get “pure” water is to invest in a good water filter system that removes 100% of all harmful chemicals and 99.9% of all bacteria from tap water.

We all know that eating a healthy, balanced diet goes hand-in-hand with achieving our workout and weight loss goals, but it goes a little further than that. The actual size, timing, and content of the meal or snack you eat directly before and after a workout can greatly affect your workout results. Eating the right foods at the right times before you work out is essential for keeping your energy and workout performance levels high, and your body in fat-burning mode. Eating right after a workout effects how well your muscles recover and rebuild.

## PRE-EXERCISE

To avoid cramping and indigestion, you should avoid eating within about 45 minutes of your workout. Your pre-exercise meal or snack should be a 2:1 or 3:1 ratio of carbohydrates to protein (depending on the intensity or duration of your workout).

Generally, the average woman needs 200 calories of food and 20 ounces of water one hour prior to her workout, and men need 300 calories and 30 ounces of water.

With today's “on-the-go lifestyle,” eating appropriately before a workout can be quite a chore to schedule in. Each person is different and has a unique digestive system, so it's important to get to know your body and how it responds to food before exercise. Eating before exercise can cause some to experience nausea, sluggishness, and muscle cramping, while others will experience weakness, dizziness, and fainting, if they did not eat beforehand.

The best option for many people is to eat a meal 1-2 hours before working out. Remember that the larger the meal and the more protein and fat it contains, the longer you need to wait before exercising (i.e. a large meal of 1,000-1,500 calories can take 4-6 hours to empty from the stomach). If you don't have time for a meal 1-2 hours before, eat a 100-300 calorie snack about 30 minutes before your workout. This snack should include fast-digesting, high glycemic index carbohydrates and very little fat and protein so you digest the meal quickly and the fuel is readily available for your workout session.

### Pre-Exercise Snack Suggestions:

Fruit and yogurt

Apple and almonds (about 12 almonds)

Cereals (with more than 3 grams of fiber) and milk

Trail mix with nuts and dried fruit (no candy in it)

Hummus and raw veggies

Cottage cheese and fruit

Half a peanut butter or turkey/chicken sandwich on whole grain bread

Tomato or vegetable juice

Yogurt smoothie (with added protein powder, if desired)

Most protein/energy bars (look for 3-5 grams of protein, at least 15 grams of carbs)

High-glycemic fruits like pineapple, apricots, banana, mango, and watermelon

Sports drinks

Celery sticks with Almond butter

### POST-EXERCISE:

20-60 minutes after your workout is the time when you should eat something, as it is when your muscles soak up nutrients most effectively. Protein is crucial in providing the amino acids that are needed for muscle rebuilding and recovery. Protein also can increase the absorption of water from the intestines to improve muscle hydration. Studies have shown that eating protein with carbohydrates makes the protein more effective.

#### Post-Exercise Snack Suggestions:

Whey protein shake with an apple

Turkey sandwich on whole wheat bread

Cottage cheese and cherry tomatoes

Bean burrito

#### Post-Exercise Snack Suggestions Continued:

Blueberries with a piece of string cheese

Four ounces of tuna on whole-wheat toast

Almond butter on apples

Hard-boiled egg

Milk shake or fruit smoothie

Chocolate milk







## MEAL PLAN

Here is a 2 week Meal Plan to help you get started towards a new, improved healthy you! You should be eating 4-6 small, healthy meals per day. Included is a daily suggestion of one pre or post workout snack.

Mix and match the recipes or create your own to continue making great meal choices.

## Week 1, Day 1

### Meal 1

**Buenos Dias Eggs** *(See Recipe)*

### Post Workout Snack

**Basic Banana Shake** *(See Recipe)*

### Meal 2

1 1/2 cups **"Healthy" Chicken Soup** *(See Recipe)*

1/4 cup cottage cheese

handful of grapes

### Snack

6 oz. light Greek yogurt

10-15 shelled walnuts

### Meal 3

*Lemon Ginger Salmon:*

Cover salmon in lemon juice and fresh sliced ginger. Wrap salmon in aluminum foil. Bake at 350 for approximately 20-25 minutes.

1 cup of steam vegetables



## Week 1, Day 2

### Meal 1

**Protein Shake:**

1 scoop whey protein powder blended with water and handful of ice



## Week 1, Day 2

(Continued)

2/3 cup non-instant oatmeal

Topped with:

2 tsp. 100% maple syrup (Grade B or C)

### Pre Workout Snack

Glass of low-sodium tomato juice  
string cheese

### Meal 2

#### Chicken Salad

3 oz. cooked chicken breast, sliced

1/4 cup feta cheese crumbs

2 cups lettuce

handful of cherry tomatoes

### Snack

15 baby carrots with 2 tbsp low-fat ranch dip  
handful raw, unsalted almonds

### Meal 3

**Shrimp Kabobs** *(See Recipe)*

Side dish:

**Sautéed Fennel and Carrots** *(See Recipe)*

## Week 1, Day 3

### Meal 1

**“Healthy” Pancakes** *(See Recipe)*

### Pre Workout Snack

Hard boiled egg and a handful of grapes

## Week 1, Day 3

(Continued)

### Meal 2

**Grilled chicken breast** (Grill for approx. 20 minutes)

2 cups of vegetables

### Snack

1 banana

handful of unsalted nuts

### Meal 3

**Stir Fry** *(See Recipe)*

## Week 1, Day 4

### Meal 1

**Veggie Omelet** *(See Recipe)*

### Post Workout Snack

**No-Bake Almond Butter Bars** *(See Recipe)*

### Meal 2

**Avocado & Chicken Salad** *(See Recipe)*

### Snack

1/2 cup mix of unsalted almonds, cashews and cranberries

### Meal 3

**Veal Chops** *(See Recipe)*

2 cups of vegetables

## Week 1, Day 5

### Meal 1

**Breakfast Burrito** *(See Recipe)*

### Post Workout Snack

4 ounces of tuna in a iceberg lettuce wrap

### Meal 2

**Turkey Burger** *(See Recipe)*

### Snack

1/2 cup low-fat cottage cheese and an apple

### Meal 3

**Lemon Chicken:**

- Chicken breast
- 1 lemon
- 1 1/2 cups vegetables

Squeeze lemon juice on chicken. Bake at 350 for 20-30 minutes

Bake vegetables with a tsp. of olive oil at 350 for 10-15 minutes

## Week 1, Day 6

### Meal 1

**BLT:**

- 1 slice of whole grain bread, toasted.
- Topped with:
- 3 slices of turkey bacon
- 1/2 tomato, sliced

## Week 1, Day 6

(continued)

### Pre Workout Snack

**Minty Parsley Passion Smoothie** *(See Recipe)*

### Meal 2

**Avocado and Chicken Salad** *(See Recipe)*

### Snack

- Banana
- 1 tbsp almond butter

### Meal 3

**Herbed Halibut:**

Marinate halibut with your favorite herbs and spices. Wrap in foil and bake for 20-25 minutes or until fully cooked.

