

# **MACRO DIET COOKBOOK FOR BEGINNERS**

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# INTRODUCTION

I'm Roy, and food has been more than fuel for as long as I can remember. It's been my reward, comfort, and constant companion through every twist and turn of life. I always grabbed a pizza whenever I felt stressed after a long day. Ordering a burger and fries was my favorite when I needed to celebrate something. Ice cream always rescued me when I was lonely and sad on a Friday night. These habits were not occasional but deeply rooted in my daily routine.

My relationship with food started to become toxic, and I did not realize it at first.

I put on a lot of fat mass, but that did not bother me as much as how I felt inside. I felt constantly exhausted, had frequent headaches, and my joints ached. I found it difficult to concentrate at work because I was not feeling okay inside. I woke up feeling tired and lazy, no matter how much sleep I got. Completing a simple task well was challenging, and I needed more motivation for things I once enjoyed.

My friends and family encouraged me to change my dietary routine and choose healthy foods over processed and unhealthy foods, but I did not want to notice the difference. I always find healthy eating dull. Healthy eating is restrictive because you can not have your favorite foods at your table in this way. I learned that you prepare nutritious foods in your kitchen, but I needed more time to cook complex recipes or track calories.

I tried dieting before. I sometimes cannot keep a food diary in my pocket to note what I eat and how many calories I consume, which frustrates me greatly.

Every time I try to cut out my favorite foods to lose weight, I end up overeating them within minutes. I binge, forget my healthy goals, and feel trapped in a never-ending cycle of disappointment.

It was an ordinary, random evening. I found myself in a fast-food spot, ordering my usual

comfort meal: a double cheeseburger with loaded fries and a soft drink. But that night, something was fishy and alarming. As I sat in my car, staring at the greasy paper bag, I suddenly thought: Why am I doing this to myself?

I was not feeling out of fuel. Why did I put so much food into my stomach? I was eating out of habit because I was feeling sad and stressed. That realization was compelling. "Food was not fixing anything," and I felt that. Unhealthy eating was making me feel worse physically, emotionally, and mentally. I wanted to change my eating pattern but needed to figure out where to start.

That was a memorable weekend for me as I encountered something that changed everything.

While scrolling through my social media posts, I discovered a post about the "Macro Diet." I had encountered ideas like the macro diet before, but I always assumed that some complicated figure-conscious diet routine required hours of meal planning and calorie counting. However, that social media post clearly explained that it is all about a balanced diet and getting the right proportions of protein, fats, and carbohydrates. They did not exaggerate it by focusing on cutting calories or banning some foods.

Following the macro diet was simple, as it did not include restriction or deprivation. It was about eating natural, organic food in the appropriate proportions to fuel your body.

It was like a lightbulb went off, and I realized I didn't have to give up my favorite foods. Therefore, I decided to give it a shot. I quickly downloaded a mobile application to assist in tracking my macros and set some goals for myself. I started looking at food differently, not as an enemy or a source of comfort, but as a way to nourish my body and feel my nest.

I started making healthy choices for my significant meals. For example, I made smoothies with protein powder, seasonal fruits, and cereals like oats instead of skipping breakfast or eating something unhealthy on the way to work. I began preferring balanced meals with lean proteins, whole cereal products, and fresh vegetables for lunch. While at dinner, I allowed myself a little flexibility, still fitting into my macros but making room for the foods I loved.

The first week was tough. I craved things I had eaten once and struggled to balance my macros. But with time, I noticed something great happening inside my body. I had energy, natural energy. It did not make me sluggish in the afternoons, and I woke up refreshed in the morning. My headache was gone, and my mood was amazingly better. What I liked most was that I did not feel deprived and was living life fully.

Eating my favorite foods, still within healthy limits, made me comfortable and happy at

the same time. I could enjoy pizza on a Friday night or have a slice of chocolate cake at my friend's birthday party without guilt. I have learned how to balance it with the rest of my meals.

As time passed, my body started to change, too. I started losing weight steadily, and my clothes started fitting better. My skin cleared up, and I felt stronger and more confident. The macro diet was about losing weight and gaining control over my health and life. It taught me how to make food work for me, not against me. I did not need to punish myself with restrictive diets or unhealthy eating patterns. I could enjoy food in a way that nourished my body and soul.

Now, months later, I realize I am physically healthier and mentally and emotionally in a better place.

Therefore, if you are also feeling stuck in your cycle of unhealthy habits, you must know that it's never too late to make a change. The book *Macro Diet* will give you the tools to reclaim your health.

## What is the Macro Diet?

Macro diets are related to three primary macronutrients: carbohydrates, proteins, and lipids (fats and oils). They are a well-balanced and flexible approach to consuming these three macronutrients in the right proportions that promote health and prevent disease. However, macro diets are about something other than counting calories while eating, as most people assume. It is about each macronutrient's "right proportion" daily. These macronutrients provide energy to your body to perform voluntary and involuntary tasks. [1,2]

Most modern dietary regimes focus on restricting certain foods or cutting out entire food groups. However, the macro diet highlights the concept of balance and moderation, which allows you to eat a variety of foods while still maintaining

control over your nutritional intake. Each food group has its nutritional value and function inside your body if consumed in a recommended amount. Each food group contains certain essential nutrients, and your body will become deficient if you restrict that entire food group from your dietary routine.

Macro diets do not favor dieting in the traditional sense; they are about managing your food intake more mindfully and moderately. Tracking your macronutrients supports your health goals, such as weight loss, muscle gain, or improved overall wellness. The aim is to make food choices based on how much of each macronutrient you need rather than focusing on calorie numbers.

# Components of the Macro Diet

The three critical vitals of the macro diet are the three macronutrients: protein, carbohydrates, and lipids (fats and oils). These macronutrients are the primary fuel sources of your body. The body gets energy from these components in the form of calories.

Following is the detail of each macro component:

## Protein

Proteins, consisting of amino acids, are the building blocks of your body. They repair muscles and growth, regenerate and heal tissues and organs, and support a healthy immune system. Most body parts, such as bones, muscles, hair, nails, skin, enzymes, hormones, and neurotransmitters, are proteins.

Your body can get protein from two significant sources: animals and plants.

Good sources of animal protein include:

Lean meats (chicken, turkey, lean beef)

Fish and seafood

Eggs

Dairy products (milk, yogurt, cheese)

Good sources of plant protein include:

Beans

Lentils

Pulses

Tofu

Tempeh

## Carbohydrates

Your body primarily uses carbohydrates as fuel, and their structure and function determine the various forms they take. Glucose forms all carbohydrates and fuels your brain, muscles, and organs. Experts usually divide carbohydrate sources into simple carbohydrates and complex carbohydrates. Simple carbohydrates, like

sugar, provide quick energy and are high in calories. Complex carbohydrates like whole grains and vegetables break down slowly and provide longer-lasting energy. Moreover, complex carbohydrates contain beneficial nutrients like fiber and vitamins.

Good sources of carbohydrates include:

Whole grains (brown rice, quinoa, oats)

Vegetables (especially leafy greens and starchy vegetables like sweet potatoes)

Fruits

Legumes (beans, lentils, chickpeas)

## Lipids

Lipids are high-energy macronutrients in two primary forms: fats and oils. Most people misunderstand the importance of lipids and their health benefits and start avoiding them in their diet. However, lipids are essential to a healthy diet and should be consumed in the recommended amount daily. They are a concentrated source of energy and help the body absorb fat-soluble vitamins (e.g., A, D, E, K). In addition, lipids are vital for brain development, hormone production, and cell structure maintenance. Fats usually come into two significant forms: saturated and unsaturated. Saturated fats are not suitable for health if consumed in a large quantity. While on the other hand, unsaturated fats (monounsaturated and polyunsaturated) are ideal for your body. Saturated fats are present in processed and unhealthy foods, and unsaturated fats are in plant oils, including nuts, seeds, avocados, and olive oil.

Good sources of healthy fats include:

Avocados

Nuts and seeds

Olive oil and other plant-based oils

Fatty fish like salmon and mackerel

Coconut oil (in moderation)

# Health Benefits of the Macro Diet

Macro diet has various health benefits due to its balanced and flexible nature. The following are some critical advantages of consuming a macro diet:

## Body Weight Management

One of the macro diet's most significant benefits is its potency in managing body weight. By consuming macronutrients instead of counting calories, your body will get a balance of nutrients that keeps you fuller for a more extended period. This dietary pattern helps you avoid overeating and provides a feeling of satiety. This dietary regime prevents the pitfalls of extreme calorie restriction, which can lead to muscle emaciation, altered metabolism, and eventual weight regain. [3]

## Improved Muscle Growth and Repair

Macro diets recommend adequate protein intake, which supports muscle growth and repair. Therefore, they could be ideal for athletes and physically active persons worried about muscle wear and tear during intense physical activity. Protein helps them regain their muscle mass and repair damaged muscle. [4]

## Balanced Energy Levels

Consuming unhealthy foods such as fats and simple sugars raises blood glucose levels and provides ample energy, which the body does not even require. In this way, you can lose weight and might have diabetes in your later life. A macro diet recommends a moderate amount of each nutrient, like complex carbohydrates, which provide energy slowly and sustainably.

In this way, your body gets the required energy without overflowing calories. [5]

## Better Mood and Cognitive Function

The macro diet highlights the impact of healthy fats on the body and brain. It tells us to consume polyunsaturated fats for proper brain development. Moreover, healthy fats improve skin integrity and enlighten mood. Omega-3 fatty acids, also known as antioxidants, are good for health and well-being. These fatty acids are present in fatty fish, walnuts, and flaxseeds. They not only improve cognitive function but also reduce the symptoms of anxiety and depression. [6]

## Flexibility and Sustainability

Flexibility and sustainability are two of the main advantages of macro dieting. Unlike calorie restriction, which does not allow for a flexible and stable eating pattern, macro dieting permits partial enjoyment of your favorite foods. By allowing you to consume these foods in moderation while adhering to macro dieting guidelines, macro dieting helps prevent feelings of deprivation that might otherwise lead to overeating. [7]

Therefore, a macro diet is a flexible, balanced, sustainable approach to improving health and preventing chronic illnesses. In addition, it can help you achieve your health and fitness goals without dietary restrictions. You will get the right proportion of proteins, carbohydrates, and fats that can fuel your body to perform your daily tasks. Macro diet supports muscle growth, weight management, and overall wellness. Proper guidelines and planning can help you enjoy food while taking control of your health.

## KEY CONCEPTS

Macro Diet is also known as flexible dieting or IIFYM (If It Fix Your Macros). Anthony Collova, a fitness enthusiast, created a macro diet initially after being disappointed with conventional dieting guidelines.

It is a nutritional strategy that goes beyond calorie counting to include tracking and regulating the intake of macronutrients. Macronutrients are primary nutrients that provide energy and are essential to different

body functions. These are carbohydrates, fats, and protein.

### **Carbohydrates:**

Carbohydrates are the primary source of energy. They fall into complex carbohydrates (starches and fibers) and simple carbohydrates (sugars). Vegetables, starches, fruits, and legumes contain carbohydrates. Simple carbohydrate food sources include glucose, which can be digested readily in the gut and provide instant energy by raising blood sugar levels. Carbohydrates present in fruits and confectionary are such examples.

On the other hand, complex carbohydrates release glucose slowly in the blood and do not produce spikes in blood sugar levels. Dietary fibers are an excellent example of such carbohydrates. Adequate carbohydrate intake aids digestion, cognitive functioning, absorption of nutrients, exercise, etc. One gram of carbohydrates gives 4 Calories. Carbs also provide a feeling of fullness.

### **Protein:**

Amino acids form protein. They are essential in body functioning, hormone production, immune function, enzymatic reactions, tissue repair, and tissue building. A person can get protein from both plant and animal sources. Animal protein is more bioavailable and considered to be of good quality. It contains all the essential amino acids in the recommended amount. Animal protein sources contain heme iron, which is more biologically available. You will get more iron from the food if you consume food rich in vitamin C and animal food. Protein sources from plants are less biologically available than animal sources.

Moreover, one source of plant protein does not contain all essential amino acids. It would help if you consumed mixed sources of plant proteins together to fulfill your body's

essential amino acid requirement. One gram of protein also gives four Calories. Some protein sources are poultry, beef, lentils, mutton, tofu, and fish.

### **Fat:**

It is a macronutrient vital for absorbing nutrients, energy storage, insulation, and hormone production. 1g of fat gives nine calories. There are two types of fat: saturated and unsaturated. Saturated fat has no double bond and is solid at room temperature. At the same time, unsaturated fat has a single or double bond and is liquid at room temperature. Consuming too many saturated fatty acids harms your health. Unsaturated fatty acids provide healthy fats. Butter, nuts, seeds, and oily fish are examples of fats.

The Macro Diet breaks down daily caloric intake into 45–65% carbohydrates, 20–35% fats, and 10–15% proteins. It gives people freedom in their meal choices and encourages balanced nutrition by allowing them to reach particular macro targets based on their exercise goals. The objective is to consume the proper amounts of each macronutrient to maximize body composition, energy levels, and general health.

Understanding how your body reacts to various foods is as essential to a successful macro diet as tracking macros. Higher protein intake may be ideal for some people, while a balanced combination may be preferable for others. Whether you want to lose weight, gain muscle, train for endurance, or keep your weight in check, as well as how your body reacts to different foods, will determine the optimal macro ratio. Using a calculator that compares your macro ratio to your objectives, you must log the meals you eat throughout the day for the diet to be successful.

## **Why should you follow a macro diet?**

- 1. Flexibility:** The macro diet, in contrast to rigorous diets, incorporates a wide variety of foods, which makes it simpler to integrate beloved foods without feeling deprived.

People on particular diets, such as vegan, vegetarian, paleo, or gluten-free, can benefit from a macro diet. All cuisines and cooking methods are compatible with the macro diet because there are no particular limitations.

2. **Sustainable:** The macro diet is easy to follow because it does not impose dietary restrictions. If people stick to specific portions, they can enjoy any food.
3. **Balanced Nutrition:** Macro diet provides balanced nutrition. It ensures the consumption of all essential nutrients without any deficiencies.
4. **Nutrition Awareness:** By making people more conscious of their food, tracking macros helps them better understand nutrition.
5. **Customization:** You can adjust it to meet specific goals, such as maintenance, muscle growth, or weight loss, and customize macro targets based on body composition and activity level.
6. **Reduced Cravings:** Allowing a range of foods encourages satisfaction and enjoyment, which can help reduce cravings and binge eating.
7. **No Forbidden Foods:** As long as everything fits inside your macros, nothing is within the limitations of the Macro Diet.  
Nutritionists and educators can teach individuals how to maintain balance and identify sources of protein, lipids, and carbohydrates. Allowing all meals can also make dieting more enjoyable, reducing the guilt and pressure of stricter approaches.

## Areas that need more focus while following a macro diet

1. **Complexity:** Tracking macros can be difficult and time-consuming, as it demands constant food intake measurement and calculations, which some people may need help with.
2. **Possibility of Obsession:** For some people, an unhealthy obsession with food and body image might result from a heavy focus on measuring and recording food.
3. **No emphasis on Micronutrients:** A macronutrient diet does not emphasize micronutrients, which can lead to diseases such as Wilson's disease, Goiter, Cretinism, and Night Blindness.
4. **Does not take into account medical conditions:** A Macro Diet might not be suitable for everyone, particularly those with medical issues requiring specific diets. For instance, people with diabetes must regulate the amount of carbohydrates they eat, and renal disease patients must monitor the amount of protein, salt, and phosphorus they consume.
5. **Social Restrictions:** The requirement to monitor food intake can make social events, such as dining out or going to activities, more complex and unpleasant.
6. **Potential Weight Fluctuations:** The flexibility may cause some people to overeat or undereat, leading to annoying weight changes.
7. **Misinterpretation of food:** Because of the focus on achieving macro goals, some people may choose processed or low-nutrient foods because they fall within their macro parameters.

## TOOLS AND TECHNIQUES TO DESIGN MACRO DIET

Designing a macro diet is the finest example of practicing personalized nutrition. Your entire focus should be on balancing three vital macronutrients in daily meal planning

rather than counting calories or eliminating food sources from eating practice. Do not focus on making drastic changes that make you feel burdened. Just focus on balance.

People should take a few steps before initiating a macro diet:

### **Basal metabolic rate (BMR):**

**Basal Metabolic Rate (BMR) could be helpful while designing your macro diet.**

Based on factors like age, sex, height, and weight, standardized formulas calculate how much energy a person's body consumes at rest. The energy calculated through these formulas is known as Basal Metabolic Rate (BMR). It is a practical approach to learning how many calories your body needs daily to perform vital tasks. In other words, it tells you about the calories your body burns in a day at rest.

This calorie baseline helps determine a starting point for calculating your total energy expenditure (TEE) daily:

$$\text{TEE} = \text{BMR} + \text{Calories Burned Through Daily Activities}$$

The above equation helps you track your daily energy requirement (TEE) by adding the energy you expend through daily activities, including exercise, work, and other chores, to your BMR. Once you know your TEE, you can design a macro diet by balancing the macronutrient ratio. It will help you achieve your goals like weight loss, weight gain, or muscle hypertrophy.

\*To calculate **Total Daily Energy Expenditure (TDEE)**, you multiply a person's Basal Metabolic Rate (BMR) by an activity factor based on their activity level, which increases the estimated calorie requirement.

- Adjust based on weight goals:  
Once you know your daily energy expenditure, you can use it to achieve a goal of calorie deficit or surplus:
  - ❖ **Weight Loss:** If a person wants to lose weight, reduce calorie intake by 15–

25%. For example, if your TDEE is 2,500 calories, reducing your intake by 15–20% would lead to a daily target of 2,000–2,250 calories.

- ❖ **Weight Gain:** Increase calories by 5–15% if weight gain is the goal.

- Choose your macros:

A person should consume 0.7–1.0 grams of protein for every pound of body weight. A person should consume 0.25 to 0.4 grams of fat per pound. Carbs take up all of the remaining calories.

While choosing protein food sources, try to consume animal protein sources, including eggs, milk, meat, and fish. They are biologically available to your body and help build body parts, including muscles, nails, hair, skin, hormones, enzymes, etc. While choosing plant proteins such as pulses, beans, and nuts, cook mix sources and consume. Fats are essential macronutrients available in saturated and unsaturated forms. Consuming too much-saturated fats increases the risk of cardiovascular disease. Unsaturated fats (mono and polyunsaturated) are good for health as they contain omega-3 and omega-7 fatty acids, which help in brain development. Always choose your carbohydrates wisely, as simple carbohydrates are an instant source of energy, but too many simple carbs can put you at risk of diabetes and obesity. Consume carbohydrate sources that are rich in dietary fiber.

### **Tools to design macro diet:**

Various technology-designed tools are available to design a macro diet. Such tools help plan a personalized menu based on user-specific data, including weight, age, height, gender, activity level, and health goals.

Following are some popular technology-generated tools that can help design your macro diet:

#### **1. Apps for tracking nutrition:**

You can use various AI Applications to achieve your health and fitness goals. These digital diet coaches provide real-time data,

personalized dietary instructions, and insights into daily eating habits.

People can use nutrition-tracking apps for the following purposes:

Tracking daily food intake  
Giving nutritional information and insights  
Setting and monitoring goals  
Personalized meal planning  
Barcode scanning and intelligent food recognition  
Monitoring physical activity  
Information on eating patterns and behaviors

Motivation and community support  
Providing reminders and notifications  
Educational resources

Following are some nutrition tracking apps you can use for this purpose:

**MyFitnessPal:** It is well-liked for recording macros and food intake.

**CRONOMETER:** Provides comprehensive tracking of nutrients, including minerals and vitamins.

**Lose It!** is a straightforward calorie and macro tracking app.

### My Macros

- 2. Food scales:** To ensure perfect macro tracking, a digital food scale can assist in precisely measuring portion sizes.
- 3. Macro Calculators:** Online calculators can help determine each person's unique macro requirements using body composition, activity level, and goals.
- 4. Meal Prep Containers:** Keeping portion control and meal planning easier can be achieved by using portioned containers like measuring cups
- 5. Recipe Analysis Tools:** Websites or applications that assess recipes for their macro content can ensure meals that fit within goals.
- 6. Nutrition Labels:** Accurately tracking macros can be achieved by reading and comprehending the nutrition labels on food packages.
- 7. Expert Advice:** A certified dietitian or nutritionist may offer individualized guidance and assist his client in creating a macronutrient plan customized to his unique requirements and objectives.
- 8. Macro Ratios:** Common macro ratios are 50/25/25 and 40/30/30 (carbs, protein, and lipids). Individual objectives will determine these ratios. Increasing the protein ratio is beneficial for muscular growth. People who perform endurance work may need additional carbohydrates.
- 9. Cycling Macros:** Some people modify their macros every day, depending on their activity level. Cycling can help avoid plateaus and maximize performance. Use high-carb days for workouts and low-carb days for recovery.
- 10. Nutrition Before and After Exercise:** It is essential to time your macronutrient intake. Before working exercise, eat protein and carbs to fuel and heal your muscles. Because they facilitate the absorption of nutrients, healthy fats may be more advantageous after exercise.
- 11. Supplements:** Sometimes, you need more than just eating alone to meet your macronutrient needs. Supplements containing carbohydrates, vital fatty acids, and protein powders can assist in closing gaps.
- 12. Education and Practice:** It becomes easier the more people study and practice. Books, fitness communities, and online courses can all be excellent resources.

# RECIPES

## BREAKFAST RECIPES

# CHOCOLATE PANCAKES

## INGREDIENTS

- 1 cup rolled oats (80g)
- Use 4 scoops of chocolate whey protein powder (approximately 120 g).
- 4 egg whites
- 2 medium bananas, ripe
- 1 cup low-fat milk (240ml)
- 2 tablespoons unsweetened cocoa powder (20g)
- 4 tablespoons almond butter
- 2 teaspoons baking powder
- 1 teaspoon vanilla extract
- Sweetener (e.g., stevia) to taste
- 1 tablespoon coconut oil or cooking spray for greasing



SERVINGS:  
4



PREP TIME:  
10 MINS



COOK TIME:  
15 MINS

## INSTRUCTIONS

- 1. Prepare Oat Flour:**  
Place the rolled oats in a blender or food processor. Blend until the oats reach a fine, flour-like consistency to preserve their fiber content.
- 2. Combine Dry Ingredients:**  
Combine the oat flour, protein powder, unsweetened cocoa powder, and baking powder in a mixing bowl. Mix well to ensure even distribution of leavening agents.
- 3. Blend Wet Ingredients:**  
Add egg whites, bananas, low-fat milk, vanilla extract, and sweetener in the blender. Blend until smooth to maintain the nutrients in the bananas and egg whites.
- 4. Combine Wet and Dry Mixtures:**  
Pour the wet mixture into the bowl with the dry ingredients. Gently mix until combined to avoid overmixing, which can toughen the pancakes.
- 5. Preheat Skillet:**  
Heat a non-stick skillet over medium heat. Lightly grease with coconut oil or cooking spray to minimize added fats.
- 6. Cook Pancakes:**  
Pour approximately  $\frac{1}{4}$  cup of batter onto the skillet for each pancake. Cook until bubbles form on the surface (about 2-3 minutes). Flip and cook the other side until golden brown, ensuring even cooking retains nutrients.
- 7. Serve:**  
Stack the pancakes on plates. Top each serving with 1 tablespoon of almond butter to add healthy fats and vitamin E.

## MACRONUTRIENT ADJUSTMENTS

### Higher Protein (Muscle Gain):

Add 1-2 extra egg whites to increase protein content.  
Use Greek yogurt instead of milk for additional protein and probiotics.

### Lower Carbohydrate (Fat Loss):

Omit bananas to reduce sugar and carb content.  
Replace oats with almond flour to lower carbs and increase healthy fats.

## SERVING SUGGESTIONS

Top with fresh berries for added antioxidants and fiber.  
Drizzle with sugar-free syrup or a light sprinkle of cinnamon for extra flavor.

## Nutritional Information Per Serving

Nutrient	Amount	Calories
Protein	~36.5 g	~34%
Carbs	~36.5 g	~34%
Fat	~15.8 g	~32%
Total	~88.8 g	~434 kcal
Fiber	~5 g	

**Note: Nutritional values are approximate and can vary based on specific ingredients.**

This recipe offers a balanced distribution of macronutrients, aligning with typical macro diet goals of approximately 40% carbohydrates, 30% protein, and 30% fat. Using whole ingredients like oats and bananas ensures a good intake of micronutrients such as potassium, magnesium, and dietary fiber, supporting overall health while meeting fitness objectives.

# VANILLA PANCAKES

## INGREDIENTS

- 1½ cups rolled oats (120g)
- Use 4 scoops of vanilla whey protein powder (about 120g).
- 4 egg whites
- 2 medium bananas, ripe
- 1 cup low-fat milk (240ml)
- 4 tablespoons almond butter (64g)
- 2 teaspoons baking powder
- 1 teaspoon pure vanilla extract
- 5 sweetener (e.g., stevia or honey) to taste
- 1 tablespoon coconut oil or cooking spray for greasing



SERVINGS:  
4



PREP TIME:  
10 MINS



COOK TIME:  
15 MINS

## INSTRUCTIONS

- 1. Prepare Oat Flour:** Place the rolled oats in a blender or food processor. Blend until the oats become a fine flour to retain fiber and micronutrients.
- 2. Combine Dry Ingredients:** Mix oat flour, vanilla whey protein powder, and baking powder in a large bowl. Distribute the baking powder evenly to ensure consistent fluffiness.
- 3. Blend Wet Ingredients:** Combine the egg whites, ripe bananas, low-fat milk, vanilla extract, and sweetener in the blender. Blend until smooth to maintain the nutritional benefits of the bananas and egg whites.
- 4. Mix Batter:** Pour the wet mixture into the bowl with the dry ingredients. Stir gently until just combined. Overmixing can lead to tougher pancakes.
- 5. Preheat Skillet:** Heat a non-stick skillet or griddle over medium heat. Lightly grease with coconut oil or cooking spray to minimize added fats while preventing sticking.
- 6. Cook Pancakes:** Pour about ¼ cup of batter onto the skillet for each pancake. Cook until bubbles form on the surface and the edges appear set (approximately 2-3 minutes). Flip the pancake and cook for an additional 2 minutes, ensuring even cooking to preserve nutrients.
- 7. Add Almond Butter:** While the pancakes are still warm, spread 1 tablespoon of almond butter over each serving to add healthy fats and vitamin E.
- 8. Serve:** Stack the pancakes on plates. Optionally, top with fresh fruit or a drizzle of honey for added flavor and micronutrients.

Nutrient	Amount	Calories
Protein	~ 37.25 g	~33%
Carbs	~42.2 g	~37%
Fat	~15.2 g	~30%
Total	~94.65 g	~454 kcal
Fiber	~6 g	

## MACRONUTRIENT ADJUSTMENTS

**Higher Protein (Muscle Gain):** Add 2 extra egg whites to increase protein content by approximately 7 grams. Include ½ cup Greek yogurt (120g) in the wet ingredients for an additional 10 grams of protein and probiotics.

**Lower Carbohydrate (Fat Loss):** Reduce oats to 1 cup (80g) to lower carbohydrate intake. Replace bananas with ½ cup unsweetened applesauce (reducing sugars while maintaining moisture). Use unsweetened almond milk instead of low-fat milk to reduce carbs and calories.

## SERVING SUGGESTIONS

Top with fresh berries like blueberries or strawberries for antioxidants and fiber. Sprinkle with cinnamon to enhance flavor without adding calories. Serve with a dollop of Greek yogurt for extra protein and a creamy texture. Drizzle with a bit of pure maple syrup if you want extra sweetness.

This recipe provides a balanced distribution of macronutrients, closely aligning with macro diet goals of approximately 40% carbohydrates, 30% protein, and 30% fat. Including whole foods like oats and bananas ensures a good micronutrient intake, such as potassium, magnesium, and dietary fiber. The almond butter adds healthy monounsaturated fats and vitamin E, supporting heart health. These pancakes are nutritious and easy to prepare, making them an excellent choice for individuals focused on health and fitness objectives.

# BANANA OATMEAL PANCAKES

## INGREDIENTS

- 1 cup rolled oats (90g)
- 4 egg whites (approximately 120g)
- 2 medium ripe bananas (about 200g)
- 1 cup low-fat cottage cheese (225g)
- ½ cup unsweetened almond milk (120ml)
- Use 2 scoops of vanilla whey protein powder (60g).
- 1 teaspoon baking powder
- 1 teaspoon vanilla extract
- ½ teaspoon ground cinnamon
- Cooking spray or 1 tablespoon of coconut oil for greasing



SERVINGS:  
4



PREP TIME:  
10 MINS



COOK TIME:  
15 MINS

## INSTRUCTIONS

### 1. Prepare Oat Flour:

Place the rolled oats in a blender or food processor. Blend until the oats become fine flour to retain their fiber content.

### 2. Combine Wet Ingredients:

Add bananas, egg whites, cottage cheese, almond milk, and vanilla extract in the blender. Blend until smooth to preserve the nutrients in the bananas and egg whites.

### 3. Mix Dry Ingredients:

Combine the oat flour, whey protein powder, baking powder, and ground cinnamon in a large mixing bowl. Stir well to ensure an even distribution of ingredients.

### 4. Combine Wet and Dry Mixtures:

Pour the wet mixture into the bowl with the dry ingredients. Gently mix until just combined. Overmixing can make the pancakes tough.

### 5. Preheat Skillet:

Heat a non-stick skillet or griddle over medium heat. Lightly grease with cooking spray or coconut oil to minimize added fats.

### 6. Cook Pancakes:

Pour approximately ¼ cup of batter onto the skillet for each pancake. Cook until bubbles form on the surface and the edges are set (about 2-3 minutes). Flip and cook the other side until golden brown (another 2 minutes), ensuring even cooking retains nutrients.

### 7. Serve:

Stack pancakes on plates. Top with optional fresh fruit or a drizzle of honey for added flavor and micronutrients.

## MACRONUTRIENT ADJUSTMENTS

**Higher Protein (Muscle Gain):** Add an extra scoop of whey protein powder to increase protein content. Include 2 tablespoons of chia seeds for additional protein and omega-3 fatty acids. Use Greek yogurt instead of cottage cheese for more protein and probiotics.

**Lower Carbohydrate (Fat Loss):** Reduce bananas to 1 to lower sugar and carbohydrate content. Replace oats with almond flour to decrease carbs and increase healthy fats. Omit or reduce cottage cheese and replace it with additional egg whites to adjust macros.

## SERVING SUGGESTIONS

Top with fresh berries for added antioxidants and fiber. Sprinkle with chopped nuts like almonds or walnuts for healthy fats. Drizzle some pure maple syrup or honey if you want extra sweetness.

This recipe offers a balanced distribution of macronutrients, aligning with typical macro diet goals of approximately 40% carbohydrates, 30% protein, and 30% fat. Combining oats and bananas provides complex carbohydrates and essential micronutrients like potassium and magnesium. At the same time, egg whites, cottage cheese, and whey protein contribute high-quality protein for muscle repair and growth. Using almond milk and minimal added fats helps keep the fat content in check, focusing on healthy unsaturated fats.

These High Protein Banana Oatmeal Pancakes are easy to prepare and versatile, making them an excellent choice for those actively managing their diet for health and fitness goals. Enjoy them as a nutritious breakfast or post-workout meal to fuel your body with the necessary nutrients.

## Nutritional Information Per Serving

Nutrient	Amount	Calories
Protein	~31 g	~34%
Carbs	~40 g	~44%
Fat	~9 g	~22%
Total	~80 g	~365 kcal
Sugars	~12 g	

**Note: Nutritional values are approximate and can vary based on specific ingredients.**

# ALMOND PANCAKES

## INGREDIENTS

### Dry Ingredients:

- 2 cups (160g) rolled oats
- ½ cup (48g) almond flour (preferably blanched)
- 4 scoops (a. 120g) of high-quality whey protein powder (unflavored or vanilla)
- 2 teaspoons baking powder
- 1 tablespoon ground flaxseed (optional, for omega-3 and fiber)
- Sweetener to taste (e.g., stevia or erythritol)

### Wet Ingredients:

- 8 large egg whites (a. 240g)
- 1 cup (240g) nonfat Greek yogurt
- 2 medium ripe bananas (approx. 240g total)
- 1 teaspoon vanilla extract
- Additional Healthy Fats & Flavor:
  - 4 tablespoons (64g) almond butter
  - 1 teaspoon coconut oil for greasing the pan



SERVINGS:  
4



PREP TIME:  
10 MINS



COOK TIME:  
15 MINS

## INSTRUCTIONS

- 1. Prepare the Oats:**  
Place the rolled oats in a blender or food processor. Blend the mixture until it reaches a fine, flour-like consistency. This avoids high-heat processing and preserves the fiber and micronutrients.
- 2. Combine the Dry Ingredients:** In a large mixing bowl, whisk together the oat flour, almond flour, whey protein powder, baking powder, ground flaxseed, and sweetener. Mixing the dry ingredients first helps ensure an even distribution of leavening agents and seasonings, maintaining texture and flavor without nutrient loss.
- 3. Blend the Wet Ingredients:** In a separate bowl, mash the bananas well. Add the egg whites, Greek yogurt, and vanilla extract. Whisk until smooth and creamy. The bananas add natural sweetness, reducing the need for added sugars, and help maintain moisture and micronutrient content.
- 4. Combine Wet and Dry:** Gently pour the wet mixture into the dry ingredients. Stir until just combined. Overmixing can toughen the batter and slightly reduce the overall fluffiness of the pancakes.
- 5. Add the Almond Butter:**  
Stir in the almond butter until just incorporated. This step adds healthy fats and a rich almond flavor while helping achieve the desired macro balance.
- 6. Cook the Pancakes:** Heat a large non-stick skillet over medium heat. Add 1 teaspoon coconut oil or lightly coat with cooking spray. Pour about ⅓ cup of batter per pancake onto the skillet. Cook until bubbles form on the surface and the edges appear set, about 2-3 minutes. Flip carefully and cook an additional 1-2 minutes until golden brown. To preserve nutrients, avoid overly high heat and prolonged cooking times.
- 7. Serve and Enjoy:** Transfer to plates and serve warm. Consider topping with fresh berries, a drizzle of almond butter, or a spoonful of Greek yogurt for added micronutrients and flavor.

## MACRONUTRIENT ADJUSTMENTS

**Higher Protein (Muscle Gain):** Add Extra Egg Whites or Protein Powder: To increase protein, incorporate 2-4 egg whites or an extra half scoop of protein powder. Use fat-free milk instead of water to boost protein and achieve a creamy texture.

**Lower Carbohydrates (Fat Loss):** Reduce or Omit Bananas: Replace with zucchini or pumpkin puree for moisture with fewer carbs. Cup Back on Oats: Substitute some oats with additional almond flour for fewer carbs and slightly higher fat and protein content.

**Lower Fat (Lean Gains):** Reduce Almond Butter: Halve the almond butter and add more Greek yogurt to maintain texture. Use Fat-Free Cooking Spray Instead of Coconut Oil.

## SERVING SUGGESTIONS

Toppings: Fresh berries, a dollop of Greek yogurt, or a sprinkle of cinnamon. Side dishes: For extra micronutrients, try a small spinach or kale salad or a cup of low-fat cottage cheese for a protein boost. Storage: Refrigerate leftovers in an airtight container for up to 3 days. Gently reheat in the toaster or microwave.

This High-Protein Almond Pancake recipe is both flexible and nutritious. Whether you aim to support muscle growth, manage body composition, or enjoy a balanced, protein-rich breakfast, these pancakes provide a versatile template to suit various dietary needs.

# BLUEBERRY COCONUT PANCAKES

## INGREDIENTS

- 1 cup (80g) rolled oats
- 3 scoops (approx. 90g) vanilla whey protein powder (whey isolate or similar, ~25g protein/scoop)
- 4 large egg whites (~120g)
- 1 cup (about 148g) fresh blueberries
- 1 medium banana (~118g)
- ¼ cup (28g) coconut flour
- 2 Tbsp (10g) unsweetened coconut flakes
- 1.5 Tbsp (21g) coconut oil, melted
- 1 cup (240ml) light coconut milk
- 2 Tbsp (30g) honey
- 1 tsp (4g) baking powder
- 1 tsp (5ml) vanilla extract
- Sweetener (stevia or monk fruit) to taste
- Pinch of salt

Nutrient	Amount	Calories
Protein	~27 g	~30%
Carbs	~39 g	~42%
Fat	~11.5 g	~28%
Total	~77.5 g	~370 kcal
Fiber	~7-9 g	

## MACRONUTRIENT ADJUSTMENTS

**For Higher Protein (Muscle Gain):** Add an extra scoop of protein powder or 2 egg whites to increase protein content. Reduce or omit the honey and banana to keep carbs in check if desired.

**For Lower Carbohydrates (Fat Loss):** Omit or reduce the banana and honey. Increase coconut flour slightly (rich in fiber but relatively lower in net carbs). Consider adding chia seeds or flaxseed meal for extra fiber and healthy fats.

**For Higher Fat (Ketogenic-Friendly Adjustment):** Omit the banana and honey to drastically lower carbs. Increase the coconut oil or chopped nuts (almonds, walnuts) to boost healthy fats.

## SERVING SUGGESTIONS

**Fresh Berry Compote:** Gently warm extra blueberries with a splash of water and a few drops of stevia for a low-sugar topping rich in antioxidants. **Greek Yogurt or Skyr:** Add a spoonful of extra protein and probiotics, which are beneficial for gut health. **Shredded Coconut & Lime Zest:** Sprinkle on top for a refreshing, tropical twist.



SERVINGS:  
4



PREP TIME:  
10 MINS



COOK TIME:  
15 MINS

## INSTRUCTIONS

### 1. Prepare Dry Base:

In a blender or food processor, pulse the rolled oats until they form a fine oat flour. Processing the oats into flour helps create a light, fluffy pancake texture while retaining the fiber and minerals. In a large mixing bowl, combine the oat flour, protein powder, coconut flour, baking powder, and a pinch of salt. Whisk to distribute all dry ingredients evenly.

### 2. Blend the Wet Ingredients:

In a separate blender or bowl, add the egg whites, banana, light coconut milk, vanilla extract, honey, and a small sweetener. Blend or whisk until smooth. Stir in the melted coconut oil. Adding it at this stage prevents clumping and maintains the integrity of the healthy fats.

### 3. Combine Wet and Dry Mixes:

Pour the wet mixture into the dry ingredients. Stir gently until just combined. Overmixing can reduce fluffiness. Fold in the fresh blueberries and coconut flakes. Stir lightly to avoid crushing the berries, preserving their antioxidants and nutrients.

### 4. Adjust Consistency if Needed:

If the batter seems too thick, add a splash of water or light coconut milk. If it is too thin, add a tablespoon of coconut or oat flour. Aim for a dense, spoonable consistency.

### 5. Cooking the Pancakes:

Preheat a non-stick skillet or griddle over medium heat. Lightly coat with cooking spray or a small amount of additional coconut oil if needed. Scoop about ¼ cup of batter per pancake onto the skillet. Cook until bubbles form on the surface (2-3 minutes), then flip and cook the other side until golden brown and cooked through (another 1-2 minutes).

### 6. Serving:

Stack the pancakes on a plate and serve warm. Top with extra fresh blueberries or a few banana slices for added micronutrients. A dollop of Greek yogurt or a sprinkle of toasted pumpkin seeds can add texture, flavor, and micronutrients (zinc and magnesium).

# STRAWBERRY OATMEAL PANCAKES

## INGREDIENTS

- 2 cups rolled oats (about 160g)
- Take 3 scoops of vanilla whey protein (about 90g total, with 24-25g protein per scoop).
- 4 large egg whites (about 130g total)
- 1 cup (150g) fresh strawberries, hulled and chopped
- 1 cup (240ml) low-fat (1%) milk
- 4 tablespoons (64g) almond butter
- 2 teaspoons baking powder
- 1 teaspoon pure vanilla extract
- Sweetener (stevia or a few drops of your preferred sweetener) to taste
- 1 tablespoon coconut oil or cooking spray for greasing the pan

Nutrient	Amount	Calories
Protein	~30.8 g	~32%
Carbs	~36.8 g	~38%
Fat	~13.0 g	~30%
Total	~80.6 g	~387 kcal

## MACRONUTRIENT ADJUSTMENTS

**Higher Protein (Muscle Gain):** Add a scoop of whey protein powder or fold in ½ cup Greek yogurt to raise protein content. Consider adding an extra egg white or two for more lean protein.

**Lower Carbohydrate (Fat Loss):** Reduce oats to 1½ cups and replace part of them with almond flour to lower carbs and slightly increase fat. Omit or reduce the strawberries if you're aiming to minimize sugars. Use unsweetened almond milk instead of low-fat milk to decrease carbohydrate intake.

**Adjusting Fats:** Add a few more teaspoons of almond butter or a handful of walnuts for even higher fat content. Cut the almond butter in half and use a non-stick spray sparingly to reduce fats.

## SERVING SUGGESTIONS

Top with Fresh Fruit: Blueberries or raspberries add antioxidants and fiber. Extra Protein Topping: A spoonful of low-fat cottage cheese or Greek yogurt increases protein and provides a creamy texture. Flavor Enhancements: A sprinkle of cinnamon, a teaspoon of chia seeds, or a drizzle of sugar-free syrup can add variety.



SERVINGS:  
4



PREP TIME:  
10 MINS



COOK TIME:  
15 MINS

### 1. Make Oat Flour:

Place the rolled oats in a blender or food processor.

Blend the oats until they reach a fine, flour-like consistency. This step improves pancake texture and increases the bioavailability of oat nutrients.

### 2. Combine Dry Ingredients:

Whisk together the oat flour, whey protein powder, and baking powder in a large mixing bowl. Mixing these dry ingredients first ensures even distribution of leavening agents and avoids clumps.

### 3. Blend Wet Ingredients:

In the blender, combine the egg whites, fresh strawberries (reserving a few slices for topping if desired), low-fat milk, vanilla extract, and sweetener. Blend until smooth to preserve the nutrients in the strawberries and egg whites while enhancing sweetness without adding sugar.

### 4. Mix the Batter:

Pour the blended wet ingredients into the bowl with the dry ingredients. Add the almond butter, stirring gently until just combined. Overmixing can result in tougher pancakes, so be gentle.

### 5. Preheat and Grease the Cooking Surface:

Heat a non-stick skillet or griddle over medium heat. Lightly grease with coconut oil or cooking spray to prevent sticking and to control added fats.

### 6. Cook the Pancakes:

Pour about ¼ cup of batter for each pancake onto the skillet. Cook until bubbles appear on the surface and the edges begin to set (about 2-3 minutes). Flip and cook the second side for 1-2 minutes until golden brown. Cooking at moderate heat prevents nutrient loss and maintains a tender texture.

### 7. Serve Warm:

Transfer the pancakes to plates. If desired, top with a few reserved strawberry slices, a dollop of Greek yogurt (optional), or a sprinkle of chopped nuts

## INSTRUCTIONS

# APPLE CINNAMON OATMEAL PANCAKES

## INGREDIENTS

- 1½ cups (120g) rolled oats
- 4 scoops (120g) vanilla whey protein (~24g protein/scoop)
- 4 large egg whites (120g)
- ¾ cup (170g) non-fat Greek yogurt
- 1 medium apple (180g), grated/chopped
- 3 tbsp (48g) almond butter
- 2 tbsp (14g) ground flaxseed
- 2 tsp baking powder
- 2 tsp cinnamon
- Sweetener to taste
- 1 tbsp (14g) coconut oil (for greasing)
- Up to ½ cup (120ml) water/almond milk



SERVINGS:  
4



PREP TIME:  
10 MINS



COOK TIME:  
15 MINS

## INSTRUCTIONS

### 1. Prepare Oat Flour:

Place the rolled oats in a blender or food processor. Blend until they form a fine, flour-like consistency, which preserves the fiber and micronutrients of whole oats while creating a smoother batter.

### 2. Combine Dry Ingredients:

Add the oat flour, whey protein powder, baking powder, cinnamon, and ground flaxseed to a large mixing bowl. Whisk well to distribute the baking powder and cinnamon evenly.

### 3. Incorporate the Wet Ingredients:

In a separate bowl, whisk egg whites, Greek yogurt, and sweetener (if used). Stir in the grated or finely chopped apple. This method preserves the apple's natural vitamins, fiber, and moisture.

### 4. Form the Batter:

Combine the wet and dry ingredients, then add the almond butter, gently mixing into a thick batter. If the batter is too thick, gradually add water or almond milk until it is pourable but still thick. Avoid overmixing, as it toughens pancakes.

### 5. Preheat and Grease the Cooking Surface:

Heat a non-stick skillet or griddle over medium heat. Add the coconut oil to lightly grease the surface. Using minimal oil helps keep added fats in check.

### 6. Cook the Pancakes:

Pour ~¼ cups of batter per pancake into the heated skillet. Cook until bubbles form and the edges dry, ~2-3 minutes. Flip the pancake and cook it for 1-2 minutes or until golden brown. Continue until you use all the batter.

Nutrient	Amount	Calories
Protein	~39 g	~37%
Carbs	~34 g	~32%
Fat	~14 g	~31%
Total	~82 g	~419 kcal

## MACRONUTRIENT ADJUSTMENTS

**For Higher Protein (Muscle Gain):** Add 2 extra egg whites for an additional ~7g protein. Stir in an extra ½ scoop of protein powder or serve with a side of non-fat Greek yogurt.

**For Lower Carbohydrate (Fat Loss):** Reduce oats to 1 cup and increase egg whites or protein powder to keep protein levels high. Omit or reduce the apple and use a sugar-free sweetener to reduce total sugars.

**For More Balanced Fat:** Adjust the quantity of almond butter. Reducing it to 2 tablespoons decreases fat, while increasing it to 4 tablespoons boosts healthy fats.

## SERVING SUGGESTIONS

**Toppings:** Add fresh apple slices, sugar-free maple syrup, or a dollop of Greek yogurt. Sprinkle extra cinnamon or a few crushed walnuts for texture and micronutrients.

**Sides:** Pair with scrambled egg whites or turkey bacon for even more protein. Serve with a cup of green tea or coffee for a complete breakfast.

## MICRONUTRIENT HIGHLIGHTS

**Oats:** Provide B vitamins, magnesium, iron, and soluble fiber for heart health.

**Apple:** Offers vitamin C, potassium, and additional dietary fiber.

**Greek Yogurt:** Supplies calcium, B vitamins, and probiotics for gut health.

**Almond Butter & Flaxseed:** Contribute vitamin E, magnesium, and essential fatty acids (including omega-3s).

**Cinnamon:** Contains antioxidants and may help support healthy blood sugar regulation.

# PEACH QUINOA PANCAKES

## INGREDIENTS

- 1 cup (80 g) quinoa flakes
- ¾ cup (60 g) rolled oats
- 2 scoops (~60 g) vanilla whey protein
- 5 egg whites (~165 g)
- ½ cup (120 g) plain nonfat Greek yogurt
- 2 medium peaches (~300 g), diced
- 1 medium banana (~100 g), mashed
- 4 tbsp (64 g) almond butter
- 2 tbsp (14 g) ground flaxseed
- 1 tbsp (14 g) coconut oil (for cooking)
- 2 tsp (8 g) baking powder
- 1 tsp (5 ml) vanilla extract
- Pinch of cinnamon (optional)
- Pinch of salt
- Sweetener to taste

Nutrient	Amount	Calories
Protein	~30 g	~28.5%
Carbs	~40 g	~37%
Fat	~13.5 g	~28.5%
Total	~83.5 g	~424 kcal
Fiber	~ 7-9 g	



SERVINGS:  
4



PREP TIME:  
10 MINS



COOK TIME:  
15 MINS

## INSTRUCTIONS

### 1. Prepare the Dry Base:

In a large mixing bowl, whisk together the quinoa flakes, rolled oats, protein powder, baking powder, a pinch of cinnamon (if using), and a pinch of salt. This dry blend forms the nutrient-dense, high-fiber base of your pancakes.

### 2. Combine the Wet Ingredients:

In a separate bowl, lightly whisk the egg whites until frothy. Add the Greek yogurt, mashed banana, vanilla extract, and sweetener (if desired) to the egg whites. Mix until smooth.

### 3. Incorporate Fruits and Fats:

Fold the diced peaches and almond butter into the wet ingredients. The almond butter adds healthy fats and a creamy texture, while peaches contribute natural sweetness and micronutrients.

### 4. Add the Dry to the Wet:

Gradually and gently stir the dry mixture into the wet mixture until combined. Avoid overmixing to keep the pancakes tender. Stir in the ground flaxseed for extra fiber and healthy fats.

### 5. Adjust Consistency:

If the batter seems too thick, add a small amount of water or unsweetened almond milk, a tablespoon at a time, until you reach a pourable consistency. The final batter should be thick but not paste-like.

### 6. Cook the Pancakes:

Heat a nonstick skillet over medium. Add coconut oil and swirl to coat. It prevents sticking and adds healthy fats. Pour ⅓ to ½ cup batter per pancake. Cook until bubbles form (2-3 min), then flip and cook until golden brown (2-3 min). Adjust heat as needed to prevent burning.

### 7. Serve Hot:

Stack the pancakes and serve immediately. If desired, top with additional peach slices, a dollop of Greek yogurt, or a sprinkle of cinnamon.