- 1 cup of steamed broccoli
- 1 glass low fat milk

## Week 1, Day 7

### Meal 1

- 1 cup Greek yogurt (drizzled with 1 tsp 100% Grade B or C maple syrup)
- 1/2 of a small cantaloupe, cubed

### Post Workout Snack

**Pumpkin Protein Bars** *(See Recipe)*

### Meal 2

**Chicken Fajitas Salad** *(See Recipe)*

## Week 1, Day 7

(Continued)

### Snack

1 cup fresh fruit salad  
1 glass of 2% milk

### Meal 3

**Grilled Tuna Steak** *(See Recipe)*

Side Dish:

**Asparagus Salad** *(See Recipe)*



## Week 2, Day 1

### Meal 1

**Morning Sunshine Smoothie** *(See Recipe)*

### Pre Workout Snack

**Quickie Baked Sweet Potato** *(See Recipe)*  
topped with a tablespoon of plain Greek yogurt

### Meal 2

**Turkey Lettuce Wrap** *(See Recipe)*

### Snack

Apple wedges with almond butter

## Week 2, Day 1

(continued)

### Meal 3

**Beef and Broccoli** *(See Recipes)*

## Week 2, Day 2

### Meal 1

**Egg n' Bacon Rings** *(See Recipe)*

### Post Workout Snack

**Pina Colada Shake** *(See Recipe)*

### Meal 2

**Sloppy Joes** *(See Recipe)*  
**With Cauliflower Rice** *(See Recipe)*

### Snack

10 raw, unsalted almonds  
1 pear

### Meal 3

**Fish Curry** *(See Recipe)*

## Week 2, Day 3

### Meal 1

**2 Quiche Cupcakes** *(See Recipe)*  
1 cup lettuce greens (olive oil and lemon juice for dressing)

### Pre Workout Snack

**Banana Bread** *(See Recipe)*

## Week 2, Day 3

(continued)

### Meal 2

**Fish N Chips** – Almond Encrusted Sole Fish with Kale Chips *(See Recipe)*

### Snack

1 serving of fruit  
1 part-skim mozzarella string cheese

### Meal 3

**Tuna Stuffed Portobello** *(See Recipe)*

## Week 2, Day 4

### Meal 1

**Chorizo Scramble** *(See Recipe)*  
4 Large Strawberries

### Post Workout Snack

**Watermelon Protein Cooler Shake** *(See Recipe)*

### Meal 2

**Thai Chicken Wraps** *(See Recipe)*

### Snack

#### Smoothie

3/4 cup plain, fat-free yogurt  
1/ cup frozen mixed berries  
1 medium banana  
1/4 cup skim milk

### Meal 3

**Meatloaf** *(See Recipe)*  
1 cup lettuce greens (olive oil and lemon juice for dressing)

## Week 2, Day 5

### Meal 1

**Smoked Salmon Scramble** *(See Recipe)*

### Pre Workout Snack

Greek Yogurt with blueberries, raspberries, strawberries and 1 tsp almond slivers

### Meal 2

**Squash Spaghetti & Turkey Meatballs** *(See Recipe)*

### Snack

**Homemade Hummus** *(See Recipe)*  
1/2 cucumber cut in wedges

### Meal 3

**Coconut Lamb Curry** *(See Recipe)*  
Side Dish:

**Cauliflower Rice** *(See Recipe)*

## Week 2, Day 6

### Meal 1

**Fried Eggs and Sweet Potato Hash** *(See Recipe)*

### Post Workout Snack

**Turkey Breast Sandwich** *(with low fat mayo, whole wheat bread, sliced tomato, 2 slices reduced fat cheddar cheese)*

### Meal 2

**Pork Tacos** *(See Recipe)*



## Week 2, Day 6

(continued)

### Snack

**Berry Almond Salad** *(See Recipe)*

### Meal 3

**Chive Chicken** *(See Recipe)*

**Serve with Sweet Potato Mash** *(See Recipe)*

## Week 2, Day 7

### Meal 1

**Veggie Omelet** *(See Recipe)*

### Pre Workout Snack

**Peachy Perfection Shake** *(See Recipe)*

### Meal 2

**Chili** *(See Recipe)*

Side:

1 1/2 cups mixed greens (Dressing: 1 tsp olive oil, 1 tsp red wine vinegar)