## MACRONUTRIENT ADJUSTMENTS

**Higher Protein (Muscle Gain):** Add 1 extra scoop of protein powder (+25 g protein), or replace some oats with more Greek yogurt. Add an extra egg white or two to boost protein without adding significant fat or carbs.

**Lower Carbohydrate (Fat Loss):** Reduce or omit the banana, and use fewer oats. Increase the almond butter or add a tablespoon of chia seeds to maintain calorie content and healthy fats while lowering carbs.

**Higher Carbohydrate (Endurance Athletes):** Add another half cup of oats or a second banana for energy-rich carbohydrates. Top with fresh fruit or a tablespoon of honey for quick-releasing carbs.

## SERVING SUGGESTIONS

**Light and Fruity:** Top with additional fresh peach slices and a sprinkle of cinnamon.

**Creamy and Cool:** Serve with a spoonful of Greek yogurt and a dusting of cocoa nibs.

**Sweet and Savory:** Pair with lean turkey sausage or scrambled egg whites for a balanced brunch.

## MICRONUTRIENT HIGHLIGHTS

**Quinoa flakes & oats:** Rich in B vitamins, magnesium, and fiber.

**Peaches and bananas:** Provide vitamin C, potassium, and dietary fiber.

**Greek yogurt & egg whites:** Offer calcium, B vitamins, and selenium.

**Almond butter & flaxseed:** Contain vitamin E, healthy fats (including Omega-3s), and minerals like manganese and magnesium.

# PUMPKIN PANCAKES

## INGREDIENTS

- 1 cup rolled oats (80g)
- 1 cup (240g) pumpkin puree (unsweetened)
- 4 scoops (120g) vanilla whey protein
- 4 large egg whites (~136g)
- 1 cup (240ml) unsw. almond milk
- 1 medium ripe banana (~118g)
- 5 tablespoons almond butter (~80g total)
- 2 teaspoons baking powder
- 1 teaspoon vanilla extract
- 1 teaspoon pumpkin pie spice (or cinnamon)
- Sweetener to taste
- Cooking spray or a small amount of coconut oil for greasing

Nutrient	Amount	Calories
Protein	~33.5 g	~34%
Carbs	~32.0 g	~33%
Fat	~14.4 g	~33%
Total	~79.9 g	~392 kcal



SERVINGS:  
4



PREP TIME:  
10 MINS



COOK TIME:  
10-15 MINS

## INSTRUCTIONS

- 1. Create Oat Flour:** Place the rolled oats in a blender until they form a fine flour. This preserves the oats' fiber and micronutrients while improving their texture.
- 2. Combine Dry Ingredients:** In a large mixing bowl, stir the oat flour, whey protein powder, baking powder, and pumpkin pie spice. Ensure even distribution of the leavening agents and spices.
- 3. Blend Wet Ingredients:** Combine the pumpkin puree, egg whites, almond milk, banana, vanilla extract, and sweetener in the blender. Blend until smooth, maintaining the nutrients in the pumpkin and banana and ensuring a uniform batter consistency.
- 4. Incorporate Almond Butter:** Add the almond butter to the blended wet mixture and mix briefly. The healthy fats and protein in almond butter improve nutrient density and mouthfeel.
- 5. Combine Wet and Dry Mixtures:** Pour the wet mixture into the dry ingredient bowl. Gently stir until just combined. Overmixing can reduce fluffiness, so stir only until a smooth batter forms.
- 6. Cook the Pancakes:** Heat a non-stick skillet or griddle over medium heat. Lightly coat with cooking spray or a small amount of coconut oil. Pour about  $\frac{1}{4}$  cup of batter for each pancake onto the skillet. Cook until tiny bubbles appear on the surface (about 2–3 minutes), then flip and cook for 1–2 minutes or until both sides are golden brown.
- 7. Serve and Enjoy:** Serve the pancakes warm. If desired, top them with a small spoonful of Greek yogurt, fresh berries, or a drizzle of sugar-free syrup.

## MACRONUTRIENT ADJUSTMENTS

**Higher Protein (Muscle Gain):** Add an extra scoop of whey protein (approximately +24g protein). Add egg whites or substitute almond milk with low-fat cottage cheese or Greek yogurt for more protein.

**Lower Carbohydrate (Fat Loss):** Reduce or omit the banana. Replace some oats with almond flour or ground flaxseed to lower carb content and increase healthy fats and fiber.

**Higher Carbohydrate (Endurance Athletes):** Add another banana or a small amount of honey for quick carbs. Increase the oats or include a bit of whole-grain flour.

**Lower Fat (Leaner Macros):** Reduce almond butter by half. Use more egg whites instead of whole eggs and consider low-fat milk alternatives.

## SERVING SUGGESTIONS

**For Extra Fiber:** Top with a handful of fresh berries or sliced apple for more vitamins, minerals, and antioxidants.

**For Flavor:** Add a dash of nutmeg or cloves for a stronger pumpkin spice profile.

## MICRONUTRIENT HIGHLIGHTS

**Pumpkin puree:** Rich in vitamin A (beta-carotene), potassium, and fiber.

**Banana:** Provides potassium, vitamin B6, and dietary fiber.

**Oats:** High in B vitamins, iron, magnesium, and soluble fiber.

**Almond butter:** Offers vitamin E, magnesium, and heart-healthy monounsaturated fats.

# CHOCOLATE PANCAKES

## INGREDIENTS

- 1½ cups rolled oats (approximately 120g)
- 4 scoops (~120g) of low-sugar, high-quality chocolate whey protein
- 4 large egg whites
- 2 medium ripe bananas (for natural sweetness and moisture)
- ½ cup nonfat Greek yogurt (~120g)
- ½ cup low-fat milk (~120ml)
- 2 tbsp unsweetened cocoa powder (~10g)
- 4 tbsp almond butter (~64g)
- 2 tsp. baking powder
- 1 tsp vanilla extract
- Sweetener to taste
- 1 teaspoon coconut oil or cooking spray



SERVINGS:  
4



PREP TIME:  
10 MINS



COOK TIME:  
15 MINS

## INSTRUCTIONS

- 1. Prepare Oat Flour:** Place the rolled oats into a blender or food processor. Pulse the oats until they form a fine, flour-like consistency. This process preserves the oats' fiber and micronutrient content while creating a smoother batter.
- 2. Combine Dry Ingredients:** Whisk oat flour, chocolate whey protein, cocoa, and baking powder in a bowl to ensure even rise.
- 3. Blend the Wet Ingredients:** Combine egg whites, bananas, Greek yogurt, milk, vanilla extract, and sweetener (if using) in a blender. Blend on medium until smooth. Bananas and yogurt reduce the need for extra sweeteners, maintaining a nutrient-rich profile.
- 4. Mix Wet and Dry:** Gradually pour the combined wet mixture into the bowl of dry ingredients. Gently stir until combined—avoid overmixing, as this can make the pancakes dense and less fluffy. Adjust consistency: If the batter is thick, add milk, or if it is thin, add oat flour. Aim for a dense, thin batter.
- 5. Preheat the Cooking Surface:** Heat a non-stick skillet or griddle over medium heat. Lightly grease the surface with coconut oil or a cooking spray to add a small amount of healthy fat and prevent sticking.
- 6. Cook the Pancakes:** Ladle about ¼ to ⅓ cup of batter for each pancake. Cook until bubbles appear on the surface (about 2–3 minutes), then flip. Cook the other side until golden brown and set in the middle. Adjusting heat is needed to ensure even cooking without burning. Cooking at moderate heat helps maintain nutrient integrity.
- 7. Top with Almond Butter:** Cook all the pancakes, then divide them into four servings. Top each serving with 1 tablespoon of almond butter to boost healthy fats, add a creamy texture, and enhance the dish's nutty flavor.

Nutrient	Amount	Calories
Protein	~36 g	~34%
Carbs	~40 g	~38%
Fat	~13 g	~28%
Total	~89 g	~421 kcal
Fiber	~7–9 g (from oats, bananas, and cocoa)	

## MACRONUTRIENT ADJUSTMENTS

**For Higher Protein (Muscle Gain):** Add ½–1 scoop of protein powder or 2–3 more egg whites. Reduce the banana by half to keep calories in check if desired, maintaining a protein-to-calorie ratio. Consider substituting low-fat milk with unsweetened soy or ultra-filtered milk for extra protein.

**For Lower Carbohydrate (Fat Loss):** Replace a portion of the oats (e.g., half) with almond flour or ground flaxseed to lower total carbohydrates. Reduce or omit bananas to decrease sugar content. Use unsweetened nut milk instead of dairy milk to reduce carbs slightly.

## SERVING SUGGESTIONS

**Berries or Chopped Nuts:** Add a handful of fresh raspberries or blueberries for extra antioxidants and fiber. A tiny sprinkle of chopped walnuts or almonds can provide additional micronutrients and healthy fats.

**Sugar-Free Syrup or Cinnamon:** A sugar-free maple syrup or a pinch of cinnamon can enhance sweetness and flavor without significantly affecting the macros.

**Side of Greek Yogurt:** Serve with a dollop of Greek yogurt for extra protein and creaminess.

# MIXED SEEDS PANCAKES

## INGREDIENTS

- 1½ cups rolled oats (~120g)
- 4 scoops of vanilla whey protein powder (~120g)
- 4 egg whites
- 2 medium ripe bananas (~240g total)
- 1 cup low-fat milk (240ml)
- 2 tbsp ground flaxseed (~14g)
- 2 tbsp chia seeds (~24g)
- 2 tbsp pumpkin seeds (~20g)
- 3 tbsp almond butter (~48g)
- 2 tsp baking powder
- 1 tsp pure vanilla extract
- Sweetener to taste
- 1 tbsp coconut oil or cooking spray for greasing

Nutrient	Amount	Calories
Protein	~35 g	~30%
Carbs	~46 g	~40%
Fat	~15 g	~30%
Total	~96 g	~463 kcal



SERVINGS:  
4



PREP TIME:  
10 MINS



COOK TIME:  
15 MINS

## INSTRUCTIONS

1. **Prepare Oat Flour:** Place the rolled oats in a blender or food processor. Blend the oats until you achieve a fine, flour-like consistency, which helps preserve their fiber and whole-grain benefits.
2. **Combine the Dry Ingredients:** Whisk together the freshly made oat flour, vanilla whey protein powder, baking powder, flaxseed, chia seeds, and pumpkin seeds in a large mixing bowl. Mix well to distribute the leavening agent and seeds evenly.
3. **Blend Wet Ingredients:** In a bowl or blender, mix egg whites, peeled bananas, low-fat milk, vanilla extract, and sweetener until smooth to retain nutrients and ensure consistent batter texture.
4. **Incorporate Almond Butter:** Add the almond butter to the liquid mixture. Mix well to combine all the ingredients. The almond butter will add healthy fats and provide a creamy texture.
5. **Combine Wet and Dry Mixtures:** Pour the wet mixture into the bowl with the dry ingredients. Gently fold until just combined. Overmixing can result in denser pancakes, so stir until no dry spots remain.
6. **Preheat and Grease the Skillet:** Heat a non-stick skillet or griddle over medium heat. Lightly grease with coconut oil or cooking spray to prevent sticking and minimize added fats.
7. **Cook the Pancakes:** Pour ¼ cup of batter per pancake into a heated skillet. Cook until bubbles form and edges set (2-3 min). Flip and cook until golden (1-2 min). Repeat the process until you use all the batter.

## MACRONUTRIENT ADJUSTMENTS

**Higher Protein (Muscle Gain):** To increase protein without significantly boosting carbs or fats, add 1-2 extra egg whites or stir in ½ cup (120g) plain Greek yogurt. Consider swapping part of the banana with zucchini or cauliflower purée to maintain stable carb levels while increasing volume and adding extra micronutrients.

**Lower Carbohydrate (Fat Loss):** Reduce the rolled oats to 1 cup (80g), use fewer bananas, or replace with ½ cup unsweetened applesauce. Increase the almond butter or add a tablespoon of coconut oil to maintain healthy fats and satiety. Consider using unsweetened almond milk instead of low-fat milk to reduce carbs.

## SERVING SUGGESTIONS

**Toppings:** Fresh berries or sliced strawberries for added antioxidants and fiber. A dollop of Greek yogurt for extra protein and creaminess. A sprinkle of cinnamon or a drizzle of sugar-free syrup for flavor without excess sugar.

**Side dishes:** A small bowl of cottage cheese or scrambled egg whites can further boost protein. Add a green smoothie or a portion of sautéed spinach for extra micronutrients.

## MICRONUTRIENT HIGHLIGHTS

**Oats:** High in B vitamins, magnesium, and dietary fiber.

**Seeds (Flax, Chia, Pumpkin):** Rich in healthy fats (including Omega-3s), magnesium, iron, zinc, and protein.

**Bananas:** Good source of potassium, vitamin B6, and dietary fiber.

**Almond Butter:** Provides vitamin E, magnesium, and heart-healthy monounsaturated fats.

**Low-Fat Milk:** Offers calcium, vitamin D, and additional protein.

# BLUEBERRY SMOOTHIE

## INGREDIENTS

- 1 cup (150g) frozen blueberries
  - 1 medium banana (~118g)
  - ½ cup (40g) rolled oats
  - 2 scoops (~60g total) vanilla whey protein powder (check the label for protein content)
  - ½ cup (113g) nonfat Greek yogurt
  - 3 tbsp (48g) almond butter
  - 1 tsp (2g) ground flax seeds
  - 1 cup unsweetened almond milk (240ml)
  - Sweetener to taste
- Note:** Adjust sweetener to taste; banana and blueberries may provide enough sweetness.

Nutrient	Amount	Calories
Protein	~38.5 g	~33%
Carbs	~45 g	~38%
Fat	~15 g	~29%
Total	~98.5 g	~471 kcal
Fiber	~8-10 g (from oats, berries, flax seeds)	



SERVINGS:  
4



PREP TIME:  
10 MINS



COOK TIME:  
15 MINS

## INSTRUCTIONS

### 1. Layer Your Ingredients:

First, pour the unsweetened almond milk into the blender to ensure the blades run smoothly and minimize oxidation.

Add the Greek yogurt, almond butter, and ground flax seeds, followed by the rolled oats. Place the banana chunks and vanilla whey protein powder next. Top with the frozen blueberries. This layering helps achieve a smooth blend without over-blending.

### 2. Blend Gently and Briefly:

Start blending on a low speed and gradually increase to medium until the mixture becomes smooth. The blending process usually takes about 30-45 seconds. Avoid blending for too long. Excessive blending can generate heat, potentially affecting the integrity of heat-sensitive nutrients and antioxidants. Add more almond milk and blend briefly if the mixture is too thick.

### 3. Taste and Adjust:

Taste the smoothie and add a small amount of sweetener if desired. Blend for just a few more seconds.

### 4. Serve Immediately:

Pour the smoothie into two glasses. Consuming it right away ensures the best flavor and nutrient retention.

## MACRONUTRIENT ADJUSTMENTS

**Higher Protein (Muscle Gain):** Add another ½ scoop of whey protein to the previously added protein (approximately 12-15 g more protein). Replace some almond milk with nonfat cottage cheese or more Greek yogurt for added protein and creaminess.

**Lower Carbohydrate (Fat Loss):** Reduce the amount of banana by half or eliminate it to reduce the sugar content. Swap oats for a small handful of spinach or zucchini to maintain volume with fewer carbs. Use a low-carb protein powder and unsweetened almond milk.

**Higher Fat (Ketogenic or Increased Satiety):** Add 1 tablespoon of MCT oil or an extra tablespoon of almond butter. Replace the banana with half an avocado for creaminess and heart-healthy fats while reducing carbs.

## SERVING SUGGESTIONS

**Toppings:** Garnish with a few fresh blueberries or a sprinkle of unsweetened coconut flakes. Top with a light dusting of cinnamon for added flavor and potential metabolic benefits.

**Sides:** Pair with a hard-boiled egg for extra protein if desired. Serve with a small handful of raw almonds for added crunch and micronutrients.

## MICRONUTRIENT HIGHLIGHTS

**Blueberries:** High in antioxidants (anthocyanins), vitamin C, and fiber.

**Banana:** Provides potassium, vitamin B6, and natural sweetness.

**Oats:** Offer soluble fiber, magnesium, and a modest amount of plant-based protein.

**Almond Butter:** Adds heart-healthy monounsaturated fats, vitamin E, and magnesium.

**Greek Yogurt and Whey Protein:** Packed with complete protein, calcium, and essential amino acids.

# MIXED BERRIES SMOOTHIE

## INGREDIENTS

- 1½ cups mixed berries (fresh or frozen) (~210g)
- 1 medium banana (~100-120g)
- 1 scoop (30g) vanilla whey protein powder (~25g protein; choose a high-quality, low-sugar variety)
- ½ cup nonfat Greek yogurt (~80g)
- 2 tablespoons almond butter (32g)
- 1 cup unsweetened almond milk (240ml)
- Optional: Add 1 cup (30g) of spinach for extra micronutrients (iron, folate, magnesium) without altering taste or macros. If desired, sweeten with stevia, monk fruit, or 1 tsp honey.

## MACRONUTRIENT ADJUSTMENTS

**Higher Protein (Muscle Gain):** Add an extra ½ scoop of whey protein (about 12-15g more protein), or increase Greek yogurt to 1 cup. Consider using low-fat cottage cheese instead of (or in addition to) yogurt for more casein protein.

**Lower Carbohydrate (Fat Loss):** Reduce or omit the banana. Use fewer berries and replace some with frozen zucchini or cauliflower (neutral flavor, lower carbs). Opt for an unsweetened, low-carb protein powder.

**Higher Fat (Ketogenic or Increased Energy Density):** Add 1 tablespoon of ground flaxseed or chia seeds. Increase almond butter to 3 tablespoons.

**Lower Fat:** Reduce almond butter to 1 tablespoon or omit it altogether. Consider using a fat-free milk alternative or nonfat Greek yogurt.

## SERVING SUGGESTIONS

**Toppings:** A sprinkle of toasted sliced almonds for extra crunch and healthy fats. A few whole berries on top for visual appeal and a boost in antioxidants.

**Pairings:** Serve alongside a boiled egg for an extra protein boost at breakfast. Enjoy post-workout with a handful of pumpkin seeds for added magnesium.

## MICRONUTRIENT HIGHLIGHTS

**Berries:** They are rich in vitamin C, manganese, and various antioxidants, including anthocyanins.

**Bananas:** Good source of potassium, vitamin B6, and dietary fiber.

**Greek Yogurt:** Provides calcium, B vitamins, and probiotics for gut health.

**Almond Butter:** Offers vitamin E, magnesium, and healthy monounsaturated fats.

**Spinach (if added):** provides essential nutrients such as iron, folate, magnesium, and vitamins (A, C, K).



SERVINGS:  
2



PREP TIME:  
5 MINS



COOK TIME:  
NONE

## INSTRUCTIONS

### 1. Prepare and Measure Ingredients:

Wash and dry fresh berries (if using fresh). To maintain target macros, precisely measure out the banana, protein powder, Greek yogurt, almond butter, and almond milk. If using spinach, wash thoroughly and pat dry.

### 2. Layer Ingredients in Blender:

Add the almond milk first to help with blending. Add the banana, mixed berries, Greek yogurt, and spinach (if using). Sprinkle in the protein powder. Top with almond butter.

### 3. Tip:

Layering liquids at the bottom and soft ingredients above helps maintain a smooth blend and preserves nutrient quality by reducing blending time.

### 4. Blend Gently:

Start blending at a low speed and gradually increase to a high speed. Blend until smooth and creamy, about 30-60 seconds. Avoid over-blending to help preserve some of the berry antioxidants and reduce oxidation.

### 5. Taste and Adjust:

Taste the smoothie and add sweetener if desired. Blend briefly to incorporate. If the smoothie is too thick, add more almond milk; if it is too thin, add a few ice cubes or a bit more yogurt.

### 6. Serve Immediately:

Pour into two glasses and enjoy promptly for maximum nutrient retention and flavor.

Nutrient	Amount	Calories
Protein	~21.5 g	~29%
Carbs	~29.0 g	~39%
Fat	~10.5 g	~32%
Total	~61.0 g	~296.5 kcal
Fiber	~ 6-8 g	(from berries, banana, and almond butter)

# TROPICAL SMOOTHIE

## INGREDIENTS

- 2 scoops (60g) vanilla whey protein isolate
- ½ cup (120g) low-fat plain Greek yogurt
- 1 cup fresh pineapple chunks (165g)
- ¾ cup fresh or frozen mango chunks (125g)
- ⅔ medium ripe banana (80g)
- ¼ cup rolled oats (20g)
- 1 tbsp ground flaxseed.
- 2 tbsp unsweetened shredded coconut
- ¼ medium avocado
- 1 tbsp almond butter
- 1 cup unsweetened almond milk (240ml)
- A few ice cubes
- Cinnamon or vanilla extract
- Non-caloric sweetener



SERVINGS:  
2



PREP TIME:  
5 MINS



COOK TIME:  
NONE

## INSTRUCTIONS

### 1. Prepare Ingredients:

Measure out all fruits, oats, and other ingredients precisely. Using a kitchen scale ensures accuracy in meeting macro targets. Peel and slice the banana and avocado for more effortless blending.

### 2. Layer Ingredients in Blender:

Add almond milk, Greek yogurt, and protein powder to the blender. Follow with the pineapple, mango, banana, oats, flaxseed, coconut, avocado, and almond butter. Add ice cubes if you prefer a thicker, colder smoothie.

### 3. Blend Gently and Gradually:

Start blending at a low speed and gradually increase to a high speed. This approach helps preserve some fiber structure and nutrients without excessive oxidation. Blend until smooth and creamy. Add a small amount of almond milk if the consistency is too thick.

### 4. Taste and Adjust:

Taste the smoothie and add a natural, non-caloric sweetener if desired. Adjust consistency by adding more ice (for thickness) or almond milk (for a thinner texture).

### 5. Serve Immediately:

Pour into two glasses. Enjoy immediately the best way to retain the vitamins and antioxidants from fresh fruits.

## MACRONUTRIENT ADJUSTMENTS

Nutrient	Amount	Calories
Protein	~30.0 g	~30%
Carbs	~40.5 g	~41%
Fat	~12.5 g	~29%
Total	~83 g	~395 kcal

**Higher Protein (Muscle Gain):** Add an extra ½ scoop (15g) of whey protein, or replace almond milk with ½ cup more Greek yogurt. Incorporate pasteurized liquid egg whites for additional lean protein.

**Lower Carbohydrate (Fat Loss):** You can reduce the amount of bananas and oats or omit them entirely. Increase the avocado or almond butter slightly for satiety without adding more carbs. Choose berries (e.g., raspberries) instead of mango for lower overall sugar.

**Lower Fat (Leaner Macros):** Reduce almond butter to 1 teaspoon. Omit or halve the shredded coconut. Increase protein or complex carbohydrates to maintain calorie goals.

## SERVING SUGGESTIONS

**Garnish:** Top with a light sprinkle of unsweetened coconut flakes or a dusting of cinnamon.

**Meal Pairings:** For a more substantial meal or snack, serve alongside a boiled egg or a handful of almonds.

**Storage:** Best consumed immediately for optimal nutrient retention, but can be refrigerated for up to 24 hours in a sealed container. Stir or re-blend before drinking.

## MICRONUTRIENT HIGHLIGHTS

**Pineapple, mango, and banana:** Provide vitamins C, A, B6, potassium, and dietary fiber.

**Greek yogurt:** Supplies calcium, B vitamins, and beneficial probiotics.

**Avocado, flaxseed, almond butter, coconut:** Provide heart-healthy monounsaturated and polyunsaturated fats, vitamin E, and minerals.

**Rolled oats:** Add complex carbohydrates, soluble fiber (beta-glucan), and minerals like magnesium.

# MANGO OATS SMOOTHIE

## INGREDIENTS

- 1 cup (165g) frozen mango chunks
- ½ cup (40g) rolled oats
- 1 cup (240g) nonfat plain Greek yogurt
- 1½ scoops (~45g) of vanilla whey protein powder
- 2 tbsp (32g) natural almond butter
- 1 cup (240ml) unsweetened almond milk
- 1 teaspoon (7g) honey (optional for added sweetness)

**Note:** Using frozen mango eliminates the need for ice and helps maintain flavor and nutrient integrity.



SERVINGS:  
2



PREP TIME:  
5 MINS



COOK TIME:  
NONE

## INSTRUCTIONS

### 1. Measure and Prep Ingredients:

Ensure you have all ingredients measured accurately to maintain macro balance. Use a kitchen scale for precision, if possible.

### 2. Layer Ingredients in Blender:

Add almond milk first to facilitate blending. Add the rolled oats and let them soak in the milk for 1-2 minutes to soften. Add the Greek yogurt, mango chunks, whey protein powder, and honey (if using).

### 3. Blend Thoroughly:

Start blending on a low setting, gradually increasing to high. Blend for 30-60 seconds until the mixture is smooth and creamy. If the consistency is too thick, add a splash of almond milk. Add a few extra mango chunks or a teaspoon of oats if it's too thin.

### 4. Add Almond Butter:

Once smooth, add the almond butter and blend briefly (5-10 seconds) until combined. Over-blending with nut butter can generate heat and slightly alter the texture.

### 5. Serve Immediately:

Pour into two tall glasses. Garnish with a light sprinkle of cinnamon or chia seeds if desired.

## MACRONUTRIENT ADJUSTMENTS

**Higher Protein (Muscle Gain):** Add a half scoop of whey protein or ½ cup (120g) Greek yogurt. Increase overall protein by 8-12g, depending on chosen additions.

**Lower Carbohydrate (Fat Loss):** Reduce oats to ¼ cup (20g) and omit the honey. Consider replacing some mango with frozen cauliflower or zucchini (mild flavor) to maintain volume and micronutrients while cutting carbs.

**Adjusting Fats:** To reduce fats, use 1 tablespoon of almond butter instead of 2. Add 1 teaspoon of flax or chia seeds to increase fats, boosting fiber and micronutrients.

## SERVING SUGGESTIONS

**As a Meal Replacement:** Serve alongside a small handful of raw spinach or a boiled egg white for extra micronutrients and satiety.

**On-the-Go Option:** To maintain freshness and nutrient quality, prepare in advance, store in a sealed container, and enjoy within 24 hours.

## MICRONUTRIENT HIGHLIGHTS

Mango: High in vitamins A and C, folate, and antioxidants.

Oats: Contains B vitamins, magnesium, and iron.

Greek Yogurt: Provides calcium, potassium, and beneficial probiotics for gut health.

Almond Butter: Offers vitamin E, magnesium, and heart-healthy monounsaturated fats.

Nutrient	Amount	Calories
Protein	~35 g	~32%
Carbs	~42 g	~40%
Fat	~13 g	~28%
Total	~90 g	~425 kcal

# BANANA OATMEAL SMOOTHIE

## INGREDIENTS

- 2 scoops (~60g) vanilla whey protein powder
- 1 large ripe banana (~120g)
- ½ cup (40g) rolled oats
- 2½ tbsp (~40g) almond butter
- 1 cup (227g) low-fat Greek yogurt
- 1 cup (240ml) unsweetened almond milk
- 1 tbsp (7g) ground flaxseed
- 1 handful (30g) fresh spinach (optional, for micronutrients)
- Sweetener (e.g., stevia or a teaspoon of honey) to taste
- Ice cubes, as desired for texture



SERVINGS:  
2



PREP TIME:  
5 MINS



COOK TIME:  
NONE

## INSTRUCTIONS

### 1. Prepare Ingredients:

Peel and slice the banana for easier blending. Measure out the oats, almond butter, Greek yogurt, and flaxseed.

### 2. Layer in Blender:

Add the almond milk first to help the blades rotate smoothly. Add the spinach (if using), banana, oats, almond butter, Greek yogurt, protein powder, and flaxseed. Sweeten to taste if desired.

### 3. Blend Smoothly:

Blend on high until the mixture is smooth and creamy. Add ice cubes and blend again if you prefer a thicker, colder smoothie.

### 4. Adjust Consistency:

For a thicker smoothie, add a few more ice cubes or a bit of oats. For a thinner consistency, splash in additional almond milk.

### 5. Serve Immediately:

Pour into two glasses. Enjoy with a straw or spoon, and consume promptly to maximize nutrient freshness.

## MACRONUTRIENT ADJUSTMENTS

**Higher Protein (Muscle Gain):** Add Greek yogurt or a ½ scoop of protein powder to increase protein content. Consider using skim milk or adding pasteurized egg whites for protein with minimal carbs and fats.

**Lower Carbohydrate (Fat Loss):** Reduce the oats to ¼ cup and consider replacing the banana with ½ cup of frozen berries (which are lower in sugar). Use a reduced-carbohydrate protein powder or unsweetened protein isolate.

**Higher Fat (Ketogenic/Low Carb):** Omit the oats and banana, and add an extra tablespoon of almond butter or a tablespoon of MCT oil. Use full-fat Greek yogurt instead of low-fat.

## SERVING SUGGESTIONS

**Toppings:** Garnish with a sprinkle of cinnamon or a few chia seeds for extra fiber and antioxidants.

**Pairing:** Have it as a balanced post-workout shake or a quick breakfast on the go.

**Texture & Temperature:** If you prefer a cold, thick smoothie, pre-freeze your banana slices or use frozen spinach.

## MICRONUTRIENT HIGHLIGHTS

**Potassium & Vitamin B6:** From banana

**Calcium & Probiotics:** From Greek yogurt

**Iron, Magnesium, & Fiber:** From oats and spinach

**Vitamin E & Healthy Monounsaturated Fats:** From almond butter

**Omega-3 Fatty Acids:** From ground flaxseed

# GREEN FUSION SMOOTHIE

## INGREDIENTS

- 2 scoops of vanilla whey protein powder (~60g)
- ½ cup (110g) low-fat Greek yogurt
- 1 medium banana (~118g)
- ½ cup (75g) frozen blueberries
- 2 cups (60g) fresh spinach
- 1 cup (67g) chopped kale (stems removed)
- ½ medium avocado (~50g)
- 2 tablespoons (32g) almond butter
- ½ cup (30g) rolled oats
- 1 cup (240ml) unsweetened almond milk (or low-fat milk for slightly higher protein)
- Optional sweetener (e.g., stevia or a teaspoon of honey) to taste



SERVINGS:  
2



PREP TIME:  
10 MINS



COOK TIME:  
NONE

## INSTRUCTIONS

### 1. Prepare Ingredients:

Rinse the spinach and kale thoroughly and pat dry. Peel the banana. Measure out all ingredients for accuracy and set them aside.

### 2. Layer the Blender:

Add the unsweetened almond milk first to facilitate blending. Next, add spinach, kale, banana, and blueberries. Spoon in the Greek yogurt and almond butter. Scoop in the protein powder. Add rolled oats and avocado last for a creamier texture.

### 3. Blend Gently and Thoroughly:

Begin blending on a low setting, gradually increasing to high speed. Blend for 45-60 seconds until the mixture is smooth and creamy. If the consistency is too thick, add extra almond milk. Taste and adjust sweetness, if desired.

### 4. Maintain Nutritional Integrity:

Avoid over-blending to reduce heat friction and preserve the vitamins and enzymes in the greens. Use fresh, high-quality produce and a protein powder without unnecessary fillers.

### 5. Serve Immediately:

Pour the smoothie into two glasses. Enjoy immediately for the freshest flavor, best nutrient retention, and optimal texture.

## MACRONUTRIENT ADJUSTMENTS

**Higher Protein (Muscle Gain):** Add another ½ scoop of protein powder, or use a high-protein Greek yogurt. Consider adding pasteurized liquid egg whites for an extra lean protein boost.

**Lower Carbohydrate (Fat Loss):** Reduce the amount of bananas or oatmeal, or eliminate them. Replace banana with ½ cup frozen cauliflower florets to maintain creaminess while lowering carbs. Use unsweetened protein powder and omit any added sweeteners.

**Higher Fats (Ketogenic or Energy-Dense):** Add more avocado or a teaspoon of MCT oil. Increase almond butter to 3 tablespoons for extra healthy fats.

## SERVING SUGGESTIONS

**Toppings:** Sprinkle with chia seeds or chopped almonds for added crunch and fiber.

**Pairing:** Serve alongside a boiled egg for even more protein, or enjoy post-workout as a convenient recovery meal. Any leftover smoothie can be stored in the refrigerator for up to 24 hours, although it's best enjoyed fresh. Please stir or quickly blend it before serving.

## MICRONUTRIENT HIGHLIGHTS

**Spinach & Kale:** Rich in vitamins A, C, and K and minerals like magnesium and iron.

**Bananas & Blueberries:** High in potassium, vitamin B6, antioxidants, and dietary fiber.

**Avocado & Almond Butter:** Source of heart-healthy monounsaturated fats, vitamin E, and minerals.

**Greek Yogurt:** Provides calcium, potassium, and beneficial probiotics.

Nutrient	Amount	Calories
Protein	~35 g	~32%
Carbs	~42 g	~39%
Fat	~14 g	~29%
Total	~91 g	~436 kcal

# ALMOND SMOOTHIE

## INGREDIENTS

- 2 scoops (60g) vanilla whey protein powder (approx. 48g protein total)
- 1 cup (240ml) unsweetened almond milk
- 2 tbsp (32g) almond butter
- ½ cup (40g) rolled oats
- ⅔ cup (100g) fresh or frozen blueberries
- 1 medium banana (100g), ripe
- Optional sweetener (stevia or monk fruit) to taste
- 6-8 ice cubes (optional for thickness and chill)



SERVINGS:  
2



PREP TIME:  
5 MINS



COOK TIME:  
NONE

## INSTRUCTIONS

### 1. Measure and Prepare Ingredients:

Accurately measure all dry ingredients (whey protein, oats) and portion the almond butter and fruit. Using precise measurements ensures consistent macro distribution.

### 2. Layer Ingredients in Blender:

Add the almond milk to the blender first, followed by the banana, blueberries, oats, almond butter, and whey protein. Placing liquids at the bottom helps the blades run smoothly. Add ice cubes if you prefer a thicker, colder smoothie.

### 3. Blend Gently and Gradually:

Start blending on low speed and gradually increase to high. Blend for 30-45 seconds or until the mixture is smooth and creamy. Avoid over-blending to preserve delicate nutrients in the fruit.

### 4. Taste and Adjust Sweetness:

Taste the smoothie and add a small amount of sweetener if needed. Remember that the banana and blueberries already provide natural sweetness.

### 5. Serve Immediately:

Pour into two tall glasses. Enjoy the smoothie fresh to retain maximum nutrient density and taste.

Nutrient	Amount	Calories
Protein	~30 g	~29%
Carbs	~40 g	~39%
Fat	~14.5 g	~32%
Total	~84.5 g	~413 kcal

## MACRONUTRIENT ADJUSTMENTS

**Higher Protein (Muscle Gain):** Add an extra half scoop of whey protein or half a cup of low-fat Greek yogurt for 8-10 more grams of protein per serving. You could also mix in pasteurized liquid egg whites for a protein boost without significantly altering the flavor.

**Lower Carbohydrate (Fat Loss):** Reduce the oats to ¼ cup (20g), use fewer blueberries, or replace banana with ¼ cup avocado for creaminess. Choose unsweetened almond milk and omit any additional sweeteners. These changes decrease carb content and slightly increase healthy fats.

**Adjusting Fats:** To reduce fat, reduce the amount of almond butter to 1 tablespoon (16 g). To increase fats (e.g., for a ketogenic approach), add a teaspoon of MCT oil or an extra tablespoon of almond butter.

## SERVING SUGGESTIONS

**Post-Workout Shake:** The combination of protein, carbs, and healthy fats supports muscle recovery and replenishes glycogen.

**Balanced Breakfast:** Pair it with a hard-boiled egg or a handful of nuts for extra texture and micronutrients.

**Garnish Ideas:** Top with sliced almonds or chia seeds for extra crunch and fiber.

## MICRONUTRIENT HIGHLIGHTS

**Blueberries & Banana:** Rich in vitamin C, potassium, and antioxidants.

**Rolled Oats:** Provide B vitamins, iron, magnesium, and dietary fiber for sustained energy.

**Almond Butter & Almond Milk:** Contains vitamin E, magnesium, and heart-healthy monounsaturated fats. Producers often fortify almond milk with calcium and vitamin D.

# COFFEE BLAST SMOOTHIE

## INGREDIENTS

- 1 cup (240ml) low-fat (1%) milk
- ½ cup (120ml) brewed coffee, cooled (preferably cold-brew or leftover coffee, unsweetened)
- ½ small banana (50g)
- ¼ cup (20g) rolled oats
- 1 tbsp (16g) almond butter
- 1 scoop (~25g) vanilla whey protein powder
- Optional sweetener (stevia or a few drops of liquid sweetener) to taste
- Ice cubes (optional) for extra thickness and chill



SERVINGS:  
1



PREP TIME:  
5 MINS



COOK TIME:  
NONE

## INSTRUCTIONS

### 1. Prepare Your Ingredients:

Ensure your coffee is brewed and cooled. Using cold coffee prevents the smoothie from becoming lukewarm. Measure the milk, banana, oats, almond butter, and protein powder.

### 2. Layer the Ingredients in the Blender:

Add the low-fat milk first for easy blending. Next, add the cooled coffee, banana, oats, almond butter, and protein powder. If desired, include a small amount of sweetener. Start with a few drops or a pinch and adjust to taste. Add a handful of ice cubes if you prefer a thicker, frosty consistency.

### 3. Blend Until Smooth:

Blend on medium-high speed for about 30-45 seconds or until the mixture is creamy and uniform in texture. Scrape down the sides of the blender with a spatula if necessary, then blend again briefly.

### 4. Serve Immediately:

Pour the smoothie into a tall glass. Serve with a straw and enjoy a quick breakfast, a pre-workout boost, or a balanced snack.

## MACRONUTRIENT ADJUSTMENTS

**Higher Protein (Muscle Gain):** Add an extra half scoop of protein powder or a few pasteurized liquid egg whites to increase protein content. Consider adding a spoonful of low-fat Greek yogurt for additional protein and creaminess.

**Lower Carbohydrate (Fat Loss):** Replace the banana and oats with ½ cup frozen cauliflower rice or zucchini to reduce carbs while maintaining thickness. Opt for unsweetened almond milk instead of low-fat milk to reduce carbohydrate content.

**Adjusting Fats:** For a leaner option, reduce or omit the almond butter. Add a teaspoon of MCT oil or a few walnuts to boost your intake of healthy fats.

## SERVING SUGGESTIONS

**Add Toppings:** Garnish with a dusting of cinnamon for extra flavor without additional calories. Top with a few cacao nibs if you want a subtle chocolate crunch and additional antioxidants.

**Pair with a Light Side:** Enjoy with a small handful of fresh berries for extra fiber and antioxidants. Have it alongside a hard-boiled egg for even more protein.

## MICRONUTRIENT HIGHLIGHTS

**Bananas:** High in potassium, vitamin B6, and dietary fiber.

**Oats:** Provide B vitamins, magnesium, and soluble fiber for heart and gut health.

**Almond Butter:** Offers vitamin E, magnesium, and healthy monounsaturated fats.

**Low-Fat Milk:** Provides calcium, vitamin B12, and additional protein.

**Coffee:** It contains antioxidants and provides a caffeine boost.

Nutrient	Amount	Calories
Protein	~33.5 g	~31%
Carbs	~43.0 g	~40%
Fat	~13.7 g	~29%
Total	~90.2 g	~427 kcal

# APPLE CINNAMON SMOOTHIE

## INGREDIENTS

- 1 medium apple (~180g), cored and chopped
- 1 scoop (30g) vanilla whey protein powder (~24g protein per scoop)
- 2 tbsp (~10g) rolled oats
- 1 tbsp (16g) almond butter
- ½ cup (120ml) skim milk
- ½ cup (120ml) cold water (or more for desired consistency)
- ½ tsp ground cinnamon
- Sweetener (stevia or monk fruit) to taste (optional)
- A handful of ice cubes (optional for thickness and chill)



SERVINGS:  
1



PREP TIME:  
5 MINS



COOK TIME:  
NONE

## INSTRUCTIONS

### 1. Prepare the Apple:

Wash and core the apple. Leave the skin on for extra fiber and micronutrients. Chop into small pieces for more effortless blending.

### 2. Layer Ingredients in a Blender:

Add skim milk, water, and apple pieces first. Top with oats, whey protein powder, almond butter, and a sprinkle of cinnamon.

### 3. Blend Until Smooth:

Start blending at a low speed, then gradually increase to high to ensure all ingredients are fully incorporated. Add ice cubes if you prefer a thicker, colder smoothie. Taste and add a small amount of sweetener if desired.

### 4. Adjust Consistency:

For a thinner smoothie, add more water. For a thicker smoothie, add a few more ice cubes or a bit more oats.

### 5. Serve Immediately:

Pour into a large glass and enjoy. Drinking it right after preparation helps retain maximum nutrient quality and freshness.

## MACRONUTRIENT ADJUSTMENTS

**Higher Protein (Muscle Gain):** Increase protein powder to 1½ scoops (about 45g protein total). Replace skim milk with ½ cup (120g) low-fat Greek yogurt for extra protein. Increasing the proportion of protein-rich foods in the diet will raise the protein percentage closer to or above 35%, which supports muscle building.

**Lower Carbohydrate (Fat Loss):** Reduce the oats to 1 tablespoon or omit them entirely. Use half the apple or choose a lower-sugar fruit like berries. Consider unsweetened almond milk instead of skim milk to reduce carbs further, shifting macros closer to 30% carbs, 40% protein, and 30% fat.

**Adjusting Fats:** Increase the amount of almond butter to 2 tablespoons for a higher fat content and a creamier texture, nudging the ratio towards 40% fat. Reduce almond butter to ½ tablespoon for lower fat intake if preferred.

## SERVING SUGGESTIONS

**Garnish with Cinnamon & Chia Seeds:** Sprinkle extra cinnamon or stir in a teaspoon of chia seeds to boost fiber and omega-3s.

**Pair with a Boiled Egg or Slice of Whole-Grain Toast:** Complement the smoothie with a protein-rich egg or fiber-rich toast for a more substantial meal.

**Post-Workout Refuel:** Enjoy this smoothie immediately after exercising to replenish glycogen (from the carbs) and support muscle recovery (from the protein).

Nutrient	Amount	Calories
Protein	~32 g	~31%
Carbs	~45 g	~44%
Fat	~11 g	~25%
Total	~88 g	~405 kcal

## MICRONUTRIENT HIGHLIGHTS

**Apple:** Rich in vitamin C, potassium, and dietary fiber, which support gut health.

**Almond butter:** Contains vitamin E, magnesium, and heart-healthy monounsaturated fats.

**Oats:** Contains B vitamins, iron, and soluble fiber, which supports steady energy release.

**Cinnamon:** Potential antioxidant properties and may help with blood sugar management.

**Milk:** Calcium, B12, and a small amount of high-quality protein.

# STRAWBERRY OATMEAL SMOOTHIE

## INGREDIENTS

- 1 cup (80g) rolled oats
- 1½ scoops (~45g) vanilla whey protein powder
- ½ cup (120g) nonfat Greek yogurt
- 1 cup (240ml) low-fat (1%) milk
- 1 cup (150g) fresh strawberries, hulled
- 2 tbsp (32g) almond butter
- Sweetener (stevia or preferred sugar substitute) to taste
- Ice cubes (3-4), optional for thickness and chill

Nutrient	Amount	Calories
Protein	~35 g	~30-35%
Carbs	~44.5 g	~40-45%
Fat	~12 g	~25-30%
Total	~91.5 g	~426 kcal



SERVINGS:  
2



PREP TIME:  
5 MINS



COOK TIME:  
NONE

## INSTRUCTIONS

### 1. Prep the Oats:

If desired, pulse the oats in a blender for a few seconds before adding the other ingredients. Pulsing creates a smoother texture and helps the nutrients be more easily absorbed.

### 2. Add the Liquids and Soft Ingredients:

Pour the low-fat milk into the blender. Add the fresh strawberries, Greek yogurt, and almond butter. Blend briefly to begin breaking down the strawberries and distributing flavors evenly.

### 3. Add Protein and Oats:

Add the vanilla whey protein powder and the rolled oats. If using a sweetener, add it at this stage. Start with a small amount, blend, and taste, adjusting sweetness as needed.

### 4. Blend Thoroughly:

Mix on high for 30-60 seconds until smooth and creamy. Add a few ice cubes if you prefer a thicker, colder smoothie.

### 5. Serve Immediately:

Divide the smoothie into two servings. Enjoy right away to maximize nutrient retention and taste.

## MACRONUTRIENT ADJUSTMENTS

**Higher Protein (Muscle Gain):** Add ½ scoop of protein powder or increase Greek yogurt to 1 cup for extra protein. Consider using unsweetened soy or skim milk, which typically provides more protein than almond milk.

**Lower Carbohydrate (Fat Loss):** You can reduce the oats to ½ cups (40g) or replace them with 2 tablespoons of ground flaxseed or chia seeds. Opt for unsweetened almond milk instead of low-fat milk to lower carbohydrate content. Reduce or omit strawberries, or switch to berries with fewer carbs (like raspberries).

**Adjusting Fat Content:** Add 1-2 more tablespoons of almond butter or add ¼ of an avocado to increase healthy fats. Use less almond butter (1 tablespoon instead of 2) or a lower-fat protein powder to reduce fat.

## SERVING SUGGESTIONS

**Texture and Flavor Variations:** Top with a few sliced strawberries or a sprinkle of cinnamon before serving. Add a handful of spinach or kale for extra micronutrients without significantly altering flavor.

**Complete Meal Idea:** If you want to balance your macros further, pair the smoothie with a small handful of nuts for extra crunch or a boiled egg.

## MICRONUTRIENT HIGHLIGHTS

**Strawberries:** High in vitamin C, antioxidants, and fiber

**Oats:** Contain B vitamins, magnesium, and soluble fiber for digestive health and sustained energy

**Almond Butter:** Offers vitamin E, magnesium, and heart-healthy monounsaturated fats

**Low-Fat Milk & Greek Yogurt:** Provide calcium, vitamin B12, and additional protein

# GREEN SMOOTHIE

## INGREDIENTS

- 2 cups (~60g) fresh spinach
- 1 cup (~60g) chopped kale (stems removed)
- 1 small banana (~100g), ripe and peeled
- 1 cup (240ml) unsweetened almond milk
- 1 scoop (~30g) vanilla whey protein powder
- ½ cup (120g) non-fat Greek yogurt
- 2 tbsp (14g) ground flaxseed
- 1 tbsp (16g) almond butter
- 1 tsp (7g) honey (optional)
- Handful of ice cubes (optional)

Nutrient	Amount	Calories
Protein	~25 g	~35%
Carbs	~26 g	~36%
Fat	~9 g	~29%
Total	~60 g	~285 kcal

## MACRONUTRIENT ADJUSTMENTS

**Higher Protein (Muscle Gain):** Add an extra ½ to 1 scoop of protein powder. Increase Greek yogurt to ¾ cup (180g) for more protein and creaminess. Top with a sprinkle of hemp hearts, or add pasteurized egg whites (if preferred) for an extra protein boost.

**Lower Carbohydrate (Fat Loss):** Omit or reduce the banana and honey to cut down on sugar. Replace banana with ½ cup frozen cauliflower florets to maintain thickness while lowering carbs. Use unsweetened almond or even unsweetened coconut milk (but be mindful of the fat content).

**Adjusting Fats:** Increase healthy fats by adding a tablespoon of almond butter or a handful of walnuts. To reduce fat, use less almond butter, skip flaxseed, or replace flaxseed with chia seeds. This substitution increases fiber content and slightly reduces fat.

## SERVING SUGGESTIONS

**Enhance Crunch:** To boost texture and nutrients, add a spoonful of toasted pumpkin seeds or a dash of chia seeds on top.

**Flavor Enhancements:** A dash of cinnamon can add warmth and sweetness without additional sugar. A drop of peppermint extract can give a refreshing twist.

**Pair with a Light Snack:** If you're using this smoothie for a larger meal, consider adding a small side of hard-boiled egg whites for lean protein or a handful of berries for extra antioxidants.



SERVINGS:  
2



PREP TIME:  
5 MINS



COOK TIME:  
NONE

## INSTRUCTIONS

### 1. Prepare Your Greens:

Wash the spinach and kale thoroughly in cold water to remove dirt and debris. Then, carefully dry the vegetables with a clean cloth or paper towel. This step helps preserve their freshness and reduces the amount of water in the smoothie.

### 2. Layer Ingredients for Optimal Blending:

First, add the spinach and kale to the bottom of your blender. Placing the greens at the bottom helps them blend more easily. Next, add the banana, Greek yogurt, ground flaxseed, almond butter, and honey (if using). Pour in the unsweetened almond milk and top with the protein powder. Finish with a handful of ice cubes if you prefer a thicker, colder smoothie.

### 3. Blend Gently and Efficiently:

Start blending at a low speed to break down the greens and gradually increase to high speed for about 30-45 seconds or until smooth. Avoid over-blending, as prolonged blending can slightly warm the smoothie and potentially degrade some heat-sensitive micronutrients. Blend just until creamy and uniform.

**4. Taste and Adjust:** Taste the smoothie and adjust the sweetness if desired (e.g., add a small amount of honey or a natural zero-calorie sweetener). If it's too thick, add a little more almond milk. Add more ice cubes or a few extra spinach leaves if it's too thin.