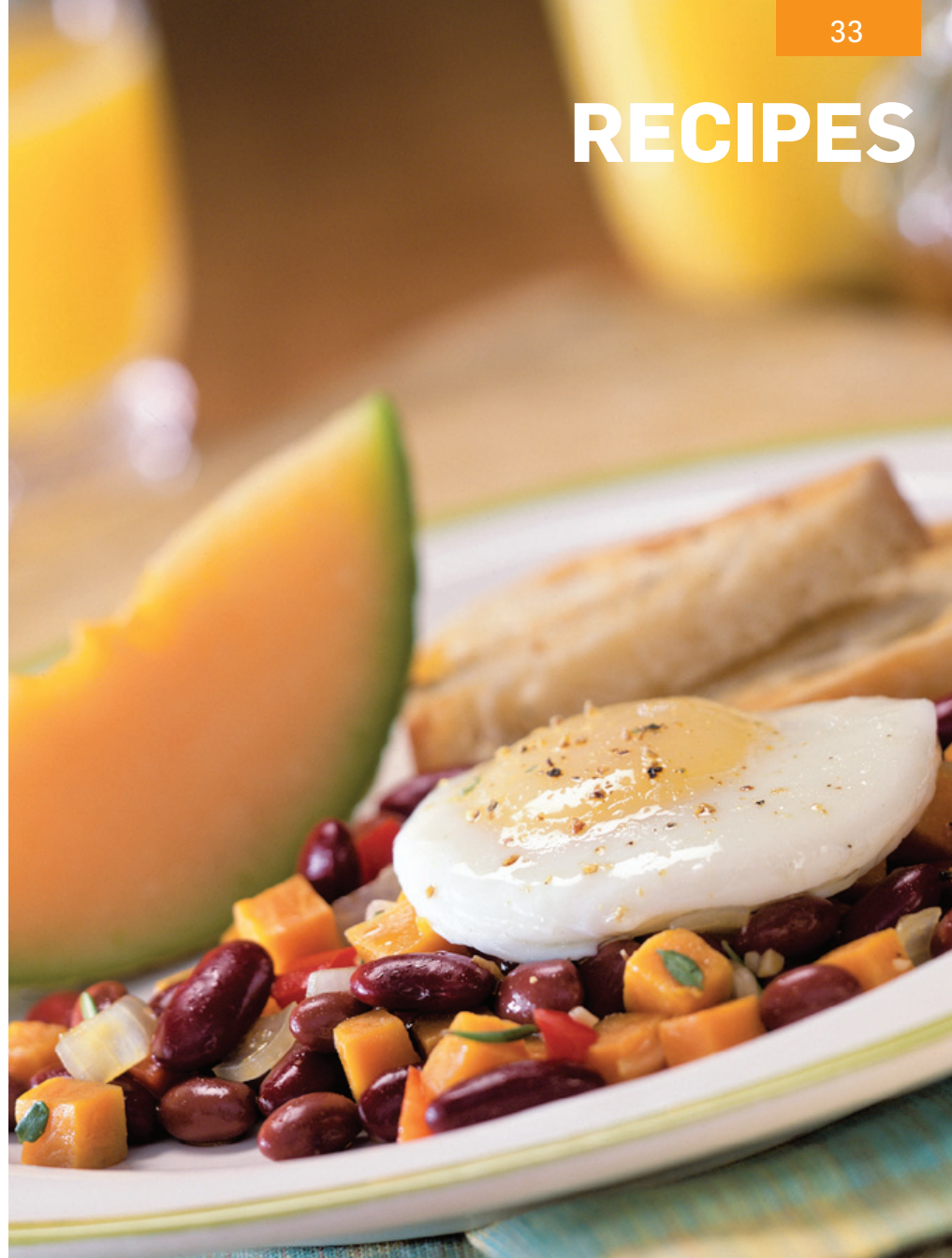
### Snack

Cottage cheese and fruit

### Meal 3

**Lemon-Lime Red Snapper** *(See Recipe)*

# RECIPES



## Buenos Dias Eggs

### Ingredients:

4 eggs  
 1/4 yellow onion, chopped  
 1/2 avocado (sliced)  
 4 Tbs salsa  
 Light Cooking Spray

### Instructions:

- 1) Heat pan over medium-high heat.
- 2) Lightly coat pan with cooking spray.
- 3) Cook onion until translucent.
- 4) Beat eggs in a small bowl, and pour into pan. Add black pepper to taste (optional)
- 5) Cook for 2-4 minutes or until done on medium-low heat. Top with avocado and salsa.

## “Healthy” Pancakes

### Ingredients:

1 cup old-fashioned oats  
 1 cup berries (blueberries or strawberries, etc)  
 1/2cup low-fat ricotta cheese  
 2 large eggs  
 1 tsp 100% maple syrup (Grade B or C)

### Instructions:

- 1) In a blender combine oats, ricotta, eggs.
- 2) Stir in berries. Scoop batter onto warm skillet and make
- 3) 3-inch pancakes.
- 4) Cook until brown on each side.
- 5) Top with maple syrup.

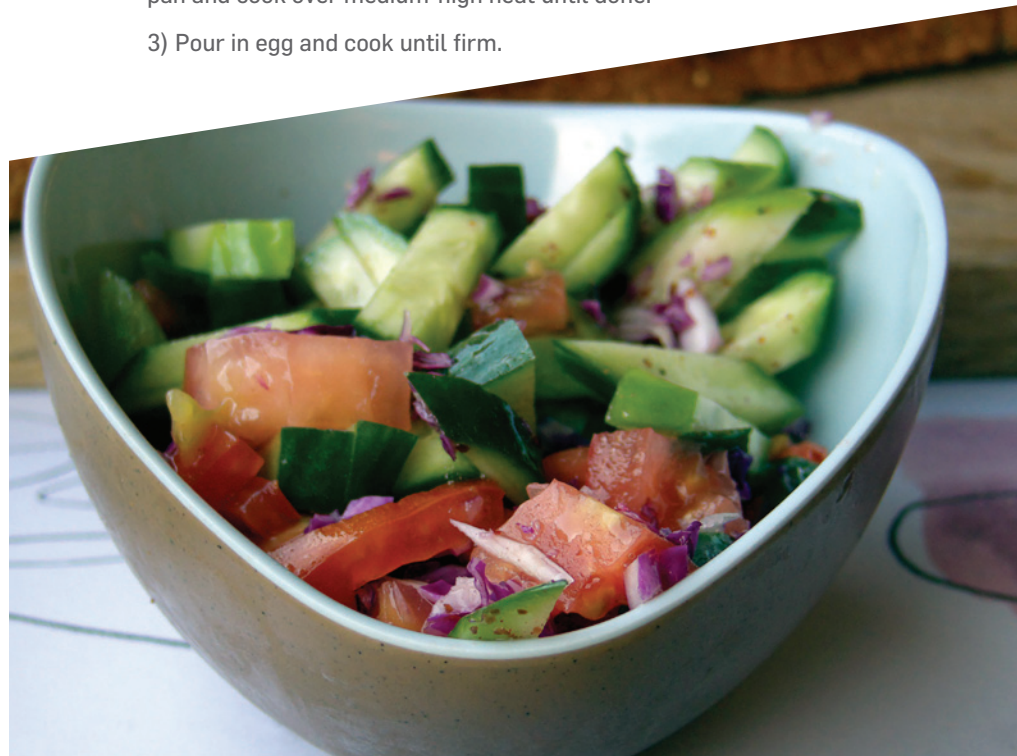
## Veggie Omelet

### Ingredients:

3 large eggs, beaten  
 1/4 cup mushrooms, chopped  
 1/4 yellow onion, diced  
 1 tomato, chopped  
 1 small clove of garlic, chopped  
 1 handful spinach, shredded  
 1/4 cup red pepper, diced  
 Light cooking Spray

### Instructions:

- 1) Lightly coat pan with cooking spray.
- 2) Put onion, mushrooms, tomato, garlic, spinach and pepper in pan and cook over medium-high heat until done.
- 3) Pour in egg and cook until firm.



## Breakfast Burrito

### Ingredients:

1 large whole grain tortilla  
 4 large eggs, beaten  
 1/2 cup tomatoes chopped  
 1/2 avocado, chopped  
 1/2 cup of red sweet pepper, chopped  
 1/2 medium yellow onion, chopped  
 salt and pepper  
 1/2 cup black beans  
 Light cooking spray

### Instructions:

- 1) Wrap the tortilla in foil and warm in the oven or toaster oven.
- 2) Fry red pepper, and onion in a frying pan lightly greased with cooking spray until soft.
- 3) Meanwhile, heat black beans in small saucepan.
- 4) Add eggs and stir with wooden spoon so they scramble.
- 5) Cook until firm. Top each tortilla with beans, eggs, tomato, and avocado.
- 6) Roll tortillas into burritos and serve.



## Chorizo Scramble

### Ingredients:

1 Tbsp olive oil  
 1/2 yellow onion, diced  
 1/4 lb chorizo sausage, sliced  
 4 eggs  
 ground black pepper to taste  
 hot pepper sauce (optional)

### Instructions:

- 1) Over medium-high heat, sauté the onions and chorizo in olive oil until the chorizo gets crispy around the edges and the onion turns slightly translucent.
- 2) Meanwhile, beat the eggs in a small bowl and add black pepper.
- 3) Pour the eggs into the pan with the chorizo and onions.
- 4) Scramble the eggs. Cook until firm.
- 5) Top with hot sauce.

## Veggie Omelet

### Ingredients:

4 eggs, beaten  
 1 medium zucchini, diced  
 1 clove garlic, minced  
 1 medium tomato, diced  
 1 handful spinach

### Instructions:

- 1) Over medium-high heat, add the zucchini, garlic and tomato to the pan. Sauté until tender.
- 2) When the vegetables are almost done, add the beaten eggs, along with the fresh spinach. Turn heat to medium-low and cook until the eggs are fluffy and firm.

## Fried Eggs and Sweet Potato Hash

### Ingredients:

1 Tbs olive oil, divided  
 1 medium sweet potato, diced  
 1/2 yellow onion, diced  
 1 medium red bell pepper, diced  
 4 eggs  
 ground black pepper to taste

### Instructions:

- 1) Boil sweet potato until soft.
- 2) Meanwhile, in a large pan, heat 2 teaspoons of oil over medium heat.
- 3) Add the onions, bell peppers, and 1 Tbs water and sauté until peppers are soft.
- 4) Drain sweet potatoes and add to frying pan. Sauté with bell peppers for approximately 5 minutes.
- 5) Meanwhile, fry eggs in 1 teaspoon of oil.
- 6) Season with freshly ground black pepper and serve over sweet potato and red bell pepper.

## Smoked Salmon Scramble

### Ingredients:

2 oz. smoked salmon, chopped  
 1 stem of fresh dill, chopped  
 3 large eggs  
 1/2 cup fresh spinach  
 salt and pepper to taste  
 Light cooking spray

### Instructions:

- 1) Heat cooking spray in pan. Add spinach and salmon. Cook until spinach wilts but still a little firm. Add dill.
- 2) While spinach is cooking, beat egg and add salt and pepper to taste.
- 3) Pour egg over spinach and salmon. Stir frequently to scramble. Cook until eggs are firm.

## Quiche Cupcakes

### Ingredients:

12 large eggs  
 1/2 fresh spinach, shredded  
 1/4 chives, chopped  
 1/2 cup tomato, diced (dried tomato is a great alternative)  
 black pepper and dried Italian herbs to taste  
 12 muffin papers

### Instructions:

1) Beat eggs in a bowl and mix in spinach, tomato, chives and spices. Put muffin papers in muffin tin and pour egg mixture into tins.

2) Bake at 350 degrees Fahrenheit for 20 minutes or until golden brown.

\* Eat up to 2 at a time. These make great snacks as well that can be stored in the fridge.

## Egg n' Veggies

### Ingredients:

4 eggs  
 1 small to medium tomato, cut into 4 (1/2 inch) slices  
 1 green bell pepper  
 1/3 cup yellow onion, chopped  
 3-4 white button mushrooms, chopped  
 ground black pepper to taste

### Instructions:

- 1) In a large or medium pan, heat cooking spray over medium heat
- 2) Add onions, bell peppers, mushrooms and sauté until cooked
- 3) Beat 4 eggs and pour over cooked veggies
- 4) Continue cooking eggs and veggies over medium until eggs are firm



## Chicken Soup

### Ingredients:

1/2 a Leek  
 1 Stick of Celery  
 1 Small Onion  
 1 Carrot  
 3 chicken legs  
 2 Egg Whites  
 Splash Of Lemon Juice  
 Pinch (or desired amount) of Italian mixed herbs  
 Salt and Pepper to Taste

### Instructions:

- 1) Fill a medium to large pot about half way with water. Boil the chicken legs.
- 2) Meanwhile, chop all the vegetables into bite sized pieces.
- 3) Chicken legs are done when they are cooked through to the bone. Remove chicken legs from boiling water and set aside until they are cool to the touch.
- 4) Remove any white foam/fat that is floating in the water with a spoon or small siv.
- 5) Add vegetables, lemon juice, dried herbs and salt/pepper to boiling water.
- 6) Cut the meat off of the chicken legs (bite sized pieces) and add to the pot.
- 7) Put the lid on the pot and simmer or about 25 minutes or until vegetables are soft.
- 8) Take off heat and add the egg whites and then stir.

“Remember to drink lots of water.  
 Water is the key to a healthy body!”

## Avocado & Chicken Salad

### Ingredients:

Grilled chicken, sliced  
 3 cups mixed greens  
 1/2 avocado, sliced  
 1 medium tomato, diced  
 1 tbsp lemon juice  
 2 tsp olive oil

### Instructions:

Top mixed greens with tomato, avocado and chicken. Drizzle with olive oil and lemon juice for dressing



## Chicken Fajitas Salad

### Ingredients:

- 1 Tbs olive oil
- 1/2 red onion, diced
- 1 boneless, skinless chicken breast, cut into thin strips
- 1/2 tsp ground cumin
- 2 tsp dried oregano
- 1 large bell pepper, chopped
- 1/2 head romaine lettuce
- 2 medium tomatoes, diced
- 1 avocado

### Instructions:

- 1) Heat pan over medium-high heat. When hot, add oil and onions. Sauté until onions are soft and slightly translucent.
- 2) Add the peppers and cook until tender.
- 3) Once the peppers are cooked, add chicken and spices and continue to cook, stirring often.
- 4) Meanwhile, wash and shred the lettuce. Put on a plate or bowl.
- 5) Once chicken is done, top lettuce with chicken and pepper mixture, tomatoes and sliced avocado.

## Turkey Burger

### Ingredients:

- 1 lb ground turkey
- 1 egg
- 1/4 cup cilantro, chopped
- 1/4 cup red onion, chopped
- 2 garlic cloves, minced
- black pepper to taste

### Instructions:

- 1) Combine all ingredients in a bowl and mix well with hands
- 2) Divide into 4 portions and shape into patties.

## Turkey Burger (continued)

- 3) Grill or broil on low until cooked.

## Turkey Lettuce Wrap

### Ingredients:

- 1/2 lb. of turkey breast cold cuts, cut in strips
- 1/4 cup celery, chopped
- 1/4 cup tomato, chopped
- 1 tsp olive oil
- 1 tsp lemon juice
- ground black pepper to taste
- desired amount of romaine lettuce leaves

### Instructions:

Mix turkey breast, celery and tomato together with oil, lemon juice, and pepper. Fill romaine lettuce leaves and enjoy.