**5. Serve Immediately:** Pour into two glasses. Enjoy right away to maximize nutrient retention and flavor.

# CHOCOLATE RASPBERRY SMOOTHIE

## INGREDIENTS

- 2 cups (280g) frozen raspberries
- 1 medium ripe banana (~100g)
- ¾ cup (60 g) rolled oats
- 3 scoops (~90g) chocolate whey protein powder
- 3 tbsp (48g) almond butter
- 1 tbsp (10g) ground flax seeds
- 1 cup (240 ml) almond milk (unsweetened)
- 1 tsp pure vanilla extract (optional)
- Sweetener to taste (optional)
- 1 cup (240 ml) cold water
- A handful of ice cubes (optional)



SERVINGS:  
4



PREP TIME:  
5 MINS



COOK TIME:  
NONE

## INSTRUCTIONS

- 1. Prepare the dry ingredients:**  
Measure the oats and blend them quickly in a blender or food processor for a finer texture. This step helps to get a smoother, creamier smoothie while retaining all the fiber and nutrients.
- 2. Layer the Blender:**  
Add the raspberries, banana, almond butter, ground flax seeds, and chocolate whey protein powder on top of the oats in the blender. Pour in the almond milk and vanilla extract (if using). The natural sweetness of the banana and raspberries may be enough, but add sweetener to taste if desired.
- 3. Blend Gradually:** Start blending at a low speed and gradually increase to high. Add the cold water in increments until you reach the desired consistency. Use less water for a thicker smoothie and more for a lighter consistency. If a colder, thicker texture is preferred, blend in a handful of ice cubes.
- 4. Taste and Adjust:** Taste the smoothie and adjust the sweetness as needed. If it's too thick, add more water or almond milk; if it's too thin, add a small handful of ice or a few extra raspberries.
- 5. Serve Immediately:** Divide the smoothie into four equal servings. Consume promptly to enjoy maximum freshness, flavor, and nutrient retention.

Nutrient	Amount	Calories
Protein	~19 g	~30%
Carbs	~25 g	~40%
Fat	~8.5 g	~30%
Total	~52.5 g	~252.5 kcal

## MACRONUTRIENT ADJUSTMENTS

**Higher Protein (Muscle Gain):** Add a scoop of protein powder or mix in ½ cup of Greek yogurt for extra protein. You can also include a pasteurized liquid egg white portion for lean, low-fat protein.

**Lower Carbohydrate (Fat Loss):** Reduce the oats to ½ cup and substitute the banana with a small handful of spinach for thickness and micronutrients without extra sugars. Swap almond milk for unsweetened cashew or walnut milk with fewer carbs.

**Adjusting Fats:** Add an extra tablespoon of almond butter or ¼ of an avocado to increase healthy fats. To reduce fats, lower the almond butter to 1-2 tablespoons.

## SERVING SUGGESTIONS

**Toppings:** A few fresh raspberries or cacao nibs on top for texture and flavor. A sprinkle of unsweetened coconut flakes for extra crunch and healthy fats.

**Pairing:** Enjoy this smoothie as a balanced breakfast, a pre-workout carb-protein combo, or a post-workout recovery shake.

## MICRONUTRIENT HIGHLIGHTS

**Raspberries:** High in vitamin C, manganese, and antioxidants.

**Oats:** Provide B vitamins, magnesium, and soluble fiber for heart and gut health.

**Flax Seeds:** A source of Omega-3 fatty acids, lignans, and dietary fiber.

**Almond Butter:** Offers vitamin E, magnesium, and heart-healthy monounsaturated fats.

# CARROT FLAXSEED SMOOTHIE

## INGREDIENTS

- 1 cup (120g) raw carrots, chopped
- 1 medium banana (~118g), fresh or frozen
- ½ cup (40g) rolled oats
- ¾ cup (170g) nonfat plain Greek yogurt
- 1.5 scoops (~45g) vanilla whey protein powder
- 2 tbsp (14g) ground flaxseed
- 1.5 tbsp (~24g) almond butter
- 1 cup (240ml) unsweetened almond milk
- Sweetener (stevia or your choice) to taste
- ½ cup cold water (or a few ice cubes) to adjust thickness, if desired



SERVINGS:  
2



PREP TIME:  
10 MINS



COOK TIME:  
NONE

## INSTRUCTIONS

### 1. Prep the Produce:

Wash and peel the carrots if desired. Roughly chop them into small chunks for more effortless blending. Peel the banana and break it into smaller pieces.

2. **Layer the Ingredients:** Add the carrots, banana, rolled oats, Greek yogurt, whey protein powder, and ground flaxseed to a high-powered blender. Add the almond butter, unsweetened almond milk, and a touch of sweetener if you'd like. Start with ½ cup cold water or a few ice cubes. Adjust the liquid to achieve the desired thickness.

3. **Blend Until Smooth:** Begin blending at a low speed, gradually increasing to high. Blend for 30-60 seconds or until completely smooth and creamy. If the mixture is too thick, add more water or almond milk to thin it out.

4. **Taste and Adjust:** Taste the smoothie and adjust the sweetness to your preference. If you want more creaminess, add more yogurt; include a few ice cubes for more thickness.

5. **Serve Immediately:** Divide the smoothie into two glasses. Enjoy right away for the best flavor and nutrient retention.

Nutrient	Amount	Calories
Protein	~34 g	~32%
Carbs	~44 g	~40%
Fat	~13 g	~28%
Total	~91 g	~427 kcal

## MACRONUTRIENT ADJUSTMENTS

**Higher Protein (Muscle Gain):** Add an extra half scoop of whey protein or ½ cup of Greek yogurt. You can add pasteurized egg whites to boost protein intake while keeping carbs and fats low.

**Lower Carbohydrate (Fat Loss):** Reduce the oats to ¼ cup and/or use half

a banana instead of a whole one. Swap the banana with berries, which generally have fewer carbs. Choose unsweetened Greek yogurt and omit the added sweetener.

**Adjusting Fats:** Add 1-2 teaspoons of extra almond butter or a teaspoon of MCT oil for more healthy fats. To reduce fats, use less almond butter and substitute flaxseed with chia seeds or leafy greens.

## SERVING SUGGESTIONS

**Toppings:** You can enjoy it as-is or with a sprinkle of cinnamon, a few extra flaxseeds, or sliced almonds.

**Sides:** Pair with a small handful of fresh berries for extra antioxidants or a boiled egg for extra protein.

**Meal Prep:** Save time by preparing individual smoothie bags in advance. Pack pre-measured dry ingredients like oats, flaxseeds, protein powder, and frozen fruits or vegetables into separate bags. Add fresh ingredients like yogurt, almond butter, and milk when you blend.

## MICRONUTRIENT HIGHLIGHTS

**Carrots:** High in beta-carotene (vitamin A), vitamin K, and potassium.

**Flaxseed:** Provides omega-3 fatty acids (ALA), fiber, and lignans.

**Bananas:** They contain potassium, vitamin B6, and magnesium.

**Greek Yogurt:** Good source of calcium, B vitamins, and gut-friendly probiotics.

**Almond Butter:** Rich in vitamin E, magnesium, and heart-healthy monounsaturated fats.

# STRAWBERRY KIWI SMOOTHIE

## INGREDIENTS

- 1 cup (150g) strawberries (fresh or frozen)
- 1 large kiwi (~70g), peeled and chopped
- ½ medium banana (~50g)
- 1 scoop (30g) vanilla whey protein isolate
- ½ cup (120g) plain, nonfat Greek yogurt
- ¼ cup (20g) rolled oats
- 2 tbsp (32g) almond butter
- 1 cup (240ml) almond milk (unsweetened)
- Optional sweetener: A few drops of stevia or a teaspoon of honey (optional, to taste)

Nutrient	Amount	Calories
Protein	~24 g	~30%
Carbs	~32 g	~40%
Fat	~11 g	~30%
Total	~67 g	~323 kcal



SERVINGS:  
2



PREP TIME:  
5 MINS



COOK TIME:  
NONE

## 1. Prepare the Fruit:

Wash the strawberries and kiwi thoroughly.

Hull the strawberries if using fresh. Peel and chop the kiwi. Slice the banana into chunks. Using fresh, ripe fruit ensures maximum flavor and nutrient retention. For convenience, frozen strawberries can help achieve a thicker, colder smoothie without diluting nutrients.

## 2. Measure the Dry Ingredients:

To maintain your macronutrient targets, precisely weigh or measure the rolled oats and whey protein powder.

## 3. Layer the Ingredients in the Blender:

Start with the almond milk at the bottom to facilitate blending. Add the Greek yogurt and the fruits (strawberries, kiwi, banana). Add the rolled oats, protein powder, and almond butter on top. This layering ensures smoother blending and prevents dry ingredients from sticking to the blender walls.

## 4. Blend Smoothly:

Begin blending at a low speed and gradually increase to a high speed. Blend until the mixture is smooth and creamy. Taste and adjust sweetness with stevia or a small amount of honey if desired. Blending at lower speeds first helps minimize oxidation, preserving the vitamins and antioxidants in the fruit.

## 5. Serve Immediately:

Pour into two glasses. Enjoy right away to take advantage of the freshness and nutrient quality of the smoothie.

## INSTRUCTIONS

## MACRONUTRIENT ADJUSTMENTS

**Lower Carbohydrate (Fat Loss):** Reduce or omit the oats and use fewer banana slices. Increase almond butter slightly to maintain caloric balance while lowering carbs. Choose berries as they are relatively lower in sugar compared to tropical fruits.

**Higher Protein (Muscle Gain):** Add an extra half-scoop of whey protein or ½ cup more Greek yogurt. You could use pasteurized liquid egg whites to boost your protein intake without increasing carbohydrate or fat content.

**Adjusting Fats:** Reduce almond butter to 1 tablespoon (16g) for lower fat. Add 1 tablespoon chia, ground flax seeds, or a teaspoon of MCT oil for higher fat.

## SERVING SUGGESTIONS

**Toppings:** A sprinkle of cinnamon or a small handful of fresh berries on top can add flavor and micronutrients without significantly altering the macros.

**Pairings:** Serve this dish with a boiled egg or a small handful of almonds for extra protein or healthy fats.

**Pre- or Post-Workout:** This smoothie is an excellent pre-workout option for sustained energy or post-workout fuel to support muscle recovery.

## MICRONUTRIENT HIGHLIGHTS

**Strawberries & Kiwi:** High in vitamin C, providing antioxidants and supporting immune health.

**Banana:** Adds potassium and vitamin B6, supporting nerve and muscle function.

**Greek Yogurt:** Contains calcium for bone health and beneficial gut-supporting cultures.

**Almond Butter:** Offers vitamin E, magnesium, and heart-healthy monounsaturated fats.

**Oats:** Contribute soluble fiber, aiding digestion and providing sustained energy.

# LUNCH RECIPES

# CHICKEN AVOCADO SALAD

## INGREDIENTS

- 500g boneless, skinless chicken breast (raw weight)
- ~425g cooked quinoa
- ~247g cooked chickpeas
- ~130g sweet potato, peeled, roasted, and diced
- ~150g cherry tomatoes, halved
- ~120g baby spinach
- ~225g medium avocados
- ~30ml extra-virgin olive oil
- ~14g chopped walnuts
- 15ml fresh lemon juice
- Salt and black pepper
- Optional herbs (e.g., parsley, basil) and a pinch of garlic powder for extra flavor



SERVINGS:  
4



PREP TIME:  
15 MINS



COOK TIME:  
20-25 MINS

## INSTRUCTIONS

### 1. Prepare the Chicken:

Preheat the oven to 200°C (400°F). Season a chicken breast with salt, pepper, and optional garlic powder. Place it on a parchment-lined baking sheet. Bake for 20-25 minutes or until the internal temperature reaches 75°C (165°F). Let it rest for 5 minutes, then slice it into bite-sized pieces.

### 2. Cook the Quinoa:

Rinse 1 cup of quinoa. Combine it with 2 cups of water in a saucepan, boil it, and simmer it for about 15 minutes. Once the water is absorbed, fluff with a fork and measure 2.5 cups.

### 3. Roast the Sweet Potato:

Peel and dice a sweet potato into small cubes. Lightly coat with olive oil, salt, and pepper. Roast for about 20 minutes at 200°C (400°F), then let cool slightly.

### 4. Prepare Chickpeas and Vegetables:

Rinse canned chickpeas thoroughly. Halve cherry tomatoes. Wash spinach leaves.

### 5. Combine:

In a large bowl, toss quinoa, chickpeas, roasted sweet potato, tomatoes, and spinach in the sliced chicken and avocado, then sprinkle with ped walnuts.

### 6. Dress and Serve:

Whisk extra-virgin olive oil, lemon juice, salt, and pepper in a small bowl. Drizzle over the salad and toss gently. Adjust seasoning if needed, and enjoy!

Nutrient	Amount	Calories
Protein	~50 g	~36%
Carbs	~50 g	~36%
Fat	~17 g	~28%
Total	~117 g	~553 kcal

## MACRONUTRIENT ADJUSTMENTS

**Higher Protein (Muscle Gain):** Increase chicken breast to 600-700g total. Add a handful of edamame or use Greek yogurt as a creamy dressing to boost protein further.

**Lower Carbohydrate (Fat Loss):** Reduce quinoa to 1.5 cups and chickpeas to 1 cup total. Increase spinach and other leafy greens for volume without adding many carbs. Replace sweet potato with more low-carb vegetables like zucchini or cucumber.

**Adjusting Fats:** Add more avocado, olive oil, or a handful of sunflower seeds to increase fats. Decrease the avocado to 1 medium and skip the walnuts to reduce fats.

## SERVING SUGGESTIONS

**As a Meal-Prep Option:** Divide the salad into four airtight containers for a week's balanced lunches.

**Pairings:** Enjoy with a side of plain Greek yogurt for tang and extra protein, or serve with a bowl of light broth-based soup for a more voluminous meal.

**Additional Flavor Boosts:** You can top it with fresh herbs like basil or parsley or add a splash of balsamic vinegar for extra flavor without excessive calories.

## MICRONUTRIENT HIGHLIGHTS

**Spinach & Tomatoes:** Vitamins A, C, and K; antioxidants and fiber.

**Sweet Potato:** Beta-carotene (vitamin A), potassium, and fiber.

**Avocado & Olive Oil:** Heart-healthy monounsaturated fats, vitamin E, and some B vitamins.

**Chickpeas & Quinoa:** Iron, magnesium, zinc, and B-vitamins; plant-based proteins and fiber.

# CHICKPEA KALE SALAD

## INGREDIENTS

- 450g boneless, skinless chicken breast, cooked and sliced (e.g., grilled or baked)
- ~240g chickpeas, drained and rinsed
- 3 cups cooked quinoa (from ~1 cup dry quinoa)
- ~240g chopped kale, stems removed, leaves torn
- ~150g cherry tomatoes, halved
- 120g low-fat Greek yogurt
- 2 tablespoons extra-virgin olive oil
- Juice of ½ a lemon
- Salt and freshly ground black pepper to taste
- Herbs (e.g., fresh parsley, basil, or chives) for flavor



SERVINGS:  
4



PREP TIME:  
15 MINS



COOK TIME:  
20 MINS

## INSTRUCTIONS

### 1. Cooking Quinoa:

Rinse 1 cup of quinoa under cold water to remove bitterness. Add it to a pot with 2 cups of water and a pinch of salt. Bring to a boil, lower the heat, cover, and let it cook for 15-20 minutes until all the water is absorbed. Fluff it with a fork and let it cool slightly.

### 2. Cooking the Chicken:

Season chicken breasts with salt and pepper. Bake at 375°F (190°C) or grill them for about 15-20 minutes until they reach an internal temperature of 165°F (74°C). Let the chicken rest for a few minutes, then slice it thinly.

### 3. Preparing the Kale:

Chop the kale and put it in a large bowl. Sprinkle a little salt over it and gently rub it with your hands for about a minute. This process softens the kale and makes it easier to eat.

### 4. Adding Chickpeas and Quinoa:

Drain and rinse a can of chickpeas, then mix them with the kale. Add the cooked quinoa and toss everything together.

### 5. Adding Chicken and Tomatoes:

Place the sliced chicken and halved cherry tomatoes into the bowl. The chicken adds protein, while the tomatoes give the salad a fresh, tangy taste.

### 6. Making the Dressing:

Whisk together Greek yogurt, olive oil, lemon juice, salt, and pepper in a small bowl. Adjust the flavors to your liking.

### 7. Mixing Everything:

Pour the dressing over the salad and mix gently to coat all the ingredients. Sprinkle some fresh herbs on top if you like. Enjoy your healthy meal!

Nutrient	Amount	Calories
Protein	~31 g	~32%
Carbs	~40 g	~40%
Fat	~12 g	~28%
Total	~83 g	~392 kcal

## MACRONUTRIENT ADJUSTMENTS

**Higher Protein (Muscle Gain):** Increase the chicken breast to 1.25 lbs (about 570 g), or add an extra ½ cup of Greek yogurt to boost protein. You might want to toss in an extra half can of chickpeas or some edamame to boost plant-based protein.

**Lower Carbohydrate (Fat Loss):** Reduce quinoa to 2 cups cooked for fewer carbohydrates. Increase the volume of kale and other non-starchy vegetables to maintain meal size and satiety. Substitute Greek yogurt with a higher protein, a lower-carb option like a desired plant-based yogurt alternative.

**Adjusting Fats:** For more healthy fat, add chopped avocado, nuts, or seeds. To lower fat, use less olive oil or opt for a fat-free Greek yogurt in the dressing.

## SERVING SUGGESTIONS

Enjoy the salad as a complete meal on its own. Pair it with a low-sodium vegetable soup for added volume and micronutrients. Serve with sparkling water infused with citrus or fresh mint for a refreshing beverage.

## MICRONUTRIENT HIGHLIGHTS

**Kale:** Rich in vitamins A, C, and K and minerals like calcium and magnesium.

**Chickpeas:** Provide iron, folate, and magnesium, along with fiber.

**Quinoa:** Offers B vitamins, magnesium, phosphorus, and essential amino acids.

**Cherry Tomatoes & Lemon:** Contribute vitamin C, antioxidants, and a bright, fresh flavor.

**Olive Oil:** Heart-healthy monounsaturated fats and vitamin E.

# EGG & SPINACH SALAD

## INGREDIENTS

- ~120g fresh baby spinach, washed and patted dry
- 2 large egg, hard-boiled and sliced
- ~460 nonfat plain Greek yogurt
- ~110g cooked Quinoa (measured after cooking)
- ~110g canned chickpeas, drained and rinsed
- 10ml extra-virgin olive oil
- 20g slivered almonds
- Salt and pepper, to taste
- Optional: A squeeze of fresh lemon juice and a dash of your favorite herbs (e.g., dill, chives) for extra flavor



SERVINGS:  
2



PREP TIME:  
15 MINS



COOK TIME:  
10 MINS

## INSTRUCTIONS

- Cook the Egg:** Place the egg in a small pot and cover with water. Bring to a boil over medium-high heat. Once boiling, reduce heat to a gentle simmer and cook for 9-10 minutes for a fully hard-boiled egg. Drain and run the egg under cold water before peeling. Slice the egg and set aside.
- Cook the Quinoa:** Rinse Quinoa under cold water to remove any bitterness. Combine  $\frac{1}{4}$  cup dry quinoa with  $\frac{1}{2}$  cup water (this will yield more than  $\frac{1}{3}$  cup cooked—reserve leftovers for another meal). Bring to a boil, then reduce heat to low, cover, and simmer for about 15 minutes or until water is absorbed. Fluff with a fork and let it cool slightly.
- Prepare the Chickpeas:** Drain and rinse canned chickpeas thoroughly. Measure out  $\frac{1}{3}$  cup per serving.
- Assemble the Salad Base:** Place the spinach in a large mixing bowl. Add the cooked Quinoa and chickpeas.
- Add Protein and Dairy:** Spoon the Greek yogurt onto the salad. The yogurt will serve as a creamy, protein-rich dressing.
- Flavor and Texture:** Drizzle the olive oil over the salad. Top with the sliced egg and sprinkle with slivered almonds for crunch and healthy fats. Season with salt and pepper to taste. Optional: Add a squeeze of fresh lemon juice and a sprinkle of fresh herbs for brightness and additional micronutrients.
- Serve:** Toss gently to distribute the yogurt and oil evenly. Serve immediately to enjoy the fresh flavors and preserve the nutrient integrity.

Nutrient	Amount	Calories
Protein	~41.5 g	~32%
Carbs	~44.5 g	~35%
Fat	~18.5 g	~32%
Total	~104 g	~515 kcal

## MACRONUTRIENT ADJUSTMENTS

**Higher Protein (Muscle Gain):** Add an extra egg or a few ounces of chopped cooked chicken breast. Incorporate another  $\frac{1}{2}$  cup of Greek yogurt or a small scoop of protein powder whisked into the yogurt dressing.

**Lower Carbohydrate:** Reduce Quinoa to  $\frac{1}{4}$  cup or omit altogether. Swap chickpeas for a lower-carb vegetable such as cucumber or bell peppers. Increase spinach and add extra egg whites for volume and protein without carbs.

**Adjusting Fats:** To increase healthy fats, add  $\frac{1}{4}$  of an avocado or more almonds. To reduce fat, skip the almonds and use non-stick cooking spray instead of olive oil.

## SERVING SUGGESTIONS

**Meal Preparation:** Prepare several servings beforehand. To ensure freshness, store the dressing (yogurt and oil) separately until just before serving.

**Flavor Variations:** Adding cherry tomatoes, red onion, or fresh herbs like basil gives it a Mediterranean flair. Mix in a teaspoon of whole-grain mustard or a splash of balsamic vinegar for additional flavor depth.

## MICRONUTRIENT HIGHLIGHTS

**Spinach:** High in iron, folate, vitamin K, and magnesium.

**Egg:** Provides choline, vitamin B12, selenium, and a complete amino acid profile.

**Greek Yogurt:** Rich in calcium, B vitamins, and gut-friendly probiotics.

**Quinoa:** A source of magnesium, phosphorus, and manganese, along with all essential amino acids.

**Chickpeas:** Provide fiber, folate, and additional plant-based protein.

**Almonds & Olive Oil:** Offer heart-healthy monounsaturated fats and vitamin E.

# SHRIMP MANGO SALAD

## INGREDIENTS

- 454g large shrimp, peeled and deveined
- 2 cups cooked quinoa (~1 cup dry quinoa)
- ~330g diced mango
- ~70g avocado, diced
- ~30g baby spinach, roughly chopped
- ~40g red onion, finely chopped
- 4 tbsp hemp seeds
- 120g nonfat Greek yogurt
- 2 tbsp olive oil
- 2 tbsp fresh lime juice
- Salt and pepper, to taste
- Optional: Cherry tomatoes or cucumber for extra nutrients and volume



SERVINGS:  
4



PREP TIME:  
20 MINS



COOK TIME:  
15 MINS

## INSTRUCTIONS

### 1. Prepare the Quinoa:

Rinse 1 cup dry quinoa under cold water. In a saucepan, combine quinoa with about 2 cups of water. Bring to a boil, then reduce heat to low, cover, and simmer until water is absorbed (~15 minutes). Fluff with a fork and allow to cool. Measure out 2 cups of cooked quinoa for the salad.

### 2. Cook the Shrimp:

Season shrimp lightly with salt and pepper. Heat a non-stick skillet over medium-high heat. Add a small cooking spray or a teaspoon of olive oil (not included in the 2 tablespoons above). Cook shrimp for 2-3 minutes per side or until opaque and pink. Avoid overcooking to preserve protein quality and juiciness. Let cool slightly before adding to the salad.

### 3. Make the Dressing:

Whisk together the nonfat Greek yogurt, olive oil, lime juice, a pinch of salt, and pepper in a small bowl. Adjust seasoning to taste. This tangy dressing adds creaminess, extra protein, and healthy fats without excessive calories.

### 4. Prepare the Produce:

Dice the mango and avocado. Chop the spinach and red onion.

Optional: Slice cherry tomatoes or cucumber if using.

Nutrient	Amount	Calories
Protein	~31 g	~30%
Carbs	~36 g	~40%
Fat	~14 g	~30%
Total	~81 g	~395 kcal

### 5. Assemble the Salad:

Combine the cooked quinoa, shrimp, diced mango, avocado, spinach, and red onion in a large mixing bowl.

Pour the yogurt-lime dressing over the ingredients and toss gently to coat everything evenly.

### 6. Finish with Hemp Seeds:

Divide the salad into 4 equal portions. Top each serving with 1 tablespoon of hemp seeds for added crunch, healthy fats, and extra protein.

## MACRONUTRIENT ADJUSTMENTS

**Higher Protein (Muscle Gain):** Increase shrimp to 1.25 lbs or add extra Greek yogurt or a small handful of edamame. Another option: Incorporate a second tablespoon of hemp seeds per serving or add a side of cottage cheese.

**Lower Carbohydrate (Fat Loss):** You can reduce the quinoa to 1 cup cooked total (instead of 2 cups) or replace half the quinoa with extra spinach, cucumber, or zucchini noodles. Use slightly less mango or swap for lower-carb berries.

**Adjusting Fats:** Add avocado or a few extra teaspoons of olive oil to increase healthy fats. To reduce fat, use only 1 tablespoon of olive oil and skip the avocado. Instead, use hemp seeds as a source of healthy fats.

## SERVING SUGGESTIONS

**As-Is:** This salad is a complete meal, offering balanced macronutrients and various micronutrients.

**With a Side:** For increased volume and micronutrients, serve with a small bowl of vegetable soup or a simple side salad.

**Meal Prep:** You can prepare this salad in advance for lunches. Store the dressing and avocado separately until just before serving to keep it fresh and prevent oxidation.

## MICRONUTRIENT HIGHLIGHTS

**Shrimp:** High in selenium, vitamin B12, and iodine.

**Mango:** Rich in vitamins A, C, and folate, plus beneficial antioxidants.

**Avocado:** Offers potassium, vitamin E, and heart-healthy monounsaturated fats.

**Quinoa:** Provides B vitamins, iron, magnesium, and complete plant protein.

**Hemp Seeds:** Contain omega-3 and omega-6 fatty acids, magnesium, and additional protein.

# BEET & GOAT CHEESE SALAD

## INGREDIENTS

- 450g cooked skinless chicken breast, sliced
- ~360g cooked quinoa
- ~400g medium beets, roasted and sliced
- 164g cooked chickpeas, drained and rinsed
- 113g goat cheese, crumbled
- 8 cups mixed salad greens
- 1½ tbsp extra-virgin olive oil
- 2 tbsp balsamic vinegar
- Salt and pepper, to taste



SERVINGS:  
4



PREP TIME:  
20 MINS



COOK TIME:  
30 MINS

## INSTRUCTIONS

### 1. Cook the Beets (if not pre-roasted):

Preheat the oven to 400°F (204°C). Wash the beets, trim the stems, and wrap each beet individually in aluminum foil. Roast for approximately 30-45 minutes, or longer if needed, until the beets are tender enough to be easily pierced with a fork. Allow to cool, then peel and slice into wedges. Roasting helps maintain nutrient density while enhancing natural sweetness.

### 2. Prepare the Protein and Grains (if not already prepped):

Cook the quinoa according to package instructions. Typically: rinse quinoa, then simmer 1 cup dry in 2 cups water for ~15 minutes. Let it rest for 5 minutes, and fluff it with a fork. Season and grill or bake the chicken breast until it reaches an internal temperature of 165°F (74°C). Let it rest, then slice it into strips. Cooking chicken slowly and gently helps maintain its tender texture and preserves more nutrients.

3. **Assemble the Base Salad:** Combine the salad greens, quinoa, sliced roasted beets, and chickpeas in a large mixing bowl. Toss gently to distribute ingredients evenly.

4. **Add Protein and Cheese:** Top each portion with sliced chicken breast and crumbled goat cheese. Goat cheese provides a creamy texture and tangy flavor while adding healthy fats and protein.

5. **Dress the Salad:** Whisk the olive oil and balsamic vinegar in a small bowl with a pinch of salt and pepper. Drizzle the dressing over the salad.

Lightly tossing before serving preserves the texture and nutrients of the fresh greens.

6. **Taste and Adjust:** Taste the salad and adjust seasonings, adding more salt, pepper, or vinegar to suit your preference.

Nutrient	Amount	Calories
Protein	~38 g	~33%
Carbs	~42 g	~36%
Fat	~16 g	~31%
Total	~96 g	~464 kcal

## MACRONUTRIENT ADJUSTMENTS

**Higher Protein (Muscle Gain):** Increase the chicken to 5-6 oz per serving, or add a boiled egg or extra chickpeas for more plant-based protein. Add a tablespoon of Greek yogurt or cottage cheese for extra protein and creaminess.

**Lower Carbohydrate (Fat Loss):** Reduce the quinoa to ½ cup per serving or omit chickpeas. Consider replacing some quinoa with extra leafy greens or roasted non-starchy vegetables like zucchini or mushrooms.

**Adjusting Fats:** Add a small handful of walnuts or pumpkin seeds for more healthy fats. To lower fats, reduce the goat cheese to 0.5 oz per serving, use less olive oil in the dressing, and add a splash of lemon juice for extra flavor.

## SERVING SUGGESTIONS

**Serve Immediately:** Enjoy this salad fresh for the best texture and flavor.

**Add Crunch:** Top with toasted walnuts or sunflower seeds for extra texture and healthy fats if desired.

**Meal Prep:** Store the undressed salad, chicken, and goat cheese separately in airtight containers. Add dressing just before eating to keep the greens crisp.

## MICRONUTRIENT HIGHLIGHTS

**Beets:** High in folate, manganese, potassium, and dietary nitrates.

**Quinoa:** Provides magnesium, iron, and B vitamins.

**Goat Cheese:** A good source of calcium, phosphorus, and vitamin A.

**Chickpeas:** Offer iron, B6, and zinc.

**Leafy Greens:** Rich in vitamins K, C, and A, plus various antioxidants.

# ROASTED SWEET POTATO AND LENTIL SALAD

## INGREDIENTS

- ~192g dry brown or green lentils
- ~400g medium sweet potatoes, peeled and cut into 1-inch cubes
- 300g boneless, skinless chicken breast, cut into bite-sized pieces
- ~45ml extra-virgin olive oil, divided
- 30g pumpkin seeds
- ~60g fresh spinach or chopped kale
- 1 tsp ground cumin
- 1 tsp smoked paprika
- 1 tsp fresh lemon juice
- Salt and pepper, to taste



SERVINGS:  
4



PREP TIME:  
15 MINS



COOK TIME:  
35 MINS

## INSTRUCTIONS

- Cook the Lentils:** Rinse the lentils under cool running water to remove any debris. In a medium saucepan, add lentils and about 3 cups of water. Bring to a gentle boil, then reduce heat to a simmer. Cook for about 20-25 minutes or until tender but not mushy. Drain any excess water and set aside. This gentle simmer preserves nutrients and keeps the lentils from becoming overly soft.
- Roast the Sweet Potatoes and Chicken:** Preheat the oven to 400°F (205°C). Toss the sweet potato cubes with 1½ tablespoons of olive oil, cumin, smoked paprika, a pinch of salt, and pepper on a large baking sheet. Arrange the chicken pieces on a separate small baking dish or on the same sheet (if space allows, keeping them slightly apart). Drizzle with 1 tablespoon of olive oil and season with salt and pepper. Roast the sweet potatoes and chicken for about 20-25 minutes, or until the sweet potatoes are fork-tender and the chicken reaches an internal temperature of 165°F (74°C). Roasting at a moderate temperature helps retain micronutrients while developing flavor.
- Prepare the Salad Base:** Place the cooked lentils and fresh spinach or kale in a large mixing bowl. Add the lemon juice and the remaining ½ tablespoon of olive oil, gently tossing to combine. Season with a small pinch of salt and pepper to taste.
- Combine All Components:** Gently fold the roasted sweet potatoes, chicken, and pumpkin seeds into the mixture of lentils and greens. Taste and adjust seasonings as desired.
- Serve:** Divide the salad into four servings. Serve warm or at room temperature. Perfect for meal prep, this salad is versatile enough to be enjoyed alone or as a side dish.

Nutrient	Amount	Calories
Protein	~37 g	~29%
Carbs	~50 g	~39%
Fat	~18 g	~32%
Total	~105 g	~515 kcal

## MACRONUTRIENT ADJUSTMENTS

**Higher Protein (Muscle Gain):** Increase chicken breast from 300g to 400-450g. Add an extra ½ cup Greek yogurt on the side or mix in ½ cup of cooked edamame beans to boost protein further.

**Lower Carbohydrate (Fat Loss):** Reduce sweet potato to 1 medium (about 200g). Use ¾ cup dry lentils instead of 1 cup, or add more greens instead of some lentils. Increase the portion of chicken or add a boiled egg to maintain protein intake while lowering carbs.

**Adjusting Fats:** Add an extra tablespoon of olive oil or a handful of chopped walnuts to increase healthy fats. To reduce fats, have the pumpkin seeds and use a cooking spray instead of some of the olive oil.

## SERVING SUGGESTIONS

**As a Main Dish:** Enjoy as-is for a balanced meal.  
**As Side:** Pair it with a light soup or fruit for a well-rounded lunch.

**Meal Prep:** Store in airtight containers for up to three days in the refrigerator. Drizzle a little lemon juice before serving again to freshen the flavors.

## MICRONUTRIENT HIGHLIGHTS

**Sweet Potatoes:** High in beta-carotene (vitamin A), vitamin C, and potassium.

**Lentils:** Provide iron, folate, and magnesium, along with fiber and plant-based protein.

**Spinach/Cabbage:** These are rich sources of vitamins K, A, and C and various phytonutrients.

**Pumpkin Seeds:** Provide magnesium, zinc, and healthy fats.

# CHICKEN CAESAR SALAD

## INGREDIENTS

- ~283g boneless, skinless chicken breast
- ~400g chopped romaine lettuce
- ~492g canned chickpeas (garbanzo beans)
- 120g nonfat Greek yogurt
- 30ml extra-virgin olive oil
- ~50g avocado, diced
- ~75g cherry tomatoes, halved
- ~60g whole-grain croutons
- 10g grated Parmesan cheese
- 1 tbsp lemon juice
- 1 tsp Worcestershire sauce
- 1 tsp Dijon mustard
- 1 clove garlic, minced
- Salt and black pepper



SERVINGS:  
4



PREP TIME:  
20 MINS



COOK TIME:  
15 MINS

## INSTRUCTIONS

### 1. Cook the Chicken:

Season the chicken breast with a pinch of salt and pepper. Grill, bake, or pan-sear over medium heat until the internal temperature reaches 165°F (74°C), about 12-15 minutes. Allow the chicken to rest for 5 minutes, then slice it into thin strips to preserve moisture and nutrients.

### 2. Prepare the Dressing:

In a small bowl, whisk together the Greek yogurt, olive oil, lemon juice, Worcestershire sauce, Dijon mustard, and minced garlic. Season with salt and pepper to taste. Adjust consistency with a tablespoon of water if desired. This dressing replaces traditional high-fat Caesar dressings with a lighter, protein-rich alternative while retaining flavor.

### 3. Assemble the Salad:

In a large salad bowl, place the chopped romaine lettuce. Add the chickpeas, cherry tomatoes, and diced avocado. Top with the sliced chicken breast and sprinkle with the croutons. Drizzle the dressing over the salad and toss gently to coat all ingredients evenly without bruising the lettuce.

### 4. Finish with Parmesan:

Sprinkle the grated Parmesan cheese on top. This addition enhances the dish's savory depth while providing a small amount of calcium and protein.

### 5. Serve:

Divide the salad into four servings. Serve immediately to enjoy peak freshness, flavor, and nutrient content.

Nutrient	Amount	Calories
Protein	~32 g	~30-29%
Carbs	~45 g	~41-40%
Fat	~14-15 g	~31-29%
Total	~91-92 g	~434-443 kcal

## MACRONUTRIENT ADJUSTMENTS

**Higher Protein (Muscle Gain):** Increase the chicken breast to 12-16 oz total. Add a tablespoon of Greek yogurt or a half-scoop of unflavored protein powder into the dressing. Include a boiled egg on top for added protein and micronutrients.

**Lower Carbohydrate:** Reduce the chickpeas from  $\frac{3}{4}$  cup to  $\frac{1}{2}$  cup or omit them entirely. Skip the croutons or replace them with roasted cauliflower florets. Keep the chicken and avocado as is to maintain protein and healthy fats.

**Adjusting Fats:** Increase healthy fats by adding a few more slices of avocado or an extra teaspoon of olive oil. To reduce fat, use less avocado and reduce the olive oil by half. Thin the dressing with water or more lemon juice.

## SERVING SUGGESTIONS

**On the Side:** A cup of broth-based vegetable soup can round the meal.

**Extra Flavor:** Add fresh herbs like chopped parsley or basil for additional micronutrients and flavor.

**Meal Prep:** Assemble the dry components in advance. Keep the dressing separate and add it right before serving to maintain crispness and prevent nutrient degradation.

## MICRONUTRIENT HIGHLIGHTS

**Romaine Lettuce:** Rich in vitamins A, K, and folate.

**Chickpeas:** Provide iron, magnesium, potassium, and soluble fiber.

**Avocado & Olive Oil:** Offer monounsaturated fats and vitamin E, supporting heart health.

**Greek Yogurt:** Adds calcium, B vitamins, and probiotics for gut health.

**Cherry Tomatoes:** They contribute vitamin C, antioxidants, and lycopene.

# CAPRESE SALAD

## INGREDIENTS

- ~170g cooked quinoa
- ~165g cooked chickpeas
- 170g grilled chicken breast, sliced
- 85g fresh mozzarella, sliced or cubed
- ~300g cherry tomatoes, halved
- 2 tbsp fresh basil, roughly torn
- 2 tbsp balsamic vinegar
- 2 tsp extra virgin olive oil
- Salt and pepper, to taste

**Note:** If starting from dry quinoa and raw chicken, prepare them beforehand. Cooking times vary.

Nutrient	Amount	Calories
Protein	~48 g	~32%
Carbs	~58 g	~38%
Fat	~20 g	~30%
Total	~126 g	~600 kcal



SERVINGS:  
2



PREP TIME:  
15 MINS



COOK TIME:  
15 MINS

## INSTRUCTIONS

### 1. Prepare Your Base Ingredients:

If you haven't cooked the Quinoa yet, rinse ½ cup of dry Quinoa under cold water and follow the package directions to cook it (usually by boiling for 15 minutes). Let cool slightly.

Chicken, season chicken breast with salt and pepper. Grill or pan-sear it over medium heat until fully cooked (internal temperature of 165°F/74°C), about 8-10 minutes, depending on thickness. Let it rest, then slice it into strips.

### 2. Assemble the Salad:

In a large mixing bowl, add the cooked quinoa and chickpeas. Add the cherry tomatoes, fresh mozzarella, and basil. Gently toss to combine.

### 3. Dress and Season:

Drizzle the olive oil and balsamic vinegar over the salad. Season with a pinch of salt and freshly ground black pepper. Gently toss again to ensure all ingredients are well coated without breaking the mozzarella pieces.

### 4. Portion and Serve:

Divide the salad into two equal portions. Top each portion with 3 oz of sliced grilled chicken.

### 5. Final Adjustments:

Taste and adjust seasonings as desired. Serving the salad fresh helps preserve its vibrant flavors and the nutrient integrity of the ingredients.

## MACRONUTRIENT ADJUSTMENTS

**Higher Protein (Muscle Gain):** Increase chicken to 8 oz per 2 servings or add an ounce of mozzarella. Consider adding ½ cup of Greek yogurt as a creamy alternative to dressings, enhancing protein while keeping carbs and fats low.

**Lower Carbohydrate (Fat Loss):** Reduce or omit the chickpeas. Halve the quinoa and add more leafy greens (like spinach) to maintain volume without extra carbs. Increase chicken slightly to maintain protein levels while lowering carbs.

**Adjusting Fats:** Add a few slices of avocado or increase the olive oil slightly for more healthy fats. To reduce fat, use reduced-fat mozzarella and limit the olive oil to 1 teaspoon.

## SERVING SUGGESTIONS

**On-the-Go Meal:** Pack in a portable container for a balanced lunch at work or school.

**Add Greens:** Serve over a baby spinach or arugula bed for extra micronutrients and fiber.

**Light Side Dish:** Omit the chicken for a lighter side salad alongside a lean protein entrée.

## MICRONUTRIENT HIGHLIGHTS

**Quinoa:** Provides B vitamins, iron, magnesium, and zinc, as well as fiber.

**Chickpeas:** They contain folic acid, manganese, and soluble fiber.

**Tomatoes:** High in vitamin C and A and antioxidants such as lycopene.

**Mozzarella:** Supplies calcium and B vitamins.

**Basil & Olive Oil:** Contribute vitamin K and heart-healthy monounsaturated fats.

# GRILLED VEGETABLE SALAD

## INGREDIENTS

- 340g boneless, skinless chicken breast (or tofu)
- ~370g cooked quinoa
- ~250g cooked chickpeas
- ~200g medium zucchini, sliced lengthwise
- ~120g red bell pepper, quartered
- ~120g yellow bell pepper, quartered
- ~100g small red onion, cut into large wedges
- ~120g baby spinach or mixed greens
- ~150g medium avocado
- 30ml extra-virgin olive oil
- ~15g pumpkin seeds
- ~2 tbsp Juice lemon
- Salt and pepper to taste
- Fresh herbs, chopped
- A splash of balsamic vinegar or a pinch of stevia if desired.

Nutrient	Amount	Calories
Protein	~30 g	~30%
Carbs	~40 g	~39%
Fat	~14 g	~31%
Total	~84 g	~406 kcal



SERVINGS:  
4



PREP TIME:  
20 MINS



COOK TIME:  
15 MINS

## INSTRUCTIONS

### 1. Prepare the Marinade:

In a small bowl, combine the lemon juice with 1 tablespoon of olive oil, a pinch of salt, pepper, and half of your chopped fresh herbs. Whisk well.

### 2. Marinate the Chicken:

Flatten the chicken breast slightly so it cooks evenly. Please place it in a dish and pour half of the marinade over it. Cover and refrigerate for at least 15 minutes. If using tofu instead, press out extra moisture first so it absorbs the flavors better.

### 3. Prep the Vegetables:

Slice the zucchini lengthwise into thick planks. Quarter the bell peppers and remove the seeds. Cut the onion into large wedges. Lightly brush or spray olive oil over the vegetables, then season with a pinch of salt and pepper.

### 4. Grilling:

Heat a grill or grill pan to medium-high. Cook the chicken on each side for 5-7 minutes until its internal temperature reaches 165°F (74°C). Grill the vegetables until soft and slightly charred, about 2-3 minutes per side. If using tofu, grill it until the outside is golden and firm.

### 5. Assemble the Salad:

Chop the grilled vegetables into bite-sized pieces. Slice or dice the grilled chicken. Toss the cooked quinoa, chickpeas, spinach (or mixed greens), and grilled vegetables in a large bowl. Add the remaining

marinade/dressing and the remaining 1 tablespoon olive oil, tossing gently. Stir in the other half of the fresh herbs. Adjust seasoning with salt, pepper, and a splash of balsamic vinegar if desired.

### 6. Add the Healthy Fats:

Slice the avocado and place on top. Sprinkle with pumpkin seeds for crunch, flavor, and additional healthy fats.

## MACRONUTRIENT ADJUSTMENTS

**Higher Protein (Muscle Gain):** Increase the chicken breast to 16 oz (450g), or add ½ cup of chickpeas. For extra protein, add a scoop of whey protein on the side or serve with a small bowl of Greek yogurt dressing.

**Lower Carbohydrate:** Reduce quinoa to 1 cup cooked. Replace chickpeas with black beans in smaller quantities or add more leafy greens. Use spiralized zucchini "noodles" to add bulk without significantly increasing carbs.

**Adjusting Fats:** For higher fats, add more avocado or a handful of olives. For lower fats, omit the pumpkin seeds or reduce the avocado to half.

## SERVING SUGGESTIONS

**Pair with a Light Soup:** A broth-based vegetable soup on the side for extra volume without many calories.

**Greek yogurt:** Add a spoonful for extra creaminess and protein.

**Finish with Fresh Herbs:** Scattering fresh basil or microgreens brightens the dish.

## MICRONUTRIENT HIGHLIGHTS

**Zucchini, Bell Peppers, Red Onion, and Spinach:** High provides vitamins A, C, and K and various antioxidants.

**Avocado:** Rich in vitamin E, potassium, and heart-healthy monounsaturated fats.

**Chickpeas & Quinoa:** Provide B vitamins, iron, magnesium, and dietary fiber.

**Pumpkin Seeds:** Good source of magnesium, zinc, and additional healthy fats.

**Chicken Breast:** Lean protein source with B vitamins and minerals such as phosphorus and selenium.

# BROCCOLI AND ALMOND SALAD

## INGREDIENTS

- 454g boneless, skinless chicken breast, cooked and chopped
- ~370g cooked quinoa
- ~360g broccoli florets, chopped into bite-sized pieces
- 85g raw almonds, roughly chopped
- 120g nonfat plain Greek yogurt
- 15ml extra-virgin olive oil
- 30ml apple cider vinegar (or lemon juice)
- Salt and pepper, to taste
- Fresh herbs (e.g., parsley or chives), optional



SERVINGS:  
4



PREP TIME:  
15 MINS



COOK TIME:  
20 MINS

## INSTRUCTIONS

1. **Cooking Quinoa:** Rinse  $\frac{3}{4}$  cups of quinoa under cold water to remove any bitterness. In a pot, bring  $1\frac{1}{2}$  cups of water to a boil. Add the quinoa, lower the heat, cover, and cook for about 15 minutes until the water is gone. Use a fork to fluff the quinoa, then let it cool.
2. **Cooking Chicken:** Sprinkle a chicken breast with salt and pepper. Cook it on a grill in an oven, or boil until the inside temperature reaches  $165^{\circ}\text{F}$  ( $74^{\circ}\text{C}$ ). Let it sit for a few minutes to keep it juicy, then cut it into small pieces.
3. **Preparing Vegetables:** Cut fresh broccoli into small pieces. Steam it for 2-3 minutes or quickly boil it, then rinse it with cold water to keep it green and crispy. You can also eat it raw.
4. **Chopping Almonds:** Chop some almonds into small pieces. To add flavor, toast them in a dry pan for a minute or two, being careful not to burn them.
5. **Making the Dressing:** Mix Greek yogurt, olive oil, and apple cider vinegar in a small bowl. Add a little salt and pepper, then stir well. You can add fresh herbs like parsley or basil to make it taste even better.
6. **Mixing Everything:** Combine the cooked quinoa, chopped chicken, broccoli, and almonds in a large bowl. Drizzle the dressing over the top and gently stir to coat everything evenly. Taste and add more seasoning if necessary.
7. **Serving and Storing:** You can eat the salad immediately or store it in a closed container in the fridge for up to three days. Enjoy this tasty and healthy meal!

Nutrient	Amount	Calories
Protein	~45 g	~40%
Carbs	~32 g	~28%
Fat	~16 g	~32%
Total	~93 g	~450 kcal

## MACRONUTRIENT ADJUSTMENTS

**Higher Protein (Muscle Gain):** Add 4-6 oz cooked chicken breast or stir in a scoop of unflavored whey protein isolate into the dressing. Increase Greek yogurt to 1 cup total for additional protein and creaminess.

**Lower Carbohydrate (Fat Loss):** Reduce Quinoa to 1 cup cooked total (for the whole recipe) and increase broccoli to 5-6 cups. Add more leafy greens (spinach, kale) instead of grains. Consider using zucchini "noodles" or cauliflower rice instead of some quinoa.

**Adjusting Fats:** To increase the amount of healthy fats, increase the total number of almonds to 4 ounces or add  $\frac{1}{2}$  tablespoons of olive oil. To reduce the amount of fat, decrease the almonds to 2 ounces and use nonstick cooking spray instead of olive oil.

## SERVING SUGGESTIONS

**On the Side:** Serve with a cup of broth-based vegetable soup for a light, nutrient-packed meal.

**Pairing:** A glass of sparkling water with lemon or lime complements the fresh flavors.

**Flavor Upgrades:** Add a sprinkle of dried cranberries or chopped apple for a hint of sweetness (note this will change the carb content).

## MICRONUTRIENT HIGHLIGHTS

**Broccoli:** High in vitamin C, vitamin K, and folate, plus fiber and antioxidants.

**Quinoa:** Contains B vitamins, magnesium, iron, and all nine essential amino acids.

**Almonds:** Rich in vitamin E, magnesium, and heart-healthy monounsaturated fats.

**Greek Yogurt:** Offers calcium, B vitamins, and gut-friendly probiotics.

# CAULIFLOWER TABBOULEH SALAD

## INGREDIENTS

- 200g cauliflower rice, fresh or frozen
- ~400g skinless chicken breast, cooked and diced
- ~250g cooked chickpeas, drained and rinsed
- 60g fresh parsley, finely chopped
- 30g fresh mint, finely chopped
- 120g tomato, diced
- 120g cucumber, diced
- 30ml extra-virgin olive oil
- 30ml fresh lemon juice
- salt and pepper, to taste



SERVINGS:  
4



PREP TIME:  
20 MINS



COOK TIME:  
10 MINS

## INSTRUCTIONS

- 1. Prepare the Chicken (If Not Pre-Cooked):** Lightly season the chicken breasts with salt, pepper, and optional herbs. Grill or pan-cook over medium heat until the internal temperature reaches 165°F (74°C). Allow to rest for a few minutes, then dice into small, bite-sized pieces to retain juiciness and minimize nutrient loss.
- 2. Prepare the Cauliflower Rice:** If using fresh cauliflower, cut it into florets and pulse in a food processor until it resembles rice-like granules. If using frozen cauliflower rice, thaw and drain well. Lightly steam or microwave the cauliflower rice until just tender (about 2-3 minutes). Let it cool to maintain its nutrient content and crisp-tender texture.
- 3. Chop Vegetables and Herbs:** Dice the tomato and cucumber into small, uniform pieces. Finely chop the parsley and mint. Chopping just before assembling helps preserve their vibrant color and antioxidants.
- 4. Assemble the Salad:** Combine the cooled cauliflower rice, diced chicken, chickpeas, tomato, cucumber, parsley, and mint in a large mixing bowl. Drizzle the olive oil and lemon juice over the mixture. Gently toss to evenly distribute flavors and coat the ingredients without mashing the vegetables.
- 5. Season to Taste:** Add salt and freshly ground pepper to taste. Start with a small amount and adjust as needed. Taste and adjust the lemon juice or oil if desired. The goal is a bright, fresh flavor balanced by the healthy fats and protein.
- 6. Serve or Store:** Serve immediately for the freshest flavor or refrigerate in an airtight container for up to 3 days. The flavors deepen over time, making this an excellent meal-prep option.