## Thai Chicken Wraps

### Ingredients:

- Boneless, skinless chicken breast
- Desired amount of romaine lettuce leaves
- 4 cabbage leaves, thinly chopped
- 1 large carrot, shredded
- 3 green onions, thinly sliced
- 1/4 cup cilantro, finely chopped

### Thai Sauce:

- 1/4 cup almond butter
- 1/4 cup water
- 2 Tbs low sodium soy sauce
- 2 Tbs lime juice
- 2 cloves garlic, minced
- Pinch of chili spice

### Instructions:

- 1) Grill chicken breasts and dice into 1/2" cubes.
- 2) Spread washed lettuce leaves on a plate.
- 3) Fill with chicken and other ingredients
- 4) Drizzle with Thai Sauce.

## Spaghetti Squash & Turkey Meatballs

### Meatball Ingredients:

- 1 lb ground turkey
- 2 medium carrots
- 1 medium red bell pepper
- 5 large mushrooms
- handful of fresh parsley
- 1/2 yellow onion
- 1 clove garlic
- 2 Tbs mixed Italian herbs
- 1/2 tsp freshly ground black pepper

### Instructions:

- 1) Preheat oven to 350.
- 2) Combine carrots, bell pepper, mushrooms, onion, garlic and spices in a food processor and blend until well chopped.
- 3) Empty the food processor into a large bowl, add the ground turkey and mix together completely.
- 4) Form 1 meatballs and place on a non-greased baking sheet.
- 5) Bake for about 25 minutes, or until completely cooked. (flipping them at 15 minutes)
- 6) Set Aside

### Spaghetti Squash Ingredients:

- 1 Tbs olive oil
- 2 cloves garlic, minced
- 1 spaghetti squash
- 15 oz marinara sauce

### Instructions:

- 1) Preheat the oven to 375° F.
- 2) Split the squash lengthwise; remove seeds and stringy part with spoon.
- 3) Place both halves face down on a baking pan, with 1/4" of water.

Spaghetti Squash Instructions (continued):

- 4) Bake for 45 minutes.
- 5) Dig out squash with a fork.
- 6) Meanwhile, heat a large skillet over medium-high heat.
- 7) Add oil and garlic and cook until garlic begins to golden.
- 8) Add marinara and turkey meatballs, heat up. Top squash with marinara and meatballs.



## Chili

### Ingredients:

- 2 Tbs olive oil
- 1 large yellow onion, diced
- 2 garlic cloves, minced
- 2 Tbs chili powder
- 2 tsp sea salt (optional)
- 1 tsp cumin
- 2 lbs beef stew meat, cut into bite sized chunks
- 2 (28 oz) cans diced tomatoes
- 2 (4 oz) can diced green chilies
- 1/2 of a (4 oz) can diced jalapenos
- 1/2 tsp oregano
- 1/2 tsp thyme
- 1 bay leaf
- 8 medium button mushrooms, sliced
- 2 medium carrots, sliced
- 2 medium zucchini, diced
- 1 yellow zucchini, diced
- 1 large red pepper, diced

### Instructions:

- 1) Heat large soup pot over medium-high heat.
- 2) When hot, add oil and onion to pot and cook till onion is almost translucent.
- 3) When onions have browned slightly, add beef and brown on all sides. Season with chili powder, sea salt, cumin and garlic.
- 4) Add the diced tomatoes, green chilies, jalapenos, mushrooms, carrots, oregano, thyme and bay leaf. Turn heat down to medium and cook for about 40 minutes, stirring occasionally.
- 5) Add zucchini and red pepper, and cook for another 20 minutes.



## Sloppy Joes

### Ingredients:

- 2 Tbs olive oil
- 1 medium yellow onion, chopped
- 1 medium green pepper, chopped
- 2 cloves garlic, minced
- 1 lb ground beef
- 1 can diced tomato
- 1 Tbs chili powder
- 1/2 tsp ground cumin

### Instructions:

- 1) Heat oil in a large pan over medium-high heat.
- 2) Add onion, green pepper, and garlic, and sauté until tender.
- 3) Add ground beef, and continue to cook until beef starts to brown. Stir frequently.
- 4) Then add tomato, chili powder and ground cumin.
- 5) Remove from heat and serve over Cauliflower Rice.

\*See SIDES for Cauliflower Rice Recipe





## Shrimp Kabobs

### Ingredients:

3/4 lb shrimp, peeled and de-veined  
 juice of 1 lime  
 ground black pepper to taste  
 1 medium zucchini, sliced  
 1 red bell pepper, sliced  
 1 green bell pepper, sliced  
 1 red onion, cut into eighths  
 4 cloves garlic, minced  
 3 Tbs olive oil  
 wooden skewers

### Instructions:

- 1) Soak wooden skewers for at least 15 minutes to prevent burning.
- 2) Prepare grill.
- 3) Put shrimp in a bowl and add lime juice and pepper.
- 4) Add vegetables, garlic and olive oil to the shrimp and toss.
- 5) Put a piece of zucchini, then shrimp, then onion, then shrimp, then bell pepper on each skewer,
- 6) Grill until fully cooked.

## Stir Fry

### Ingredients:

1 chicken breast  
 1 cup light coconut milk  
 1 1/2 cups vegetables (i.e., broccoli, snow peas, chopped green beans, chopped asparagus, etc)  
 red curry paste to taste

### Instructions:

- 1) Bake chicken breast at 350 degrees for 20-30 minutes.

## Stir Fry (continued)

- 2) Slice chicken and put aside.
- 3) Put vegetables of your choosing in a saucepan. Add coconut milk and curry.
- 4) Cook until vegetables are soft.
- 5) Stir in chicken and serve.

## Almond Crusted Salmon

### Ingredients:

salmon fillet with skin  
 1/2 cup almond meal  
 1/2 tsp ground coriander  
 1/2 tsp ground cumin  
 juice of 1 lemon  
 ground black pepper to taste  
 olive oil

### Instructions:

- 1) Preheat the oven to 350° F.
- 2) Combine almond meal, coriander and cumin in a small bowl.
- 3) Sprinkle the salmon fillet with the lemon juice and season with pepper.
- 4) Completely coat fillet with the almond meal mixture.
- 5) Place skin side down on a broiler pan, greased lightly with olive oil.
- 6) Bake for 12-15 minutes, or until salmon flakes easily with a fork. Serve appropriate portion size per person with side of Kale Chips.

\* See SIDES for Kale Chips recipe



## Fish Curry

### Ingredients:

white fish fillets, cut crosswise into 1" slices  
 1 (403 ml) can unsweetened coconut milk  
 2 Tbs red curry paste  
 2 medium carrots, cut into thin matchsticks  
 1/2 small red cabbage, thinly sliced  
 handful fresh cilantro, chopped

### Instructions:

- 1) Put coconut milk and red curry paste in a medium to large pot over medium heat. Cook and stir until ingredients combine. (about 3 minutes)
- 2) Add carrots and red cabbage to pan. Cover and simmer for 4-5 minutes.
- 3) Add fish and simmer an additional 4-5 minutes, or until fish is fully cooked.
- 4) Serve topped with fresh cilantro.