Nutrient	Amount	Calories
Protein	~32 g	~43%
Carbs	~22 g	~29%
Fat	~8.5 g	~28%
Total	~62.5 g	~300 kcal

## MACRONUTRIENT ADJUSTMENTS

**Higher Protein (Muscle Gain):** Increase the chicken to ~500g or add a cup of cooked chickpeas to boost protein. Add a side of low-fat Greek yogurt for additional protein and probiotics.

**Lower Carbohydrate (Fat Loss):** Reduce the chickpeas to 1 cup or omit them entirely. Instead, rely more on chicken for protein and focus on the cauliflower and herbs. Add extra leafy greens or more herbs for volume without significantly increasing carbohydrates.

**Higher Fat (Ketogenic/Low-Carb Adjustments):** Increase the olive oil to 3-4 tablespoons or add a handful of chopped avocado or olives. Reduce or remove chickpeas to lower carbohydrates while preserving satiety.

## SERVING SUGGESTIONS

**As a Main Dish:** Enjoy the salad as is, perfectly balanced for a light, macro-friendly meal.

**As a Side Dish:** Serve alongside grilled fish or a turkey burger for added variety and micronutrients.

**Meal Prep:** Portion into individual containers for easy grab-and-go lunches that maintain taste and texture over a few days.

## MICRONUTRIENT HIGHLIGHTS

**Cauliflower:** Rich in vitamin C, vitamin K, and fiber.

**Parsley & Mint:** Provide vitamins A and K and antioxidants.

**Tomato & Cucumber:** Contribute vitamin C, potassium, and additional hydration.

**Chickpeas:** Offer iron, zinc, folate, and magnesium.

**Olive Oil:** Contains heart-healthy monounsaturated fats and vitamin E.

**Chicken Breast:** High-quality lean protein and B vitamins.

# TOFU AND EDAMAME SALAD

## INGREDIENTS

- 160g uncooked quinoa
- ~396g extra-firm tofu, drained and pressed
- 300g shelled edamame, thawed
- 60g fresh spinach, roughly chopped
- 120g cucumber, chopped
- 60g carrots, diced
- 75g red bell pepper, diced
- 30ml low-sodium soy sauce
- 15ml rice vinegar
- 15ml sesame oil
- 15ml honey or maple syrup, optional for sweetness
- 1 tsp grated fresh (or ½ tsp ground) ginger
- 1 tsp minced garlic
- black pepper, to taste

Nutrient	Amount	Calories
Protein	~30 g	~29%
Carbs	~40 g	~36%
Fat	~12 g	~35%
Total	~82 g	~400 kcal
Fiber	~ 7-9 g	



SERVINGS:  
4



PREP TIME:  
15 MINS



COOK TIME:  
15 MINS

## INSTRUCTIONS

### 1. Quinoa Preparation:

Rinse 1 cup of quinoa under cold water to remove bitterness. Boil 2 cups of water or vegetable broth, add quinoa, cover, and simmer for 15 minutes. Fluff with a fork and let cool.

### 2. Tofu Preparation:

Press the tofu for 10 minutes to remove excess moisture. Cut it into 1-inch cubes. Mix 1 tbsp tamari, ½ tsp rice vinegar, ½ tsp sesame oil, grated ginger, and minced garlic in a bowl. Marinate the tofu for 5 minutes.

### 3. Cooking Options:

- **Baking:** Preheat the oven to 400°F (200°C). Place the tofu cubes on a parchment-lined baking sheet and bake for 15-20 minutes, flipping halfway, until golden.
- **Pan-Frying:** Heat a non-stick pan over medium-high heat, lightly coat with oil, and sear the tofu for 2-3 minutes on each side until golden brown.

### 4. Vegetables & Dressing:

Thaw frozen edamame and chop spinach, cucumber, carrots, and bell pepper. Mix 1 tablespoon tamari, ½ tablespoon rice vinegar, ½ tablespoon sesame oil, ginger, and garlic in a bowl. Whisk well.

### 5. Salad Assembly & Storage:

Mix quinoa, tofu, edamame, and vegetables. Drizzle with dressing and toss gently. Serve fresh or store in an airtight container for up to three days. This dish provides a well-balanced, high-protein, and fiber-rich meal.

## MACRONUTRIENT ADJUSTMENTS

**Higher Protein (Muscle Gain):** Increase the edamame to 3 cups total. Add another half block of tofu or incorporate a sprinkling of roasted chickpeas. Use a high-protein grain like farro instead of quinoa, if desired.

**Lower Carbohydrate (Fat Loss):** Use cauliflower "rice" instead of quinoa to reduce carb content. Increase the non-starchy vegetables (spinach, cucumber, bell pepper) for added volume without many extra carbs. Reduce or omit any sweetener in the dressing.

**Adjusting Fats:** To reduce fats, use less sesame oil or skip the oil entirely, opting for a splash of extra soy sauce, vinegar, or lemon juice for flavor. Add sliced avocado or a handful of chopped nuts or seeds (such as almonds or sunflower seeds) to increase healthy fats.

## SERVING SUGGESTIONS

**Main Dish:** Add sesame seeds, scallions, or low-sodium soy sauce. Serve with quinoa or brown rice for extra fiber.

**Side Dish:** Pair with miso soup for digestion benefits or fruit for antioxidants.

**Storage Tips:** The food can be in an airtight container in the refrigerator for up to three days. Before serving, stir it and, if necessary, refresh it with citrus juice.

## MICRONUTRIENT HIGHLIGHTS

**Tofu, spinach, and edamame:** Rich in Iron, Calcium, and Magnesium.

**Bell pepper & carrots:** Provide Vitamin C and Beta-Carotene.

**Quinoa:** Contributes B vitamins.

**Quinoa, vegetables, and edamame:** Rich in fiber.

# SALMON AND ARUGULA SALAD

## INGREDIENTS

- ~340g Salmon Fillets
  - ~470g cooked quinoa
  - ~60g avocado (medium)
  - 2 tsp olive oil
  - 4 cups fresh arugula, loosely packed
  - ~300g cherry tomatoes, halved
  - Salt and Black Pepper, to taste
- Optional Seasonings:  
lemon juice, garlic powder, chili flakes, or your favorite herbs



SERVINGS:  
2



PREP TIME:  
10 MINS



COOK TIME:  
20 MINS

## INSTRUCTIONS

### 1. Prepare the Salmon:

Preheat the oven to 400°F (200°C) or heat a non-stick pan over medium heat. Pat the salmon fillets dry with a paper towel to remove excess moisture. Season both sides with salt, black pepper, garlic powder, and paprika. If baking, place the salmon on a parchment-lined baking sheet and bake for 12-15 minutes until cooked through. If pan-searing, add 1/2 tbsp olive oil to the pan, place the salmon skin-side down, and cook for 4-5 minutes. Flip and cook for another 3-4 minutes. Remove from heat and let the salmon rest for a few minutes before serving.

### 2. Assemble the Salad:

Add arugula, cooked quinoa, and halved cherry tomatoes in a large salad bowl. Slice the avocado and add it to the top. Flake the salmon into bite-sized pieces and distribute evenly over the salad.

### 3. Prepare the Dressing:

Whisk together one tablespoon of olive oil, lemon juice, and a pinch of salt and pepper in a small bowl. Drizzle the dressing over the salad and gently toss to combine.

### 4. Serve and Enjoy:

Divide the salad into two servings. Serve immediately or store in an airtight container in the fridge for up to two days. Garnish with fresh herbs or a sprinkle of sesame seeds for extra flavor.

Nutrient	Amount	Calories
Protein	~47 g	~29%
Carbs	~59 g	~36%
Fat	~26 g	~35%
Total	~132 g	~658 kcal

## MACRONUTRIENT ADJUSTMENTS

**Higher Protein (Muscle Gain):** Increase salmon portion (e.g., 8 oz fillets) or add extra lean protein on the side (e.g., egg whites or cottage cheese). Consider adding more legumes, such as chickpeas or lentils, or including a second source of protein, like hard-boiled eggs.

**Lower Carbohydrate (Fat Loss):** To increase the volume without significantly increasing carbs, reduce the quinoa to 1½ cups and add extra vegetables (such as cucumbers and peppers). Use zucchini noodles or spiralized vegetables in place of some quinoa.

**Adjusting Fats:** Reduce the number of avocados, skip the lower-fat option, and use a light vinaigrette spray instead of pure olive oil. Top with chopped nuts (such as almonds or walnuts), or add a whole avocado instead of half for more healthy fats.

## SERVING SUGGESTIONS

**Add a Crunch:** Top with toasted pumpkin or sunflower seeds for extra texture, magnesium, and vitamin E.

**Change the Dressing:** Swap the simple olive oil drizzle for a light Greek yogurt-based dressing (for more protein) or a citrus-based vinaigrette for a tangy twist.

**Meal Prep Tip:** Assemble the salad ingredients (excluding avocado and dressing) in airtight containers for a ready-to-go lunch or dinner. Add fresh avocado and dressing just before serving to preserve flavor and texture.

## MICRONUTRIENT HIGHLIGHTS

**Arugula & Tomatoes:** Provide vitamin C, vitamin K, folate, and various antioxidants.

**Quinoa:** High in dietary fiber, magnesium, and phosphorus and contains all nine essential amino acids.

**Avocado:** Rich in heart-healthy monounsaturated fats, potassium, and vitamin E.

**Salmon:** Excellent source of omega-3 fatty acids (EPA and DHA), high-quality protein, B vitamins, and selenium.

# GRILLED HALLOUMI SALAD

## INGREDIENTS

- 75 g halloumi cheese
- ~75g cooked quinoa
- ~90g cooked chickpeas
- ~60g fresh spinach
- ~75g cucumber, sliced
- ~75g cherry tomatoes, halved
- ~25g red onion, thinly sliced
- 1 tsp extra virgin olive oil
- 2 tbsp balsamic vinegar (or vinegar of choice)
- Salt and freshly ground black pepper to taste



SERVINGS:  
1



PREP TIME:  
10 MINS



COOK TIME:  
10 MINS

## INSTRUCTIONS

- 1. Prepare the Quinoa (if not already cooked):** Rinse Quinoa under cold water to remove any bitter coating. Combine  $\frac{1}{4}$  cup dry quinoa with  $\frac{1}{2}$  cup water (ratio 1:2) in a saucepan. Bring to a boil, reduce heat, cover, and simmer for about 15 minutes or until water is absorbed. Fluff with a fork and allow it to cool slightly. Measure out  $\frac{1}{2}$  cup cooked Quinoa for this recipe.
- 2. Preheat Grill or Skillet:** Heat a grill pan or non-stick skillet over medium-high heat. Lightly coat with cooking spray if desired (to reduce sticking).
- 3. Grill the Halloumi:** Slice 75 g halloumi into 2–3 pieces (about  $\frac{1}{4}$ -inch thick). Pat dry if it's very moist. Place the slices on the hot pan or grill, cooking each side for 1–2 minutes until they develop a golden-brown crust. Remove from heat and set aside on a plate.
- 4. Assemble the Salad Base:** In a large salad bowl or plate, add 2 cups of fresh spinach. Top with  $\frac{1}{2}$  cup sliced cucumber,  $\frac{1}{2}$  cup halved cherry tomatoes, and  $\frac{1}{4}$  cup thinly sliced red onion. Scatter  $\frac{1}{2}$  cup cooked Quinoa and  $\frac{1}{2}$  cup cooked chickpeas over the vegetables. Drizzle 1 teaspoon extra virgin olive oil and 2 tablespoons balsamic vinegar on top. Season with a pinch of salt and freshly ground black pepper to taste.
- 5. Top with Grilled Halloumi:** Arrange the warm grilled halloumi slices on top of the salad. Serve immediately for the best texture and flavor.

## MACRONUTRIENT ADJUSTMENTS

**Higher Protein (Muscle Gain):** Increase halloumi to ~100 g or add a lean protein like grilled chicken breast or shrimp. Add extra chickpeas or toss in additional beans/lentils. Try adding a small scoop of unflavored whey protein isolate to the dressing - start with a little to keep the flavor balanced.

**Lower Carbohydrate (Fat Loss):** Reduce or omit the Quinoa and chickpeas; replace with extra leafy greens and low-carb vegetables (zucchini ribbons, bell peppers, etc.). Use a lower-fat cheese like part-skim mozzarella if you prefer fewer overall calories from fat. You can swap balsamic vinegar for a zero-calorie vinegar (like apple cider vinegar) and reduce the olive oil to half a teaspoon.

**Adjusting Fats:** Include a few slices of avocado or a handful of olives to boost your intake of healthy fats. Reduce or omit the olive oil for lower fats, and opt for a vinegary dressing without added oil.

## SERVING SUGGESTIONS

**Meal Prep:** To prepare multiple servings, scale up the ingredients. Keep the grilled halloumi in a separate container, and quickly reheat or serve it at room temperature before assembling.

**Crunch Factor:** Add a sprinkle of roasted pumpkin seeds or sunflower seeds for extra texture, minerals, and healthy fats.

**Herb Infusion:** Garnish with fresh basil, mint, or parsley to brighten flavors without adding extra calories.

Nutrient	Amount	Calories
Protein	~28 g	~21%
Carbs	~53 g	~39%
Fat	~24 g	~40%
Total	~105 g	~540 kcal

## MICRONUTRIENT HIGHLIGHTS

**Halloumi:** Rich in calcium and provides a quality protein source.

**Quinoa:** Supplies B vitamins, magnesium, and all nine essential amino acids.

**Chickpeas:** Contribute plant-based protein, fiber, and iron.

**Spinach:** High in vitamins A, C, and K, plus folate and iron.

**Olive Oil:** Contains heart-healthy monounsaturated fats and vitamin E.

**Tomatoes & Cucumber:** Offer vitamin C, potassium, and antioxidants.

# TUNA VEGGIE SALAD

## INGREDIENTS

- 426g canned tuna (in water), drained
- ~370g cooked quinoa\*
- ~165g chickpeas (canned)
- ~100g romaine lettuce (or mixed greens), chopped
- ~120g cucumber, diced
- ~150g cherry tomatoes, halved
- ~75g red bell Pepper, chopped
- ~30ml extra-virgin olive oil
- ~30ml lemon juice, freshly squeezed if possible
- salt & pepper, to taste
- herbs/seasonings (e.g., dried oregano, garlic powder)



SERVINGS:  
4



PREP TIME:  
15 MINS



COOK TIME:  
15 MINS

## INSTRUCTIONS

### 1. Cook the Quinoa (If needed):

Rinse 1 cup (about 170 g) of dry quinoa under cold water to remove bitterness. In a small pot, combine the rinsed quinoa with 2 cups water. Bring to a boil, then reduce heat to low, cover, and simmer for ~15 minutes or until the liquid is absorbed. Fluff with a fork and let cool. You need ~2 cups of cooked quinoa for this salad.

### 2. Prepping:

Drain and rinse the canned tuna and chickpeas. Chop the lettuce, cucumber, tomatoes, and red bell pepper into bite-sized pieces. Gather all ingredients in a spacious bowl or on your countertop so assembly is easy.

### 3. Combine Proteins and Carbs:

Add the drained tuna, cooked quinoa, and chickpeas in a large mixing bowl. Gently toss to distribute the proteins (tuna, chickpeas) and complex carbs (quinoa).

### 4. Prepare and Dress the Salad:

Stir in the chopped lettuce, cucumber, cherry tomatoes, and bell pepper. Mixing everything ensures you get a bit of each ingredient in every bite. Mix olive oil and lemon juice in a small bowl with a

whisk (and any optional herbs/spices such as oregano or garlic powder). Drizzle over the salad. Season with salt and pepper to taste, adjusting flavor as you prefer. Gently toss the salad to ensure an even coating of the dressing. Taste and add any additional seasoning if desired.

### 5. Serve or Store:

Immediate Serving: Divide the salad into four portions, ~ each 350 kcal, perfect for a macro-friendly meal. Meal Prep: Store in an airtight refrigerator for up to 3 days. If you prefer to retain the veggie crunch, keep the dressing separate.

## MACRONUTRIENT ADJUSTMENTS

**Higher Protein (Muscle Gain):** Add an extra can of tuna or include more chickpeas for additional protein. Mix in low-fat Greek yogurt or cottage cheese for a creamy texture and higher protein.

**Lower Carbohydrate (Fat Loss):** Reduce or omit the quinoa and/or chickpeas; replace them with more veggies (e.g., extra lettuce, cucumbers, spinach). Consider using zucchini "noodles" or riced cauliflower to keep the bulk but lower carbs.

**Adjusting Fats:** Increase Fats: Add sliced avocado, extra olive oil, or a handful of olives or nuts. Reduce Fats: Use less olive oil in the dressing, or switch to a lemon juice + vinegar-only dressing.

**\*Tip:** If cooking quinoa from scratch, use about 1 cup (170g) dry quinoa + 2 cups water to yield ~2 cups cooked.

Nutrient	Amount	Calories
Protein	~29 g	~33%
Carbs	~31 g	~35%
Fat	~10 g	~26%
Total	~70 g	~350 kcal

## SERVING SUGGESTIONS

**Add a Crunch:** If you want extra healthy fats and texture, top with sunflower seeds or sliced almonds.

**Flavor Variation:** Swap lemon juice for lime juice and add chopped cilantro for a fresh twist.

**Pairing Options:** Enjoy with a whole-grain wrap or pita if you need additional carbs.

**Meal Prep Tip:** Keep wet and dry ingredients separate until ready to eat for maximum freshness.

## MICRONUTRIENT HIGHLIGHTS

**Tuna:** High in lean protein, B vitamins, selenium, and essential omega-3 fatty acids (though reduced in canned form).

**Quinoa:** Contains magnesium, iron, and a complete amino acid profile.

**Chickpeas:** Source of plant-based protein, fiber, folate, and manganese.

**Veggies (Lettuce, Cucumber, Tomatoes, Bell Pepper):** Provide vitamins A, C, K, and various antioxidants.

**Olive Oil:** Supplies monounsaturated fats and vitamin E.

# BBQ PULLED JACKFRUIT SANDWICH

## INGREDIENTS

- 567g young green jackfruit in water or brine, drained and rinsed
  - 425g can of black beans, drained and rinsed.
  - 1 medium onion, diced (~1 cup)
  - 2 tbsp olive oil (plus more if desired)
  - ½ cup BBQ sauce (choose reduced-sugar or sugar-free if preferred)
  - Salt and black pepper, to taste
  - Optional spices (e.g., smoked paprika, garlic powder) to boost flavor
  - 4 high-protein whole wheat buns (Vegan option: ensure buns & BBQ sauce are vegan.)
- Tip:** Look for buns that provide around 15–20g of protein per bun for a more macro-friendly ratio.

Nutrient	Amount	Calories
Protein	~25-28 g	~25-30%
Carbs	~45-50 g	~45-50%
Fat	~10-12 g	~25-30%
Total	~80-90 g	~400 kcal

**Lower Carbohydrate (Fat Loss):** Swap the bun for a low-carb tortilla or lettuce wrap, or serve the pulled jackfruit mixture over a bed of greens. If you need to significantly lower total carbohydrates, reduce or omit the black beans (but note that you'll also minimize protein). Choose a sugar-free BBQ sauce to minimize added sugars.

**Adjusting Fats:** To reduce fat, halve the olive oil or use cooking spray instead. To increase healthy fats, top with sliced avocado or add an extra drizzle of olive oil.

## SERVING SUGGESTIONS

**Tangy Slaw Topper:** Mix shredded cabbage and carrots with Greek yogurt or a dairy-free alternative. Add a little apple cider vinegar, salt, and black pepper. If using regular yogurt, this topping adds texture, nutrients, and a bit of protein.

**Spicy Kick:** Top with sliced jalapeños or drizzle your favorite hot sauce for an extra layer of flavor.

**Side Dishes:** Serve alongside a simple mixed green salad or roasted vegetables for more fiber and vitamins.

## MICRONUTRIENT HIGHLIGHTS

**Jackfruit:** Provides dietary fiber and small amounts of vitamin C, B vitamins, and potassium.

**Black Beans:** Contribute iron, magnesium, and folate, plus additional fiber and protein.

**Onion:** Offers antioxidants like quercetin, vitamin C, and trace minerals.

**Olive Oil:** A source of heart-healthy monounsaturated fats and vitamin E.



SERVINGS:  
4



PREP TIME:  
10 MINS



COOK TIME:  
15-20 MINS

## INSTRUCTIONS

### 1. Drain and Prep the Jackfruit:

After draining and rinsing, use your fingers or a fork to pull apart the jackfruit chunks into shreds. This process will mimic the "pulled" texture.

### 2. Sauté the Onion:

Warm 2 tablespoons of olive oil in a large skillet over medium heat. Add the diced onion and cook for 3–4 minutes or until it becomes translucent.

### 3. Add Jackfruit and Seasoning, and Black Beans:

Add the shredded jackfruit to the skillet. Season with salt, black pepper, and any additional spices (smoked paprika, garlic powder, chili powder) to taste. Sauté for 5–6 minutes, letting the jackfruit lightly brown for more flavor. Stir the drained black beans into the skillet. Cook for 2–3 minutes, ensuring the beans are thoroughly warmed.

### 4. Mix in BBQ Sauce:

Reduce the heat to low. Pour the BBQ sauce, stirring to coat the jackfruit and beans thoroughly. Simmer for about 5 minutes or until the mixture is warmed and slightly thickened.

### 5. Assemble the Sandwiches:

Toast or warm your high-protein buns if desired. Pile the BBQ jackfruit and bean mixture onto each bun.

### 6. Serve and Enjoy:

Add optional toppings such as coleslaw (see below), pickles, sliced red onion, or extra BBQ sauce. Serve immediately while hot.

## MACRONUTRIENT ADJUSTMENTS

**Higher Protein (Muscle Gain):** Use an even higher-protein bun (some specialty brands or bakery items can provide 20–25g of protein each). Add a side of protein-rich slaw by mixing shredded cabbage with plain Greek yogurt (or a high-protein vegan yogurt) and seasoning. This recipe provides an extra 8–10g of protein per serving. Stir in seitan or crumbled tofu (drained) and jackfruit for added plant protein.

# CHICKPEA SALAD SANDWICH

## INGREDIENTS

- ~425g chickpeas, drained and rinsed
- 120g plain, nonfat Greek yogurt
- 15ml extra virgin olive oil
- 15ml Dijon mustard
- 15ml fresh lemon juice
- ~75g stalks of celery, finely chopped
- 40g red onion, finely chopped
- salt and black pepper, to taste
- 4 slices whole wheat bread
- A handful of spinach or lettuce for vitamins A & K
- A sprinkle of parsley or green onions for flavor & vitamin C.



SERVINGS:  
2



PREP TIME:  
10 MINS



COOK TIME:  
NONE

## INSTRUCTIONS

- 1. Prepare the Chickpeas:** Drain and rinse the canned chickpeas to remove excess sodium. Please place them in a medium mixing bowl. Mash the Chickpeas. Lightly mash the chickpeas using a fork or potato masher. If you prefer a chunkier salad, leave some texture. Mashing helps the salad bind together without excessive sauce or mayonnaise.
- 2. Combine the Wet Ingredients:** In a separate small bowl, whisk together the plain Greek yogurt, extra virgin olive oil, Dijon mustard, and lemon juice. This mixture adds creaminess and tang while providing extra protein (from yogurt) and healthy fats (from olive oil).
- 3. Mix in the Vegetables:** Add the chopped celery and red onion to the chickpeas. Pour the yogurt-olive oil dressing over the chickpea mixture, then stir to combine thoroughly.
- 4. Season and Taste:** Sprinkle in salt and freshly ground black pepper to your preference. Adjust the flavors to your liking - add more mustard for extra flavor or more yogurt for a creamier texture.
- 5. Assemble the Sandwich:** Toast the whole wheat bread slices if desired. Spoon half of the chickpea salad onto two slices of bread, then top with the remaining slices to form sandwiches. Optionally, add fresh spinach, lettuce, or sliced tomatoes for extra micronutrients.
- 6. Serve:** Cut each sandwich in half for easy handling. Enjoy immediately or wrap for a portable lunch.

Nutrient	Amount	Calories
Protein	~25 g	~24%
Carbs	~60 g	~57%
Fat	~12 g	~26%
Total	~97 g	~420 kcal

## MACRONUTRIENT ADJUSTMENTS

**Higher Protein (Muscle Gain):** Additional Yogurt or Protein Powder: Mix in  $\frac{1}{4}$ – $\frac{1}{2}$  cup of Greek yogurt or  $\frac{1}{2}$  scoop of unflavored whey or pea protein. Protein-Fortified Bread: Look for higher-protein bread varieties.

**Lower Carbohydrate (Fat Loss):** Use Lettuce Wraps or Low-Carb Tortillas: Replace bread with crunchy romaine leaves or a low-carb wrap. Reduce Chickpeas: Use  $\frac{3}{4}$  of the can to lower total carbs, or blend in extra chopped veggies.

**Adjusting Fats:** Lower Fat: Omit or halve the olive oil. Use only Greek yogurt as your binder. Higher Fat: Add avocado slices or chopped almonds for extra healthy fats.

## SERVING SUGGESTIONS

**Side Salad:** For added fiber and micronutrients, pair your sandwich with a simple green salad dressed lightly with vinaigrette.

**Soup Combo:** Enjoy a cup of vegetable or broth-based soup to keep the meal light but satisfying.

**Meal Prep Tip:** Make a batch of chickpea salad in advance and store it in an airtight container in the fridge for up to 3 days. To prevent the bread from getting soggy, assemble sandwiches just before eating.

## MICRONUTRIENT HIGHLIGHTS

**Chickpeas:** Rich in folate, manganese, and soluble fiber.

**Greek Yogurt:** Provides calcium, potassium, and additional protein.

**Celery & Red Onion:** Offer vitamins K and C and various antioxidants.

**Whole Wheat Bread:** Provides B vitamins, iron, and extra fiber, making it a nutritious addition to your meal.

# TEMPEH AND AVOCADO SANDWICH

## INGREDIENTS

- 227g tempeh (plain or lightly seasoned)
- ~30ml low-sodium soy sauce
- Juice of ½ lemon (optional, for flavor)
- 1 tbsp water
- 4 slices whole-grain bread (~90 calories per slice)
- ~60g medium avocado
- 2 slices tomato (optional but recommended)
- 2 leaves lettuce (romaine, butter, or green leaf)
- Salt and pepper, to taste
- Non-stick cooking spray (or of oil)



SERVINGS:  
2



PREP TIME:  
10 MINS



COOK TIME:  
10 MINS

## INSTRUCTIONS

### 1. Marinate the tempeh (optional):

Mix low-sodium soy sauce, lemon juice (if using), and 1 tablespoon of water in a small bowl. Slice the tempeh block into thin pieces (about ¼ inch thick) or cut into strips. Place the tempeh slices in a bowl. If necessary, turn them over to coat them evenly with the marinade. Let the tempeh marinate for about 5 minutes. (If you have more time, that's great, but 5 minutes is sufficient.)

### 2. Cook the Tempeh:

Heat a non-stick skillet or grill pan over medium heat. Lightly coat the pan with non-stick cooking spray. Add the marinated tempeh slices in a single layer. Cook for ~3-4 minutes on each side or until golden brown. Remove from heat and set aside on a plate.

### 3. Prepare the Bread and Avocado Spread:

While the tempeh cooks, toast the whole-grain bread slices (if desired). Mash the ½ avocado in a small bowl. Add a pinch of salt and pepper to taste (optional). Spread the mashed Avocado evenly onto 2 slices of bread (one slice per sandwich).

### 4. Assemble the Sandwiches:

On each avocado-smeared bread slice, layer half of the cooked tempeh, 1 tomato slice, and 1 lettuce leaf. Top with the remaining bread slices to complete each sandwich.

### 5. Serve and Enjoy:

Slice each sandwich in half for easier handling. Serve immediately to enjoy the freshness of the ingredients and the warm tempeh.

Nutrient	Amount	Calories
Protein	~31 g	~25-30%
Carbs	~45 g	~37-40%
Fat	~17 g	~30-35%
Total	~93 g	~480 kcal

## MACRONUTRIENT ADJUSTMENTS

**Higher Protein (Muscle Gain):** Increase Tempeh: Use 10-12 oz of tempeh instead of 8 oz to boost protein. Add a Protein Spread: Replace some or all of the Avocado with a high-protein hummus or bean spread. Choose High-Protein Bread: Some specialty breads or wraps contain extra protein.

**Lower Carbohydrate (Fat Loss):** Use Low-Carb Bread or Wraps: Choose a low-carb tortilla or bread alternative. Omit or Reduce Bread: Serve the tempeh and Avocado in lettuce cups or over a salad to minimize carb content. Replace Avocado with a Lighter Spread: If you need to reduce fat and carbs, use mashed cucumber or a low-fat yogurt-based sauce.

**Adjusting Fats:** Decrease Avocado: Use only ¼ avocado or skip altogether to lower fats. Increase Healthy Fats: If you need more fat for satiety or higher calorie requirements, add an extra drizzle of olive oil when cooking the tempeh or include seeds (like hemp or sunflower) in the sandwich.

## SERVING SUGGESTIONS

**Add Crunch:** Include sliced cucumbers, pickles, or sprouts for extra texture and micronutrients.

**Side Dishes:** Pair with a cup of vegetable soup or a mixed green salad for a more complete meal.

**Extra Flavor:** Spread a thin layer of mustard, hot sauce, or pesto to change the flavor profile while staying within macro goals.

## MICRONUTRIENT HIGHLIGHTS

**Tempeh:** Contains probiotics (due to fermentation), iron, calcium, and B vitamins.

**Whole-Grain Bread:** Offers fiber, B vitamins, and trace minerals like magnesium.

**Avocado:** A source of heart-healthy monounsaturated fats, potassium, and vitamin E.

**Lettuce & Tomato:** Contribute vitamin C, vitamin K, and antioxidants.

# HUMMUS AND VEGGIES SANDWICH

## INGREDIENTS

- high-protein whole grain bread – 2 slices (~10g protein/slice)
- ~85g firm or extra-firm tofu
- 60g hummus
- ~50g sliced cucumber
- ~40g sliced tomato
- ~15g fresh spinach or lettuce
- salt and pepper, to taste
- cooking spray or 1 tsp olive oil for searing tofu



SERVINGS:  
1



PREP TIME:  
10 MINS



COOK TIME:  
5 MINS

## INSTRUCTIONS

- 1. Press or Drain the Tofu (Optional):**  
If you use firm or extra-firm tofu, wrap it in a clean towel and press gently for a few minutes to remove excess moisture. This step helps the tofu hold its shape and improves its texture if you plan to sear it.
  - 2. Sear the Tofu (Optional):** Heat a non-stick skillet over medium-high heat. Lightly coat with cooking spray or 1 teaspoon of olive oil. Season the tofu lightly (e.g., salt, Pepper, garlic powder) and place in the hot skillet. Sear each side for 1–2 minutes until lightly golden. Remove from heat.
  - 3. Toast the Bread (Optional):** For extra crunch and flavor, lightly toast both slices of the high-protein bread.
- 4. Assemble the Sandwich:** Spread half of the hummus on one slice of bread. Place the seared (or unseared) tofu on top of the hummus. Layer the cucumber, tomato, and spinach (or lettuce). Spread the remaining hummus on the second slice of bread. Close the sandwich and gently press down.
- 5. Season and Serve:** Sprinkle a little salt and Pepper if desired. Slice the sandwich in half for easier handling. Enjoy immediately to maintain freshness and crunch from the vegetables.

Nutrient	Amount	Calories
Protein	~35 g	~32%
Carbs	~52 g	~49%
Fat	~14 g	~29%
Total	~101 g	~430 kcal

## MACRONUTRIENT ADJUSTMENTS

**Higher Protein (Muscle Gain):** To increase the amount of Tofu, Use 4–5 oz or add a second protein source (e.g., seitan or tempeh bacon). Extra Hummus or Greek Yogurt Spread: Combine hummus with Greek yogurt to boost protein.

**Lower Carbohydrate (Fat Loss):** Opt for Low-Carb Bread: Replace high-protein bread with a low-carb, high-fiber alternative. Open-Face Sandwich: Use only one slice of bread. Top with tofu, hummus, and veggies.

**Higher Fat (Ketogenic or Increased Calorie Goal):** Drizzle Olive Oil: Mix a teaspoon of olive oil into the hummus or drizzle over the veggies. Add Avocado or Olives: Both options increase healthy monounsaturated fats.

## SERVING SUGGESTIONS

**Side Salad:** Pair with a simple green salad and light vinaigrette for added fiber and micronutrients.

**Soup Pairing:** Enjoy alongside a warm vegetable or lentil soup for additional protein and satiety.

**Snack Portions:** Halve the sandwich into smaller segments for a quick post-workout mini-meal.

## MICRONUTRIENT HIGHLIGHTS

**Tofu & Hummus (Chickpeas):** Provide calcium, iron, magnesium, and plant-based protein.

**Whole Grain Bread:** This bread offers B vitamins, fiber, and minerals like zinc and magnesium.

**Fresh Vegetables (Cucumber, Tomato, Spinach):** Contribute vitamins A, C, K, potassium, and antioxidants.

## WHY THIS SANDWICH?

This Hummus and Veggies Sandwich is a quick and delicious, macro-friendly option, especially if you select high-protein bread. The addition of tofu boosts protein content while keeping saturated fat low. Its flexibility and nutrient density make it perfect for busy individuals looking to maintain or adjust their macronutrient targets for health and fitness goals.

# FALAFEL SANDWICH

## INGREDIENTS

- ~330g cooked chickpeas
- ½ medium onion, roughly chopped
- 2 cloves garlic (or 1 tsp garlic paste)
- 2 tbsp chickpea flour (or whole wheat flour)
- 1¼ tsp ground cumin
- 1 tsp ground coriander
- ¼ tsp black pepper
- 1 tbsp olive oil
- 4 whole wheat pitas
- 2 cups shredded lettuce (or mixed greens)
- 1 cup sliced tomatoes (~2 medium tomatoes)
- 225g low-fat Greek yogurt
- 1 tbsp lemon juice
- salt, to taste
- chopped fresh herbs (e.g., parsley or mint)

Nutrient	Amount	Calories
Protein	~27 g	~26%
Carbs	~48 g	~46%
Fat	~13 g	~28%
Total	~88 g	~417 kcal
Fiber	~10 g	



SERVINGS:  
4



PREP TIME:  
20 MINS



COOK TIME:  
20 MINS

## INSTRUCTIONS

### 1. Preheat the Oven:

Preheat your oven to 375°F (190°C). Line a baking sheet with parchment paper or lightly grease it with cooking spray/olive oil.

### 2. Prepare the Falafel Mixture:

Combine chickpeas, onion, garlic, and parsley in a food processor. Pulse until the mixture is coarsely ground (avoid pureeing into a paste; a little texture is good). Add the chickpea flour, cumin, coriander, salt, and pepper. Pulse a few more times until well combined. Scrape down the sides as needed. If the mixture seems too wet, add an extra tablespoon of flour. If it's too dry, add a little water (1 tablespoon at a time).

### 3. Shape and Bake the Falafel:

Shape the mixture into 12 small patties or balls, using 2–3 tablespoons for each. Lightly brush or spray each falafel with olive oil (or use cooking spray). Arrange falafel on the prepared baking sheet. Bake for 10 minutes, then flip each falafel. Bake for another 10 minutes (total ~20 minutes) or until golden brown. Baking preserves more nutrients than deep-frying and uses less oil.

### 4. Prepare the High-Protein Yogurt Sauce:

In a small bowl, mix Greek yogurt, lemon juice, salt, and cumin (if using). Stir in fresh herbs, if desired. Taste and adjust seasonings.

### 5. Assemble the Sandwich:

Warm each whole wheat pita (optional) by placing it in the oven for ~2 minutes or microwaving for 10-15 seconds. Slice open the pita. Spread 2–3 tablespoons of yogurt sauce inside each pita. Add 3 falafel patties, shredded lettuce, and sliced tomatoes. Drizzle any extra sauce on top if desired.

## MACRONUTRIENT ADJUSTMENTS

**Higher Protein (Muscle Gain):** Increase Greek yogurt: Use 1½ cups of low-fat Greek yogurt for the sauce or add a dollop of cottage cheese inside the pita. Add more chickpeas or lentils: To increase the amount of plant-based protein in your falafel batter, add another ½ cup of cooked legumes (you may need to add more flour). Incorporate egg whites: If you're comfortable with that texture and flavor, blend 1–2 egg whites into the falafel mix.

**Lower Carbohydrate (Fat Loss):** Use a low-carb wrap or a more minor pita. Alternatively, serve the falafel over a bed of greens instead of inside pita bread. Reduce chickpeas: Use 1½ cups instead of 2 cups, and increase parsley and chopped vegetables to keep volume while lowering carbs. Skip or reduce the flour: If the falafel consistency allows, use only 1 tablespoon of flour or none if the mixture binds well.

**Adjusting Fats:** Lower Fat: Omit or reduce olive oil; use cooking spray. Use fat-free Greek yogurt. Higher Fat: Drizzle tahini sauce or extra olive oil. Sprinkle chopped avocado on top for additional healthy fats.

## SERVING SUGGESTIONS

**Side Salad:** Pair your falafel sandwich with a fresh green salad dressed in lemon juice and olive oil.

**Extra Veggies:** Add cucumber slices or roasted vegetables for extra micronutrients and fiber.

**Meal Prepping:** Make extra falafel ahead of time and freeze. Thaw and heat when needed.

# GRILLED CHICKEN VEGGIE WRAP

## INGREDIENTS

- 225g boneless, skinless chicken breast, trimmed of any visible fat
- 2 whole wheat tortillas (8-inch, ~110 calories each)
- 1 cup mixed vegetables, chopped (e.g., bell peppers, spinach, cucumbers, tomatoes, red onions)
- ~50g medium avocado, sliced or mashed
- 2 tbsp Greek yogurt
- 2 tsp olive oil
- salt, pepper, spices
- Optional: A squeeze of lemon juice or balsamic vinegar for extra flavor



SERVINGS:  
2



PREP TIME:  
10 MINS



COOK TIME:  
15 MINS

## INSTRUCTIONS

- Season the Chicken:** Pat the chicken breast dry and cut it into two equal portions (4 ounces each). Season liberally with salt, pepper, and favorite spices (e.g., garlic powder, oregano, paprika). Lightly coat with 1 tsp of olive oil to help seal in moisture.
- Grill (or Pan-Sear) the Chicken:** Preheat a grill or non-stick skillet to medium-high heat. Put the chicken on the preheated surface and cook for 5–7 minutes per side (depending on thickness) or until the internal temperature reaches 165°F (74°C). Remove from heat and let the chicken rest for 3–5 minutes to retain juices.
- Prepare the Vegetables and Avocado:** Wash and chop your chosen vegetables into bite-sized pieces. Slice or mash the ½ avocado, adding a small pinch of salt and a squeeze of lemon juice to prevent browning.
- Warm the Tortillas:** Gently warm the 2 whole wheat tortillas in a dry skillet over medium heat for 15–20 seconds on each side. Warming makes the tortillas more pliable and easier to wrap.
- Assemble the Wraps:** Spread 1 tbsp of Greek yogurt on each tortilla. Layer half of the chopped vegetables on each tortilla. Slice the chicken into strips and distribute evenly onto each wrap. Top each wrap with half of the sliced avocado. Drizzle the remaining 1 tsp of olive oil over both wraps if desired, or skip if you prefer fewer fats. Add a dash of salt and pepper or a splash of balsamic vinegar for extra flavor.
- Wrap and Serve:** Fold in the sides of the tortilla, then roll it up tightly. Slice in half if desired and secure with toothpicks. Serve immediately, or wrap tightly in foil for an on-the-go meal.

## MACRONUTRIENT ADJUSTMENTS

**Higher Protein (Muscle Gain):** Increase chicken breast to 10–12 ounces total (5–6 ounces per wrap). Add extra Greek yogurt or a sprinkle of low-fat cheese for more protein.

**Lower Carbohydrate (Fat Loss):** Use a low-carb or high-fiber tortilla to reduce carbs. Substitute additional lettuce leaves or collard greens in place of the tortilla for a wrap-free version.

**Modifying Fats:** Add extra avocado or a slight drizzle of healthy oils (e.g., olive oil or MCT oil) for higher fats. Reduce or omit avocado for lower fats, and use a non-stick cooking spray instead of olive oil.

## SERVING SUGGESTIONS

**Crunchy Add-Ons:** Add sliced radishes or pickles for extra crunch and flavor without many extra calories.

**Dip or Sauce:** Serve with a small portion of salsa, hot sauce, or tzatziki for additional taste and nutrients.

**Side Salad:** Pair your wrap with a simple side salad of mixed greens and a light vinaigrette dressing for extra fiber and micronutrients for additional fiber and micronutrients.

## MICRONUTRIENT HIGHLIGHTS

**Chicken Breast:** Excellent source of lean protein and B vitamins.

**Mixed Vegetables:** Contribute vitamins A, C, K, and minerals.

**Greek Yogurt:** Adds extra protein, calcium, and probiotics.

**Olive Oil:** Rich in monounsaturated fats and antioxidants.

**Avocado:** Offers heart-healthy monounsaturated fats, vitamin E, and potassium.

**Whole Wheat Tortilla:** Provides dietary fiber, B vitamins, and minerals like selenium and magnesium.

Nutrient	Amount	Calories
Protein	~34 g	~36%
Carbs	~30 g	~32%
Fat	~14 g	~32%
Total	~78 g	~380 kcal

# SCRAMBLED EGG AND SPINACH CHEESE WRAP

## INGREDIENTS

- 1 whole-wheat tortilla (8-inch)
- 1 whole egg
- 2 egg whites
- ~30g fresh spinach, roughly chopped
- 28g reduced-fat shredded cheese (e.g., cheddar or mozzarella)
- 1 tsp olive oil (depending on your fat goals; 1 tsp ≈ 5 g fat, 45 kcal)
- Salt and pepper, to taste
- (Optional) Consider onions, bell peppers, or your favorite seasonings for added flavor.



SERVINGS:  
1



PREP TIME:  
5 MINS



COOK TIME:  
10 MINS

## INSTRUCTIONS

- 1. Prep the Ingredients:** Crack the eggs into a bowl: 1 whole egg + 2 egg whites. Whisk together with a pinch of salt and pepper. Rinse and roughly chop the fresh spinach.
- 2. Heat the Pan:** Warm a non-stick skillet over medium heat. Add ½ to 1 teaspoon of olive oil—or use a light coat of cooking spray to reduce fat further.
- 3. Scramble the Eggs and Spinach:** Once the pan is hot, pour in the whisked eggs. Immediately add the chopped spinach on top. Cook the mixture on medium heat, gently stirring and folding it with a spatula to combine the eggs and spinach evenly. Continue cooking while stirring and folding until the eggs are no longer runny, fully set, and the spinach has softened and reduced size (about 2-3 minutes).
- 4. Warm the Tortilla & Melt the Cheese:** While the eggs are cooking, warm the tortilla in a separate pan or in the microwave for about 15 seconds to soften it. Sprinkle the reduced-fat cheese onto the warm tortilla, so it starts to melt.
- 5. Assemble the Wrap:** Transfer the scrambled eggs and spinach onto the cheesy tortilla. Fold or roll the tortilla into a wrap.
- 6. Serve:** Enjoy immediately for the best taste and texture. Pair with fresh fruit, salsa, or a side salad, depending on your macro goals.

Nutrient	Amount	Calories
Protein	~28 g	~31-34%
Carbs	~24 g	~27-30%
Fat	~13-16 g	~36-40%
Total	~325-350 kcal	

## MACRONUTRIENT ADJUSTMENTS

**Higher Protein (Muscle Gain):** Add an extra egg white or two (each egg white adds ~3–4 g protein). Increase cheese to ½ cup for a few extra grams of protein. Consider pairing the wrap with Greek yogurt or cottage cheese on the side.

**Lower Carbohydrate (Fat Loss):** Use a low-carb tortilla (some have as little as 5–6 g net carbs). Use egg whites only (omit the whole egg) to reduce fat and calories. Serve with a side of low-carb vegetables or salad instead of fruit.

### Reducing or Increasing Fats:

**Less Fat:** Use cooking spray instead of oil, and/or reduce cheese to 2 tablespoons.

**More Fat:** Drizzle extra olive oil or add avocado slices for healthy monounsaturated fats.

## SERVING SUGGESTIONS

**Salsa or Hot Sauce:** Add a tangy, spicy kick without many extra calories.

**Fresh Fruit:** Add mixed berries or melons if you have more room in your carb macro.

**Side Salad:** Increase veggie intake with a simple spinach or mixed green salad dressed in vinegar or a light vinaigrette.

## MICRONUTRIENT HIGHLIGHTS

**Spinach:** High in vitamins A, C, and K and minerals such as iron and magnesium.

**Eggs:** Provide vitamin B12, selenium, and choline.

**Whole-Wheat Tortilla:** Adds B vitamins and dietary fiber.

**Cheese (Reduced Fat):** Contributes calcium and additional protein.

**Olive Oil:** Source of heart-healthy monounsaturated fats and vitamin E.

# GRILLED SHRIMPS AND LETTUCE WRAPS

## INGREDIENTS

- 450g raw shrimp, peeled and deveined
- 30ml olive oil, divided
- 2 cloves garlic, minced
- 2 tbsp fresh lemon juice
- ¼ tsp chili flakes
- salt and pepper, to taste
- 2 cups cooked brown rice
- 1 small red bell pepper, diced
- ½ medium avocado, diced
- 8 large lettuce leaves



SERVINGS:  
4



PREP TIME:  
15 MINS



COOK TIME:  
10 MINS

## INSTRUCTIONS

- 1. Marinate the Shrimp:** Whisk together 1 tablespoon of olive oil, minced or powdered garlic, lemon juice, chili flakes (optional), and a pinch of salt and pepper. Add the shrimp to the marinade and toss to coat. Let it rest for about 5 minutes to allow the flavors to develop.
- 2. Preheat the Grill (or Skillet):** If using an outdoor grill, heat it to medium-high. If using a stovetop grill pan or skillet, heat it over medium-high heat. Lightly brush or spray the grates/pan with olive oil to prevent sticking.
- 3. Grill (or Sear) the Shrimp:** Place Shrimp on the grill or skillet on a single layer. Avoid overcrowding. Cook the Shrimp for about 2 minutes per side or until they turn pink and opaque. Overcooking makes them rubbery, so remove them promptly when they finish cooking.
- 4. Warm the Brown Rice:** Skip this step if you have freshly cooked brown rice. If it's leftover rice, quickly reheat it in a microwave or stovetop with a splash of water.
- 5. Prepare the Lettuce Wraps:** Separate and rinse the lettuce leaves, then pat them dry. Lay them flat on a cutting board or plate to create a "wrap."
- 6. Assemble the Wraps:** Divide the brown rice equally among the 8 lettuce leaves (about ¼ cup of rice per leaf). Top each with diced bell pepper and a portion of grilled Shrimp. Drizzle the remaining 1 tablespoon of olive oil (or to taste) evenly across the wraps, or skip if you prefer fewer added fats. Sprinkle diced avocado on top for extra creaminess and healthy fats.
- 7. Finish and Serve:** Lightly season each wrap with salt and pepper, if desired. Fold or roll up the lettuce leaves. Enjoy immediately while the Shrimp is still warm.

## MACRONUTRIENT ADJUSTMENTS

**Higher Protein (Muscle Gain):** Increase the Shrimp to 1.25 lb (about 570 g). Add a small side of edamame or a serving of beans for additional protein. Mix a scoop of unflavored or savory protein powder (e.g., pea protein) into the rice if desired.

**Lower Carbohydrate (Fat Loss):** Reduce or omit the brown rice, or use cauliflower rice to cut down on carbs. Swap the bell pepper for lower-carb veggies like zucchini or cucumber slices. Keep the avocado for healthy fats and satiety.

**Adjusting Fats:** Reduce the olive oil to 1 tablespoon for a lower-fat version, and skip the avocado. Add more avocado or sprinkle crushed nuts (e.g., almonds or walnuts) into the wrap for more healthy fat.