## Chive Chicken

### Ingredients:

4 boneless, skinless chicken breasts  
 6 chives, sliced  
 2 Tbs fresh rosemary, chopped  
 ground black pepper to taste  
 4 Tbs olive oil

### Instructions:

- 1) Preheat oven to 375 degrees.
- 2) Season chicken with ground black pepper.
- 3) Put oil in an oven safe dish lined with aluminum foil.
- 4) Add chicken topped with chives and rosemary. Wrap in the foil.
- 5) Bake for 25-35 min or until chicken is fully cooked.

Serve appropriate portion size per person with 1/2 cup of Sweet Potato Mash.

\* See SIDES for Sweet Potato Mash recipe

## Tuna Stuffed Portobello

### Ingredients:

2 portobello mushroom caps  
 2 cans tuna in water  
 cayenne pepper and black pepper to taste  
 1 garlic clove, minced  
 2 chive steams, chopped  
 2 tsp fresh dill, chopped (optional)  
 1 avocado, sliced  
 Light cooking spray

### Instructions:

- 1) Preheat oven to 450° F.

### Tuna Stuffed Portobello (continued)

- 2) Mix tuna, cayenne, garlic, black pepper, dill and chives in a bowl.
- 3) Stuff tuna mixture into portobello caps.
- 4) Spray baking sheet with cooking spray and place caps on sheet.
- 5) Bake for 15-20 minutes or until portobello has softened.
- 6) Top with sliced avocado and serve warm.

### Coconut Lamb Curry

#### Ingredients:

- 1 Tbs olive or coconut oil
- 2 Tbsp red curry paste
- 1 lb lamb tenderloin, cubed
- 1/2 sweet yellow onion, diced
- 1 large carrot, sliced
- 4 medium tomatoes, diced
- 2 medium zucchini, sliced
- 2 403ml cans coconut milk
- 3 Tbs fresh cilantro, chopped
- ground black pepper to taste

#### Instructions:

- 1) Heat oil over medium-high heat.
- 2) When pan is hot, add the onions and carrots. Cook until onions are slightly translucent. tomatoes coconut milk and curry. Stir until blended.
- 3) Add lamb and simmer uncovered for 20-30 minutes.
- 4) Add zucchini and continue to simmer for 5-10 more minutes.
- 5) Season with pepper. Add cilantro and serve over Cauliflower Rice.

### Meatloaf

#### Ingredients:

- 1 lb ground pork
- 1 egg, beaten
- 1 tsp sea salt (optional)
- 1/2 tsp ground black pepper
- 1 green bell pepper, diced
- 1 red bell pepper, diced
- 1 Tbs olive oil
- 1 onion, diced
- 7 white button mushrooms, sliced
- 4 slices of bacon

#### Instructions:

- 1) Preheat oven to 400° F.
- 2) Heat oil in a large sauté pan over medium-high heat. When pan is hot, add onion and mushrooms and pepper and sauté until softened (about 10 minutes).
- 3) Mix pork, egg, sea salt (optional), and black pepper in a bowl.
- 4) Combine cooked vegetables with meat mixture.
- 5) Shape into a loaf in an increased baking pan, and add the bacon strips across the top of loaf.
- 6) Bake for 60-75 minutes, or until fully cooked.
- 7) Serve with a side salad.



## Lemon - Lime Red Snapper

### Ingredients:

1 lb red snapper fillets  
 juice of 1 lime  
 juice of 1 lemon  
 1 tsp chili powder  
 1 tomato, chopped  
 4 chives onions, sliced  
 1 red bell pepper, chopped  
 4 steams fresh cilantro, chopped

### Instructions:

- 1) Preheat oven to 350.
- 2) Place red snapper in a shallow baking dish.
- 3) Mix limejuice, lemon juice and chili powder in small bowl and pour over snapper.
- 4) Top snapper with chopped onions, tomato and peppers.
- 5) Cover and bake for 20-30 minutes or until snapper in flaky.
- 6) Let stand, covered, 4 minutes before serving.
- 7)Garnish with fresh cilantro. Serve appropriate snapper portion per person.

## Veal Chops

### Ingredients:

4 veal chops (4-6oz each)  
 2 tsp oregano  
 4 leaves fresh basil, chopped  
 ground black pepper to taste  
 1 Tbs olive oil  
 2 Tbs fresh parsley, chopped  
 2 cloves garlic, minced  
 1 can diced tomatoes

### Instructions:

- 1) Season each veal chop with oregano, black pepper and basil.
- 2) Heat oil in a large pan over high heat.
- 3) Add pork chops and brown on both sides.
- 4) Reduce heat to medium-low and add garlic. Continue to cook until garlic begins to brown.
- 5) Add tomatoes and parsley, cover, reduce heat to low and simmer until pork is tender (about 2 hours).





## Grilled Tuna Steak

### Ingredients:

4 (6 ounce) albacore tuna steaks, 1 inch thick  
 3 Tbsp olive oil  
 ground black pepper to taste  
 Juice of 1 lime  
 Light Cooking Spray

### Instructions:

- 1) Place tuna steaks and olive oil in a large Ziploc bag. Seal, and refrigerate for 1 hour.
- 2) Lightly spray the grill with cooking spray and preheat at medium heat.
- 3) Season tuna with pepper, and cook on the preheated grill approximately 6 minutes, turning once. Transfer to a serving platter, and drizzle with freshly squeezed lime juice. Serve immediately.

\*Serve with Asparagus Salad (See Side Dishes)

## Beef and Broccoli

### Ingredients:

2 Tbs olive oil  
 2 cloves of garlic, minced  
 1 lb stew beef, cut into bite sized pieces  
 2 Tbs lemon juice  
 2 tsp freshly grated ginger  
 ground black pepper and red pepper flakes to taste  
 1/2 cup chicken broth  
 2 cups broccoli  
 2 cups carrots, thinly sliced  
 1 green onion, thinly sliced

## Beef and Broccoli (continued)

### Instructions:

- 1) Heat the oil and garlic in a large pan over medium-high heat.
- 2) Add beef and brown on all sides. Remove beef from pan and set aside.
- 3) Discard juices from pan.
- 4) In a small bowl mix lemon juice, grated ginger, ground black pepper and red pepper flakes with broth. Heat pan again over medium heat. Add 1 Tbs oil when pan is hot.
- 5) Add broccoli and carrots to pan. Pour liquid ingredients on top and stir to mix.
- 6) Cook over medium heat until broccoli is tender.
- 7) Return the beef to the pan and add the green onions.
- 8) Stir beef in until it's coated with sauce, and let simmer for 5-10 minutes or until beef warmed through.