Nutrient	Amount	Calories
Protein	~30 g	~30%
Carbs	~27 g	~40%
Fat	~10 g	~30%
Total	~67 g	~310 kcal

## SERVING SUGGESTIONS

**Sauce Options:** Lightly drizzle with a squeeze of fresh lime or lemon juice. Add a dash of hot sauce or a teaspoon of low-sugar chili sauce for extra zing.

**Side Dish Pairings:** Consider adding a side to your meal, such as a simple green salad with a vinegar-based dressing to keep calories moderate, or roasted or grilled veggies like zucchini or asparagus to provide additional fiber and micronutrients.

**Meal Prep Tip:** Cook a larger batch of shrimp and rice to prepare ingredients for quick assembly. Store the lettuce wraps separately and assemble them right before serving to keep the lettuce crisp.

## MICRONUTRIENT HIGHLIGHTS

**Shrimp:** High in selenium, vitamin B12, and iodine, supporting thyroid function and red blood cell health.

# GRILLED CHICKEN EGG VEGGIE WRAP

## INGREDIENTS

- 2 large whole wheat tortillas
- 225g grilled chicken breast, sliced or shredded
- 2 large eggs
- ~60g avocado, sliced
- 2 tbsp hummus (or Greek yogurt)
- 30g fresh spinach (loose-packed)
- 1 medium tomato, sliced
- 30g red onion, thinly sliced (optional)
- Salt and pepper, to taste
- 1 tsp olive oil



SERVINGS:  
2



PREP TIME:  
15 MINS



COOK TIME:  
10 MINS

## INSTRUCTIONS

1. **Prepare the Chicken:** Season chicken with salt, pepper, and any preferred herbs (like paprika or oregano). Grill over medium-high heat for 5–6 minutes per side or until the internal temperature reaches 165°F (74°C). Let rest for 2–3 minutes, then slice or shred.
2. **Cook the Eggs:** Lightly coat a pan with 1 teaspoon of olive oil (or use cooking spray for less fat). Crack in the eggs and season with salt and pepper, cooking to your preference (scrambled or fried). For lower fat, substitute 4 egg whites instead of 2 whole eggs.
3. **Warm the Tortillas:** Briefly heat each tortilla in a dry skillet for about 20–30 seconds on each side, or wrap them in a damp paper towel and microwave for 15–20 seconds. Warming the tortillas makes them more pliable and easier to wrap.
4. **Assemble the Wraps:** Spread hummus (or Greek yogurt) on each tortilla. Layer half the spinach, tomato slices, and red onion (if using) on top of each tortilla. Add the sliced/shredded chicken to each wrap (4 oz per wrap). Top with the cooked egg (1 egg per wrap) and sliced avocado (about ¼ avocado per wrap). Lightly season with salt and pepper if desired.
5. **Wrap and Serve:** Fold the sides of the tortilla toward the center, then roll tightly from the bottom up, burrito-style. Slice in half (optional) and enjoy immediately.

## MACRONUTRIENT ADJUSTMENTS

### Higher Protein (Muscle Gain):

Add extra chicken (e.g., 6 oz per wrap instead of 4 oz).

Use an extra egg white or add a sprinkle of low-fat cheese.

Consider using Greek yogurt instead of hummus for more protein.

**Lower Carbohydrate (Fat Loss):** Use a low-carb, high-fiber tortilla or lettuce wrap instead of regular tortillas. Omit or reduce the avocado and hummus to lower carbs and fats. Increase veggies (spinach, tomatoes) for added volume without significantly increasing carbs.

**Adjusting Fats:** Fattier: Add a little olive oil and more avocado or some cheese. Lower Fat: Replace whole eggs with egg whites and reduce or omit the avocado/hummus.

## SERVING SUGGESTIONS

**Pair with a Crisp Side Salad:** Add vegetables such as cucumbers, peppers, or onions with a light vinaigrette.

**Serve with Fruit:** A small side of fresh fruit (e.g., mixed berries) for additional vitamins and antioxidants.

**Pack for Lunch:** Wrap in foil or plastic wrap to take on the go. Enjoy cold or briefly warm in a microwave if you prefer it to be heated.

## MICRONUTRIENT HIGHLIGHTS

**Avocado:** High in heart-healthy monounsaturated fats, vitamin E, and potassium.

**Spinach:** Provides vitamins A, C, K, folate, and iron.

**Tomato:** Good source of vitamin C, potassium, and the antioxidant lycopene.

**Eggs & Chicken:** Contain B vitamins, selenium, and high-quality protein.

Nutrient	Amount	Calories
Protein	~42 g	~33%
Carbs	~42 g	~33%
Fat	~20 g	~34%
Total	~104 g	~516 kcal

# BLACK BEANS VEGGIE WRAP

## INGREDIENTS

- whole wheat tortillas (2 large)
- black beans (1 can)
- firm tofu (200g)
- reduced-fat cheddar cheese (~56g), shredded
- olive oil (15ml)
- bell peppers (~100g), sliced (any color)
- onion (~60g), sliced
- spinach (~30g), fresh
- cumin (1 tsp)
- chili powder (1 tsp)
- salt & pepper, to taste
- minced garlic, jalapeños, or a splash of hot sauce for extra flavor or spice (optional)



SERVINGS:  
2



PREP TIME:  
15 MINS



COOK TIME:  
10 MINS

## INSTRUCTIONS

- 1. Prep the Ingredients:** Drain and rinse the canned black beans. Pat the Tofu dry with paper towels and cut it into small cubes (about 1 cm). Slice bell peppers and onion into thin strips. Measure out the spinach, cheese, and spices.
- 2. Sauté the Tofu and Veggies:** Warm a non-stick skillet over medium-high heat. Add 1 tablespoon olive oil. Once the oil is hot, add cubed Tofu and stir occasionally for about 3–4 minutes until it begins to brown. Stir in the bell peppers and onion; cook until they soften slightly (about 2 minutes). Season with cumin, chili powder, and a pinch of salt and Pepper.
- 3. Add Black Beans and Spinach:** Reduce the heat to medium. Add the drained black beans to the skillet, mixing them into the Tofu and vegetables. Stir gently for 1–2 minutes until heated through. Toss in the spinach just until it wilts (about 30 seconds).
- 4. Warm the Tortillas (Optional but Recommended):** Heat each tortilla on each side for 10–15 seconds in a dry skillet over medium heat. This method makes the tortillas more pliable and enhances their flavor.
- 5. Assemble the Wraps:** Divide the tofu-bean-veggie mixture evenly between the 2 warm tortillas. Top each portion with ¼ cup shredded reduced-fat cheddar cheese. Fold in the sides of the tortilla and roll into a wrap.
- 6. Serve Immediately:** Place each wrap on a plate and enjoy warm. Optionally, slice the wrap in half diagonally for easier handling.

Nutrient	Amount	Calories
Protein	~29 g	~23%
Carbs	~52 g	~42%
Fat	~19 g	~35%
Total	~100 g	~495 kcal
Fiber	~12-14 g	

## MACRONUTRIENT ADJUSTMENTS

**Higher Protein (Muscle Gain):** Increase Tofu: Use 300 g tofu instead of 200 g.

Add Greek Yogurt or Cottage Cheese: Spoon a couple of tablespoons on top of the filling for added protein. Use Reduced-Fat Greek Yogurt: Instead of cheese or alongside it, offering a tangy flavor and extra protein.

**Lower Carbohydrate (Fat Loss):** Switch to Low-Carb Tortillas: This significantly reduces total carbs. Reduce Beans: Use only 1 cup of black beans and increase spinach or Tofu to maintain protein and micronutrients. Skip Cheese or Choose a Lower-Fat Option: Further reduces calories and fat while slightly shifting macros.

**Adjusting Fats:** Lower Fat: Reduce or omit cheese. Use less olive oil (or a cooking spray). Higher Healthy Fats: Add avocado slices or a small handful of sliced almonds, or drizzle with extra virgin olive oil.

## SERVING SUGGESTIONS

**Salsa or Pico de Gallo:** Add flavor without adding many extra calories.

**Greek Yogurt Dip:** Replace sour cream with low-fat Greek yogurt for a creamy, high-protein topping.

**Fresh Herbs:** Sprinkle fresh cilantro or chopped green onions on top for extra color and taste.

## MICRONUTRIENT HIGHLIGHTS

**Bell Peppers:** Vitamin C

**Spinach:** Vitamin K & Folate

**Cheese and fortified Tofu:** Calcium

**Beans and Spinach:** Iron & Magnesium

# DINNER RECIPES

# GRILLED TROUT FILLET WITH VEGGIES

## INGREDIENTS

- 2 trout fillets
- 1 zucchini, sliced
- 1 bell pepper, sliced
- ½ red onion, sliced
- 1 cup cherry tomatoes, halved
- 2 tbsp olive oil
- 1 tsp garlic powder
- ½ tsp smoked paprika
- salt and black pepper to taste
- juice of ½ lemon
- fresh herbs (Rosemary, thyme, parsley, or dill) for garnish

Nutrient	Amount	Calories
Protein	~32 g	~32%
Carbs	~37 g	~37%
Fat	~14 g	~31%
Total	~83 g	~402 kcal



SERVINGS:  
2



PREP TIME:  
10 MINS



COOK TIME:  
15 MINS

## INSTRUCTIONS

- 1. Prepare the Ingredients:**  
Rinse the trout fillets under cold water and pat them dry with a paper towel. Slice the zucchini, bell pepper, and red onion into even pieces. Halve the cherry tomatoes.
- 2. Season the Trout:** Drizzle 1 tablespoon of olive oil over the fillets. Sprinkle garlic powder, smoked paprika, salt, and black pepper evenly on both sides. Squeeze half a lemon over the fillets for extra flavor.
- 3. Preheat the Grill:** Heat the grill to medium-high (about 375°F or 190°C). Lightly oil the grill grates to prevent them from sticking.
- 4. Grill the Vegetables:** Toss the sliced vegetables with olive oil, salt, and black pepper. Place the vegetables in a grill basket or directly on the grill. Grill for about 8–10 minutes, turning occasionally, until tender and slightly charred.
- 5. Grill the Trout Fillets:** Place the fillets skin-side down on the grill. Cook for 4–5 minutes per side or until the fish flakes easily with a fork.
- 6. Serve and Garnish:** Transfer the grilled trout and veggies to a serving plate. Garnish with fresh herbs and an extra squeeze of lemon juice. Serve immediately and enjoy!

## MACRONUTRIENT ADJUSTMENTS

### Higher Protein (Muscle Gain):

Increase the trout portion per serving to 6 oz (~170g) to add ~10–12 more grams of protein. Incorporate an additional protein source (e.g., add a half cup of edamame or chickpeas to the veggies). For added protein, serve with a small side of Greek yogurt sauce (garlic and herbs) instead of lemon juice.

### Lower Carbohydrate (Fat Loss):

To reduce carbs while maintaining volume and nutrients, replace or reduce brown rice or sweet potato with cauliflower rice or zucchini noodles. Skip or halve the carbohydrate portion to focus more on protein and non-starchy vegetables.

### Reducing or Increasing Fats:

To reduce fats, Use less olive oil (e.g., 1 teaspoon) and a nonstick spray for the grill or pan. To increase healthy fats, drizzle an extra teaspoon of olive oil on top, add a few slices of avocado, or sprinkle with toasted almonds.

## SERVING SUGGESTIONS

**Finish with Fresh Herbs:** Parsley, dill, or basil can brighten the flavors.

**Add a Light Sauce:** A simple yogurt-garlic sauce, a squeeze of lemon, and a dash of hot sauce.

**Meal Prepping:** Keep portions in separate containers. Reheat gently to avoid overcooking the fish.

## MICRONUTRIENT HIGHLIGHTS

**Trout Fillets:** Omega-3 Fatty Acids, Vitamin D, B12, Selenium.

**Zucchini:** Vitamin C, Potassium, Manganese.

**Bell Pepper:** Vitamin A (Beta-Carotene), C, B6.

**Red Onion:** Quercetin, Vitamin C, Sulfur Compounds.

**Cherry Tomatoes:** Lycopene, Vitamin C, Folate.

**Olive Oil:** Monounsaturated Fats, Vitamin E.

**Garlic Powder:** Allicin, Manganese.

**Smoked Paprika:** Vitamin A, Capsaicin.

# LEMON SEASONED GRILLED SEA BASS FILLET

## INGREDIENTS

- 2 sea bass fillets
  - 2 tsp olive oil
  - 1 medium lemon, juiced
  - 2 cloves garlic, minced
  - 1 tsp dried oregano
  - ½ tsp sea salt
  - ½ tsp black pepper
  - 1 ½ cups cooked brown rice
  - 2 cups broccoli florets (or other green vegetable of choice)
- (If you already have cooked brown rice available, you can use it like this, saving time on preparation.)

Nutrient	Amount	Calories
Protein	~39 g	~34%
Carbs	~44 g	~38%
Fat	~14 g	~28%
Total	~97 g	~460 kcal



SERVINGS:  
2



PREP TIME:  
10 MINS



COOK TIME:  
15 MINS

## INSTRUCTIONS

### 1. Marination Process:

Combine olive oil, lemon juice, garlic, oregano, salt, and pepper. Pat dry the sea bass fillets and coat them with the marinade. Let rest for 10–30 minutes.

### 2. Cooking Brown Rice:

Rinse ¾ cup brown rice under cold water. Cook with 1 ½ cups water and a pinch of salt. Simmer for 30–35 minutes, then fluff with a fork.

### 3. Cooking Sea Bass: (Grilling) Preheat the grill to 400–450°F (200–230°C)—lightly oil the grates. Grill the fillets skin-side down for 4–5 minutes, flip, and cook another 3–4 minutes until they reach 145°F (63°C). (Pan-Searing) Heat a nonstick skillet over medium-high heat. Add a thin layer of oil. Sear the fillets for 4–5 minutes per side until golden brown and fully cooked.

### 4. Broccoli Preparation: To maintain nutrients and texture, steam for 3–5 minutes or sauté with olive oil, salt, and pepper.

### 5. Plating and Final Presentation: Distribute the prepared brown rice and steamed or sautéed broccoli evenly between serving plates. Position the grilled or pan-seared sea bass atop or adjacent to the rice. Optionally, drizzle with reserved marinade (not in contact with raw fish) to amplify flavor complexity. For food safety, discard any marinade that touches raw fish.

## MACRONUTRIENT ADJUSTMENTS

**Higher Protein (Muscle Gain):** Increase the portion of sea bass to 8 oz per serving or add a second lean protein source (e.g., shrimp or scallops). Serve with a side of cheese or Greek yogurt dressing for more protein.

**Lower Carbohydrate (Fat Loss):** Reduce or omit the brown rice and double the serving of low-carb vegetables (e.g., zucchini noodles, cauliflower rice, or a fresh salad). Opt for extra steamed veggies or a side salad with a light vinaigrette.

**Adjusting Fats:** Use less olive oil in the marinade or a cooking spray to reduce fats. To increase healthy fats, drizzle extra olive oil on the fish or add slices of avocado to the meal.

## SERVING SUGGESTIONS

**Garnish:** For brightness, add a final squeeze of fresh lemon juice and a sprinkle of fresh herbs (parsley or basil).

**Extra Flavor:** Serve with a light yogurt-garlic sauce or a homemade vinaigrette.

**Pairing:** A fresh side salad or lightly pickled vegetables can complement the richness of the fish.

## MICRONUTRIENT HIGHLIGHTS

**Lemon & Garlic:** Lemon juice offers vitamin C; garlic contains antioxidants and contributes to immune support.

**Brown Rice:** Whole grains are rich in fiber, B vitamins (especially B3 and B6), and minerals like magnesium.

**Sea Bass:** It is high in protein and provides omega-3 fatty acids for heart and brain health. Supplies selenium and vitamin B12.

**Broccoli:** It is an excellent source of vitamins C, K, and folate, as well as dietary fiber and various phytonutrients.

# GRILLED SALMON FILLET WITH LEMON SAUCE

## INGREDIENTS

- 4 salmon fillets
- olive oil (1½ tbsp)
- garlic powder (1 tsp)
- salt & freshly ground black pepper (to taste)
- brown rice, cooked (~370g cooked)
- vegetables (e.g., broccoli, zucchini, or green beans ~2 cups)
- Greek yogurt (low-fat 120g)
- fresh lemon juice (~45ml)
- lemon zest (~1 tsp)
- honey (1 tsp) or stevia (a few drops)
- salt & freshly ground black pepper (to taste)



SERVINGS:  
4



PREP TIME:  
10 MINS



COOK TIME:  
20 MINS

## INSTRUCTIONS

- 1. Prepare the Salmon Fillets:** Pat each salmon fillet dry with paper towels. Combine 1 tablespoon of olive oil, garlic powder, salt, and pepper in a small bowl. Brush or rub the mixture onto both sides of the salmon fillets. This simple marinade keeps the salmon tender and infuses flavor without excess sodium or heavy sauces.
- 2. Preheat Your Grill (or Grill Pan):** Set the grill or pan to medium-high heat (about 375–400°F / 190–205°C). Lightly brush the grill grates with the remaining ½ tablespoon of olive oil to prevent sticking.
- 3. Grill the Salmon:** Place the salmon fillets on the grill, skin-side down if skin-on. Grill for about 4–5 minutes per side, depending on thickness. You can check if salmon is fully cooked by seeing if it flakes easily with a fork or by measuring an internal temperature of 145°F (63°C). Avoid overcooking to maintain tenderness and nutrient integrity (delicate omega-3 fats).
- 4. Prepare the Lemon Sauce:** While the salmon cooks, whisk together the Greek yogurt, lemon juice, lemon zest, optional honey or stevia, salt, and pepper in a small bowl. Adjust seasoning to taste. This tangy sauce provides brightness without excess calories.
- 5. Plate & Serve:** Divide the cooked brown rice among four plates (~½ cup per serving). Add (your choice of) steamed or sautéed vegetables to each plate (~½ cup per serving). Place the grilled salmon fillet on or alongside the rice and vegetables. Drizzle or dollop the lemon sauce over each salmon fillet just before serving.

## MACRONUTRIENT ADJUSTMENTS

**Higher Protein (Muscle Gain):** Increase the salmon portion to 6 oz (170 g) per serving to boost protein by about 10–12 g per serving. You can add more Greek yogurt or replace the brown rice with a protein-rich option like lentils or quinoa.

**Lower Carbohydrate (Fat Loss):** Reduce the brown rice portion to ¼ cup cooked (about 80–90 g) or swap with cauliflower rice for fewer carbs.

Emphasize non-starchy vegetables such as zucchini noodles, broccoli, or mixed greens to fill up fewer calories.

**Adjusting Fats:** For a leaner version, reduce the olive oil used to brush salmon to 1 teaspoon and use non-stick cooking spray. Drizzle an extra teaspoon of olive oil on cooked salmon or top with avocado slices to increase the healthy fat content.

## SERVING SUGGESTIONS

**Fresh Herbs:** Top with chopped parsley, dill, or chives for a burst of color and added antioxidants.

**Side Salad:** Serve alongside a simple green salad dressed with a light vinaigrette to increase fiber intake.

**Whole-Grain Variations:** You can substitute brown rice for quinoa, farro, or whole-wheat couscous, making necessary macro adjustments.

## MICRONUTRIENT HIGHLIGHTS

**Salmon:** A rich source of omega-3 fatty acids (EPA and DHA), high-quality protein, selenium, and B vitamins.

**Olive Oil:** Provides heart-healthy monounsaturated fats and vitamin E.

**Greek Yogurt:** Contributes calcium, potassium, and probiotics.

**Lemon Juice & Zest:** Offers vitamin C and antioxidants.

**Brown Rice & Vegetables:** Supply dietary fiber, B vitamins, iron, magnesium, and phytonutrients.

Nutrient	Amount	Calories
Protein	~31 g	~28%
Carbs	~44 g	~40%
Fat	~15 g	~32%
Total	~90 g	~435 kcal
Fiber	~5g (rice and vegetables)	

# GRILLED BEEF WITH BASIL GARLIC SAUCE

## INGREDIENTS

- lean sirloin steak (raw ~680g)
- The brown rice (uncooked ~280g)
- fresh basil leaves (lightly packed; ~50g)
- extra virgin olive oil (30ml)
- 2 cloves garlic, peeled
- lemon juice (30ml)
- ¼ tsp salt, to taste
- ¼ tsp black pepper, to taste
- Optional: A pinch of red pepper flakes for heat.

Nutrient	Amount	Calories
Protein	~44 g	~36%
Carbs	~35 g	~28%
Fat	~20 g	~36%
Total	~99 g	~500 kcal



SERVINGS:  
4



PREP TIME:  
15 MINS



COOK TIME:  
10-15 MINS

## INSTRUCTIONS

- Cooking Brown Rice:** Rinse 1½ cups of brown rice under cold water to remove excess starch. Combine it with 3 cups of water or broth in a saucepan. Bring to a boil, then reduce heat, cover, and simmer for 30–40 minutes until the liquid is absorbed. Fluff with a fork and keep warm.
- Making Basil-Garlic Sauce:** In a blender, combine (2 cups fresh basil leaves, 2 tbsp extra virgin olive oil, 2 cloves garlic, 2 tbsp lemon juice, ¼ tsp salt, ¼ tsp black pepper). Blend until smooth. Adjust consistency with a bit of water if needed.
- Preparing the Steak:** Pat dry 1½ lbs. (680g) of sirloin steak with paper towels. Season both sides with salt and pepper. (Optional) Marination: Reserve a spoonful of basil-garlic sauce to brush onto the steak. Let it marinate in the refrigerator for 15–30 minutes.
- Grilling the Steak:** Preheat the grill or grill pan over medium-high heat. Lightly oil the grates if necessary. Grill the steak for 4–6 minutes per side, depending on desired doneness. (Medium-Rare: 130°F (54°C), Medium: 140°F (60°C)). Let the steak rest for 5 minutes before slicing to retain its juices.
- Serving:** Slice the steak into strips. Serve 6 oz of steak with ¾ cup brown rice per plate. Drizzle basil-garlic sauce over the steak or serve on the side for individual preference. Enjoy while warm!

## MACRONUTRIENT ADJUSTMENTS

**Higher Protein (Muscle Gain):** Increase the steak portion to 8 oz per serving (or use leaner cuts like top round or eye of round for less fat). Add ½ cup Greek yogurt to the basil sauce or serve it on the side to boost protein.

**Lower Carbohydrate (Fat Loss):** Reduce the brown rice to ½ cup cooked per serving or substitute with cauliflower rice. Increase non-starchy vegetables, such as broccoli or zucchini, to maintain volume and micronutrient intake.

**Adjusting Fats:** Reduce olive oil in the sauce to 1 tablespoon to lower fat content. Alternatively, add a tablespoon of pine nuts or hemp seeds to the sauce for healthier fats and a nutty flavor.

## SERVING SUGGESTIONS

**Add Vegetables:** For additional fiber, vitamins, and minerals, serve with grilled zucchini, bell peppers, or a fresh side salad.

**Sprinkle with Parmesan (Optional):** A small amount of grated Parmesan can complement the basil garlic sauce.

**Meal Prep Tip:** Double the recipe, grill multiple steaks at once, and portion out for grab-and-go meals throughout the week. Enjoy a Balanced and Flavorful Meal.

## MICRONUTRIENT HIGHLIGHTS

**Beef (Sirloin):** High in iron, zinc, and B vitamins (especially B12).

**Basil:** Rich in vitamin K, antioxidants, and phytoncides, which may have anti-inflammatory properties.

**Garlic:** Provides allicin, which is known for its potential immune-support benefits.

**Brown Rice:** Offers fiber, magnesium, and B vitamins for energy metabolism.

**Olive Oil:** Source of heart-healthy monounsaturated fats and vitamin E.

# SEARED SALMON WITH LEMON-DILL SAUCE

## INGREDIENTS

- 4 salmon fillets (560g, preferably skinless)
- 1 tbsp olive oil
- 400g cooked brown rice
- salt and freshly ground black pepper to taste
- 1 cup plain, non-fat Greek yogurt
- 2 tbsp fresh lemon juice
- zest of 1 lemon (optional, for extra flavor)
- 2 tbsp fresh dill, finely chopped
- 1 tsp olive oil
- ¼ tsp salt
- ¼ tsp black pepper
- 2 cups steamed broccoli or asparagus (We did not include this in the macro calculation below, but we highly recommend it for a balanced meal.)

Nutrient	Amount	Calories
Protein	~37 g	~30%
Carbs	~50 g	~40%
Fat	~16 g	~30%
Total	~103 g	~500 kcal



SERVINGS:  
4



PREP TIME:  
10 MINS



COOK TIME:  
15-20 MINS

## INSTRUCTIONS

- Cook the Brown Rice (If Not Pre-Cooked):** Rinse 1 cup of brown rice under cold water. Add 2 cups of water and a pinch of salt to a pot. Bring to a boil, then cover and turn down the heat. Cook for about 40 minutes until the water is gone. Turn off the heat, stir with a fork, and let it sit for a few minutes. Use about ½ cups of rice per serving.
- Prepare the Lemon Dill Sauce:** Whisk together the Greek yogurt, lemon juice, lemon zest, dill, 1 teaspoon olive oil, ¼ teaspoon salt, and ¼ teaspoon black pepper in a small bowl. Taste and adjust seasonings (e.g., add more lemon juice for tang and more dill for a stronger herb flavor). Keep chilled in the refrigerator until ready to serve.
- Season the Salmon Fillets:** Pat the salmon fillets dry with paper towels to help them sear properly. Lightly season both sides with salt and freshly ground black pepper.
- Pan Sear the Salmon:** Heat 1 tbsp of olive oil in a non-stick or cast-iron skillet over medium-high heat. When the oil shimmers but doesn't smoke, carefully place the salmon fillets skin-side down. Let them cook undisturbed for 3–4 minutes until a golden crust forms. Flip them gently and cook for 3–4 minutes or until the salmon flakes easily with a fork. Aim for an internal temperature of 125–130°F (52–54°C) for medium-rare or 140°F (60°C) for well done.
- Assemble the Dish:** Add approximately ½ cup (100g) of cooked brown rice to each plate. Add a salmon fillet on top or to the side of the rice. Spoon 2–3 tablespoons of Lemon Dill Sauce over the salmon. (Optional) Serve with steamed vegetables like broccoli or asparagus.

## MACRONUTRIENT ADJUSTMENTS

**Higher Protein (Muscle Gain):** Use 6–7 oz (170–200g) salmon fillets instead of 5 oz. Add an extra ¼ cup Greek yogurt to the sauce or serve an additional spoonful on the side. Consider pairing it with a higher-protein side dish such as quinoa or adding a side of roasted chickpeas.

**Lower Carbohydrate (Fat Loss):** Reduce the cooked brown rice to ¼ cup (about 50g) per serving. Swap brown rice for cauliflower rice or a bed of mixed greens to reduce carbs while maintaining volume significantly. Keep the salmon portion the same to preserve protein intake.

**Adjusting Fats:** To reduce fat, use cooking spray instead of 1 tablespoon of oil when searing salmon, and use non-fat Greek yogurt in the sauce. To increase healthy fats, drizzle extra virgin olive oil on top of the cooked salmon or include a small serving of avocado.

## SERVING SUGGESTIONS

**Add a Fresh Salad:** Serve with a spinach or arugula salad lightly dressed with lemon juice and olive oil.

**Include Extra Veggies:** Roast or steamed carrots, zucchini, or bell peppers to boost fiber and micronutrient intake.

**Meal Prep Tip:** Store individual salmon, rice, and sauce portions separately in airtight containers. Reheat gently to avoid overcooking the salmon.

## MICRONUTRIENT HIGHLIGHTS

**Salmon:** Rich in omega-3 fatty acids (EPA & DHA), B vitamins, and selenium.

**Brown Rice:** Provides complex carbohydrates, fiber, magnesium, and B vitamins.

# RIBEYE CHILI STEAK WITH GRILLED ONIONS

## INGREDIENTS

- ribeye steaks (21 oz)
- 2 cups sweet potatoes
- yellow onions (~150g), sliced into rings
- 2 tsp olive oil
- 1 tsp red chili powder
- ½ tsp garlic powder
- salt, to taste
- freshly ground black pepper, to taste
- (optional) fresh chopped parsley or cilantro



SERVINGS:  
2



PREP TIME:  
10 MINS



COOK TIME:  
20 MINS

## INSTRUCTIONS

- 1. Prepare the Steaks:** Remove the ribeye steaks from the refrigerator 20–30 minutes before cooking to allow them to reach room temperature. Pat the steaks dry with a paper towel to promote a good sear. Season the steaks in a small bowl with red chili powder, garlic powder, salt, and black pepper. Rub each steak with ½ teaspoons of olive oil, then coat both sides with the spice mixture. Let the steaks rest with the seasoning for a few minutes.
- 2. Preheat and Prep:** Preheat your oven to 400°F (200°C). Lightly coat the sweet potatoes with cooking spray or a few drops of olive oil (optional) and season with salt and pepper. Spread the cubes or slices on a baking sheet lined with parchment paper or foil.
- 3. Roast the Sweet Potatoes:** Place the baking sheet in the preheated oven. Roast for approximately 15–20 minutes or until the sweet potatoes are fork-tender and slightly caramelized. Flip or stir halfway through to ensure even cooking.
- 4. Grill or Sear the Steaks and Onions:** While the sweet potatoes are cooking, heat a cast-iron skillet or grill pan over medium-high heat. Add 1 teaspoon of olive oil. Place the steaks in the pan and cook for 3–5 minutes per side (3 minutes for medium-rare, 5 for medium-well). Use a meat thermometer to check for 130–135°F (medium-rare) or 140–145°F (medium-well). Add onion slices to the pan in the last few minutes of cooking, or use another skillet. Cook until soft and browned, flipping once about 4 minutes.
- 5. Rest the Steaks:** Place the steaks on a cutting board or plate and rest for 5 minutes. This resting period allows the juices to redistribute, enhancing flavor and tenderness.
- 6. Plate and Serve:** Serve each steak with half the roasted sweet potatoes and half the grilled onions. Optionally garnish with fresh chopped parsley or cilantro for color and extra micronutrients.

## MACRONUTRIENT ADJUSTMENTS

**Higher Protein (Muscle Gain):** Choose an 8 oz steak or a lean cut like sirloin to increase protein intake while keeping fat low. For an extra boost, add a side of protein-rich vegetables, such as broccoli (2–3 g of protein per cup), or include a small portion of cottage cheese. Use less olive oil or trim excess fat from the steak if you don't want to overshoot your fat intake.

**Lower Carbohydrates (Fat Loss):** You can reduce the sweet potato to ½ cup per serving or replace it with lower-carb vegetables such as zucchini, cauliflower, or asparagus. Avoid sugary marinades or sauces. Focus on the grilled onions and a side salad with vinegar and minimal oil.

**Modifying Fats:** To reduce fat, trim visible fat from the rib before cooking, or choose a lean cut of beef (top sirloin, eye of round). Use minimal oil. Add a dash of herb butter to cooked steak or olive oil on top of vegetables for more fat.

## SERVING SUGGESTIONS

**Add a Side Salad:** A fresh green salad with a light vinaigrette helps increase fiber and micronutrient intake.

**Herb Butter or Chimichurri:** If your macros allow, a small dollop of herb butter or chimichurri adds extra flavor and healthy fats.

**Sautéed Mushrooms:** Cook mushrooms alongside the onions for an earthy addition and extra nutrients, such as selenium and B vitamins.

Nutrient	Amount	Calories
Protein	~39 g	~27%
Carbs	~43 g	~30%
Fat	~27 g	~43%
Total	~109 g	~585 kcal

## MICRONUTRIENT HIGHLIGHTS

**Sweet Potatoes:** High in vitamin C, vitamin A (beta-carotene), and potassium.

**Onions:** Provide vitamin C, fiber, and various antioxidants.

# JUICY LEMON GRILLED CHICKEN STEAK

## INGREDIENTS

- 1½ lbs boneless, skinless chicken breast
- ¼ cup fresh lemon juice
- 2 tbsp extra-virgin olive oil, divided
- 2 cloves garlic, minced
- 1 tsp dried oregano
- salt, to taste
- freshly ground black pepper, to taste
- ½ cup cooked brown rice
- 1 cup steamed or roasted vegetables (e.g., broccoli, zucchini, bell peppers)



SERVINGS:  
4



PREP TIME:  
15 MINS



COOK TIME:  
15-20 MINS

## INSTRUCTIONS

### 1. Marinate the Chicken (Optional):

Combine the lemon juice, 1 tablespoon of olive oil, minced garlic, oregano, salt, and pepper in a bowl or zip-top bag. Pat the chicken breasts dry, then add them to the marinade. Seal or cover the marinade and refrigerate it for at least 15 minutes (up to 2 hours for a deeper flavor). This step helps infuse the chicken with flavor and tenderizes it with the acidic lemon juice.

### 2. Prepare the Grill or Grill Pan:

Preheat an outdoor grill or grill pan to medium-high heat. Lightly brush or spray the grill grates with oil to prevent sticking.

### 3. Grill the Chicken:

Remove the chicken breasts from the marinade, shaking off any excess liquid. Discard the remaining marinade to avoid cross-contamination. Drizzle the second tablespoon of olive oil evenly over the chicken breasts (or lightly brush them). Place the chicken on the grill. Grill for 6–7 minutes per side or until the internal temperature reaches 165°F (74°C). Avoid pressing down on the chicken to retain juices and maintain tenderness.

### 4. Rest the Chicken:

Transfer the grilled chicken to a clean plate. Tent it loosely with foil and allow it to rest for 3–5 minutes. Resting helps the juices redistribute, ensuring juicy chicken.

### 5. Prepare the Sides: (Brown Rice)

If you haven't cooked it yet, follow the package instructions for preparation. For best results, cook it beforehand or choose a quick-cooking variety. (Vegetables) Steam, roast, or stir-fry your choice of veggies (e.g., broccoli, zucchini, bell peppers) with minimal oil or cooking spray. Season lightly with salt and pepper if desired.

### 6. Assemble and Serve:

Portion each grilled chicken steak onto a plate (about 6 oz per serving).

Add ½ cup of cooked brown rice and 1 cup of vegetables alongside the chicken. Garnish with fresh lemon slices or chopped parsley if desired.

Nutrient	Amount	Calories
Protein	~40 g	~41%
Carbs	~29 g	~30%
Fat	~13 g	~29%
Total	~82 g	~385 kcal

## MACRONUTRIENT ADJUSTMENTS

**Higher Protein (Muscle Gain):** You can increase the chicken portion to 8 oz (225g) per serving or add an extra chicken breast. Optionally top the chicken or veggies with low-fat Greek yogurt or add extra grated cheese for protein.

**Lower Carbohydrate (Fat Loss):** Reduce or omit brown rice, or substitute with cauliflower rice or zucchini noodles. Increase the volume of non-starchy vegetables to stay full on fewer carbs.

**Adjusting Fats:** Reduce olive oil usage to 1 tablespoon if you need to lower dietary fats. Add a side of sliced avocado or a drizzle of pesto for more healthy fats, if needed.

## SERVING SUGGESTIONS

**Add a Flavorful Sauce:** Drizzled over the chicken, a simple yogurt-garlic sauce or tahini-lemon dressing can elevate flavor without adding additional calories.

**Pair with a Salad:** For extra micronutrients and fiber, serve the chicken over a leafy green salad with a light vinaigrette.

**Meal Prep Option:** Grilled chicken stays fresh in the refrigerator for four days. Combine it with measured brown rice and vegetables in containers for convenient, nutritionally balanced lunches.

## MICRONUTRIENT HIGHLIGHTS

**Lemon Juice:** Provides vitamin C to support immune function and enhance iron absorption.

**Chicken Breast:** Rich in B vitamins (niacin, B6) and essential amino acids for muscle repair.

**Brown Rice:** Supplies fiber, magnesium, and B vitamins for sustained energy.

# GARLIC TUNA WITH GREENS & TOMATOES

## INGREDIENTS

- 4 tuna steaks (~20 oz), fresh or thawed
- 1 cup brown rice, uncooked
- Extra-Virgin Olive Oil (4 tbs)
- 12 cups fresh spinach
- 2 cups cherry tomatoes, halved
- 3 cloves garlic, minced
- 1 tsp salt
- ½ tsp freshly ground black pepper
- Optional: a pinch of chili flakes or your favorite herbs
- 2–2½ cups water or low-sodium broth



SERVINGS:  
4



PREP TIME:  
10 MINS



COOK TIME:  
20 MINS

## INSTRUCTIONS

- Cooking the Brown Rice:** Rinse 1 cup of brown rice under cold water to remove excess starch. Combine the rice with 2 to 2½ cups of water or low-sodium broth in a saucepan. Bring to a boil, then reduce heat, cover, and simmer for 20–25 minutes or until the liquid is absorbed. Remove from heat, cover for 5 minutes, and fluff with a fork.
- Marinating the Tuna:** Pat the tuna steaks dry with a paper towel. Mix half of the minced garlic (1–2 cloves), ½ teaspoon salt, and ¼ teaspoon black pepper in a small bowl. Rub the seasoning on both sides of the tuna steaks. (Optional) Drizzle 1 tablespoon of olive oil for extra flavor and to prevent sticking.
- Searing the Tuna:** Heat a non-stick or cast-iron skillet over medium-high heat. Add 1 tablespoon of olive oil to the pan. Place the tuna steaks in the hot skillet and sear each side for 1–2 minutes for a medium-rare doneness. Avoid overcooking to keep the tuna tender.
- Sautéing the Greens & Tomatoes:** Heat 2 tablespoons of olive oil over medium heat in a separate pan. Add the remaining minced garlic and cherry tomatoes. Season with salt and pepper and cook for 2–3 minutes until the tomatoes soften. Add spinach in batches, stirring until it wilts (about 2–3 minutes). (Optional) Add chili flakes or herbs for extra flavor.
- Plating the Dish:** Divide the cooked brown rice among four plates. Top each portion with a seared tuna steak. Serve with sautéed greens and tomatoes on the side. Drizzle any remaining pan juices over the tuna for extra flavor.

Nutrient	Amount	Calories
Protein	~47 g	~35-37%
Carbs	~43 g	~33-35%
Fat	~16-17 g	~28-30%
Total	~106-107 g	~525-530 kcal

## MACRONUTRIENT ADJUSTMENTS

**Higher Protein (Muscle Gain):** Increase Tuna: Use 6–7 oz tuna steaks instead of 5 oz. Add Extra Protein Source: Serve with a side of white beans or chickpeas, or add a scoop of unflavored whey isolate to a small sauce for drizzling.

**Lower Carbohydrate (Fat Loss):** Reduce or Omit Rice: Replace half or all brown rice with riced cauliflower or more sautéed vegetables. Increase Non-Starchy Veggies: Double the spinach and tomatoes, or add mushrooms, zucchini, or peppers to keep volume high while lowering carbs.

**Adjusting Fats:** Increase Fats: Drizzle an additional tablespoon of olive oil or serve with a side of avocado slices. Lower Fats: Reduce olive oil to 2 tablespoons (or use a cooking spray) and reduce added oils in marinades.

## SERVING SUGGESTIONS

**Citrus Twist:** Serve with lemon or lime wedges for a tangy freshness that complements the garlic and fish.

**Herb Garnish:** Add freshly chopped parsley or basil for extra color and flavor.

**Additional Sides:** Add a leafy green salad with a light vinaigrette if feeding a larger crowd or for more veggie variety.

## MICRONUTRIENT HIGHLIGHTS

**Tuna:** Rich in selenium, B vitamins, and lean protein.

**Spinach:** Excellent source of iron, magnesium, vitamins A and C.

**Tomatoes:** High in vitamin C, potassium, and the antioxidant lycopene.

**Brown Rice:** Provides B vitamins, magnesium, and dietary fiber.

**Olive Oil:** Supplies heart-healthy monounsaturated fats and vitamin E.

# COTTAGE CHEESE HERBED OPEN SANDWICH

## INGREDIENTS

- 1 slice (40g) whole-grain bread
- 200g low-fat (1–2%) cottage cheese
- ½ cup diced tomatoes
- ½ cup diced cucumber
- 1 tbsp chopped fresh herbs (e.g., dill, basil, or parsley)
- ½ tbsp extra virgin olive oil
- salt and black pepper to taste
- Optional: Pinch of chili flakes or a squeeze of lemon juice for extra flavor



SERVINGS:  
1



PREP TIME:  
5 MINS



COOK TIME:  
0 MINS

## INSTRUCTIONS

- 1. Prepare the Veggies:** Dice the tomatoes and cucumber into small, bite-sized pieces. Chop the fresh herbs (e.g., dill, basil, or parsley).
- 2. Assemble the Base:** Lightly toast the whole-grain bread, if desired. Toasting can enhance flavor and texture without affecting nutrition significantly.
- 3. Layer the Cottage Cheese:** Spread or spoon the cottage cheese evenly on top of the bread. Season with a small pinch of salt and pepper to bring out the flavor.
- 4. Add Veggies & Herbs:** Distribute the diced tomatoes and cucumber over the cottage cheese layer. Sprinkle the chopped herbs on top.
- 5. Drizzle with Olive Oil:** Drizzle the open-faced sandwich with extra virgin olive oil to add healthy fats and enhance vegetable absorption of fat-soluble vitamins.
- 6. Optional Finishing Touches:** A pinch of chili flakes adds a mild kick. A squeeze of fresh lemon juice brightens the flavors.

## MACRONUTRIENT ADJUSTMENTS

### Higher Protein (Muscle Gain):

Increase the cottage cheese to 250–300g to add more protein.

Add cooked egg whites or sliced lean turkey on top.

If you're bulking, use a thicker slice of whole-grain bread to boost calories and carbs.

### Lower Carbohydrate (Fat Loss):

Use half a slice of bread or swap for a low-carb wrap or lettuce wrap.

Reduce the cheese to ~150 g; this way, you will reduce the overall calorie content.

Increase veggies to maintain volume and satiety without adding many carbs.

### Adjusting Fats:

To reduce fat, omit or halve the olive oil and choose fat-free cottage cheese. To increase fat (e.g., for a ketogenic or higher-fat diet), top with sliced avocado or a small handful of nuts or seeds.

## SERVING SUGGESTIONS

**Pair with a Side Salad:** A simple green salad with balsamic vinegar can add extra micronutrients and fiber.

**Add a Cup of Soup:** Enjoy alongside a warm vegetable or broth-based soup for a more filling meal.

**Meal Prep Tip:** Dice extra veggies and store them in an airtight container for quick assembly on busy days.

## MICRONUTRIENT HIGHLIGHTS

**Whole-Grain Bread:** Provides complex carbohydrates, fiber, B vitamins, and minerals.

**Cottage Cheese:** Supplies high-quality protein, calcium, and vitamin B12.

**Tomatoes & Cucumber:** Offer vitamins A, C, and K and antioxidants while keeping the dish light.

**Fresh Herbs:** Deliver beneficial phytonutrients and enhance flavor.

**Extra Virgin Olive Oil:** This contributes vitamin E and monounsaturated fats, which are essential for heart health.

Nutrient	Amount	Calories
Protein	~26 g	~33%
Carbs	~27 g	~34%
Fat	~11.5 g	~33%
Total	~64.5 g	~315 kcal

# EGG & OLIVE LETTUCE SALAD

## INGREDIENTS

- 6 large hard-boiled eggs
- 1½ cups cooked quinoa
- 4 cups romaine lettuce
- 10 whole green olives
- 2 tbsp balsamic vinegar
- 2 tsp olive oil
- salt and black pepper, to taste
- Veggies: Cherry tomatoes, cucumbers, or avocado



SERVINGS:  
2



PREP TIME:  
10 MINS



COOK TIME:  
10 MINS

## INSTRUCTIONS

- 1. Boil and Cool the Eggs (If Not Already Prepared):** Place the 6 eggs in a saucepan and cover with cold water by about 1 inch. Bring a gentle boil over medium-high heat, then reduce to a simmer. Cook for about 8–10 minutes for fully hard-boiled yolks. Drain the hot water and cool the eggs in an ice bath or under cold running water to stop cooking and preserve nutrients.
- 2. Peel and Separate the Eggs:** Once cool, peel all 6 eggs. Keep 2 eggs whole (with yolks). Discard the yolks for the remaining 4 eggs and keep the whites only. Slice or chop as desired.
- 3. Prepare the Lettuce Base:** Rinse and dry the romaine lettuce leaves. Tear or chop into bite-sized pieces and place them in a large salad bowl.
- 4. Cook the Quinoa (If Not Already Prepared):** Rinse ¾ cup of dry quinoa under running water. Combine it with about 1½ cups of water in a saucepan. Bring to a boil, then reduce to a simmer, cover, and cook for about 15 minutes or until water is absorbed. Fluff with a fork and allow it to cool. Measure out 1½ cups of the cooked quinoa for this recipe.
- 5. Assemble the Salad:** Add the cooked quinoa to the lettuce. Distribute the sliced hard-boiled eggs (2 whole + 4 whites) evenly. Scatter the green olives over the top.
- 6. Dress and Season:** Combine 2 tablespoons of balsamic vinegar and 2 teaspoons of olive oil in a small bowl, whisking until blended. Drizzle the dressing over the salad. Season with salt and freshly ground black pepper to taste. Toss gently to combine all ingredients without breaking up the eggs too much.
- 7. Portion and Serve:** Divide the salad into 2 servings. Enjoy immediately or store in the refrigerator for up to 1 day (the dressing keeps the salad moist, so consider adding it before serving or storing it longer).

Nutrient	Amount	Calories
Protein	~26 g	~30%
Carbs	~36 g	~40%
Fat	~12-13 g	~30%
Total	~360-370 kcal	

## MACRONUTRIENT ADJUSTMENTS

**Higher Protein (Muscle Gain):** You can use more egg whites (e.g., an additional 2–4 whites) or add a lean protein source like grilled chicken breast or tuna. Consider reducing the olive oil slightly if you're keeping total calories stable.

**Lower Carbohydrate (Fat Loss):** Decrease the quinoa to 1 cup total (about ½ cup cooked per serving). Add extra greens (spinach, kale) or low-carb vegetables (cucumber, bell peppers) to increase volume without additional carbs.

**Adjusting Fats:** To increase the fat content, add more olives, a few slices of avocado, or an extra teaspoon of olive oil. To reduce the fat, use only egg whites and reduce or eliminate the olive oil, replacing it with a vinegar-based dressing.

## SERVING SUGGESTIONS

**Add Crunch:** Sprinkle toasted pumpkin or sunflower seeds for extra texture and micronutrients.

**Flavor Enhancements:** A sprinkle of dried herbs (oregano, basil) or a dash of garlic powder can elevate the taste without adding extra calories.

**Side Options:** Pair with a bowl of vegetable soup or a small portion of whole-grain bread for a more substantial meal.

## MICRONUTRIENT HIGHLIGHTS

Lettuce: provides folate and vitamins A and K.

Eggs: Deliver essential vitamins and minerals.

Quinoa: Brings magnesium and B vitamins.

Olives: Supply vitamin E.

# LIME CHILI TOFU WITH GREEN BEANS

## INGREDIENTS

- 1½ blocks (~21 oz) of extra-firm tofu, drained and pressed
- 2 tbsps olive oil
- 2 tbsps lime juice
- 1 tbsp red chili paste or sauce
- 1 tbsp low-sodium soy sauce (or tamari for gluten-free)
- 1 tbsp honey, agave, or other sweetener
- 2 cloves garlic, minced
- ½ tsp ground cumin
- salt to taste
- ¼ tsp black pepper
- 12 oz fresh green beans, trimmed
- 3 cups cooked brown rice (~0.75 cup per serving)
- Tip: If using a spicier chili sauce, consider reducing the amount for a milder taste.



SERVINGS:  
4



PREP TIME:  
15 MINS



COOK TIME:  
25 MINS

## INSTRUCTIONS

- 1. Press and Prep the Tofu:** Drain and press the tofu to remove excess moisture. Wrap each block in a clean towel and place a weighted object on top for 10–15 minutes. This helps the tofu absorb more flavor.
- 2. Make the Marinade:** Whisk together the olive oil, lime juice, red chili paste, soy sauce, sweetener (if using), minced garlic, ground cumin (optional), salt, and pepper in a medium bowl. Taste and adjust spice level or sweetness as desired.
- 3. Marinate the Tofu:** Cut the tofu into 1-inch cubes or slices. Place in a shallow dish or resealable bag. Pour the marinade over the tofu and let sit for at least 10 minutes (or up to 30 minutes in the fridge for stronger flavor).
- 4. Roast the Tofu:** Preheat your oven to 400°F (200°C). Line a baking sheet with parchment paper or lightly oil it to prevent sticking. Place the marinated tofu pieces in a single layer on the prepared baking sheet. Reserve any extra marinade for later use. Roast for 10 minutes. Meanwhile, toss the green beans in any leftover marinade (or use a touch of olive oil, salt, and pepper if no marinade remains).
- 5. Add the Green Beans:** Toss the green beans in the remaining marinade (or with a little olive oil, salt, and pepper). Remove the tofu from the oven, flip the pieces, and scatter the green beans around them. Roast for another 10–15 minutes until the tofu is golden and the green beans are tender.
- 6. Prepare the Rice:** Warm pre-cooked brown rice or cook fresh rice as needed. Heat gently to preserve nutrients and texture.
- 7. Serve and Enjoy:** Divide the rice among four plates. Top with the roasted tofu and green beans. Drizzle any remaining marinade or pan juices over the dish. Optionally, garnish with fresh cilantro or an extra squeeze of lime juice before serving.