## Asparagus Salad

### Ingredients:

- 1 lb asparagus
- 1 Tbs red onion, finely chopped
- 1 Tbs olive oil
- 4 tsp balsamic vinegar
- 1 clove garlic, minced
- freshly ground black pepper to taste

### Instructions:

- 1) Boil asparagus for 3 minutes
- 2) Drain and rinse under cold water immediately. Dry thoroughly.
- 3) Mix all other ingredients together. Toss asparagus with balsamic mixture.
- 4) Serve chilled or at room temperature.

## Kale Chips

### Ingredients:

- 1 bunch of kale
- 1 tsp olive oil
- 1/4 tsp sea salt (optional)

### Instructions:

- 1) Preheat oven to 350°F.
- 2) Wash kale and remove tough stems.
- 3) Tear kale with hands into 2"-3" pieces and place on baking sheet.
- 4) Toss kale with oil and sea salt until coat with oil.
- 5) Bake for 7-10 minutes, or until kale is crispy (not brown) Serve hot.

## Homemade Hummus

### Ingredients:

- 2 Tbs olive oil
- 2 tsp ground cumin
- 1 16 oz. can chickpeas
- 1/2 head cauliflower, cut into flowerettes
- ground black pepper to taste
- 1/2 cup tahini (optional)
- 3 cloves garlic, minced
- juice of 1 lemon
- 1/4 tsp paprika

### Instructions:

- 1) Preheat oven to 500°F.
- 2) Toss cauliflower, olive oil, cumin and black pepper together in a large bowl.
- 3) Spread out evenly on a baking sheet.
- 4) Bake until cauliflower is browned and tender, (approx. 30 minutes) stirring occasionally.
- 5) Meanwhile, drain chickpeas and set aside liquid from can.
- 6) Combine tahini, garlic, lemon juice roasted cauliflower and chickpeas in a food processor with 1/4 cup of liquid from chickpeas. Blend until a smooth paste forms (add additional olive oil if desired).
- 7) Season with paprika and chill in fridge until ready to serve.



## Sweet Potato Mash

### Ingredients:

3 medium sized sweet potatoes, peeled and cut in 2" pieces

### Instructions:

- 1) Put sweet potatoes in pot of cold water and bring to boil.
- 2) Once boiling, reduce heat to medium-low and simmer until potatoes are tender (about 14-16 minutes).
- 3) Keep 1/4 cup of the cooking water and mash the potatoes with the cooking water.
- 4) Top with tbsp of low fat sour cream if desired.

## Cauliflower Rice

### Ingredients:

1 head cauliflower, cut into flowerettes

2 Tbs olive oil

Optional Seasonings: garlic, ginger, curry, ground black pepper, sea salt

### Instructions:

- 1) Boil cauliflower until slightly softened. Drain and set aside until cooled to room temperature.
- 2) Place the cauliflower with desired spices into a food processor and pulse until it has a rice-like consistency.
- 3) Sauté the cauliflower with oil and serve.

## Sautéed Fennel and Carrots

### Ingredients:

2 fennel bulbs, sliced

4 medium carrots, sliced

2 Tbs olive oil

ground black pepper to taste

### Instructions:

- 1) Heat oil in a pan over medium heat.
- 2) When the pan is hot, add the fennel and carrots. Cook until tender, stirring occasionally.
- 3) Season with freshly ground black pepper to taste.

## Berry Almond Salad

### Ingredients:

1 cup fresh berries of your choice, sliced if needed

4 tsp balsamic vinegar

1/3 cup slivered almonds

### Instructions:

- 1) Pour 2 tsp of balsamic vinegar over berries.
- 2) Top with slivered almonds.





## Homemade Apple Chips

### Ingredients:

2 cups unsweetened apple juice  
1 cinnamon stick  
2 large apples (any kind)  
cooking spray

### Instructions:

- 1) In a large pot, combine apple juice and cinnamon stick and bring to a low boil.
- 2) Meanwhile, slice apples width-wise into 1/8 " thick slices. Using a slotted spatula, place apples into boiling juice and cook 4-5 minutes or until apples are nearly translucent.
- 3) Use the spatula to remove apple slices from pot and pat dry with clean cloth or paper towel to remove excess juice.
- 4) Preheat oven to 250 degrees.
- 5) Prepare a cake cooling rack placed over a cookie sheet.
- 6) Lightly spray cooling rack and place slices on rack and put in oven on middle rack.
- 7) Bake 30-40 minutes. Apples should appear golden brown and almost dry to the touch. Cool and serve.



**PRE and POST  
EXERCISE  
SNACK RECIPES**



## No Bake Almond-Butter Bars

### Ingredients:

- 2 cups rolled oats
- 1/2 cup almond butter
- 4 scoops vanilla whey protein powder
- 1/2 cup coconut milk

### Instructions:

- 1) Mix all ingredients together in a large bowl.
- 2) Evenly spread mixture onto a high-edge baking pan.
- 3) Cool in fridge for at least one hour or until mixture firms.
- 4) Cut into bars. Eat one bar per serving.

## Minty Parsley Passion Smoothie

### Ingredients:

- 1 bunch fresh parsley
- 4 large fresh mint leaves
- 1 cucumber, peeled
- 1 Fuji apple
- 1 ripe banana
- 1 cup water

### Instructions:

Blend and drink. Add more water if you prefer your smoothie to be less thick.

## Quickie Baked Sweet Potato

### Ingredients:

- 1 medium sweet potatoe

## Quickie Baked Sweet Potato

(continued)

### Instructions:

- 1) Wash potato and leave skin on
- 2) Pierce potato 3-5 times with a fork
- 3) Place on microwave dish and microwave for 4-5 minutes or until potato is soft.
- 4) Cut open length wise and top with a tablespoon of plain Greek yogurt.



## Banana Bread

Makes 10 servings. You can freeze individually wrapped slices. Take them out as you need them

### Ingredients:

- 1 cup of whole wheat flour
- 1/3 cup almond flour
- 1/2 cup quick-cooking rolled oats
- 1 cup of honey
- 1 tsp baking soda
- 3 scoops of vanilla whey protein powder
- 1 tsp cinnamon
- 1/2 tsp nutmeg
- 1/2 cup unsweetened applesauce
- 2 eggs
- 4 ripe bananas

**Instructions:**

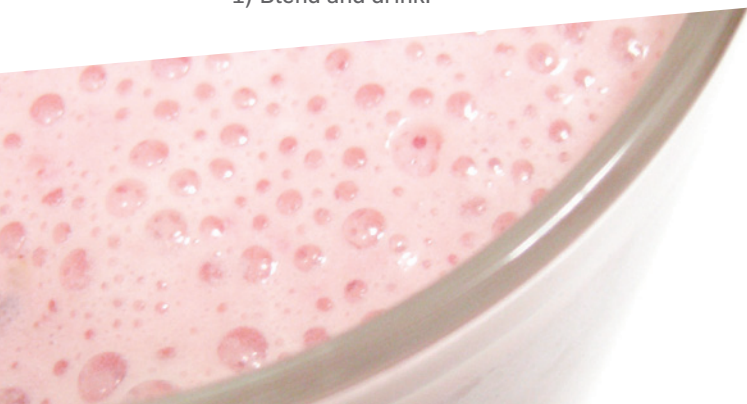
- 1) Pre-heat oven to 325° F.
- 2) Mash all wet ingredients (applesauce, honey, eggs, banana) into a large bowl.
- 3) In a separate bowl, mix together all dry ingredients.
- 4) Gradually stir dry mixture into the wet mixture.
- 5) Pour batter into greased loaf pan and bake for about 45 minutes, or until a toothpick, inserted into the center, comes out clean.
- 6) Let cool for 10 minutes in the pan, and then for another 10 minutes on a wire rack.
- 7) Cut loaf into 10 evenly sized slices.