Nutrient	Amount	Calories
Protein	~25 g	~30%
Carbs	~45 g	~40%
Fat	~12 g	~30%
Total	~82 g	~400 kcal

## MACRONUTRIENT ADJUSTMENTS

**Higher Protein (Muscle Gain):** Increase Tofu: Use 2 blocks (28 oz total) instead of 1½. Add Tempeh or Seitan: Include an additional plant-based protein source in the roasting pan. Serve with Quinoa: Swap or mix brown rice with quinoa, which has higher protein per serving.

**Lower Carbohydrate (Fat Loss):** Reduce Brown Rice: Serve ½ cup cooked rice (or none) to decrease carbs. Add More Veggies: To bulk up the meal with fewer carbs, add more green beans or zucchini slices, bell peppers, or broccoli. Use Cauliflower Rice: Substitute cauliflower rice for brown rice.

**Adjusting Fats:** Reduce Oil: Use 1 tablespoon of oil in the marinade and a light cooking spray for roasting. Add Healthy Fats: Drizzle with extra virgin olive oil or add sliced avocado if you need more dietary fat.

## SERVING SUGGESTIONS

**Citrus Twist:** Serve with extra lime wedges for a fresh squeeze of citrus before eating.

**Herbal Toppings:** Add flavor by adding fresh cilantro, basil, or mint to your dish.

**Spice It Up:** Add chili flakes or a dash of hot sauce if you crave more heat.

# BAKED LIME HALIBUT

## INGREDIENTS

- 4 pieces Halibut Fillets (without skin)
- 2 tbsp Olive Oil
- 2 cloves Garlic, chopped
- 2 tbsp Lime Juice
- 1 tsp Lime Zest
- Salt & Black Pepper, to taste
- 1 cup Brown Rice (uncooked)
- 4 cups Broccoli, small pieces
- ½ tsp Chili Flakes
- ½ tsp Cumin
- Extra Lime Slices for serving



SERVINGS:  
4



PREP TIME:  
15 MINS



COOK TIME:  
15 MINS

## INSTRUCTIONS

- 1. Prepare the Rice (if serving):** Rinse 1 cup of brown Rice under cold water. In a medium saucepan, combine Rice with 2 cups of water and a pinch of salt. Bring to a boil, then reduce heat to low, cover, and simmer for 30–35 minutes or until water is absorbed. Fluff with a fork and set aside.
- 2. Preheat the Oven:** Preheat your oven to 400°F (200°C). Line a baking sheet or dish with parchment paper or lightly coat with cooking spray.
- 3. Marinate the Halibut:** In a small bowl, whisk together 2 tablespoons of olive oil, minced garlic, lime juice, and lime zest—season with salt and black pepper (plus chili flakes or cumin if desired). Pat the halibut fillets dry with a paper towel, then place them in a shallow dish or a zip-top bag. Pour the marinade over the fillets, ensuring each piece is well-coated. Let the fish marinate for 10–15 minutes at room temperature (or up to 30 minutes in the fridge).
- 4. Bake the Fish:** Transfer the marinated halibut fillets onto the prepared baking sheet/dish. Spoon any remaining marinade on top of the fillets. Bake for 12–15 minutes, depending on the thickness of your fillets, or until the fish is opaque and flakes easily with a fork. (Internal temperature should reach around 145°F/63°C.)
- 5. Steam or Roast the Broccoli:** While the fish bakes, prepare the broccoli. Steaming: Place broccoli florets in a steamer basket over boiling water for 5–6 minutes or until tender-crisp. Roasting: Alternatively, drizzle broccoli with olive oil, season with salt and pepper, and roast in the oven on a separate tray at 400°F for 12–15 minutes, until lightly browned.
- 6. Assemble and Serve:** Plate each halibut fillet. Add ½ cup of cooked brown Rice and 1 cup of broccoli per serving. Garnish with extra lime wedges if desired, and enjoy immediately.

## MACRONUTRIENT ADJUSTMENTS

**Higher Protein (Muscle Gain):** Increase the portion size of halibut to 7 or 8 ounces per serving, or serve with a side of Greek yogurt-based sauce. Add an extra egg white in a second marinade or a protein shake on the side.

**Lower Carbohydrate (Fat Loss):** Swap brown Rice for cauliflower or zucchini "zoodles" to reduce carbs. Serve additional steamed vegetables instead of starchy sides.

**Adjusting Fats:** Reduce olive oil to 1 tablespoon in the marinade, or add extra broccoli oil for a leaner option. Add ¼ of an avocado or sprinkle chopped almonds over the broccoli for healthier fats.

Nutrient	Amount	Calories
Protein	~40 g	~42%
Carbs	~29 g	~30%
Fat	~11 g	~28%
Total	~80 g	~400 kcal

## SERVING SUGGESTIONS

**Citrus Kick:** Serve with extra lime wedges or a drizzle of fresh lemon juice for a bright finish.

**Herb Garnish:** Top with fresh cilantro or parsley for color and added phytonutrients.

**Spice Level:** Increase chili flakes or add minced jalapeño to the marinade for a kick.

## MICRONUTRIENT HIGHLIGHTS

**Halibut:** Good source of selenium, magnesium, and B vitamins.

**Brown Rice:** Provides B vitamins, phosphorus, and manganese.

**Broccoli:** Rich in vitamin C, vitamin K, folate, and fiber.

**Lime:** Offers vitamin C and antioxidants.

**Olive Oil:** Contains vitamin E and heart-healthy monounsaturated fats.

# HONEY MUSTARD VEGGIE TOFU SKEWERS

## INGREDIENTS

- 24 oz extra-firm tofu
- 1 large red bell pepper, cut into 1-inch squares
- 1 large green bell pepper, cut into 1-inch squares
- 1 medium red onion, sliced into wedges
- 1 medium zucchini, sliced into thick rounds
- 2 tbsp honey
- 2 tbsp Dijon or yellow mustard
- 1 tbsp extra virgin olive oil
- 1 minced garlic clove (optional)
- sea salt to taste
- freshly ground black pepper to taste
- 8–10 wooden or metal skewers.



SERVINGS:  
4



PREP TIME:  
15 MINS



COOK TIME:  
10-15 MINS

## INSTRUCTIONS

- 1. Press and Prep the Tofu:** Remove the tofu from its package and drain the excess liquid. For the best texture, press tofu for 10–15 minutes (wrap it in paper towels and place a heavy object on top). Cut the pressed tofu into 1-inch cubes to help absorb more marinade and maintain its shape on the skewers.
- 2. Make the Marinade:** In a small bowl, combine honey, mustard, olive oil, minced garlic (if using), salt, and black pepper. Adjust seasonings to taste (e.g., add more mustard for tanginess or more honey for sweetness).
- 3. Marinate the Tofu and Veggies:** Place the tofu cubes and prepared vegetables (bell pepper, onion, zucchini) in a large shallow dish or zip-top bag. Pour the marinade over everything and gently toss to coat all the pieces. Let marinate in the refrigerator for 15 minutes to 1 hour. The longer it marinates, the more flavor it will develop.
- 4. Assemble the Skewers:** Thread the tofu and veggies onto skewers, alternating pieces for a colorful presentation. Reserve any leftover marinade for brushing during cooking.
- 5. Cook the Skewers:** Option 1(Grill): Preheat the grill to medium-high heat. Lightly oil the grates to prevent sticking. Grill skewers for 2–3 minutes on each side (8–10 minutes total), basting with reserved marinade as you cook. Option 2(Broiler): Preheat the broiler in the oven. Arrange skewers on a foil-lined baking sheet. Broil 4–6 inches from heat source for about 8–10 minutes, turning halfway through for even browning and basting with additional marinade.
- 6. Rest and Serve:** Let the skewers cool for 1–2 minutes before serving. Transfer to a platter or individual plates, and drizzle any remaining cooked marinade or juices over the top for extra flavor.

## MACRONUTRIENT ADJUSTMENTS

**Lower Carbohydrate (Fat Loss):** To reduce the overall carbohydrate content, reduce or eliminate honey and use a sugar-free sweetener (such as stevia or monk fruit blend). Add extra low-carb veggies (e.g., mushrooms, additional zucchini) and consider replacing peppers (moderate carb content) with more leafy vegetables or broccoli florets.

### Higher Protein (Muscle Gain):

To increase the overall protein, use extra tofu (e.g., 28–32 ounces total) or add tempeh chunks alongside the tofu. For an additional protein boost, serve with quinoa or a higher-protein grain (e.g., buckwheat).

**Adjusting Fats:** Reduce the olive oil to 1–2 teaspoons for less fat, or use a cooking spray. For more healthy fats, add a few tablespoons of chopped nuts (e.g., almonds, walnuts) or a drizzle of avocado oil before serving.

## SERVING SUGGESTIONS

**Pair with Whole Grains:** Serve skewers over brown rice, quinoa, or bulgur wheat to round out the meal and help achieve a ~40% carbohydrate macro target. **Add a Fresh Side Salad:** A crisp side salad with a light vinaigrette complements the sweet and tangy skewers while adding extra micronutrients and fiber.

**Optional Sauces:** Drizzle with a simple Greek yogurt-mustard sauce (for extra protein) or a sugar-free barbecue sauce for additional flavor.

Nutrient	Amount	Calories
Protein	~20 g	~26%
Carbs	~25 g	~34%
Fat	~12 g	~36%
Total	~62 g	~300 kcal
Fiber	~5 g	

# LEMON BUTTER BAKED COD

## INGREDIENTS

- 4 fillets of cod (24 oz)
- 4 tbsp unsalted butter
- 3 cloves of garlic, minced
- 2 tbsp of fresh lemon juice
- 1 tbsp lemon zest (optional)
- 1 tsp parsley, dried or fresh, chopped
- sea salt to taste
- ¼ tsp black pepper, freshly ground
- 1 tbsp extra virgin olive oil (optional)
- 3 cups brown rice, cooked



SERVINGS:  
4



PREP TIME:  
10 MINS



COOK TIME:  
20 MINS

## INSTRUCTIONS

### 1. Prepare the Baking Dish:

Preheat your oven to 400°F (200°C). Lightly grease a baking dish (large enough to fit all cod fillets without overlapping) with olive oil or a small cooking spray. This step helps prevent sticking and preserves the cod's delicate texture.

### 2. Make the Lemon Butter Garlic Sauce:

Whisk together melted butter, minced garlic, lemon juice, optional lemon zest, parsley, salt, and black pepper in a small bowl. Add this sauce to the cod just before baking to infuse it with flavor and help keep the fillets moist.

### 3. Season the Cod Fillets:

Pat the cod fillets dry with a paper towel to remove excess moisture. Place them in the prepared baking dish in a single layer. Spoon or brush the lemon butter garlic sauce evenly over each fillet.

### 4. Bake the Cod:

Transfer the baking dish to the preheated oven. Depending on their thickness, bake the fillets for 15–20 minutes.

The cod is ready when it flakes easily with a fork and reaches an internal temperature of about 145°F (63°C).

Nutrient	Amount	Calories
Protein	~33 g	~35%
Carbs	~31 g	~33%
Fat	~13 g	~32%
Total	~77 g	~380 kcal

### 5. Prepare the Side (Brown Rice):

If not prepared, cook brown rice according to package instructions (typically 1 cup rice to 2 cups water, simmered for about 40 minutes). If time is limited, use a shorter cooking method (such as an Instant Pot) or prepare the rice in advance.

### 6. Plate and Serve:

Spoon ¾ cup cooked brown rice onto each plate. Carefully place a baked cod fillet on the rice and drizzle any extra lemon butter sauce from the pan on top for added flavor. Garnish with extra parsley or a lemon slice if desired.

## MACRONUTRIENT ADJUSTMENTS

**Higher Protein (Muscle Gain):** Increase the portion size of cod (e.g., use 8 oz fillets) or add protein source on the side (e.g., extra egg whites mixed into your rice or a small serving of cottage cheese). Consider serving it with a higher-protein grain like quinoa or adding chopped cooked beans to your rice.

**Lower Carbohydrate (Fat Loss):** Reduce brown rice to ½ cup cooked per serving for a lower-carb option, or substitute cauliflower rice or zucchini noodles. Increase non-starchy vegetables (e.g., steamed broccoli, zucchini, or spinach) on the side to fill up fiber while cutting back on carbs.

**Adjusting Fats:** Reduce the butter to 2 tbsp (½ tbsp per fillet) and use cooking spray instead of olive oil to lower fats. To increase the fat content of the fish after baking, drizzle extra olive oil over it or add sliced avocado on the side.

## SERVING SUGGESTIONS

**Add Vegetables:** To boost vitamins, minerals, and fiber, serve with roasted asparagus, broccoli, or a mixed green salad.

**Add Fresh Herbs:** Garnish with fresh dill or basil for extra flavor and antioxidants.

**Citrus Twist:** For a bolder citrus flavor, add extra lemon slices on top during baking or squeeze fresh lemon over the fillets before serving.

## MICRONUTRIENT HIGHLIGHTS

**Cod:** High in selenium (supports antioxidant functions), phosphorus (bone health), and B vitamins like B6 and B12.

**Garlic:** Contains allicin and other beneficial compounds thought to support cardiovascular health.

**Brown Rice:** Offers dietary fiber, B vitamins, and minerals like manganese and magnesium.

**Butter:** Provides fat-soluble vitamins A, D, E, and K in small amounts.

**Lemon Juice/Zest:** Rich in vitamin C and antioxidants.

# GRILLED TOFU & PEPPERS

## INGREDIENTS

- 14 oz extra-firm tofu.
- 1 tbsp sesame oil.
- 1 tbsp low-sodium soy sauce.
- 2 cloves garlic, minced.
- 1 tsp grated fresh ginger.
- 2 cups mixed bell peppers, sliced.
- ½ cup scallions, chopped.
- 1 cup cooked brown rice.
- Optional Seasonings
- Pinch black pepper or chili flakes.
- Additional soy sauce or low-sodium tamari.



SERVINGS:  
2



PREP TIME:  
15 MINS



COOK TIME:  
15 MINS

## INSTRUCTIONS

### 1. Press and Prep the Tofu:

Drain the Tofu and press it to remove excess moisture (use a tofu press or wrap it in paper towels and place a weight on top for 5–10 minutes). Cutting out extra water helps the Tofu absorb the marinade better and maintain a firm texture on the grill.

### 2. Marinate the Tofu:

In a shallow dish, whisk together sesame oil, soy sauce, minced garlic, and grated ginger (if using). Slice the Tofu into approximately 4 even slabs (or cubes, if you prefer). Add the Tofu to the dish, coating all sides in the marinade. Let it sit for about 5 minutes while you prepare the vegetables.

### 3. Prepare the Vegetables:

Wash and slice the bell peppers into strips. Chop the scallions (white and green parts). Set aside.

### 4. Grill the Tofu:

Preheat the grill or griddle to medium-high.

Lightly grease grates or surfaces if necessary. Place the marinated tofu slices on the hot grill. Cook for about 3–4 minutes on each side or until golden grill marks appear and the Tofu is lightly crisp on the outside. Remove from heat and keep warm.

### 5. Sauté/Grill the Vegetables:

(Option 1) Place pepper strips on the grill and cook for 2–3 minutes per side or until they soften slightly and develop light char. (Option 2) Add a splash of water or a small amount of sesame oil (if preferred) in a non-stick skillet over medium heat. Sauté bell peppers for 3–4 minutes until they begin to soften. Add scallions at the last minute of cooking to maintain their fresh flavor.

### 6. Plate and Serve:

Divide the cooked brown rice between two plates (about ½ cup each). Arrange the grilled tofu slices on top or alongside the brown rice. Add the grilled or sautéed bell peppers and scallions. Add a teaspoon of soy sauce or tamari to add extra flavor if desired.

## MACRONUTRIENT ADJUSTMENTS

**Higher Protein (Muscle Gain):** You can use 1.5 blocks of Tofu (21 oz total) for 2 servings or add a side of edamame (½ cup per serving). Include a side of Greek yogurt-based sauce or a small serving of tempeh for additional protein.

**Lower Carbohydrate (Fat Loss):** Reduce or omit the brown rice, replacing it with cauliflower rice or zucchini noodles. Focus on increasing the volume of low-carb vegetables (e.g., bok choy, broccoli) to stay satiated.

**Adjusting Fats:** Use 2 teaspoons of sesame oil instead of 1 tablespoon to lower fat content. Top with sliced avocado or chopped nuts like peanuts or cashews for healthier fats.

## SERVING SUGGESTIONS

**Extra Flavor:** Top your Tofu with a sprinkle of sesame seeds or a pinch of chili flakes for added crunch and heat.

**Additional Veggies:** Serve with steamed broccoli or bok choy for even more fiber and micronutrients.

**Light Sauce:** Try a quick blend of low-sodium soy sauce, rice vinegar, and a dash of sriracha for a tangy drizzle.

## MICRONUTRIENT HIGHLIGHTS

**Bell peppers:** Add vitamin C and beta-carotene.

**Scallions:** Provide vitamin K and antioxidants.

**Tofu:** Is also a good source of calcium (when calcium-set) and iron.

Nutrient	Amount	Calories
Protein	~24 g	~24%
Carbs	~33 g	~33%
Fat	~19 g	~43%
Total	~76 g	~399 kcal
Fiber	~5 g	

# AIR-FRIED SALMON & VEGGIES

## INGREDIENTS

- 2 fillets of salmon.
- 1 tbsp soy sauce.
- 1 tbsp fresh lemon juice.
- 1 clove garlic, minced.
- ¼ tsp black pepper.
- ⅛ tsp salt.
- 1 medium eggplant.
- 2 medium carrots.
- 1 tbsp olive oil.
- 1 cup cooked brown rice.



SERVINGS:  
2



PREP TIME:  
10 MINS



COOK TIME:  
20 MINS

## INSTRUCTIONS

- 1. Marinate the Salmon:** Whisk together the soy sauce, lemon juice, minced garlic (if using), black pepper, and salt in a small bowl. Pat the salmon fillets dry with a paper towel, then place them in a shallow dish or zip-top bag. Pour the marinade over the salmon, coating both sides. Allow it to marinate in the refrigerator for at least 10 minutes (or up to 30 minutes) to enhance flavor and tenderness.
- 2. Prepare the Vegetables:** Wash and chop the eggplant into 1-inch cubes and the carrots into bite-sized chunks. In a mixing bowl, toss the eggplant and carrots with ½ tablespoons of olive oil, a pinch of salt, and pepper.
- 3. Air Fry the Vegetables:** Preheat your air fryer to 375°F (190°C) for 3-5 minutes. Place the seasoned eggplant and carrots in the air fryer basket. Cook for 10 minutes, shaking or tossing halfway through to ensure even cooking.
- 4. Add the Salmon:** While the vegetables are cooking, remove the salmon fillets from the marinade and pat them lightly with a paper towel to remove any excess liquid. Lightly brush or drizzle the remaining ½ tablespoon of olive oil on both sides of the fillets (or use cooking spray for fewer added fats). Carefully push the vegetables to the sides of the air fryer basket, making space for the salmon fillets in the center. Place the salmon fillets in the basket (skin-side down if they have skin).
- 5. Finish Cooking:** Continue air-frying the vegetables and salmon together for 8-10 minutes until the salmon flakes easily with a fork and the vegetables are tender. The salmon's internal temperature should reach at least 145°F (63°C).
- 6. Serve:** Transfer the salmon and vegetables to plates. If you include a carbohydrate portion, divide 1 cup of cooked brown rice between the two servings. Drizzle any remaining juices from the air fryer basket over the salmon and veggies for extra flavor.

Nutrient	Amount	Calories
Protein	~36 g	~33%
Carbs	~40 g	~37%
Fat	~14 g	~30%
Total	~90 g	~430 kcal

## MACRONUTRIENT ADJUSTMENTS

**Higher Protein (Muscle Gain):** Choose slightly larger salmon fillets (6–7 oz each) or add an extra ½ per person. Serve with an additional protein source, such as edamame or a side of Greek yogurt-based sauce.

**Lower Carbohydrate (Fat Loss):** Reduce or omit the brown rice to lower overall carbohydrate intake. Increase non-starchy vegetables like zucchini or mushrooms instead of including starchy sides.

**Adjusting Fats:** Use a light cooking oil spray on the vegetables and salmon instead of the entire tablespoon of olive oil. Use cooking oil instead of a heavy cream base for healthier fats when sautéing vegetables.

## SERVING SUGGESTIONS

**Garnish:** Sprinkle fresh chopped herbs (e.g., parsley or basil) over the salmon and vegetables for extra color and flavor. Top with a lemon wedge for a bright citrus finish.

**Additional Sauces:** Serve with a low-fat Greek yogurt sauce (mixed with lemon juice, dill, and garlic) for a creamy, high-protein topping. Add a drizzle of balsamic glaze over the roasted eggplant and carrots for a sweet-tangy touch.

## MICRONUTRIENT HIGHLIGHTS

**Carrots:** Provide beta-carotene (vitamin A) and vitamin K. **Eggplant:** Offers antioxidants (Nasunin) and fiber.

**Salmon:** Contains omega-3 fatty acids, vitamin D, & B vitamins.

**Brown Rice:** Contains manganese, magnesium, and additional fiber.

# SPICY SESAME BEEF & BROCCOLI STIR-FRY

## INGREDIENTS

- 1 lb lean beef sirloin steak, sliced into thin strips
- 1 tbsp sesame or avocado oil
- 4 cups broccoli florets, washed and chopped
- 1 small onion, thinly sliced
- 2 cloves garlic, minced
- 1 tsp fresh ginger, minced (or ½ tsp ground ginger)
- 1 tbsp red chili paste (or 1 tsp red chili flakes)
- 2 tbsp soy sauce
- water (or beef broth)
- 1 tsp cornstarch (optional)
- salt and pepper, to taste
- 1 ½ cups uncooked brown rice
- 2 tbsp sesame seeds, toasted



SERVINGS:  
4



PREP TIME:  
15 MINS



COOK TIME:  
15 MINS

## INSTRUCTIONS

- 1. Cook the Brown Rice (Advance Preparation):** Rinse the brown rice under cold water. Place 1 ½ cups rice in a pot with ~3 cups of water (or follow package instructions). Bring to a boil, then reduce the heat to low, cover, and simmer for 30–35 minutes or until water is absorbed. Fluff with a fork and set it aside. You can do this ahead of time if you wish.
- 2. Stir-Fry the Beef & Vegetables:** Dab the beef slices dry with a paper towel to enhance browning, then season them lightly with salt and pepper. Chop the broccoli into florets, slice the onion, and mince the garlic and ginger. Heat 1 tablespoon of sesame (or avocado) oil over medium-high heat in a wok or large skillet. Once the oil is hot, add the beef strips in a single layer (work in batches if necessary to avoid overcrowding). Stir-fry for about 3–4 minutes until browned. Transfer the cooked beef to a plate and set aside. In the same wok, add the onion, garlic, and ginger. Stir-fry for 1 minute until fragrant. Add the broccoli florets and stir-fry for another 3–4 minutes or until they turn bright green and begin to soften. Season lightly with salt and pepper if desired.
- 3. Combine Sauce Ingredients:** In a small bowl, whisk together the soy sauce, water (or beef broth), red chili paste, and cornstarch (if using). Adjust the chili paste to your preferred spice level.
- 4. Finish the Stir Fry:** Return the beef to the wok, then pour the sauce mixture over the meat and vegetables. Stir continuously for 1–2 minutes, allowing the sauce to coat everything. The cornstarch will help it thicken slightly. Taste and adjust seasonings as needed.
- 5. Serve and Garnish:** Divide the cooked brown rice among 4 serving plates or bowls (about 1 cup each). Top each portion of rice with the beef and broccoli stir fry. Sprinkle sesame seeds over the top. Serve immediately for the best flavor and texture.

## MACRONUTRIENT ADJUSTMENTS

### Higher Protein (Muscle Gain):

Increase the beef to 1.25–1.5 lbs and reduce the brown rice to 1 cup uncooked. Add a side of egg whites or a protein shake to boost overall protein intake. Incorporate extra tofu or edamame beans as an additional protein source.

**Lower Carbohydrate (Fat Loss):** Decrease the brown rice to 1 cup uncooked (yielding ~2–3 cups cooked) to lower total carbs. Substitute cauliflower rice or zucchini noodles for half (or all) of the brown rice. Increase non-starchy vegetables (broccoli, bell peppers, mushrooms) to feel fuller with fewer carbs.

**Adjusting Fats:** For a leaner dish, use less sesame oil (e.g., 1–2 teaspoons) and reduce sesame seeds to 1 tablespoon. For a higher healthy fat intake, drizzle some sesame oil, sprinkle on some sesame seeds, or slice avocado on top.

## SERVING SUGGESTIONS

**Side of Steamed Veggies:** Add extra broccoli or other vegetables to increase micronutrient and fiber content.

**Flavor Boost:** Top with fresh cilantro or chopped scallions for freshness.

**Optional Heat:** Serve with chili flakes or sriracha for extra spiciness.

## MICRONUTRIENT HIGHLIGHTS

Iron & Zinc (**Beef**): Supports immune function and oxygen transport. Vitamin C & K (**Broccoli**): Important for immune health and bone metabolism. B Vitamins & Fiber (**Brown Rice**): Essential for energy and digestive health.

Vitamin E & Healthy Fats (**Sesame Seeds**): Contributes to heart health and antioxidant protection.

Nutrient	Amount	Calories
Protein	~33 g	~26%
Carbs	~57 g	~44%
Fat	~17 g	~30%
Total	~107 g	~ 513 kcal

# GRILLED FISH TACOS WITH SALAD

## INGREDIENTS

- 1¼ lbs cod or tilapia fillets, skinless
- 1 tsp chili powder
- 1 tsp ground cumin
- ½ tsp garlic powder
- 2 cups shredded green cabbage
- ½ cup shredded carrots
- 1½ tbsp olive oil
- 8 corn tortillas, 6-inch
- 1 medium avocado, sliced
- ¼ cup 2% Greek yogurt
- 3 tbsp fresh lime juice
- salt and black pepper



SERVINGS:  
4



PREP TIME:  
15 MINS



COOK TIME:  
10-12 MINS

## INSTRUCTIONS

- 1. Marinate the Fish:** Pat the fish fillets dry with paper towels. Whisk together 1 tbsp olive oil, 1 tbsp lime juice, chili powder, cumin, garlic powder, salt, and black pepper in a shallow dish. Add the fish fillets, turning to coat both sides. Cover and let the fish marinate for about 10 minutes while you prepare other components.
- 2. Prepare the Cabbage Salad:** Combine shredded cabbage, carrots, ½ tablespoon olive oil, 1 tablespoon lime juice, and a pinch of salt and pepper in a medium bowl. Toss thoroughly to distribute the dressing evenly. Set aside to allow flavors to meld.
- 3. Make the Yogurt Sauce:** In a small bowl, stir together ¼ cup Greek yogurt, 1 tablespoon lime juice, and a pinch of salt and pepper. Adjust seasonings to taste. Keep chilled until serving.
- 4. Grill the Fish:** Preheat your grill or pan to medium-high heat (about 375–400°F / 190–205°C). Place the marinated fish fillets on the grill. Cook for 3–4 minutes on the first side, then flip and grill the other side for 2–3 minutes or until the fish flakes easily with a fork. Tip: To maintain optimal nutritional value, avoid overcooking fish. Cook it until its internal temperature reaches 145°F (63°C). Once cooked, transfer the fish fillets to a clean plate and gently flake them into large chunks.
- 5. Warm the Tortillas:** While the fish rests, warm the corn tortillas on the grill or in a dry skillet over medium heat, ~15–30 seconds per side. Keep them wrapped in a clean towel or aluminum foil to stay warm and pliable.
- 6. Assemble the Tacos:** Divide the grilled fish evenly among the 8 corn tortillas (about 2 tortillas per person). Top each taco with a generous handful of cabbage salad. Add avocado slices. Drizzle or dollop the yogurt sauce on top. Serve immediately for the best flavor and texture.

Nutrient	Amount	Calories
Protein	~32 g	~36-37%
Carbs	~29 g	~32-33%
Fat	~14 g	~30-31%
Total	~350-360 kcal	

## MACRONUTRIENT ADJUSTMENTS

**Higher Protein (Muscle Gain):** Add an extra ½ pounds of fish (about 225 g) to increase total protein. Incorporate more Greek yogurt (e.g., ½ cups total) into the sauce or serve extra on the side.

**Lower Carbohydrate (Fat Loss):** Reduce or skip the tortillas—try making a fish taco bowl using the grilled fish and cabbage salad. Replace the corn tortillas with low-carb tortillas or lettuce wraps. Use a smaller portion of avocado or skip it to reduce overall calories from fats, if needed.

**Fat Control:** Reduce the amount of olive oil in marinades and salad dressings for a leaner option. Increase the avocado or drizzle olive oil on top for more healthy fats.

## SERVING SUGGESTIONS

**Extra Zest:** Serve with lime wedges on the side for an added citrusy kick.

**Fresh Salsa:** Pair with pico de gallo or a fresh tomato salsa to enhance flavor without significantly increasing calories.

**Side Dishes:** A light black bean salad or grilled vegetables can complement these tacos for a heartier meal.

## MICRONUTRIENT HIGHLIGHTS

**Vitamin C:** Derived from cabbage, lime juice, and avocado, supports immune function.

**B Vitamins & Minerals:** Provided by fish (B12, selenium) and whole grains (if using whole-grain corn tortillas).

**Fiber:** Cabbage, carrots, avocado, & corn tortillas contain fiber, which supports satiety & promotes digestive health.

**Potassium:** Present in the fish, avocado, & vegetables, vital for fluid balance and nerve function.

# CREAMY CHICKEN & SPINACH PASTA BOWL

## INGREDIENTS

- 8 oz whole wheat pasta (dry weight)
- 18 oz boneless, skinless chicken breast cut into bite-size pieces
- 2 tsp olive oil, divided
- ½ medium onion, finely chopped
- 2 cloves garlic, minced
- 4 cups fresh spinach, roughly chopped
- 4 oz light cream cheese, softened
- ½ cup low-fat milk (1%)
- salt to taste
- black pepper to taste
- Optional: red pepper for heat



SERVINGS:  
4



PREP TIME:  
15 MINS



COOK TIME:  
20 MINS

## INSTRUCTIONS

- 1. Boiling the Pasta:** Fill a big pot with water, add salt, and heat until it boils. Add the pasta and cook it according to the package instructions until it's firm but not hard. Before draining, save about ½ cup of the pasta water to help make the sauce better. Drain the pasta and set it aside.
- 2. Cooking the Chicken:** While the pasta is cooking, sprinkle salt and pepper on the chicken pieces. Heat 1 tsp of olive oil in a big pan on medium-high heat. Put the chicken in the pan, ensuring the pieces don't touch too much. Cook for about 5–6 minutes, turning halfway, until the chicken is golden brown and fully cooked inside (165°F or 74°C). Take the chicken out and put it on a plate.
- 3. Cooking the Vegetables:** Lower the heat to medium and add another teaspoon of olive oil to the pan. Add the chopped onions and cook for 3–4 minutes, until soft and transparent. Add the chopped garlic and stir for another minute, making sure it doesn't burn.
- 4. Making the Sauce:** Add cream cheese to the pan with the onions and garlic. Slowly pour low-fat milk while stirring so the cheese melts and mixes well. Add salt, pepper, and a little red pepper flakes if you want it spicy. Let the sauce cook for 2–3 minutes until it gets thick.
- 5. Adding Spinach and Chicken:** Stir in the spinach and cook until soft, about 1 minute. Return the chicken to the pan and mix it with the sauce.
- 6. Mixing Everything:** Add the cooked pasta and mix everything so the sauce covers everything. Add some of the saved pasta water or more milk if the sauce is too thick.
- 7. Finishing Up:** Taste the food and add more salt, pepper, or spices if needed. Split the pasta into four servings. Eat it hot or let it cool and store it for later meals.

## MACRONUTRIENT ADJUSTMENTS

**Higher Protein (Muscle Gain):** Increase chicken to about 22–24 oz (620–680 g), or add extra chicken breast on the side. Incorporate Greek yogurt: Replace half of the cream cheese with nonfat Greek yogurt for an additional protein boost. Add a spoonful of whey protein mixed into a small amount of milk (though this can change the taste, proceed carefully).

**Lower Carbohydrate (Fat Loss):** Reduce pasta to 6 oz (about 170 g) and increase the volume of spinach or other low-carb vegetables (e.g., zucchini). Use cauliflower rice in place of part or all of the pasta. Choose light cheese and less cream cheese to keep total calories in check.

**Adjusting Fats:** Reduce olive oil to 1 teaspoon total or use a cooking spray. If you need more fat in your diet, add healthy fats like avocado slices or an extra drizzle of olive oil.

Nutrient	Amount	Calories
Protein	~43 g	~35%
Carbs	~45 g	~40%
Fat	~15 g	~25%
Total	~103 g	~490 kcal

## SERVING SUGGESTIONS

**Garnish:** For extra flavor and micronutrients, top with freshly grated Parmesan cheese (in moderation) or a sprinkle of fresh herbs like basil or parsley.

**Side Dish:** To add fiber and nutrients, serve with a simple green salad with a light vinaigrette.

**Meal Prep Tip:** Divide the pasta bowl into airtight containers for easy grab-and-go lunches or dinners throughout the week.

# LOW-CARB TURKEY EGG VEGGIE MEAL

## INGREDIENTS

- 8 oz lean ground turkey (93% lean or leaner)
- 4 whole eggs
- 1 cup sliced bell peppers (any color)
- 1 cup chopped onions
- 2 cups fresh spinach (packed)
- ½ medium avocado
- 1 tbsp olive oil
- salt and pepper, to taste
- Optional seasonings (e.g., garlic powder, paprika, chili flakes)



SERVINGS:  
2



PREP TIME:  
10 MINS



COOK TIME:  
20 MINS

## INSTRUCTIONS

- 1. Prep the Ingredients:** Rinse and chop the bell peppers and onions into bite-sized pieces. Measure out 2 cups of fresh spinach and slice or cube ½ avocado. Set aside.
- 2. Cook the Ground Turkey:** Heat a nonstick skillet over medium-high heat. Add ½ tablespoons of olive oil (reserve ½ tablespoons for the veggies). Place the ground turkey in the skillet and season with salt, pepper, and any preferred seasonings (e.g., paprika or garlic powder). Cook for 5–7 minutes, breaking up the turkey with a spatula until it is no longer pink and lightly browned. Transfer the cooked turkey to a bowl and set aside.
- 3. Sauté the Vegetables:** Add the remaining ½ tablespoons of olive oil to the same skillet over medium heat. Add the chopped onions and bell peppers and cook, stirring occasionally, for 3–4 minutes until they soften. Add the spinach and cook for 1–2 minutes until wilted—season with a small pinch of salt and pepper.
- 4. Cook the Eggs:** Move the cooked veggies to one side of the skillet (or transfer them temporarily to a plate or bowl), then reduce the heat to medium-low. Crack four eggs directly into the skillet's open space (or into a bowl first if you prefer scrambling). Option A (Fried Eggs): Fry the eggs until the whites become firm and the yolks remain soft, or fry them to your preferred level of doneness. Option B (Scrambled Eggs): Crack the eggs into a pan and gently fry them until wholly set, stirring as needed.
- 5. Combine and Serve:** Return the ground turkey to the skillet (if set aside) to warm it up briefly. Divide the cooked mixture (turkey + veggies + eggs) between two plates. Include ¼ avocado (a quarter of an avocado) in each portion to enhance the healthy fats.

## MACRONUTRIENT ADJUSTMENTS

**Higher Protein (Muscle Gain):** Increase the lean ground turkey to 10–12 oz total. Use 5–6 egg whites + 2 whole eggs instead of only 4 whole eggs, boosting protein without drastically raising fat. Add a small side of low-fat cottage cheese or Greek yogurt.

**Lower Carbohydrate (Even More Fat Loss Focus):** Consider reducing or omitting onions and bell peppers for a stricter low-carbohydrate diet (to enhance fat loss). While they are relatively low in carbohydrates, even small amounts can add up for those closely monitoring their intake. Replace half the veggies with lower-carb alternatives like zucchini or mushrooms. Increase the avocado slightly if desired to maintain satiety via healthy fats.

**Adjusting Fats:** To reduce fat: Reduce or eliminate avocado; use cooking spray instead of olive oil. Add a tablespoon of cheese (e.g., feta or shredded cheddar) or an extra slice of avocado for higher fat.

## SERVING SUGGESTIONS

**Spice It Up:** Sprinkle chili flakes or hot sauce for extra flavor with minimal calories.

**Extra Veggies:** Sliced mushrooms, zucchini, or kale can provide more volume and micronutrients without significantly increasing carbs.

**Meal Prep Option:** Divide portions into meal prep containers for busy weekdays. Reheat gently on the stovetop or microwave.

Nutrient	Amount	Calories
Protein	~40 g	~40%
Carbs	~20 g	~20%
Fat	~18 g	~40%
Total	~78 g	~420 kcal

## MICRONUTRIENT HIGHLIGHTS

**Lean Ground Turkey:** Provides iron, zinc, and B vitamins (especially vitamin B6).

**Eggs:** High in high-quality protein, choline (important for brain health), and vitamins A, D, E, and K.

# LOW-CARB TUNA EGG VEGGIE SALAD

## INGREDIENTS

- 10 oz tuna in water, drained
- 4 large eggs, hard-boiled and chopped
- 1 medium avocado, peeled and diced
- ¼ cup plain, nonfat Greek yogurt
- 2 cups fresh spinach, chopped
- ½ cup celery, diced
- ½ cup bell pepper, diced
- ¼ cup red onion, diced
- 2 tbsp olive oil
- salt and black pepper
- Optional: a squeeze of fresh lemon juice or a splash of vinegar for extra tang



SERVINGS:  
4



PREP TIME:  
15 MINS



COOK TIME:  
10 MINS

## INSTRUCTIONS

- 1. Boil the Eggs:** Place the eggs in a saucepan and cover with water. Bring to a gentle boil, then reduce heat to a simmer for about 8–10 minutes. Run the cooked eggs under cold water or place them in an ice bath to stop the cooking process and make peeling easier.
  - 2. Prep the Tuna:** Drain the canned tuna thoroughly to remove excess water. Transfer the tuna to a large mixing bowl.
  - 3. Chop Eggs & Veggies:** Peel the cooled eggs, then chop them into bite-sized pieces. Dice the avocado, celery, bell pepper, and red onion into small chunks. Roughly chop the spinach.
  - 4. Combine Main Ingredients:** Add the chopped eggs, avocado, celery, bell pepper, onion, and spinach to the bowl with tuna.
  - 5. Create the Dressing:** In a small bowl, whisk together the Greek yogurt and olive oil. Add a pinch of salt, black pepper, and an optional squeeze of lemon juice or vinegar for extra brightness. Adjust seasoning to taste.
- 6. Mix & Serve:** Pour the dressing over the tuna-egg-veggie mixture. Gently stir until all ingredients are evenly coated. Taste and adjust seasonings if needed. Serve immediately or refrigerate for up to 2 days (the avocado may oxidize over time, so adding lemon juice helps delay browning).

## MACRONUTRIENT ADJUSTMENTS

### Higher Protein (Muscle Gain):

Add extra tuna or another protein source (e.g., cooked chicken breast).

Increase egg whites in place of some whole eggs.

Stir in more Greek yogurt or even cottage cheese.

### Lower Fat:

Use less or no avocado to reduce overall fats and calories. Cut the olive oil to 1 tablespoon or replace with extra Greek yogurt. Choose water-packed tuna (already low-fat, but verify labels).

### Moderate Carbs:

Include more fibrous veggies like cucumbers, zucchini, or even a tiny serving of chickpeas (if you want a more moderate, higher-carb approach). Place the salad on a base of whole-grain toast or brown rice to achieve a balanced macronutrient ratio of 40% carbohydrates, 30% protein, and 30% fat.

## SERVING SUGGESTIONS

**On a Bed of Greens:** Enjoy on a bed of lettuce or mixed greens for extra volume.

**Lettuce Wraps:** Scoop the salad into large romaine leaves or butter lettuce for a handheld low-carb wrap.

**Meal Prep:** Divide into airtight containers for quick lunches throughout the week.

Nutrient	Amount	Calories
Protein	~21 g	~31%
Carbs	~7 g	~10%
Fat	~18 g	~59%
Total	~46 g	~271 kcal

This Low-Carb Tuna Egg Veggie Salad provides both convenience and nutritional balance, making it a perfect option for those who carefully track their macronutrients. It presents straightforward methods to modify fat, protein, and carbohydrate levels to align with different dietary objectives, ranging from weight management to muscle development.

# LOW-CARB SESAME CHICKEN WITH GREENS

## INGREDIENTS

- 1 lb boneless, skinless chicken breast cut into bite-sized pieces
- 2 cups broccoli florets
- 2 cups spinach or bok choy
- 1 tbsp sesame oil
- 2 tbsp low-sodium soy sauce or tamari
- 1 tbsp rice vinegar
- 1 tbsp toasted sesame seeds
- 1 tbsp arrowroot powder (or cornstarch), optional
- 1 tsp minced garlic
- 1 tsp minced fresh ginger
- 1 tsp chili sauce or sriracha, optional
- salt and pepper, to taste
- cooking spray or a neutral oil



SERVINGS:  
4



PREP TIME:  
15 MINS



COOK TIME:  
15 MINS

## INSTRUCTIONS

- 1. Marinate the Chicken (Optional):** Whisk together the soy sauce, rice vinegar, sesame oil, minced garlic, ginger, and chili sauce (if using). Add the chicken pieces and toss them to coat. Marinate the chicken for at least 10 minutes (or up to 2 hours in the refrigerator) to enhance flavor and tenderness.
  - 2. Prep the Vegetables:** While the chicken is marinating, rinse and chop the broccoli into florets. Rinse and drain spinach or bok choy, patting leaves dry.
  - 3. Optional Thickening Slurry:** If you want a thicker sauce, combine the arrowroot powder (or cornstarch) with 1 tablespoon of cold water in a small bowl. Stir until dissolved and set aside.
  - 4. Cook the Chicken:** Heat a wok or large nonstick skillet over medium-high heat. Lightly coat it with cooking spray or a small amount of neutral oil to prevent it from sticking. Remove chicken from marinade (reserve leftover marinade) and place in the hot pan in a single layer. Cook for 5–7 minutes, stirring frequently, until chicken is browned and cooked through (internal temperature of 165°F/74°C). Season with salt and pepper if needed, but be cautious since soy sauce contains sodium.
5. **Add Reserved Marinade & Thicken:** Once the chicken is nearly done, pour in the reserved marinade. If using the thickening slurry, stir it in at this point. Bring the sauce to a gentle simmer and let it thicken for about 1 minute.
6. **Add the Vegetables:** Add broccoli florets to the pan, stirring to coat them in the sauce. Cook the broccoli for 3–4 minutes or until it turns bright green and is crisp-tender. Fold in the spinach or bok choy and cook for about 1 minute until it is wilted.
7. **Finish with Sesame Seeds:** Sprinkle the toasted sesame seeds over the chicken and vegetables. Stir briefly to distribute the seeds and remove them from the heat.
8. **Serve:** Divide the Sesame Chicken with Greens into 4 equal portions. Enjoy immediately to preserve the crispness of the vegetables.

Nutrient	Amount	Calories
Protein	~37 g	~40%
Carbs	~15 g	~20%
Fat	~15 g	~40%
Total	~67 g	~350 kcal

## MACRONUTRIENT ADJUSTMENTS

**Higher Protein (Muscle Gain):** Increase the chicken to 1.25–1.5 pounds (about 560–680g). If compatible with flavors, add extra egg whites or a protein supplement (e.g., unflavored whey) to the sauce, whisking it in at the end. Serve with a side of cottage cheese or Greek yogurt.

**Even Lower Carbohydrate (Fat Loss):** Omit or halve the arrowroot powder/cornstarch to reduce carbs. Increase non-starchy greens (spinach, kale, zucchini) and lessen the broccoli slightly. Use coconut aminos instead of soy sauce for a potentially lower sodium and lower-carb sauce (depending on the brand).

**Moderate Carbohydrate (Balanced Approach):** Serve over a small portion of cauliflower rice or half a cup of brown rice if you want more complex carbs. Add more fibrous vegetables like bell peppers or mushrooms, which are relatively low in net carbs.

## SERVING SUGGESTIONS

**Cauliflower Rice or Zucchini Noodles:** Keeps the meal low-carb while adding extra volume.

**Brown Rice or Quinoa (If Carbs Allow):** These provide additional fiber and micronutrients for those who need more carbohydrates. **Extra Garnishes:** Try sliced green onions or fresh cilantro for added flavor and micronutrients.

# BEEF AND CHEESE STUFFED BELL PEPPERS

## INGREDIENTS

- 4 large bell peppers
- 1 tbsp olive oil
- 1 lb 90% lean ground beef
- ½ medium onion
- 14½ oz diced tomatoes, no salt added if possible
- ½ cup brown rice, uncooked
- 1 cup reduced-fat shredded cheese (cheddar or mozzarella)
- 1 tsp dried oregano (or Italian seasoning)
- salt & black pepper
- garlic powder, chili flakes, or paprika to taste



SERVINGS:  
4



PREP TIME:  
15 MINS



COOK TIME:  
25 MINS

## INSTRUCTIONS

### 1. Pre-Cook the Brown Rice:

If you are not using leftover rice, rinse ½ cup of brown rice under cold water and place it in a small saucepan. Cook according to the package directions.

### 2. Prepare and Soften the Bell Peppers:

Preheat your oven to 375°F (190°C). Slice the tops off each bell pepper and remove seeds and membranes. Place the peppers cut-side up in a baking dish.

### 3. Sauté the Beef Filling:

While the rice cooks, heat 1 tablespoon olive oil in a large skillet or sauté pan over medium-high heat. Add the diced onion and cook for ~3 minutes, until translucent. Stir in the 90% lean ground beef, breaking it up with a wooden spoon or spatula. Season with salt, black pepper, and optional seasonings (garlic powder, chili flakes, etc.). Cook the beef until it browns, about 5–7 minutes. Drain any excess liquid or fat from the pan if necessary (this helps keep macros consistent).

### 4. Combine Rice and Tomatoes:

Once you fully cooked the beef, lower the heat to medium. Stir in the cooked brown rice and the can of diced tomatoes (including juices). Add 1 tsp dried oregano (or Italian seasoning). Simmer for ~2–3 minutes, allowing flavors to meld. Taste and adjust seasonings as needed.

### 5. Stuff the Bell Peppers:

Spoon the beef-rice-tomato mixture evenly into each pepper. Top each stuffed pepper with a portion of the reduced-fat shredded cheese. If you have leftover filling, you can mound it around the peppers in the dish.

### 6. Bake:

Carefully cover the baking dish with foil to help the peppers steam and soften. Bake in the preheated oven for ~15 minutes. Remove the foil and bake for 5 minutes or until the cheese is melted and slightly browned.

### 7. Rest and Serve:

Let the stuffed peppers sit for 2–3 minutes to cool slightly. If desired, serve hot, garnished with fresh herbs (parsley or basil).

Nutrient	Amount	Calories
Protein	~30 g	~33%
Carbs	~30 g	~33%
Fat	~14 g	~34%
Total	~74 g	~365 kcal

## MACRONUTRIENT ADJUSTMENTS

**Higher Protein (Muscle Gain):** To increase Lean Beef, Use 1¼ lb (about 570 g) of 90% lean ground beef or higher. Additional Cheese or Greek Yogurt Topping: Add a dollop of nonfat Greek yogurt on top for extra protein. Include Beans: Stir in ½ cup of black or kidney beans (drained and rinsed) to increase protein and fiber.

**Lower Carbohydrate (Fat Loss):** Swap Out Rice: Replace brown rice with cauliflower rice or finely chopped zucchini to reduce carb content. Use More Vegetables: Add mushrooms or spinach for extra bulk without significantly raising carbs. Watch Cheese Portions: Use ½ cup of reduced-fat cheese instead of 1 cup, or choose an ultra-lean option.

**Adjusting Fats:** More Healthy Fats: Drizzle extra olive oil or top with sliced avocado after baking. Fewer Fats: Sauté using cooking spray instead of oil and select very lean ground beef (93–95% lean).

## SERVING SUGGESTIONS

**Pair with a Crisp Salad:** A side dish of mixed greens, cucumbers, and a light vinaigrette complements these peppers.

**Add a Protein-Packed Side:** Enjoy these peppers with a cup of lentil or bean soup for extra protein.

**Meal Prep Friendly:** Store leftovers in an airtight container for 3–4 days. Reheat in the microwave or oven.

## MICRONUTRIENT HIGHLIGHTS

**Bell Peppers:** High in vitamin C and A and antioxidants like beta-carotene. **Brown Rice:** Contains B vitamins, magnesium, and dietary fiber. **Lean Beef:** Excellent source of iron, zinc, and B vitamins (especially B12).

# LEMON SEASONED CHICKPEA TOFU SALAD

## INGREDIENTS

- 14 oz extra-firm tofu
- 15 oz cooked chickpeas, drained and rinsed
- 4 cups spinach or mixed greens
- 1 cup chopped cucumber
- 1 cup diced tomato
- ½ cup thinly sliced red onion
- rolled oats, lightly toasted
- 1 tbsp olive oil
- 2 tbsp fresh-squeezed lemon juice
- 2 tbsp nutritional yeast
- ½ tsp garlic powder
- salt and black pepper



SERVINGS:  
4



PREP TIME:  
15 MINS



COOK TIME:  
15 MINS

## INSTRUCTIONS

- 1. Press and Cube the Tofu:** Drain the tofu and press it between paper towels or a clean dish towel for 10–15 minutes to remove excess moisture and help the tofu absorb more flavor. Cut the tofu into bite-sized cubes.
- 2. Prepare the Lemon Marinade:** In a small bowl, whisk together the olive oil, lemon juice, nutritional yeast, garlic powder, salt, and black pepper. Taste and adjust seasoning as desired (e.g., add more lemon juice for extra zing).
- 3. Marinate (Optional):** Place the tofu cubes in a shallow dish or a zip-top bag. Pour about half of the lemon marinade over the tofu. Reserve the remaining half to dress the salad later. Allow the tofu to marinate for at least 10 or 30 minutes for deeper flavor.
- 4. Cook the Tofu:** (Pan-Sear) Heat a nonstick skillet over medium-high heat. Lightly coat with a small amount of oil spray. Add the marinated tofu cubes in a single layer. Cook for 2–3 minutes per side until golden brown. (Bake) Preheat your oven to 400°F (200°C). Arrange the tofu cubes on a parchment-lined baking sheet. Bake for ~15 minutes, flipping halfway, until golden and slightly crispy.
- 5. Assemble the Salad:** Place the spinach or mixed greens, chickpeas, cucumber, tomato, and red onion in a large bowl. Top with the cooked tofu cubes. Drizzle the remaining half of the lemon marinade over the salad, tossing gently to coat. For extra crunch, sprinkle 2 tablespoons of toasted rolled oats or your favorite seeds (e.g., pumpkin seeds) on top. Adjust the final seasoning with a pinch of salt or lemon juice if desired.
- 6. Serve:** Divide the salad into four equal portions. Enjoy immediately, or refrigerate in airtight containers for up to 3 days (dressing the salad just before eating helps maintain freshness).

## MACRONUTRIENT ADJUSTMENTS

**Higher Protein (Muscle Gain):** Increase the tofu to 1½ blocks (about 21 oz) or add high-protein ingredients (e.g., edamame, hemp seeds, or tempeh). Add Greek yogurt (if not vegan) or more nutritional yeast for extra protein.

### Lower Carbohydrate (Fat Loss):

Reduce or omit chickpeas to lower carbohydrate content; substitute with a higher-protein legume like lentils (though still moderate in carbs), or add more tofu/tempeh. Increase the ratio of low-carb vegetables (e.g., zucchini, mushrooms, or bell peppers) instead of higher-carb veggies.

**Adjusting Fats:** To increase Fats, Drizzle an extra tablespoon of olive oil or add 1–2 tablespoons of nuts or seeds (e.g., walnuts or sunflower seeds). To reduce Fat, Use a nonstick pan without additional oil, limit or skip the olive oil in the dressing, and rely on fresh lemon juice and seasonings for flavor.

## SERVING SUGGESTIONS

Pair your salad with a small bowl of whole-grain quinoa or brown rice if you need extra complex carbohydrates. Serve alongside a light soup (e.g., a vegetable broth-based soup) for a cozy and filling meal. Sprinkle fresh herbs like parsley, cilantro, or basil on top to enhance the flavor and boost micronutrients.

The Lemon Seasoned Chickpea Tofu Salad offers a protein-rich, fiber-filled meal with a refreshing citrusy twist. Its customizable components allow you to tweak macros according to your health or fitness goals while keeping meal prep simple and satisfying.

Nutrient	Amount	Calories
Protein	~16 g	~26%
Carbs	~24 g	~38%
Fat	~10 g	~36%
Total	~50 g	~250 kcal

# MIXED KIDNEY BEANS VEGGIE SALAD

## INGREDIENTS

- 2 cups cooked kidney beans, drained and rinsed
- 1 cup chopped cucumber
- ½ cup diced red onion
- ½ cup chopped bell pepper
- 2 cups mixed greens (e.g., spinach, romaine, arugula)
- extra virgin olive oil
- 2 tbsp fresh lemon juice (or vinegar of choice)
- 1 tsp Dijon mustard (optional)
- salt & freshly ground black pepper
- Optional: Raw or lightly steamed vegetables like cherry tomatoes, carrots, or zucchini for added volume and micronutrients



SERVINGS:  
4



PREP TIME:  
15 MINS



COOK TIME:  
NONE

## INSTRUCTIONS

- 1. Rinse and Drain the Beans:**  
When using canned kidney beans, drain and rinse them under cool water to reduce excess sodium and preserve their texture.
- 2. Chop the Vegetables:**  
Prepare your cucumber, onion, bell pepper, and any other veggies you prefer. Keep the pieces bite-sized for a better salad experience.
- 3. Combine Base Ingredients:**  
Add the drained kidney beans, chopped vegetables, and mixed greens in a large mixing bowl. Toss gently to distribute ingredients evenly, ensuring each serving gets a variety of beans and veggies.
- 4. Whisk the Dressing:** Whisk together the olive oil, lemon juice, Dijon mustard (if using), salt, and black pepper in a small bowl. Taste and adjust seasonings, adding more lemon juice or salt if needed.
- 5. Dress the Salad:** Pour the dressing over the bean and veggie mixture. Gently toss to coat everything thoroughly without bruising the greens.
- 6. Serve or Chill:** The salad is ready to serve immediately. You can also cover it and refrigerate it for up to a day. (The flavors intensify as it chills.)

Nutrient	Amount	Calories
Protein	~15 g	~20%
Carbs	~30 g	~40%
Fat	~12 g	~40%
Total	~57 g	~300 kcal

## MACRONUTRIENT ADJUSTMENTS

**Higher Protein (Muscle Gain):** Add Tofu or Tempeh: 8–12 ounces (225–340g) of cubed extra-firm Tofu or Tempeh to increase plant-based protein. Include Feta or Cottage Cheese (if not strictly vegan): Top each serving with 1–2 ounces (30–60g) of feta or low-fat cottage cheese. Use a Protein-Rich Dressing: Whisk a scoop of unflavored or savory plant-based protein powder into the dressing.

**Lower Carbohydrate (Fat Loss):** Reduce Beans: Decrease kidney beans to 1 cup total and replace some or all with additional low-carb vegetables (zucchini, mushrooms, etc.). Increase Leafy Greens: To cut carbs while increasing vitamins and minerals, swap half the beans for extra spinach, kale, or arugula.

**Adjusting Fats:** For More Healthy Fats, Add a handful of sliced avocado or nuts (walnuts, almonds) and slightly reduce the beans to maintain a similar calorie total. For Lower Fat, Halve the olive oil in the dressing or skip the nuts and avocado to reduce fat while keeping the micronutrients from the veggies.

## SERVING SUGGESTIONS

**Main Dish:** Enjoy a more significant portion (1.5 servings) for a more substantial lunch or dinner.

**Pair with Whole Grains:** If you need additional complex carbohydrates, serve with a small portion of brown rice, quinoa, or whole-grain pita bread if you need more complex carbohydrates.

**Sprinkle Fresh Herbs:** Parsley, basil, or cilantro can brighten flavors and add antioxidants.

**Meal-Prep Option:** To keep the greens fresh, prepare the dressing and base ingredients separately and toss them together just before eating.

## MICRONUTRIENT HIGHLIGHTS

**Kidney Beans:** High in fiber, folate, iron, and magnesium.

**Cucumber, Onion, Bell Pepper, and Greens:** Provide vitamin C, vitamin A, potassium, and various antioxidants.

**Olive Oil:** Source of heart-healthy monounsaturated fats and vitamin E.

**Lemon Juice:** Adds vitamin C, aiding iron absorption from the beans.

# SNACKS AND DESSERT RECIPES

# EGGS-TRAVAGANT AVOCADO CUP

## INGREDIENTS

- 2 medium avocados
- 2 large whole eggs
- 4 egg whites
- 2 cups sweet potatoes, diced
- ½ cup tomatoes, diced
- salt and pepper, to taste
- Optional seasonings: garlic powder, paprika, chili flakes, etc
- Olive oil or cooking spray, as needed for frying sweet potatoes



SERVINGS:  
2



PREP TIME:  
10 MINS



COOK TIME:  
15 MINS

## INSTRUCTIONS

### 1. Cook the Sweet Potatoes:

Preheat oven to 400°F (200°C). Line a baking sheet with parchment paper or lightly grease it with oil to prevent food from sticking. Cut the sweet potatoes into small pieces and spread them on the tray. Pour olive oil on top, then add salt, pepper, and any spices you like, such as paprika. Bake them for about 15 minutes, flipping halfway through so they cook evenly.

### 2. Prepare the Avocados:

Cut each avocado in half and remove the seed. If the hole inside is too small for an egg, scoop out more avocado. Sprinkle with salt and pepper.

### 3. Add the Eggs:

Carefully break an egg into the hole of two avocado halves. Mix four egg whites with salt and pepper for the other two halves, then pour them into the holes. If you have extra egg whites, cook them separately in a small oven dish.

### 4. Bake the Avocados:

Put the avocados in a baking dish so they stay upright. Bake them at 400°F (200°C) for 12–15 minutes. If you like soft yolks, check them after 10 minutes. If you want firmer eggs, let them bake a bit longer.

### 5. Mix with Sweet Potatoes:

When the avocados and sweet potatoes are done, remove them from the oven. If needed, add more salt or pepper.

### 6. Serve and Enjoy:

Top the avocado with sliced tomatoes or place them on the side. You can also add fresh herbs like cilantro or chives. Serve the dish warm with the roasted sweet potatoes for a tasty and healthy meal.

Nutrient	Amount	Calories
Protein	~24 g	~25-30%
Carbs	~35 g	~30-35%
Fat	~24 g	~35-40%
Total	~83 g	~440 kcal

## MACRONUTRIENT ADJUSTMENTS

**Higher Protein (Muscle Gain):** Add more egg whites to each avocado half or serve a side of scrambled egg whites. Include lean protein like turkey bacon or grilled chicken breast on the side. Reduce the avocado (or use ¼ avocado instead of ½) to make room for additional protein calories.

**Lower Carbohydrate (Fat Loss):** Decrease or omit the sweet potatoes and replace them with a non-starchy veggie side (e.g., spinach, broccoli, zucchini). If you want to keep sweet potatoes for nutrients, reduce the portion to ½ cup per serving. Swap some egg whites for the whole eggs to lower total fat and calorie intake.

**Shifting Fats:** To Lower Fat Content, Use ¼ of an avocado per serving or adopt low-fat cooking techniques, such as minimizing the use of oil. To increase the Fat Content, you can Retain half of an avocado, drizzle additional olive oil, or top it with cheese before baking. **More Carbohydrates:** Serve with whole-grain toast or a more prominent sweet potato or brown rice serving. Include beans (black beans, pinto beans) or quinoa on the side for extra complex carbs.

## SERVING SUGGESTIONS

**Spice it Up:** Add chili flakes on top or sprinkle with grated low-fat cheese before baking.

**Extra Color & Nutrients:** Serve with a side salad of mixed greens and a light vinaigrette.

**Meal Prepping:** Bake multiple avocados at once and store them in airtight containers. Gently reheat in an oven or air fryer (though note the yolk may firm up further).

## MICRONUTRIENT HIGHLIGHTS

**Avocado:** Rich in potassium, vitamin E, and heart-healthy monounsaturated fats.

**Eggs:** Provide vitamin B12, selenium, and choline.

**Sweet Potatoes:** Excellent source of beta-carotene (vitamin A), vitamin C, and dietary fiber.

**Tomatoes:** Contribute vitamins C and K and the antioxidant lycopene.

# PINEAPPLE CHEESE BOWL

## INGREDIENTS

- ½ cup low-fat (1%) cottage cheese
- 1 scoop whey protein powder (unflavored or vanilla)
- ½ cup fresh pineapple chunks
- ½ cup cooked brown rice
- 1 tbsp extra-virgin olive oil
- salt and pepper, to taste



SERVINGS:  
1



PREP TIME:  
5 MINS



COOK TIME:  
NONE

## INSTRUCTIONS

### 1. Gather Your Ingredients:

Ensure your brown rice is pre-cooked and still slightly warm or at room temperature. Measure out each ingredient precisely to maintain accurate macros.

### 2. Combine Cottage Cheese and Whey:

In a small bowl, gently stir the whey protein powder into the cottage cheese until well blended. This step boosts the protein content substantially without adding much volume.

### 3. Layer the Ingredients:

In a serving bowl, place the cooked brown rice at the bottom. Spoon the cottage cheese–whey mixture on top of the rice. Scatter the pineapple chunks over the cottage cheese mixture.

### 4. Finish with Olive Oil:

Drizzle 1 tablespoon of extra-virgin olive oil over the entire bowl. Add a dash of salt and pepper, if desired.

### 5. Serve Immediately:

Enjoy this bowl as a quick breakfast, a post-workout refuel, or a balanced midday snack.

Nutrient	Amount	Calories
Protein	~39 g	~33%
Carbs	~39 g	~33%
Fat	~17 g	~33%
Total	~95 g	~468 kcal

## MACRONUTRIENT ADJUSTMENTS

**Higher Protein (Muscle Gain):** Extra half scoop of whey protein or stir in 2–3 pasteurized egg whites. Swap low-fat cottage cheese for nonfat Greek yogurt to further boost protein.

**Lower Carbohydrate (Fat Loss):** Replace the brown rice with cauliflower "rice" or chopped leafy greens. Use half the pineapple specified in the recipe, or opt for fresh berries, which are lower in sugar.

**Adjusting Fats:** Reduce Fat: Use 1 teaspoon of olive oil instead of 1 tablespoon. Increase Fat: Top with chopped avocado or a sprinkle of nuts/seeds.

## SERVING SUGGESTIONS

**Add Crunch:** Sprinkle roasted almonds or pumpkin seeds on top for texture and extra micronutrients.

**Sweet & Savory Twist:** Drizzle a small amount of balsamic glaze over the pineapple to elevate the flavor.

**Make It a Meal:** For added fiber and vitamins, pair your bowl with a small side salad of mixed greens.

## WHY THIS BOWL WORKS

**Balanced Macros:** Nearly equal proportions of protein, carbs, and fats support steady energy and muscle maintenance.

**Versatility:** Quick to assemble, easily scalable, and readily adaptable to personal dietary needs.

**Nutritional Integrity:** Minimal processing and no heat required help preserve vitamins and minerals in the fresh ingredients.

## MICRONUTRIENT HIGHLIGHTS

**Cottage Cheese:** High in calcium and vitamin B12.

**Whey Protein:** Provides all essential amino acids.

**Pineapple:** Excellent source of vitamin C, manganese, and dietary fiber.

**Brown Rice:** Rich in B vitamins, magnesium, and fiber.

**Olive Oil:** Supplies heart-healthy monounsaturated fats and vitamin E.

# CRUNCHY NUT-SEED MIX

## INGREDIENTS

- 2 cups roasted soybeans (edamame)
- 2 cups rolled oats (dry)
- ¼ cup almonds
- ¼ cup pumpkin seeds (pepitas)
- ¼ cup sunflower seeds
- ½ cup unflavored pea protein powder



SERVINGS:  
6



PREP TIME:  
10 MINS



COOK TIME:  
15 MINS

## INSTRUCTIONS

- 1. Preheat Oven:** Preheat your oven to 325°F (160°C). A lower temperature helps gently toast ingredients without burning, preserving valuable nutrients.
- 2. Toast the Oats, Nuts, and Seeds:** On a large baking sheet, spread out (2 cups rolled oats, ¼ cup almonds, ¼ cup pumpkin seeds, ¼ cup sunflower seeds). Gently stir or shake the tray to distribute everything in a single layer. Toast in a preheated oven at 350°F for 10–15 minutes, stirring halfway through to ensure even browning. Keep a close watch to prevent burning; the mixture should develop a light golden color and smell fragrant.
- 3. Cool the Toasted Mixture:** Remove the tray from the oven and let it cool for about 5 minutes. Cooling prevents the pea protein from clumping or scorching when added.
- 4. Combine with Roasted Soybeans:** Transfer the toasted oats, nuts, and seeds to a large mixing bowl. Add the 2 cups roasted soybeans (already cooked/crunchy). Stir gently to distribute the soybeans throughout the mixture.
- 5. Incorporate the Pea Protein:** Sprinkle ½ cup unflavored pea protein powder evenly over the mixture. Toss thoroughly to coat. If you wish, lightly spritz the mixture with water or a neutral-flavored cooking spray (very lightly) to help the powder stick. This step is optional, as some people prefer to leave the powder blended in.
- 6. Portion and Store:** Divide into 6 equal servings (use a kitchen scale or measure roughly ⅙th each time). Store in an airtight container at room temperature for up to two weeks. Please keep it in the refrigerator or freezer for extended storage to maintain freshness.

## MACRONUTRIENT ADJUSTMENTS

**Higher Protein (Muscle Gain):** Increase pea protein: Add another ¼ cup (or more) of unflavored pea or whey protein powder. Include other beans/legumes: Swap more roasted soybeans or chickpeas. Reduce nuts/seeds to keep total fat in check while boosting protein.

**Lower Carbohydrate (Fat Loss):** Reduce or omit oats: Substitute extra-roasted soybeans or a second type of roasted legume to lower carbs and maintain protein. Skip or reduce pea protein only if total calories need to decrease and other sources already fulfill your protein requirements.

**Managing Fats:** Decrease nuts/seeds and increase oats or roasted legumes for less fat. If you prefer a higher fat ratio for energy or ketogenesis, add more nuts or seeds (walnuts, flaxseeds, or chia seeds).

Nutrient	Amount	Calories
Protein	~22 g	~28%
Carbs	~29 g	~37%
Fat	~12 g	~35%
Total	~63 g	~312 kcal

## SERVING SUGGESTIONS

**Topping for Salads:** Sprinkle this Crunchy Nut-Seed Mix over a bed of greens to add protein, texture, and flavor.

**Yogurt or Oatmeal Booster:** Stir a serving into Greek yogurt or oatmeal for extra crunch and macros.

**On-the-Go Snack:** Perfect for busy days when you need a portable, balanced snack.

## MICRONUTRIENT HIGHLIGHTS

**Oats:** Provide B vitamins, magnesium, and soluble fiber.

**Nuts & Seeds:** Offer healthy fats (mostly unsaturated), vitamin E, magnesium, zinc, and selenium.

**Roasted Soybeans:** High in plant-based protein, iron, potassium, and dietary fiber.

**Pea Protein:** Adds concentrated protein to balance macros without excessive carbs or fats.

# CHOCOLATY CHIA SEED PUDDING

## INGREDIENTS

- 3 tbsp chia seeds
- 1 scoop chocolate whey protein powder
- 1 tbsp unsweetened cocoa powder
- ½ medium banana
- 1 cup unsweetened almond milk
- ½ cup low-fat Greek yogurt
- sweetener & salt to taste (optional)

Nutrient	Amount	Calories
Protein	~22 g	~37%
Carbs	~19 g	~31%
Fat	~9 g	~32%
Total	~50 g	~245 kcal
Fiber	~7-8 g (from chia seeds)	



SERVINGS:  
2



PREP TIME:  
5 MINS



COOK TIME:  
NONE

## INSTRUCTIONS

### 1. Combine the Liquid Base:

In a mixing bowl (or large measuring cup), whisk together the almond milk and Greek yogurt until smooth. Stir in the mashed banana to incorporate natural sweetness and added nutrients.

### 2. Add Dry Ingredients:

Sprinkle in the chia seeds, protein powder, cocoa powder, and a pinch of salt (if using). Whisk thoroughly, ensuring no dry clumps of protein powder or cocoa.

### 3. Sweeten to Taste:

If you like, add a touch of sweetness—such as stevia, monk fruit, or a drizzle of honey—and whisk it thoroughly again.

### 4. Let the Chia Seeds Thicken:

Cover the mixture and refrigerate for at least 2 hours (or overnight). After about 15–20 minutes, stir the mixture once to redistribute the chia seeds and prevent clumping.

### 5. Serve and Enjoy:

After chilling, the pudding will have thickened to a custard-like consistency. Divide into two portions and garnish with optional toppings such as fresh berries, sliced almonds, or unsweetened coconut flakes.

## MACRONUTRIENT ADJUSTMENTS

**Higher Protein (Muscle Gain):** Add a half-scoop of whey protein or whisk in 2-3 tablespoons of pasteurized liquid egg whites. Use a full cup of low-fat Greek yogurt instead of ½ cup.

**Lower Carbohydrate (Fat Loss):** Omit or reduce the banana to cut down on sugar. Choose unsweetened almond milk and avoid honey/maple syrup for sweetener. You could also use additional unsweetened cocoa and add a zero-calorie sweetener if needed.

**Adjusting Fats:** To reduce fats, decrease chia seeds to 2 tablespoons and add a teaspoon of psyllium husk or ground flax for thickness. Add one tablespoon of nut butter, such as almond or peanut butter, or sprinkle a handful of nuts on top to increase your fat intake.

## SERVING SUGGESTIONS

**Berry Layer:** Layer fresh berries or a homemade berry purée between chia pudding layers for extra antioxidants.

**Crunch Factor:** Top with granola, cacao nibs, or crushed walnuts for added texture.

**Meal Prep:** Prepare multiple servings in small jars, allowing for a quick, grab-and-go breakfast or snack throughout the week.

## MICRONUTRIENT HIGHLIGHTS

**Chia Seeds:** High in omega-3 fatty acids, calcium, iron, and fiber.

**Greek Yogurt:** Excellent source of calcium, vitamin B12, and high-quality protein.

**Banana:** Provides potassium, vitamin B6, and natural sweetness.

**Cocoa Powder:** Rich in antioxidants and trace minerals like magnesium.

**Almond Milk (unsweetened):** Low in calories and can be fortified with calcium and vitamin D.

Enjoy this Chocolatey Chia Seed Pudding as a nutrient-dense meal or treat that fits nicely into a balanced macro-based eating plan. With minimal prep time and easily customizable macros, it's convenient for anyone focused on health and fitness goals.

# TURKEY VEGGIE DIP STICKS

## INGREDIENTS

- 12 oz turkey breast, cut into strips
- 2 cups vegetables (total once sliced)
- 2 medium carrots, cut into sticks
- 2 celery stalks, cut into sticks
- 1 large bell pepper, cut into strips
- 1 small cucumber, cut into sticks
- ½ cup 2% plain Greek yogurt
- ½ cup cooked chickpeas, drained and rinsed
- olive oil
- salt & pepper, to taste
- 1 tbsp lemon juice
- ¼ tsp garlic powder (or 1 clove fresh garlic, minced)



SERVINGS:  
4



PREP TIME:  
10 MINS



COOK TIME:  
15 MINS

## INSTRUCTIONS

### 1. Season and Cook the Turkey:

Warm 1 teaspoon of olive oil in a non-stick skillet over medium-high heat. Season the turkey breast strips with salt and pepper. Place the strips in the hot skillet and cook for 3–4 minutes per side or until the internal temperature reaches 165°F (74°C). Place the finished turkey on a plate and let the dish rest for a few minutes.

### 2. Prep the Vegetables:

While the turkey cooks, wash and slice your carrots, celery, bell pepper, and cucumber into sticks or strips. Arrange them on a serving platter or in individual containers for quick meal prep.

### 3. Make the Dip:

In a blender or food processor, combine (½ cup Greek yogurt, ½ cup cooked chickpeas, 1 teaspoon olive oil, 1 tablespoon lemon juice, ½ teaspoon salt, ¼ teaspoon black pepper, ¼ teaspoon garlic powder) Blend until smooth and creamy. Taste and adjust seasoning as desired.

### 4. Assemble and Serve:

Divide the turkey strips into 4 portions. Portion out the vegetables evenly among 4 plates or meal-prep containers. Place about ¼ of the dip (2–3 tablespoons) on each plate or in a small dipping cup. Enjoy immediately, or refrigerate and consume within 3 days.

## MACRONUTRIENT ADJUSTMENTS

**Higher Protein (Muscle Gain):** Increase turkey breast to 16 oz (1 lb), or add extra strips to each serving. For more protein, add an extra spoonful of Greek yogurt (or half a scoop of unflavored protein powder) to the sauce.

### Lower Carbohydrate (Fat Loss):

Swap chickpeas in the dip for additional Greek yogurt or blended zucchini.

Focus on non-starchy veggies (e.g., replace carrots with more celery or cucumber). Consider using turkey breast slices (deli-style, low sodium) without altering the cooking step.

**Adjusting Fats:** For higher healthy fats, stir a spoonful of mashed avocado into the dip or drizzle extra olive oil over the turkey. To reduce fat, use nonfat Greek yogurt and reduce the amount of olive oil in cooking and for sauces.

Nutrient	Amount	Calories
Protein	~24 g	~31%
Carbs	~30 g	~39%
Fat	~10 g	~30%
Total	~64 g	~306 kcal

## SERVING SUGGESTIONS

**Spice It Up:** Add chili flakes or smoked paprika to the dip or turkey seasoning for a bolder flavor.

**Meal Prep-Friendly:** Portion the turkey and veggies and dip them into separate containers. Refrigerate for up to 3 days. This recipe is ideal for on-the-go lunches or post-workout snacks.

**Add Whole Grains:** Pair with whole-wheat pita wedges or brown rice cakes if you need more complex carbohydrates for energy.

## MICRONUTRIENT HIGHLIGHTS

**Turkey Breast:** High in B vitamins (especially niacin and B6) and selenium.

**Carrots & Bell Peppers:** Excellent sources of vitamins A and C, plus antioxidants.

**Celery & Cucumber:** Provide hydration, vitamin K, and minimal calories.

**Greek Yogurt & Chickpeas:** Deliver calcium, potassium, and additional fiber.

**Olive Oil:** Rich in monounsaturated fats and vitamin E.

# CHICKPEA SALAD

## INGREDIENTS

- 3 cups chickpeas (cooked or canned)
- ½ cup feta cheese, crumbled
- ½ cup Greek yogurt (nonfat or low-fat)
- extra-virgin olive oil
- 1 cup cucumber, diced
- 1 cup tomatoes, diced
- ¼ cup red onion, finely chopped
- ¼ cup fresh parsley (or other herbs), chopped
- 2 tbsp lemon juice
- salt & black pepper
- seasonings: dried oregano, basil, or chili flakes



SERVINGS:  
4



PREP TIME:  
10 MINS



COOK TIME:  
NONE

## INSTRUCTIONS

### 1. Prepare the Chickpeas:

If using canned chickpeas, drain and rinse them under cold water to remove excess sodium and improve taste. Pat them dry with a paper towel.

### 2. Chop and Measure Vegetables:

Dice the cucumber and tomatoes into bite-size pieces. Finely chop the red onion and parsley.

### 3. Combine the Salad Base:

Add chickpeas, diced cucumber, tomatoes, and red onion in a large mixing bowl. Gently toss to distribute the ingredients evenly.

### 4. Make the Dressing:

Whisk together Greek yogurt, extra-virgin olive oil, lemon juice, salt, pepper, and any additional seasonings until smooth in a small bowl. Taste and adjust for seasoning (adding more salt, pepper, or lemon juice as desired).

### 5. Dress and Garnish:

Pour the dressing over the chickpea mixture. Add the crumbled feta cheese and chopped parsley. Stir gently to coat all ingredients without breaking up the chickpeas too much.

### 6. Serve or Chill:

You can serve the salad immediately at room temperature or chill it in the refrigerator for about 30 minutes to let the flavors meld. Stir again before serving and taste for final seasoning adjustments.

Nutrient	Amount	Calories
Protein	~17 g	~20%
Carbs	~36 g	~41%
Fat	~15 g	~39%
Total	~68 g	~345 kcal

## MACRONUTRIENT ADJUSTMENTS

**Higher Protein (Muscle Gain):** Add grilled chicken or canned tuna: Stir in about 1 cup of shredded grilled chicken breast or a can of tuna for an additional 25–30 g protein per cup/can.

**Increase Greek yogurt:** Use 1 cup of Greek yogurt instead of ½ cup for an extra ~12 g protein in the entire recipe.

**Include more feta:** An additional ¼ cup can add ~5–6 g more protein.

**Lower Carbohydrate (Fat Loss):** Reduce chickpeas: Use 2 cups instead of 3 cups, increasing the ratio of vegetables instead. Add more low-carb veggies: Add extra cucumbers, tomatoes, bell peppers, or leafy greens to the salad. Use fat-free or reduced-fat feta and less olive oil if you also need to manage calorie intake.

**Adjusting Fats:** Lower Fat: Use only 1–2 tablespoons of olive oil and choose low-fat feta. Higher Fat: Add sliced avocado, a handful of chopped walnuts, or an extra tablespoon of olive oil for more healthy fats.

## SERVING SUGGESTIONS

**As a Meal:** Enjoy it standalone for lunch or a light dinner.

**With Whole Grains:** Serve over a quinoa or brown rice bed for additional complex carbs and fiber.

**Pita Pocket:** Stuff the salad into a whole-wheat pita for a satisfying on-the-go meal.

**Side Dish:** Pair with grilled chicken, fish, or tofu for a complete, macro-balanced plate.

## MICRONUTRIENT HIGHLIGHTS

Good source of fiber, vitamin C, vitamin K, folate, magnesium, and calcium.

This Chickpea Salad offers a nutritious, flavorful, and convenient way to manage your macros. Whether you need more protein for muscle growth or are cutting carbs for fat loss, it's easily customized to fit your dietary goals, making it an excellent addition to a healthy diet. Enjoy!

# APPLE CINNAMON BAKED COOKIE

## INGREDIENTS

- 1 cup rolled oats
- 2 scoops of vanilla whey protein powder
- 3 tbsp almond butter
- ½ cup unsweetened applesauce
- 1 medium apple
- 2 large egg whites
- 1 tsp ground cinnamon
- ½ tsp baking powder
- salt & sweetener to taste
- optional: ½ tsp vanilla extract



SERVINGS:  
6



PREP TIME:  
10 MINS



COOK TIME:  
15 MINS

## INSTRUCTIONS

- 1. Preheat the Oven:** Preheat your oven to 350°F (175°C). Line a baking sheet with parchment paper or lightly coat with non-stick cooking spray.
- 2. Prepare the Dry Ingredients:** If using whole rolled oats, pulse them in a blender or food processor to create coarse oat flour (this step is optional but can improve texture). In a large mixing bowl, combine the oat flour (or rolled oats), whey protein powder, cinnamon, baking powder, and salt. Whisk everything to distribute it evenly.
- 3. Combine the Wet Ingredients:** In a separate bowl, whisk the egg whites until slightly frothy. Stir in the unsweetened applesauce and almond butter, mixing well to break up any lumps. If you're adding vanilla extract, incorporate it here.
- 4. Incorporate the Apples:** Gently fold the diced apple into the wet mixture to distribute the apple chunks evenly and prevent them from sinking to the bottom.
- 5. Mix Dry and Wet Mixtures:** Pour the wet mixture into the bowl with the dry ingredients. Stir gently until just combined. The dough should be thick but moist; avoid overmixing to keep the cookies tender. Taste a little of the batter to taste (whey powder and egg whites are usually safe in small amounts if pasteurized, but do so in moderation). Add sweetener to taste, stirring just enough to incorporate.
- 6. Shape the Cookies:** Scoop or spoon the dough onto the prepared baking sheet in 6 equal portions. Flatten each portion slightly with a spoon or your fingers to help them bake evenly.
- 7. Bake:** Place the baking sheet in the preheated oven. Bake for 12-15 minutes until the cookies are lightly golden around the edges and feel set in the center. Toward the end of the baking process, monitor the baked goods to prevent over-browning, which can make them dry.
- 8. Cool and Serve:** Remove the cookies from the oven and let them cool on the baking sheet for 2-3 minutes. Transfer the cookies to a wire rack to cool completely. Enjoy warm or at room temperature.

Nutrient	Amount	Calories
Protein	~12 g	~30%
Carbs	~17 g	~42%
Fat	~5 g	~28%
Total	~34 g	~161 kcal
Fiber	~3 g	

## MACRONUTRIENT ADJUSTMENTS

**Higher Protein (Muscle Gain):** Add ½ to 1 scoop of whey protein powder (or plant-based protein if preferred). Add unsweetened almond milk or extra applesauce for moisture if the batter becomes too dry.

**Lower Carbohydrate (Fat Loss):** Reduce the oats to ¾ cup (60g) and increase protein powder to maintain texture. Replace the diced apple with more applesauce or even a low-carb apple-flavored extract to cut down on natural sugars. Use unsweetened almond milk in place of applesauce if you want to reduce carbs significantly.

**Adjusting Fats:** Reduce the almond butter to 2 tablespoons (32g) to decrease fat. Add a tablespoon of ground flaxseed or chia seeds to boost healthy fats.

## SERVING SUGGESTIONS

**On-the-Go Breakfast:** Pair one or two cookies with a cup of low-fat Greek yogurt for extra protein.

**Snack with Coffee or Tea:** Enjoy as a midday energy boost alongside your favorite hot beverage.

**Post-Workout Treat:** Have a cookie immediately after a workout to help refuel with carbs and protein.

## MICRONUTRIENT HIGHLIGHTS

**Apples:** Provide vitamin C, potassium, and phytonutrients.

# RICOTTA PEAR SNACKY DELIGHT

## INGREDIENTS

- 1 cup ricotta cheese
- 1 medium pear
- 1 scoop vanilla whey protein powder
- 1 tbsp chopped walnuts
- ½ tsp cinnamon (optional)
- salt & sweetener to taste



SERVINGS:  
2



PREP TIME:  
5 MINS



COOK TIME:  
NONE

## INSTRUCTIONS

- 1. Gather Ingredients:** Measure out the ricotta cheese, protein powder, and walnuts. Wash, core, and dice the pear into bite-size pieces.
- 2. Combine Ricotta and Protein Powder:** In a medium bowl, stir together the ricotta cheese and vanilla whey protein powder until well integrated. If you desire extra sweetness, add a small amount of your chosen sweetener.
- 3. Incorporate the Pear:** Gently fold the diced pear into the ricotta–protein mixture. Be careful not to mash the pear to maintain texture and maximize nutrient retention.
- 4. Finish and Plate:** Divide the mixture evenly between two bowls or ramekins. Sprinkle each portion with chopped walnuts. Dust with cinnamon and a tiny pinch of salt (if desired) to enhance flavor.
- 5. Serve Immediately:** Enjoy your Ricotta Pear SnackY Delight while it's fresh. If you prefer to prepare it ahead of time, it can be stored in the refrigerator for a few hours without losing its flavor.

## MACRONUTRIENT ADJUSTMENTS

**Higher Protein (Muscle Gain):** Add another half scoop of whey protein (about 12–13g) or mix in 2–3 tablespoons of low-fat Greek yogurt to increase protein content. Incorporate an additional teaspoon of chopped walnuts or a drizzle of olive oil to maintain balanced fats if desired.

**Lower Carbohydrate (Fat Loss):** To reduce carbs, reduce the pear to half or replace it with a smaller, lower-sugar fruit (e.g., berries). Use a sweetener like stevia or monk fruit instead of honey or sugar. Consider low-fat cottage cheese instead of ricotta to reduce fats slightly and maintain protein.

**Adjusting Fats:** To increase Fat, Add chopped walnuts, a teaspoon of nut butter, or a drizzle of extra virgin olive oil. To reduce fats, you can either omit or reduce the walnuts and substitute fat-free ricotta if available, though this may slightly affect the flavor and texture.

## SERVING SUGGESTIONS

**Additional Toppings:** Top with a sprinkle of granola or a few slivered almonds for added crunch.

**Dessert:** Add a sweeter touch as a dessert by drizzling a teaspoon of honey or sugar-free chocolate sauce.

**Serve with Whole-Grain Crackers:** Spread the ricotta–pear mixture on whole-grain crackers for a more filling snack or a light addition to lunch.

## MICRONUTRIENT HIGHLIGHTS

**Ricotta cheese:** Calcium.

**Pear:** Vitamin C and Fiber.

**Walnuts:** Omega-3 fatty acids and Vitamin E.

Nutrient	Amount	Calories
Protein	~28 g	~38%
Carbs	~23 g	~31%
Fat	~10 g	~31%
Total	~61 g	~294 kcal
Fiber	~ 3–4 g	

This Ricotta and Pear SnackY Delight offers a quick, flavorful option for those tracking macros while prioritizing nutrition and convenience. The recipe is highly versatile, allowing you to tailor it to dietary goals such as increasing protein for muscle building or reducing carbohydrates for fat loss. Enjoy it as a standalone snack, or transform it into a more indulgent treat.

# SPICY ROASTED CHICKPEAS

## INGREDIENTS

- 30 oz chickpeas (garbanzo beans), drained and rinsed
- 2 tbsp olive oil
- 1 tbsp chili powder
- 1 tsp paprika
- ½ tsp ground cumin
- ½ tsp garlic powder
- ¼ tsp cayenne pepper (optional)
- salt & black pepper



SERVINGS:  
4



PREP TIME:  
10 MINS



COOK TIME:  
30 MINS

## INSTRUCTIONS

- 1. Preheat the Oven:** Set your oven to 400°F (200°C). An adequately heated oven ensures even roasting and crispy chickpeas.
- 2. Prepare the Chickpeas:** Drain and rinse the chickpeas thoroughly under cold water. Pat them very dry with paper towels or a clean kitchen towel. Excess moisture prevents crispiness.
- 3. Season the Chickpeas:** Combine the chickpeas with 2 tablespoons of olive oil in a large mixing bowl. Sprinkle in the chili powder, paprika, cumin, garlic powder, cayenne (if using), salt, and black pepper. Toss the chickpeas to coat them evenly in the oil and spices, preserving the nutrient density of the beans and herbs.
- 4. Roast:** Spread the seasoned chickpeas in a single layer on a baking sheet lined with parchment paper or lightly greased. Place in the preheated oven and roast for 25–30 minutes, stirring or shaking the pan halfway through to ensure even cooking. When ready, the chickpeas will turn golden brown and feel crisp outside. Do not over-roast them, as they can become too dry or burnt.
- 5. Cool and Serve:** Remove the tray from the oven and let the chickpeas cool for a few minutes, allowing them to firm up and become crunchier. Transfer to a serving bowl. Enjoy immediately or store in an airtight container at room temperature for 4–5 days.

## MACRONUTRIENT ADJUSTMENTS

**Higher Protein (Muscle Gain):** Add Nutritional yeast: Toss 2–3 tablespoons (about 10–15g) of nutritional yeast with spices for an additional protein boost and a savory, cheesy flavor. Pair with a High-Protein Dip: Serve the chickpeas alongside a bowl of Greek yogurt or cottage cheese seasoned with herbs.

**Lower Carbohydrate (Fat Loss):** Reduce Chickpeas: Halve the recipe and replace half the chickpeas with roasted tofu cubes or edamame beans. This adjustment lowers the overall carb content while increasing the protein level. Use Less Olive Oil: If you need to reduce your total calories from fat, reduce the oil to 1 tablespoon or use a light coating spray.

**Adjusting Fats:** Increase Fats: Drizzle an extra tablespoon of olive oil after roasting or sprinkle with chopped almonds or hemp seeds post-roast. Decrease Fats: You can replace half the olive oil with a calorie-free cooking spray and consider omitting additional oil or fat sources.

Nutrient	Amount	Calories
Protein	~10 g	~15%
Carbs	~35 g	~50%
Fat	~11 g	~35%
Total	~56 g	~275 kcal

## SERVING SUGGESTIONS

**On Salads:** Add a crunchy texture and spicy flair to green salads.

**Wraps:** Roasted chickpeas, a lean protein source, can be a filling for wraps, served alongside lettuce and tomatoes.

**As a Snack:** Enjoy straight out of the oven for a quick, portable snack that delivers carbs, protein, and healthy fats in a single handful.

**Taco Topping:** Sprinkle on tacos, burritos, or nachos to replace or supplement traditional proteins.

## MICRONUTRIENT HIGHLIGHTS

**Chickpeas:** Rich in B vitamins (especially folate), iron, magnesium, and dietary fiber.

**Olive Oil:** High in heart-healthy monounsaturated fats and vitamin E.

**Spices (chili powder, cumin, paprika):** Provide antioxidants and may support metabolic health.

# TASTY YOGURT BOWL

## INGREDIENTS

- ¾ cup non-fat Greek yogurt
  - ½ scoop vanilla whey protein powder
  - ½ cup mixed berries (e.g., strawberries, blueberries, raspberries)
  - 2 tbsp sliced almonds
  - 1 tbsp chia seeds
  - 1 tsp honey (optional for sweetness)
  - ice-cold water or milk to adjust consistency if desired
4. **Adjust Consistency (Optional):** If you prefer a thinner consistency, stir in a small ice-cold water or milk splash. For a thicker texture, refrigerate the bowl for 5–10 minutes to allow the chia seeds to absorb moisture.
  5. **Serve & Enjoy:** Enjoy your Tasty Yogurt Bowl immediately, or cover and refrigerate for up to 1 day if made in advance.



SERVINGS:  
1



PREP TIME:  
5 MINS



COOK TIME:  
NONE

## INSTRUCTIONS

### 1. Gather & Measure:

Collect all ingredients and measure them precisely to maintain control over macronutrient distribution.

### 2. Combine Yogurt & Whey:

In a medium bowl, stir the Greek yogurt and vanilla whey protein powder until well combined. This mixing method ensures that the protein powder is fully incorporated into the yogurt, boosting its protein content and avoiding lumps.

### 3. Layer with Berries & Toppings:

Gently fold in the mixed berries to preserve their shape (or layer them on top if you prefer). Sprinkle the sliced almonds and chia seeds over the yogurt mixture. Drizzle with honey for extra sweetness, if desired.

Nutrient	Amount	Calories
Protein	~36 g	~38%
Carbs	~33 g	~34%
Fat	~12 g	~28%
Total	~81 g	~384 kcal

## MACRONUTRIENT ADJUSTMENTS

### Higher Protein (Muscle Gain):

You can increase the protein powder to a full scoop (25–30g) or add a second scoop if desired. Mix in a few pasteurized egg whites or low-fat cottage cheese tablespoons for extra lean protein.

### Lower Carbohydrate (Fat Loss):

Reduce or omit the honey and/or berries to lower the sugar content. Replace some of the berries with low-carb fruits like strawberries only or fresh spinach (if you prefer a savory twist). Swap Greek yogurt for a lower-carb, high-protein option (e.g., Icelandic Skyr) and monitor added sweeteners carefully.

### Adjusting Fats:

Omit or reduce the sliced almonds and chia seeds for a lower-fat option. Add 1 teaspoon of nut butter (e.g., almond or peanut butter) if you want more healthy fats.

## SERVING SUGGESTIONS

**Add Crunch:** Top with a small amount of high-fiber cereal or low-sugar granola for extra texture and slow-burning carbohydrates.

**Flavor Boost:** Sprinkle cinnamon, nutmeg, or unsweetened cocoa powder for added taste without significant calories.

**Meal Pairing:** Pair with hot coffee or tea for a satisfying breakfast or snack.

## MICRONUTRIENT HIGHLIGHTS

**Greek Yogurt:** Excellent source of calcium, potassium, and gut-friendly probiotics.

**Berries:** Excellent source of vitamin C, antioxidants, and dietary fiber.

**Almonds & Chia Seeds:** Provide vitamin E, magnesium, and healthy fats that support heart health.

**Honey:** Natural sweetener containing trace antioxidants and minerals (optional).

# MINI GREEK SALAD

## INGREDIENTS

- 2 cups diced grilled chicken breast
- 15 oz chickpeas, drained and rinsed
- ½ cup cooked quinoa
- 2 cups chopped tomatoes
- 2 cups chopped cucumber
- ½ cup sliced red onion
- 2 oz feta cheese, crumbled
- ¼ cup Kalamata olives, pitted and halved
- extra virgin olive oil
- 2 tbsp red wine vinegar (or fresh lemon juice)
- ½ tsp dried oregano
- salt & black pepper



SERVINGS:  
4



PREP TIME:  
15 MINS



COOK TIME:  
15 MINS

## INSTRUCTIONS

1. **Prepare the Protein & Grains (if not pre-cooked):** Grill or bake the chicken until it reaches an internal temperature of 165°F (74°C). Let it rest, then dice it into bite-sized pieces. Cook quinoa according to package instructions (usually a 2:1 water-to-quinoa ratio, simmered for about 15 minutes).
2. **Chop the Vegetables:** Rinse and pat dry your tomatoes and cucumber. Chop into small, uniform pieces. Slice the red onion thinly. Rinse if you prefer a milder flavor.
3. **Combine the Salad Ingredients:** Combine the diced chicken, chickpeas, cooked quinoa, chopped tomatoes, cucumber, and red onion in a large bowl. Gently fold in the crumbled feta cheese and Kalamata olives.
4. **Make the Dressing:** In a small bowl or jar, whisk together the olive oil, red wine vinegar, dried oregano, salt, and pepper. Taste and adjust seasonings (vinegar for acidity, salt/pepper for flavor) to your preference.
5. **Dress & Toss:** Drizzle the dressing over the salad ingredients. Use two large spoons or salad tongs to toss everything, ensuring an even coating gently.
6. **Serve or Chill:** Serve immediately at room temperature or cover and refrigerate for up to 2 days. The flavors deepen as the salad chills, making it a convenient make-ahead option.

Nutrient	Amount	Calories
Protein	~23 g	~35%
Carbs	~20 g	~31%
Fat	~10 g	~35%
Total	~53 g	~260 kcal

## MACRONUTRIENT ADJUSTMENTS

### Higher Protein (Muscle Gain):

Add extra grilled chicken breasts (another ½ cups or 100g) or mix in an additional can of tuna. Add more feta cheese or ½ cup plain Greek yogurt for a creamy protein boost.

**Lower Carbohydrate (Fat Loss):** Reduce or omit the quinoa and chickpeas. Increase the ratio of fresh veggies (cucumber, peppers, tomatoes). Use zucchini noodles or cauliflower florets in place of grains.

**Adjusting Fats:** Increase the olive oil dressing slightly or add sliced avocado for higher healthy fats. For lower fat, use a non-fat dressing base (e.g., extra vinegar or lemon juice), reduce feta cheese, and limit olives.

## SERVING SUGGESTIONS

**Meal Prep:** Portion into individual containers with an extra drizzle of dressing.

**Light Lunch:** Serve over a bed of additional leafy greens (e.g., romaine lettuce or spinach).

**Heartier Meal:** Pair with whole-grain pita bread or roasted sweet potatoes if you need more complex carbs.

## MICRONUTRIENT HIGHLIGHTS

**Tomatoes & Cucumber:** High in vitamins A and C, plus antioxidants like lycopene.

**Chickpeas & Quinoa:** Contribute B vitamins, iron, magnesium, and fiber for sustained energy.

**Olive Oil & Olives:** Rich in monounsaturated fatty acids and vitamin E.

**Chicken Breast:** Lean protein with B vitamins (niacin, B6) and essential amino acids.

**Feta Cheese:** Offers calcium and vitamin B12.

**Red Onion:** Provides quercetin (an antioxidant) and vitamin C.

# PROTEIN OAT-BALLS

## INGREDIENTS

- 1 cup rolled oats
- 2.5 scoops vanilla whey protein powder
- 1/3 cup natural peanut butter
- 2 tbsp honey
- 2 tbsp ground flax seeds
- 2 tbsp unsweetened cocoa powder
- salt
- 1-2 tbsp water or milk (if needed for binding)



SERVINGS:  
8



PREP TIME:  
10 MINS



COOK TIME:  
NONE

## INSTRUCTIONS

- 1. Combine Dry Ingredients:**  
In a medium mixing bowl, stir together the rolled oats, whey protein powder, ground flax seeds, optional cocoa powder, and a pinch of salt if desired. Mix the dry ingredients first to ensure an even distribution of the protein powder and flax seeds.
- 2. Add Wet Ingredients:** Add the peanut butter and honey to the dry mixture. Use a sturdy spoon or spatula to begin combining. If the mixture seems too dry or crumbly, add 1 tablespoon of water or milk at a time, mixing between additions. You're aiming for a dough-like consistency that holds together when pressed.
- 3. Form the Balls:** Once thoroughly combined, scoop 1 heaping tablespoon of the mixture for each ball. (A small cookie scoop or measuring spoon works great for consistency.) Roll the mixture between your palms to form compact balls, about 1 to 1½ inches in diameter.
- 4. Chill (Optional):** Place the balls on a plate or tray and refrigerate them for at least 15–20 minutes to set. This step helps them firm up, but they're also tasty at room temperature if you're in a hurry.
- 5. Store and Serve:** Enjoy immediately, or store in an airtight container in the refrigerator for up to 1 week. You can freeze food items for up to 3 months and thaw them as needed.

## MACRONUTRIENT ADJUSTMENTS

**Higher Protein (Muscle Gain):** To increase the protein content, consider adding half to one scoop of protein powder. If the mixture becomes too thick or dry, pour in extra liquid (water or milk) to adjust the consistency. Add pasteurized liquid egg whites (1–2 tablespoons) instead of water for extra protein and moisture.

**Lower Carbohydrate (Fat Loss):** Reduce the oats to 3/4 cup and replace some or all of the honey with a zero-calorie sweetener (like stevia or erythritol). Swap the peanut butter for lower-carb nut butter (e.g., almond butter with no added sugar). Choose an unsweetened or low-carb protein powder.

**Adjusting Fats:** To decrease Fat, Use powdered peanut butter (PB2) instead of regular nut butter, adding enough water or milk to maintain consistency. To increase Healthy Fats, Add a tablespoon of chia seeds or use a higher-fat nut butter (e.g., macadamia nut butter).