**Peachy Perfection Shake****Ingredients:**

- 2 ripe peaches
- 1 mango
- 1/4 cup pineapple chunks (fresh not canned)
- 1 cup kale
- 1 cup water
- 3 ice cubes

**Instructions:**

- 1) Blend and drink.

**Morning Sunshine Smoothie****Ingredients:**

- 1/2 bunch dandelion greens
- 2 celery stalks
- 1/4 inch ginger root
- 2 peaches
- 1 red grapefruit
- 3 ice cubes
- 1/2 cup water

**Instructions:**

- 1) Blend all ingredients in blender. Add more water if it is too thick for your liking.

**POST EXERCISE  
SNACK RECIPES****Basic Banana Shake****Ingredients:**

- 1 scoop whey protein
- 1 banana
- 1/2 cup water
- 1/2 cup skim almond or soymilk
- handful of ice

**Instructions:**

- 1) Blend and Drink.

## Pumpkin Protein Bars

### Ingredients:

2 eggs  
 1 cup real pumpkin puree  
 1.5 cups vanilla flavored whey protein powder  
 1/2 tsp baking soda  
 1/2 tsp cinnamon  
 1/2 tsp cloves  
 pinch sea salt

### Instructions:

- 1) Preheat oven to 350 degrees
- 2) Whisk egg and pumpkin together
- 3) Mix in dry ingredients until completely blended
- 4) Pour mixture into 8x8" baking pan
- 5) Bake for 20 minutes.
- 6) Allow to cool and cut into bars. Eat one bar per serving.

## Pina Colada Shake

### Ingredients:

2 scoops of Vanilla protein powder  
 1/2 cup pineapple  
 1/2 cup coconut water  
 Crushed ice

### Instructions:

- 1) Blend and drink.

## Watermelon Protein Cooler Shake

### Ingredients:

1 cup seedless watermelon  
 10 ice cubes  
 1 cup water  
 1 scoop vanilla flavored why protein powder

### Instructions:

- 1) Blend and drink.



# Meal Tracker

Week 1 Day 1

Meal 1:	_____	Time:	_____
Meal 2:	_____	Time:	_____
Meal 3:	_____	Time:	_____
Meal 4:	_____	Time:	_____
Meal 5:	_____	Time:	_____
Meal 6:	_____	Time:	_____
Glasses of Water:	_____		

Week 1 Day 2

Meal 1:	_____	Time:	_____
Meal 2:	_____	Time:	_____
Meal 3:	_____	Time:	_____
Meal 4:	_____	Time:	_____
Meal 5:	_____	Time:	_____
Meal 6:	_____	Time:	_____
Glasses of Water:	_____		

# Meal Tracker

Week 1 Day 3

Meal 1:	_____	Time:	_____
Meal 2:	_____	Time:	_____
Meal 3:	_____	Time:	_____
Meal 4:	_____	Time:	_____
Meal 5:	_____	Time:	_____
Meal 6:	_____	Time:	_____
Glasses of Water:	_____		

Week 1 Day 4

Meal 1:	_____	Time:	_____
Meal 2:	_____	Time:	_____
Meal 3:	_____	Time:	_____
Meal 4:	_____	Time:	_____
Meal 5:	_____	Time:	_____
Meal 6:	_____	Time:	_____
Glasses of Water:	_____		



# Meal Tracker

Week 1 Day 5

Meal 1:	_____	Time:	_____
Meal 2:	_____	Time:	_____
Meal 3:	_____	Time:	_____
Meal 4:	_____	Time:	_____
Meal 5:	_____	Time:	_____
Meal 6:	_____	Time:	_____
Glasses of Water:	_____		

Week 1 Day 6

Meal 1:	_____	Time:	_____
Meal 2:	_____	Time:	_____
Meal 3:	_____	Time:	_____
Meal 4:	_____	Time:	_____
Meal 5:	_____	Time:	_____
Meal 6:	_____	Time:	_____
Glasses of Water:	_____		

# Meal Tracker

Week 1 Day 7

Meal 1:	_____	Time:	_____
Meal 2:	_____	Time:	_____
Meal 3:	_____	Time:	_____
Meal 4:	_____	Time:	_____
Meal 5:	_____	Time:	_____
Meal 6:	_____	Time:	_____
Glasses of Water:	_____		

Week 2 Day 1

Meal 1:	_____	Time:	_____
Meal 2:	_____	Time:	_____
Meal 3:	_____	Time:	_____
Meal 4:	_____	Time:	_____
Meal 5:	_____	Time:	_____
Meal 6:	_____	Time:	_____
Glasses of Water:	_____		

# Meal Tracker

Week 2 Day 2

Meal 1:	_____	Time:	_____
Meal 2:	_____	Time:	_____
Meal 3:	_____	Time:	_____
Meal 4:	_____	Time:	_____
Meal 5:	_____	Time:	_____
Meal 6:	_____	Time:	_____
Glasses of Water: _____			

Week 2 Day 3

Meal 1:	_____	Time:	_____
Meal 2:	_____	Time:	_____
Meal 3:	_____	Time:	_____
Meal 4:	_____	Time:	_____
Meal 5:	_____	Time:	_____
Meal 6:	_____	Time:	_____
Glasses of Water: _____			

# Meal Tracker

Week 2 Day 4

Meal 1:	_____	Time:	_____
Meal 2:	_____	Time:	_____
Meal 3:	_____	Time:	_____
Meal 4:	_____	Time:	_____
Meal 5:	_____	Time:	_____
Meal 6:	_____	Time:	_____
Glasses of Water: _____			

Week 2 Day 5

Meal 1:	_____	Time:	_____
Meal 2:	_____	Time:	_____
Meal 3:	_____	Time:	_____
Meal 4:	_____	Time:	_____
Meal 5:	_____	Time:	_____
Meal 6:	_____	Time:	_____
Glasses of Water: _____			