Nutrient	Amount	Calories
Protein	~10 g	~25-27%
Carbs	~14 g	~35-37%
Fat	~6.5-7 g	~38-40%
Total	~155-160 kcal	

## SERVING SUGGESTIONS

- Dessert Alternative:** Enjoy them as a sweet treat without derailing your macros.
- Pre- or Post-Workout:** Combine them with a piece of fruit or a protein shake to bolster your energy and recovery.
- Snack on the Go:** These bite-sized balls are perfect for busy schedules—pack them in a small container for a quick refuel.

## MICRONUTRIENT HIGHLIGHTS

- Protein Powder:** Supplies essential amino acids for muscle repair and maintenance.
- Nut Butter:** Contributes vitamin E, magnesium, and healthy monounsaturated fats.
- Flax Seeds:** Deliver omega-3 fatty acids and additional fiber.
- Honey:** Offers trace minerals and a quick source of natural carbohydrates.
- Oats:** Provide B vitamins, magnesium, and soluble fiber.

# QUINOA SEA SALAD

## INGREDIENTS

- 1 cup quinoa (dry)
- 2 cups water or broth
- 1 lb raw shrimp, peeled and deveined
- 2 cups shelled edamame (thawed)
- 1 cup seaweed, chopped, or 1–2 sheets nori, crumbled
- 2 tbsp olive oil
- 2 tbsp lemon juice, fresh-squeezed
- salt & freshly ground black pepper
- diced cucumber, bell pepper, or cherry tomatoes
- chopped fresh herbs (parsley, cilantro, or basil)



SERVINGS:  
4



PREP TIME:  
15 MINS



COOK TIME:  
20 MINS

## INSTRUCTIONS

- Cook the Quinoa:** Rinse 1 cup of quinoa in a fine-mesh sieve under running water to remove bitterness. Combine rinsed quinoa with 2 cups of water or broth in a medium saucepan. Bring to a boil, then reduce the heat to low, cover, and simmer for about 15 minutes until all the liquid is absorbed and the quinoa is tender. Fluff the quinoa with a fork and set it aside to cool slightly. Tip: Cooking the quinoa in low-sodium broth adds flavor without excessive sodium.
  - Prepare the Shrimp:** Season the shrimp lightly with salt and pepper (or your favorite seafood seasoning). Sauté or boil the shrimp until they turn pink and opaque (about 2–3 minutes per side if sautéing). Drain if boiled, or remove from the pan if sautéed. Note: Overcooking can cause shrimp to become rigid, so keep an eye on them.
  - Assemble the Salad:** Combine the cooked quinoa, cooked shrimp, and shelled edamame in a large mixing bowl. Add the chopped seaweed (or crumbled nori sheets). Drizzle in 2 tablespoons of olive oil and 2 tablespoons of fresh lemon juice (if desired). Season with salt and black pepper to taste. Gently toss all ingredients together to distribute flavors evenly.
4. **Optional Add-Ins:** Fold in diced cucumber, bell peppers, or cherry tomatoes for extra color and nutrients. Add chopped herbs like parsley, cilantro, or basil for a refreshing twist.
5. **Serving:** Divide the salad into 4 servings. Enjoy immediately or store in an airtight container in the refrigerator for up to 2–3 days. (Tip) This salad is equally tasty, served warm or chilled.

## MACRONUTRIENT ADJUSTMENTS

**Higher Protein (Muscle Gain):** Increase shrimp to 1.25–1.5 lbs. Swap edamame for additional lean protein sources like diced chicken breast or tofu. Add a splash of olive oil if you also need extra calories.

### Lower Carbohydrate (Fat Loss):

Reduce quinoa to  $\frac{3}{4}$  cup (dry) or omit entirely and substitute with more leafy greens. Increase the shrimp and vegetables to maintain volume and satiety. Use minimal olive oil or a low-fat dressing alternative (e.g., lemon juice + vinegar).

**Adjusting Fats:** Reduce olive oil to 1 tablespoon for a lower-fat version. Increase olive oil or add avocado slices for extra healthy fats if desired.

## SERVING SUGGESTIONS

**On the Go:** Pack the salad in a sealable container for a leisurely, balanced lunch at work or school.

**Meal Prep:** Make a large batch throughout the week. Store the dressing separately to maintain its freshness.

**Add Crunch:** For added texture and healthy fats, top with a sprinkle of toasted sesame seeds or chopped almonds.

## MICRONUTRIENT HIGHLIGHTS

**Quinoa:** Contains iron, magnesium, B vitamins, and fiber.

**Shrimp:** High in selenium, vitamin B12, and phosphorus.

**Edamame:** Provides folate, vitamin K, and additional plant-based protein and fiber.

**Seaweed (wakame or nori):** Provides a source of iodine, vitamins A and C, and various minerals.

**Olive Oil:** Supplies vitamin E and heart-healthy monounsaturated fats.

Nutrient	Amount	Calories
Protein	~40 g	~36%
Carbs	~37 g	~33%
Fat	~15 g	~31%
Total	~92 g	~443 kcal

# PROTEIN CUP CAKE

## INGREDIENTS

- 1 cup rolled oats
- 2 tbsp unsweetened cocoa powder
- ½ tsp baking soda
- 2 large egg whites
- ½ cup nonfat Greek yogurt
- ½ cup unsweetened almond milk
- 1 scoop whey protein powder
- 1 tbsp melted coconut oil
- 1–2 tbsp sweetener
- 1 tsp vanilla extract



SERVINGS:  
6



PREP TIME:  
10 MINS



COOK TIME:  
15-20 MINS

## INSTRUCTIONS

- 1. Preheat Your Oven:** Set the oven to 350°F (175°C). Line a 6-cup muffin tin with paper liners or lightly coat each cup with nonstick spray to retain moisture and minimize sticking.
- 2. Create Oat Flour:** Place the rolled oats in a blender or food processor. Blend until you achieve a fine, flour-like consistency. This step improves texture and increases the bioavailability of nutrients in the oats.
- 3. Combine Dry Ingredients:** In a medium bowl, whisk together (Oat flour, Unsweetened cocoa powder (if using), baking soda, Whey protein powder). Mix everything thoroughly to prevent clumps from forming later.
- 4. Mix Wet Ingredients:** In a separate bowl or large measuring cup, whisk together (Egg whites, Greek yogurt, Almond milk, Melted coconut oil, Sweetener, Vanilla extract)
- 5. Form the Batter:** Gently pour the wet mixture into the bowl of dry ingredients. Stir just until combined—overmixing can result in a denser texture.
- 6. Portion and Bake:** Distribute the batter evenly among the 6 muffin cups. Each cup should be about ¾ full. Bake for 15–20 minutes or until a toothpick inserted into the center comes clean. Allow the cupcakes to cool for a few minutes in the pan before transferring them to a rack to cool completely.

Nutrient	Amount	Calories
Protein	~12 g	~32%
Carbs	~12 g	~32%
Fat	~5-6 g	~36%
Total	~29-30 g	~150 kcal

## MACRONUTRIENT ADJUSTMENTS

**Higher Protein (Muscle Gain):** Add half to a full scoop of whey protein (adjust the liquid slightly if the batter becomes too thick). Replace ½ cup of almond milk with ½ cup of liquid egg whites to further boost protein.

**Lower Carbohydrate (Fat Loss):** Reduce the oats to ⅔ cup (about 55g) or substitute half with almond flour. Omit or decrease any added sweetener if you're aiming to cut sugars.

**Varying the Fats:** To reduce fat, skip or halve the coconut oil. You may need an additional tablespoon of almond milk to moisten the batter. Add a tablespoon of nut butter (e.g., almond or peanut butter) or a few chopped nuts for higher healthy fat.

## SERVING SUGGESTIONS

**On the Go:** Pair one cupcake with a piece of fruit or a slight protein shake for a quick yet balanced snack.

**Simple Topping:** Dust with powdered peanut butter or a sprinkle of cinnamon for extra flavor without significantly increasing calories.

**Frosting Alternative:** Spread a light layer of Greek yogurt mixed with a little sweetener and cocoa powder for a protein-packed "frosting."

## ENJOY YOUR MACRO-FRIENDLY TREAT!

These Protein Cup Cakes are convenient and adaptable, ideal for anyone who wants to indulge a sweet tooth while following a macro-conscious diet. Customize them to your specific needs, and enjoy a healthier way to satisfy cake cravings without compromising your fitness goals.

# BERRY CHIA PUDDING

## INGREDIENTS

- 1/3 cup chia seeds
- 1 1/2 cups unsweetened almond milk (or low-fat milk for extra protein)
- 1 cup low-fat Greek yogurt
- 1 scoop vanilla whey protein powder
- 1 cup mixed berries (fresh or frozen), plus extra for topping
- optional sweetener to taste
- salt

Nutrient	Amount	Calories
Protein	~15 g	~30%
Carbs	~18 g	~35%
Fat	~8 g	~35%
Total	~41 g	~204 kcal



SERVINGS:  
4



PREP TIME:  
10 MINS



COOK TIME:  
NONE

## INSTRUCTIONS

### 8. Combine Chia Seeds and Liquid Base:

Whisk together the chia seeds, almond milk, and a pinch of salt in a medium bowl or storage container. Stir well to distribute the seeds evenly, which prevents clumping and ensures the chia forms a uniform pudding.

### 9. Incorporate Protein and Yogurt:

Stir in the Greek yogurt and the scoop of vanilla whey protein powder. Whisk gently until smooth and thoroughly combined. If using sweetener, add it at this point and adjust to taste.

### 10. Add Berries:

Fold in the mixed berries (fresh or thawed if frozen). Reserve a handful of berries for topping or garnish, if desired.

### 11. Refrigerate:

Cover the container and refrigerate for at least 2 hours or overnight for best results. Stir once midway through the chilling process if possible—this helps break up any seed clusters and yields a creamier consistency.

### 12. Serve and Garnish:

Once the pudding has thickened, divide it evenly into 4 servings. Top with the reserved berries or preferred toppings (such as chopped nuts, coconut flakes, or a drizzle of honey).

## MACRONUTRIENT ADJUSTMENTS

**Higher Protein (Muscle Gain):** Add an extra 1/2 to 1 scoop of whey protein powder or another spoonful of Greek yogurt. Use low-fat cow's milk instead of almond milk for additional protein and calcium.

**Lower Carbohydrate (Fat Loss):** Reduce or omit the berries to cut down on natural sugars. Choose unsweetened almond milk and limit added sweeteners. Use a lower-carb protein powder or a zero-carb sweetener.

**Adjusting Fats:** Increase healthy fats by stirring in 1 tablespoon of nut butter or topping with chopped nuts. Reduce fat by reducing the chia seeds (e.g., 1/4 cups instead of 1/3 cups) and using fat-free Greek yogurt.

## SERVING SUGGESTIONS

**Layered Parfait:** Alternate layers of chia pudding with additional fresh berries and granola in a clear glass.

**Top with Crunch:** Sprinkle toasted almonds or pumpkin seeds for texture and extra nutrients.

**Flavor Twist:** Add a sprinkle of cinnamon or a few drops of vanilla extract to enhance taste without extra calories.

## MICRONUTRIENT HIGHLIGHTS

**Fiber:** From chia seeds and berries (supports digestive health).

**Calcium and Probiotics:** You can find these in Greek yogurt.

**Omega-3 Fatty Acids:** Chia seeds are one of the best plant-based sources of omega-3s.

**Antioxidants:** You can find these in mixed berries.

This Berry Chia Pudding is an easy, make-ahead option that supports balanced macronutrient intake and overall dietary goals. Whether you're seeking a protein boost for muscle recovery or a satisfying treat that won't derail your progress, this recipe offers versatility and convenience—perfect for busy individuals committed to their health and fitness journey.

# CHOCOLATY YOGURT BAR

## INGREDIENTS

- 2 cups low-fat Greek yogurt
- 2 scoops chocolate whey protein powder
- ½ cup old-fashioned oats
- 2 tbsp unsweetened cocoa powder
- 2 tbsp peanut butter
- 2 tbsp honey (or sweetener of your choice)
- 1 tsp vanilla extract
- salt (enhances flavor)



SERVINGS:  
8



PREP TIME:  
10 MINS



COOK TIME:  
NONE

## INSTRUCTIONS

- 1. Set Up Your Work Area:** Gather all ingredients and a mixing bowl. Line an 8x8-inch (or similarly sized) baking dish with parchment paper or lightly coat it with cooking spray to make removing and slicing the bars much more straightforward.
- 2. Combine the Wet Ingredients:** Whisk together the Greek yogurt, peanut butter, honey, and vanilla extract in a large bowl. Stir until the peanut butter is fully incorporated and the mixture is smooth.
- 3. Add the Dry Ingredients:** Sprinkle the wet mixture with chocolate whey protein powder, oats, unsweetened cocoa powder, and a pinch of salt. Gently fold everything together until just combined. Avoid overmixing, which can make the bars challenging and compromise the creamy texture.
- 4. Transfer to the Baking Dish:** Spoon the mixture into your prepared baking dish. Use a spatula to spread it evenly, pressing down slightly to remove air pockets and create a smooth, flat surface.
- 5. Chill the Bars:** Cover the dish with plastic wrap or foil. Place in the refrigerator for at least 2 hours or overnight to let the bars set. The oats will soften, and the mixture will firm up, making it easier to slice.
- 6. Slice and Serve:** Once firm, remove the chilled mixture from the baking dish. Cut into 8 bars (you can cut into more or fewer pieces based on your preferred portion size). Store any leftovers in an airtight container in the fridge for up to 5 days.

## MACRONUTRIENT ADJUSTMENTS

**Higher Protein (Muscle Gain):** Add an extra scoop of whey protein or use a higher-protein Greek yogurt (e.g., 0% fat Greek yogurt often has slightly higher protein). Include 2 additional tablespoons of pasteurized liquid egg whites to bump the protein content (adjust the texture by adding more oats if needed).

**Lower Carbohydrate (Fat Loss):** To lower the total carb count, reduce or omit the honey and add a no-calorie sweetener (e.g., stevia or monk fruit). To reduce carbohydrates and increase healthy fats, replace the oats with almond flour or ground flaxseed and almond flour.

**Adjusting Fats:** Boost the fat content by adding more peanut butter or sprinkling crushed nuts on the bars. To reduce fat, use powdered peanut butter (PB2) instead of regular peanut butter and choose a Greek yogurt with 0% fat.

## SERVING SUGGESTIONS

**Topping Ideas:** Sprinkle chopped nuts or cacao nibs before chilling for extra crunch and antioxidants. Drizzle with melted dark chocolate or a sugar-free chocolate sauce for a more decadent treat.

**Pairing Options:** Enjoy a bar with fresh fruit or a small salad for a balanced snack or light meal. Pair with a cup of coffee or hot tea for an energizing mid-day boost.

These Chocolate Yogurt Bars are a convenient, no-bake treat designed with balanced macros in mind. Greek yogurt, chocolate whey protein, and oats provide an excellent mix of proteins and carbohydrates, while peanut butter contributes healthy fats and flavor. A touch of honey and cocoa powder ensures enough sweetness without excess sugar. This recipe aims for a roughly 40% carbohydrate, 30% protein, and 30% fat distribution (though actual ratios may vary slightly). It's easy to modify based on your fitness goals—to amp up the protein for muscle gain or to scale back the carbs for fat loss.

Nutrient	Amount	Calories
Protein	~14 g	~40%
Carbs	~12 g	~34%
Fat	~4 g	~26%
Total	~30 g	~133 kcal

# AVOCADO MOUSSE DESSERT

## INGREDIENTS

- 1 medium avocado
- 1 small ripe banana
- 1½ cups plain, nonfat Greek yogurt
- 2 scoops whey protein powder (vanilla or unflavored)
- 2 tbsp unsweetened cocoa powder
- salt & sweetener to taste



SERVINGS:  
4



PREP TIME:  
10 MINS



COOK TIME:  
NONE

## INSTRUCTIONS

### 13. Prepare the Avocado and Banana:

Halve and pit the avocado. Scoop out the flesh into a blender or food processor. Peel the banana and add it to the blender.

**14. Add the Remaining Ingredients:** Spoon in the Greek yogurt. Add the whey protein powder and unsweetened cocoa powder. If desired, sprinkle in a small pinch of salt to heighten the sweetness and chocolate flavor. Add your preferred sweetener a little at a time, blending and tasting to achieve the desired sweetness.

**15. Blend Until Smooth:** Blend on medium-high speed for about 30 seconds or until the mousse is creamy and no lumps remain. To thin it out, add a tablespoon or two of water, nonfat milk, or unsweetened almond milk, depending on your preference for thickness.

**16. Taste and Adjust:** Pause to taste the mousse. If you want it sweeter, add more sweetener; if you want a more intense chocolate flavor, add more cocoa.

**17. Chill (Optional):** For a thicker, chilled dessert, transfer the mousse to individual serving cups or a bowl and refrigerate for at least 20 minutes.

**18. Serve and Enjoy:** Divide into 4 small dessert cups. Garnish with fresh berries, a sprinkle of cocoa nibs, or a light dusting of cinnamon if desired.

## MACRONUTRIENT ADJUSTMENTS

**Higher Protein (Muscle Gain):** Add another scoop of whey protein or stir in ¼ cup of liquid egg whites (pasteurized) to increase protein content. You can swap the nonfat Greek yogurt for a high-protein Skyr or a strained Greek yogurt brand with more protein per serving.

**Lower Carbohydrate (Fat Loss):** You can reduce or skip the banana entirely. Instead, a few drops of liquid sweetener can provide flavor without adding carbs. Consider replacing the banana with ½ cup of puréed zucchini (mild in flavor) or unsweetened applesauce (though applesauce will add some carbs, it's typically fewer than a banana). Use an unsweetened, low-carb protein powder.

**Adjusting Fats:** Omit or halve the avocado if you need to reduce fats further. If you want a higher fat content while keeping the recipe nutrient-dense, add a second avocado or 1 tablespoon of nut butter (almond or peanut).

Nutrient	Amount	Calories
Protein	~17-19 g	~35-40%
Carbs	~14-16 g	~30-35%
Fat	~5-7 g	~25-30%
Total	~170-180 kcal	

## SERVING SUGGESTIONS

**Top with Fresh Berries:** Raspberries or strawberries add color, fiber, and antioxidants.

**Crunch Factor:** Sprinkle with unsweetened coconut flakes, cacao nibs, or chopped nuts.

**Chocolate Drizzle:** Melt some dark chocolate (70% cocoa or higher) and drizzle it over the top for a rich and indulgent finish.

**Layered Parfait:** For an exciting presentation, alternate spoonfuls of mousse with layers of granola or fruit for a fun presentation.

## MICRONUTRIENT HIGHLIGHTS

**Banana:** Offers quick-digesting carbohydrates, potassium, and vitamin B6.

**Avocado:** Provides heart-healthy monounsaturated fats, vitamin K, folate, and potassium.

**Greek Yogurt:** Rich in protein, calcium, and probiotics that support gut health.

**Whey Protein:** Supplies all essential amino acids to support muscle maintenance and growth.

**Cocoa Powder:** Delivers antioxidants called flavanols and adds a delicious chocolate flavor.

# BERRY YOGURT PARFAIT CUP

## INGREDIENTS

- ¾ cup Greek yogurt (2%)
- ½ cup mixed berries (e.g., strawberries, blueberries, raspberries)
- 1 tbsp honey (optional or adjusted to taste)
- 1 tbsp chopped almonds (or walnuts)
- 1 tbsp chia seeds
- optional: pinch stevia or preferred zero-calorie sweetener for added sweetness



SERVINGS:  
1



PREP TIME:  
5 MINS



COOK TIME:  
NONE

## INSTRUCTIONS

- 1. Gather Ingredients and Supplies:** Prepare a clear parfait cup or small bowl. Ensure your berries are rinsed and patted dry to prevent excess moisture.
- 2. Layer the Greek Yogurt:** Spoon about half of the Greek yogurt into the bottom of your serving cup to create the creamy base layer of your parfait.
- 3. Add the Berries:** Place half of the mixed berries on top of the yogurt layer. Reserve a few berries for the top layer if you want an attractive presentation.
- 4. Drizzle Honey (Optional):** If using honey or another sweetener, drizzle a small amount over the berries to add natural sweetness without relying on refined sugars.
- 5. Sprinkle Almonds and Chia Seeds:** Sprinkle half of the chopped almonds and half of the chia seeds over the berries for a crunchy texture and healthy fats.
- 6. Repeat the Layers:** Add the remaining Greek yogurt over the nuts and seeds. Top with the remaining berries, almonds, and chia seeds.
- 7. Serve or Chill:** Enjoy immediately, or cover and chill in the refrigerator for up to 2 hours. Chilling allows the chia seeds to absorb a portion of moisture, thickening the parfait slightly.

Nutrient	Amount	Calories
Protein	~29 g	~30%
Carbs	~40 g	~42%
Fat	~11 g	~28%
Total	~80 g	~380 kcal

## MACRONUTRIENT ADJUSTMENTS

**Higher Protein (Muscle Gain):** Add a scoop of protein powder (vanilla or unflavored) to the yogurt and stir well. Use nonfat Greek yogurt to keep calories manageable while boosting protein.

**Lower Carbohydrate (Fat Loss):** Reduce or omit honey and rely on the natural sweetness of berries. Swap some berries for a lower-carb fruit like raspberries, which are higher in fiber than net carbs.

**Higher Fat Content:** Add a spoonful of almond butter or peanut butter between the layers. Include extra chopped nuts or seeds like flax seeds for more healthy fats.

**Leaner Option (Lower Fat):** Choose fat-free Greek yogurt instead of 2%. Use fewer nuts/seeds, or opt for a smaller portion of chia seeds.

## SERVING SUGGESTIONS

**Make It a Meal:** Turn it into a complete meal by pairing the parfait with a slice of whole-grain toast and a scrambled egg for a more filling breakfast.

**Top It Off:** Garnish with a sprinkle of cinnamon or a few fresh mint leaves for an elevated presentation.

**Grab-and-Go:** Prepare parfaits in sealable jars for a ready-made snack or post-workout meal.

## MICRONUTRIENT HIGHLIGHTS

**Greek Yogurt:** High in calcium, potassium, and gut-friendly probiotics.

**Berries:** Excellent source of antioxidants, vitamin C, and dietary fiber.

**Almonds:** Provide vitamin E, magnesium, and heart-healthy monounsaturated fats.

**Chia:** Seeds provide omega-3 fatty acids, fiber, and essential minerals like calcium and iron.

Enjoy your Berry Yogurt Parfait Cup, a satisfying, macro-friendly option for busy lifestyles and diverse fitness goals. Its combination of protein, complex carbohydrates, and healthy fats will help keep you fueled and satisfied throughout the day!

# BANANA PANCAKES

## INGREDIENTS

- 1 medium banana
- 2 large egg whites
- 1 scoop vanilla whey protein powder
- ¼ cup rolled oats
- 1 tbsp almond butter
- 1 tsp baking powder
- 1 tsp coconut oil (or non-stick cooking spray)
- salt or sweetener, to taste
- Note: This recipe makes about 2 medium pancakes. Pour all the batter into the pan at once to make one large pancake



SERVINGS:  
2



PREP TIME:  
5 MINS



COOK TIME:  
10 MINS

## INSTRUCTIONS

- 1. Mash the Banana:** Use a fork to mash the banana in a small bowl until smooth. A few small lumps will be enough to add texture.
- 2. Combine Wet Ingredients:** In a mixing bowl, whisk together the mashed banana and egg whites. Stir in the almond butter until fully incorporated.
- 3. Add Dry Ingredients:** Sprinkle the protein powder, rolled oats, baking powder, and optional salt/sweetener into the bowl. Gently stir just until everything is combined. Overmixing can result in tougher pancakes.
- 4. Cook the Pancakes:** Warm a non-stick skillet over medium heat. Add the coconut oil (or use a non-stick cooking spray) to lightly coat the surface. Spoon the batter onto the skillet, forming 2 medium pancakes. Cook for approximately 2–3 minutes on the first side until bubbles appear on the surface and the edges look slightly set. Flip carefully and cook for another 1–2 minutes on the second side, until golden brown and cooked through.
- 5. Serve:** Plate the pancakes while they're warm. Add optional toppings such as fresh berries, a drizzle of honey, or Greek yogurt for extra protein.

## MACRONUTRIENT ADJUSTMENTS

**Higher Protein (Muscle Gain):** Add an extra egg white or a half scoop of whey protein powder. Incorporate 2–3 tablespoons of Greek yogurt into the batter for additional protein and moisture.

**Lower Carbohydrate (Fat Loss):** Replace the banana with ½ cup of pureed zucchini or cauliflower for moisture, reducing overall sugars. Cut down on oats or replace half with almond flour to lower carbs while increasing healthy fats. Opt for a low-carb protein powder if your current one has added sugars.

**Adjusting Fats:** For lower fat, omit or halve the almond butter, and use non-stick spray instead of coconut oil. For higher fat, add extra almond butter or top with crushed nuts.

## SERVING SUGGESTIONS

**Top with Fresh Fruit:** Add sliced strawberries or blueberries for extra vitamins, antioxidants, and fiber.

**Sweeten Lightly:** Drizzle a teaspoon of honey or maple syrup if desired.

**Extra Protein Boost:** Serve with a side of cottage cheese or spread a tablespoon of Greek yogurt on top.

**Flavor Enhancements:** Sprinkle on a dash of cinnamon or nutmeg to complement the banana flavor.

## MICRONUTRIENT HIGHLIGHTS

**Bananas:** High in potassium, vitamin B6, and fiber for digestive and heart health.

**Oats:** Provide B vitamins, magnesium, and soluble fiber that can help regulate blood sugar.

**Almond Butter:** Offers vitamin E, magnesium, and heart-healthy monounsaturated fats.

**Egg Whites:** Contribute lean protein with minimal fat and cholesterol.

Nutrient	Amount	Calories
Protein	~20 g	~33%
Carbs	~24 g	~39%
Fat	~8 g	~28%
Total	~52 g	~245 kcal

# CINNAMON SWEET POTATO BITES

## INGREDIENTS

- 14 oz sweet potato, peeled and diced
- ½ cup rolled oats
- 4 scoops whey protein powder (vanilla or unflavored)
- 1½ tbsp coconut oil melted
- 1 tbsp almond butter
- 1½ tsp ground cinnamon (adjust to taste)
- pinch salt (optional, enhances sweetness)
- sweetener to taste (stevia, monk fruit, or a small amount of honey)



SERVINGS:  
4



PREP TIME:  
10 MINS



COOK TIME:  
10 MINS

## INSTRUCTIONS

- 1. Cook the Sweet Potatoes:** (Boil or Steam) Place diced sweet potatoes in a pot of water. Bring to a boil and cook for 15–20 minutes or until fork-tender. Drain thoroughly. (Roast) Preheat the oven to 400°F (200°C). Toss diced sweet potatoes lightly in a small cooking spray or a teaspoon of coconut oil. Spread on a baking sheet and roast for 20–25 minutes or until fork-tender.
  - 2. Mash or Puree:** Transfer the cooked sweet potatoes to a mixing bowl and mash them with a fork or potato masher. (Alternatively, use a food processor for an ultra-smooth texture.)
  - 3. Combine Dry Ingredients:** In a separate bowl, mix (Rolled oats, Whey protein powder, Cinnamon, Pinch of salt),
  - 4. Form the Mixture:** Add the dry mixture to the mashed sweet potatoes. Drizzle in the melted coconut oil and almond butter. Add sweetener, if desired, to taste. Stir thoroughly until a dense, slightly sticky dough forms.
5. **Shape the Bites:** Scoop about 2 tablespoons of dough for each piece (you'll make approximately 12 pieces total). Roll gently between your palms to form bite-sized balls.
6. **Choose Your Finish:** (Option A) Quick No-Bake Bites. Place the bites on a parchment-lined tray or plate. Chill in the freezer for 20 minutes to firm up. Enjoy as is, or store in a sealed container in the fridge for up to 3 days. (Option B) Lightly Baked Bites. Preheat the oven to 350°F (175°C). Arrange the rolled bites on a parchment-lined baking sheet. Bake for approximately 10 minutes to help them set and develop a slightly firmer exterior. Let them cool before serving.

## MACRONUTRIENT ADJUSTMENTS

**Higher Protein (Muscle Gain):** Add Extra Whey Protein: Add half a scoop of protein (12–15 g) per serving. Egg Whites: To prepare a baked version, mix 2–3 egg whites. This addition enhances the protein content and improves binding, though it might slightly affect the texture.

### Lower Carbohydrate (Fat Loss):

Reduce Sweet Potatoes or Oats: Reduce the quantity of sweet potato to 300 g or reduce the amount of oats to ¼ cup. Use Almond Flour: To decrease carbs and slightly increase healthy fats, replace half of the oats with almond flour.

**Modifying Fats:** Lean Option: Reduce coconut oil to 1 tablespoon, omit almond butter, or use low-fat peanut butter powder. Higher Fat: For a higher-fat Option, Add a handful of chopped nuts (walnuts or almonds) or increase the amount of almond butter to 2 tablespoons.

Nutrient	Amount	Calories
Protein	~24 g	~32%
Carbs	~30 g	~40%
Fat	~9 g	~28%
Total	~52 g	~298 kcal

## SERVING SUGGESTIONS

**Dip or Drizzle:** For an extra protein boost, pair it with Greek yogurt or cottage cheese, adding a sprinkle of cinnamon and a hint of sweetener.

**Snack or Side:** Serve as a post-workout snack or alongside scrambled egg whites for a balanced breakfast.

**On-the-Go Fuel:** Pack them in a container for a quick energy boost during busy days or outdoor activities.

## MICRONUTRIENT HIGHLIGHTS

**Sweet Potato:** High in beta-carotene (vitamin A), vitamin C, and potassium.

**Oats:** Provide soluble fiber (beta-glucan), B vitamins, and magnesium.

**Coconut Oil & Almond Butter:** Contribute healthy fats, vitamin E (from almond butter), and other minerals.

# KIWI GRANOLA PARFAIT

## INGREDIENTS

- 2 cups nonfat Greek yogurt
- 1 scoop vanilla or plain whey protein powder
- 2 kiwis
- ½ cup granola
- 2 tbsp almond butter
- 1 tbsp honey or sweetener (optional)
- 2 tbsp water or milk (optional, to thin the yogurt)

Nutrient	Amount	Calories
Protein	~40.5 g	~34%
Carbs	~52 g	~44%
Fat	~11.8 g	~22%
Total	~104.3 g	~476 kcal



SERVINGS:  
2



PREP TIME:  
10 MINS



COOK TIME:  
NONE

## INSTRUCTIONS

### 1. Mix the Yogurt Base:

Whisk together the Greek yogurt and whey protein powder in a small bowl. If the mixture seems too thick, add a splash of water or milk to reach your desired consistency.

### 2. Prepare the Kiwis:

Peel and slice or chop each kiwi. Set aside. Keeping the kiwi pieces fresh and unmashed helps preserve the vitamin C and attractive color.

3. **Layer the Parfait:** Use two clear glasses or parfait cups. Spoon ¼ of the yogurt mixture into the bottom of each glass. Add a layer of kiwi slices, using about half of the chopped kiwi for both cups. Sprinkle about half of the granola (¼ cup total) on top of the kiwi layer. Drizzle 1 tablespoon of almond butter (if it's too thick, you can briefly microwave it or stir it well) over the granola in each parfait. Repeat with the remaining yogurt, kiwis, and granola to build a second layer as desired.

4. **Finish with Sweetener (Optional):** If you need extra sweetness, add a drop of honey or a small amount of sugar-free sweetener.

5. **Serve and Enjoy:** Serve the parfaits immediately to keep the granola crunchy. If preparing in advance, assemble the final layers before eating to maintain texture.

## MACRONUTRIENT ADJUSTMENTS

### Higher Protein (Muscle Gain):

Mix an additional half-scoop of protein powder (approximately 12g) into the yogurt mixture. Top with 2-3 tablespoons of low-fat cottage cheese or another layer of Greek yogurt.

### Lower Carbohydrate (Fat Loss):

Reduce granola to ¼ cup total (2 tablespoons per serving). Omit honey or use a calorie-free sweetener. Use only 1 kiwi or replace it with lower-sugar berries (e.g., raspberries).

### Increasing Healthy Fats:

Swap nonfat Greek yogurt for 2% or whole-milk Greek yogurt. Add chia seeds or a few chopped walnuts for extra omega-3s.

## SERVING SUGGESTIONS

**Extra Crunch:** Top with a sprinkle of unsweetened coconut flakes or crushed nuts.

**Flavor Boost:** Add a dash of cinnamon or a few drops of vanilla extract to the yogurt.

**On-The-Go Prep:** Layer everything in a sealable jar for a portable snack or breakfast.

Enjoy this Kiwi Granola Parfait as a balanced, nutrient-dense treat that supports your health and fitness goals—muscle gain, fat loss, or maintaining a stable energy level throughout the day!

# CASHEW CHOCOLATE CHIP DIP

## INGREDIENTS

- ⅓ cup raw cashews
- 1 cup cooked or canned chickpeas, drained and rinsed
- 2 scoops vanilla whey protein powder
- ½ cup plain low-fat Greek yogurt
- 2 tbsp mini dark chocolate chips
- ¼ cup unsweetened almond milk
- 1 tsp vanilla extract
- salt
- sweetener to taste (stevia, monk fruit, or honey)



SERVINGS:  
6



PREP TIME:  
10 MINS



COOK TIME:  
NONE

## INSTRUCTIONS

1. **(Optional) Soak the Cashews:** Place the raw cashews in a water bowl for a smoother texture and soak for 2–4 hours. Drain and rinse before using.
2. **Combine Base Ingredients in a Food Processor:** Add the cashews, chickpeas, Greek yogurt, and almond milk to a food processor. Process for about 30–45 seconds, or until the cashews and chickpeas set out to break down.
3. **Add Protein Powder and Flavorings:** Sprinkle in the vanilla whey protein powder, vanilla extract, and a pinch of salt. Add sweetener to taste (start with a small amount and adjust). Process again, stopping to scrape down the sides with a spatula if needed.
4. **Check Consistency:** If the dip is too thick, add small amounts of milk or water until it reaches your desired texture. The goal is a smooth, slightly thick consistency—similar to cookie dough.
5. **Fold in Mini Chocolate Chips:** Transfer the blended mixture to a bowl. Gently stir in the mini dark chocolate chips by hand to avoid breaking them apart.
6. **Serve or Chill:** Enjoy immediately, or refrigerate for at least 30 minutes to allow flavors to meld and the dip to thicken further.

## MACRONUTRIENT ADJUSTMENTS

**Higher Protein (Muscle Gain):** Add another half or a whole scoop of whey protein powder. Swap almond milk for low-fat milk or add ¼ cup extra Greek yogurt for more protein. Top with chopped peanuts or seeds for extra protein and healthy fats (though this also increases calories).

**Lower Carbohydrates (Fat Loss):** Use fewer chickpeas (e.g., ½ cup) or replace half the chickpeas with zucchini or white beans (which can be lower in carbs). Reduce or omit the chocolate chips or use sugar-free varieties to reduce carb intake. Use a zero-sugar protein powder and sweeten sparingly.

**Lower Fat:** Reduce cashews to ¼ cup. Use fat-free Greek yogurt instead of low-fat. Opt for fewer chocolate chips or a cocoa powder swirl instead of chips.

Nutrient	Amount	Calories
Protein	~12 g	~30%
Carbs	~14 g	~36%
Fat	~6 g	~34%
Total	~32 g	~158 kcal

## SERVING SUGGESTIONS

**Dipping Options:** Enjoy with apple slices, sliced strawberries, or celery sticks for added fiber and vitamins. Spread on whole-grain crackers or rice cakes as a tasty snack.

**Dessert Garnish:** Spoon over sliced bananas or berries for a balanced dessert option. Warm slightly and drizzle on top of a whole-grain waffle or pancake.

Enjoy this Cashew Chocolate Chip Dip as a macro-friendly sweet treat or snack! Its versatile ingredient list and adaptable macros make it an excellent choice for individuals looking to manage their diet while satisfying a sweet craving.

# ALMOND MATCHA BITES

## INGREDIENTS

- ¼ cup almond flour
- ½ cup old-fashioned oats
- 2 scoops whey protein powder (vanilla or unflavored)
- 1 tbsp almond butter
- 2 tbsp honey
- 1 tbsp coconut flour
- 1 tsp matcha powder
- ½ tsp vanilla extract (optional but recommended)
- salt
- 1–2 tbsp water (or unsweetened almond milk), as needed for consistency

Nutrient	Amount	Calories
Protein	~7 g	~28%
Carbs	~10.4 g	~42%
Fat	~3.3 g	~30%
Total	~20.7 g	~100 kcal



SERVINGS:  
8



PREP TIME:  
10 MINS



COOK TIME:  
NONE

## INSTRUCTIONS

- 1. Combine Dry Ingredients:** In a medium bowl, whisk together almond flour, oats, whey protein, coconut flour, matcha powder, and a pinch of salt until blended. This step ensures even distribution of matcha and protein powder.
- 2. Add Wet Ingredients:** Add the almond butter, honey, and vanilla extract to the same bowl. Begin folding the wet ingredients into the dry mixture. The mixture will be somewhat dry at first.
- 3. Adjust Consistency:** Slowly add 1 tablespoon of water (or almond milk), mixing thoroughly after each addition. The goal is a moldable dough that sticks together when pressed between your fingers but is not overly sticky. If the dough is still too crumbly, add a bit more water.
- 4. Form into Bites:** Once the dough is well combined, use a tablespoon measure or cookie scoop to portion out 8 equal bites. Roll each portion between your palms to form compact balls.
- 5. Chill (Optional):** To achieve a firmer texture, refrigerate the bites for 15–20 minutes until they set. You can enjoy them immediately if you prefer a softer texture.
- 6. Store and Serve:** Store the bites in an airtight container in the refrigerator for up to 1 week or freeze for up to 3 months. Serve as a quick on-the-go snack, post-workout bite, or afternoon pick-me-up.

## MACRONUTRIENT ADJUSTMENTS

**Higher Protein (Muscle Gain):** Add another half scoop of whey protein (about 12–13 g). If the mixture becomes too dry, add a few teaspoons of water. Alternatively, mix in 1–2 tablespoons of pasteurized egg whites or Greek yogurt (though this will affect texture and moisture).

**Lower Carbohydrate (Fat Loss):** Reduce or omit honey and sweeten with a zero-calorie sweetener (e.g., stevia, monk fruit). Replace oats with an additional 1–2 tablespoons of coconut flour (and adjust the liquid accordingly).

**Adjusting Fats:** To lower fat, reduce or omit the almond butter. If needed, add extra water or a bit more honey to bind. Add 1–2 tablespoons of chopped nuts (such as almonds or walnuts) or a bit more almond butter to increase the content of healthy fats.

## SERVING SUGGESTIONS

**On-the-Go Energy Boost:** Pack a few bites in a small container for a portable snack.

**Pre- or Post-Workout Snack:** Pair these with fresh fruit before a workout or have them with a protein shake afterward for extra recovery support.

**Garnish Ideas:** For an aesthetic finish, roll the bites in shredded coconut or finely ground almonds or dust them lightly with extra matcha.

## MICRONUTRIENT HIGHLIGHTS

**Matcha Powder:** Rich in antioxidants (EGCG) that support overall health.

**Almond Flour & Almond Butter:** Provide vitamin E, magnesium, and heart-healthy monounsaturated fats.

**Oats:** Provide B vitamins, soluble fiber for gut health, and minerals like manganese.

**Honey:** Supplies trace antioxidants and add natural sweetness.

# MANGO PISTACHIO SORBET

## INGREDIENTS

- 2 cups frozen mango chunks
- ¼ cup unsalted pistachios
- 2 scoops whey protein powder (vanilla or unflavored)
- ½ cup plain Greek yogurt (0% fat)
- ½ cup coconut water (or plain water)
- 1 tbsp lime juice (optional, for a tangy note)
- pinch salt (optional, enhances sweetness)
- optional sweetener (stevia, monk fruit, or preferred sweetener)

Nutrient	Amount	Calories
Protein	~15.5 g	~36%
Carbs	~17 g	~40%
Fat	~4.5 g	~24%
Total	~37 g	~170 kcal



SERVINGS:  
4



PREP TIME:  
10 MINS



COOK TIME:  
NONE

## INSTRUCTIONS

### 19. Gather and Measure Ingredients:

Make sure your mango chunks are frozen. Weigh or measure out the pistachios, protein powder, and Greek yogurt for accurate macros. Pre-blend pistachios (Optional for Smoother Texture). For a smoother consistency, pulse the pistachios in a blender or food processor a few times before adding the other ingredients. Alternatively, you can keep them partially chunky for extra texture.

20. **Combine All Ingredients:** In a blender, combine frozen mango chunks, pistachios, protein powder, Greek yogurt, coconut water, lime juice (optional), and a pinch of salt. If you like sweeter sorbet, add a small amount of sweetener. Start with a little and adjust to taste.

21. **Blend Until Smooth:** Blend the mixture quickly until it reaches a thick, smooth consistency. Stop to scrape down the sides if needed, ensuring all ingredients are fully incorporated.

22. **Taste and Adjust:** Check sweetness and tanginess. Add more sweetener or lime juice if desired.

23. **Freeze:** Transfer the blended mixture to a freezer-safe container. Place the dish in the freezer, ensuring it is covered, and let it firm up for at least 2 hours. For best results, stir the sorbet halfway through freezing to prevent ice crystals and maintain a creamier texture.

24. **Serve:** Scoop the sorbet into individual bowls. Optionally, top with a few crushed pistachios or fresh mint leaves for garnish.

## MACRONUTRIENT ADJUSTMENTS

**Higher Protein (Muscle Gain):** If you want more fat, add an extra scoop of whey protein powder, or use a higher-protein Greek yogurt (e.g., 2% or 5%). Add 2–3 tablespoons of pasteurized egg whites (blend thoroughly to maintain texture).

**Lower Carbohydrate (Fat Loss):** Reduce the amount of mango (e.g., use 1½ cups instead of 2) or replace half the mango with lower-carb fruit like strawberries or raspberries. Use unsweetened almond milk instead of coconut water to reduce carbs slightly.

**Higher Fat:** Replace 0% Greek yogurt with 2% or full-fat Greek yogurt. Increase pistachios or blend in a teaspoon of coconut oil to raise healthy fats.

**Lower Fat:** Reduce pistachios to 2 tablespoons (about 15g). Continue using 0% Greek yogurt and omit any added oils.

## SERVING SUGGESTIONS

**Texture Boost:** Top with additional chopped pistachios or unsweetened shredded coconut.

**Flavor Twists:** A chili powder or cayenne sprinkle can add a spicy-sweet contrast to the mango.

**Pairing Ideas:** Enjoy a small protein cookie or a side of fresh fruit for a balanced snack or dessert.

## MICRONUTRIENT HIGHLIGHTS

**Mango:** High in vitamin C, vitamin A, and dietary fiber.

**Pistachios:** Provide vitamin B6, antioxidants, and healthy monounsaturated fats.

**Greek Yogurt:** Supplies calcium, B vitamins, and probiotics (if it is labeled "live and active cultures").

# RASPBERRY LEMON BOWL

## INGREDIENTS

- 1.5 cups Greek yogurt (2%)
- 1 scoop whey protein powder (vanilla or unflavored)
- 1 cup fresh raspberries
- 2 tbsp lemon juice
- 1 tsp lemon zest
- ¼ cup rolled oats
- 1 tbsp almond butter
- 1 tbsp honey (optional)
- 1 tbsp slivered almonds (optional, for garnish)



SERVINGS:  
2



PREP TIME:  
10 MINS



COOK TIME:  
NONE

## INSTRUCTIONS

- 1. Prep the Yogurt Base:** Mix the Greek yogurt, whey protein powder, lemon juice, and lemon zest in a mixing bowl. If you desire extra sweetness, drizzle in the honey (optional). Stir gently until well combined.
- 2. Add Oats for Texture:** Stir in the rolled oats. Let the mixture sit for about 1 minute; this allows the oats to soften slightly and helps thicken the bowl.
- 3. Incorporate the Raspberries:** Gently stir most of the fresh raspberries into the yogurt mixture, leaving a few for decoration. Folding the raspberries in last helps maintain their shape and bright color.
- 4. Top with Almond Butter & Almonds:** Spoon the mixture into two serving bowls. Drizzle or dollop the almond butter on top for healthy fats. Sprinkle with slivered almonds for a crunchy garnish.
- 5. Serve & Enjoy:** Top each bowl with the reserved raspberries. Enjoy immediately for the best flavor and texture.

## MACRONUTRIENT ADJUSTMENTS

### Higher Protein (Muscle Gain):

Add another half scoop of whey protein or mix in pasteurized egg whites. Use 1% cottage cheese or add a few spoonfuls of Greek yogurt on top.

### Lower Carbohydrate (Fat Loss):

Reduce or omit the oats and replace them with more Greek yogurt for protein. Skip the honey and rely on the natural tart-sweet flavor of raspberries. Use fewer raspberries or consider lower-sugar fruits (e.g., strawberries).

### Adjusting Fats:

Lower Fat: Omit the almond butter and reduce the slivered almonds.

Higher Fat: Drizzle extra almond butter or add a teaspoon of chia seeds for additional healthy fats.

Nutrient	Amount	Calories
Protein	~30-35 g	~30%
Carbs	~35-40 g	~40%
Fat	~12-14 g	~30%
Total	~88 g	~380 kcal
Fiber	~5-7 g	

## SERVING SUGGESTIONS

**Boosted Fruity Bowl:** Add fresh blueberries or sliced strawberries to provide extra vitamins and fiber.

**Citrus Twist:** Garnish with extra lemon zest or a small lemon wedge for a stronger citrus flavor.

**Extra Crunch:** Sprinkle with a teaspoon of chia seeds, ground flaxseeds, or unsweetened coconut flakes.

**On-the-Go Option:** Layer all ingredients in a mason jar for a quick meal you can take anywhere.

## MICRONUTRIENT HIGHLIGHTS

**Raspberries and lemon:** Vitamin C supports immune function and collagen formation.

**Greek yogurt:** Calcium (is crucial for bone health and muscle function).

**Almond butter and almonds:** Vitamin E & Magnesium, beneficial for antioxidant support and energy metabolism.

**Rolled oats:** Vitamins B & Fiber are necessary for energy production and healthy digestion.

# MEAL PLAN AND GROCERY LIST

## Week 1

Day	Breakfast	Lunch	Dinner	Snack
1	High Protein Chocolate Pancakes [14]	Chickpea Salad [97]	BBQ Pulled Jackfruit Sandwich [55]	Macro-Friendly Blueberry Smoothie [25]
2	High Protein Peach Quinoa Pancakes [21]	Honey Mustard Veggie Tofu Skewers [78]	Chickpea Salad Sandwich [56]	Macro Friendly Mixed Berries Smoothie [26]
3	High Protein Vanilla Pancakes [15]	Scrambled Egg and Spinach Cheese Wrap [61]	Tempeh and Avocado Sandwich [57]	Macro-Friendly Tropical Smoothie [27]
4	Falafel Sandwich [59]	Grilled Salmon Fillet With Lemon Sauce [68]	Hummus and Veggies Sandwich [58]	Macro-Friendly Mango Oats Smoothie [28]
5	High Protein Blueberry Coconut Pancakes [18]	Grilled Shrimps and Lettuce Wraps [62]	Chickpea Salad [97]	Macro-Friendly Banana Oatmeal Smoothie [29]
6	Macro-Friendly Almond Smoothie [31]	Creamy Chicken and Spinach Pasta Bowl [84]	Grilled Chicken Macro Balanced Veggie Wrap [60]	Macro-Friendly Green Fusion Smoothie [30]
7	High Protein Apple Cinnamon Oatmeal Pancakes [20]	Grilled Salmon Fillet With Lemon Sauce [68]	Scrambled Egg and Spinach Cheese Wrap [61]	High Protein Strawberry Oatmeal Pancakes [19]

## Grocery list

- Grains**
- Rolled Oats: ½ cups
- Almond Flour: 1 cup
- Coconut Flour: ¼ cups
- Oats Flour: 1 cup
- Quinoa: ¼ cups
- Fruits**
- Mixed berries (strawberries, blueberries, raspberries): ½ cup
- Bananas: 7 small
- Pineapple Chunks: 1 cup
- Apple: 1 medium
- Ripe Mango: 1
- Watermelon: 1 cup
- Vegetables**
- Spinach: 2¾ cups
- Cucumber: 1½ medium
- Eggplant: ½
- Kale: 1½ cup
- Baby Argula: 1 cup
- Romaine Lettuce: 2 cups
- Cherry tomatoes: 10 ½
- Sweet potatoes: 1
- Zucchini: 1
- Sweet potato: 1 medium
- Red Bell peppers: 1
- Beet: 1 medium
- Capsicum: 1
- Red onions: ¼
- Mixed vegetable greens: 1 cup
- Broccoli florets: 2 ½ cups
- Cauliflower: ½ head
- Carrots: 1 medium
- Dairy**
- Large eggs: 20
- Greek yogurt: 4 cups
- Feta cheese: 2 tbsp
- Goat cheese: 3 tbsp
- Cottage cheese: ¼ cups
- Grated Parmesan cheese: ½ cup
- Halloumi cheese: ½ cup
- Unsweetened Almond Milk: 7 cups
- Unsweetened coconut Milk: ¼ + ½
- Meat or protein**
- Salmon fillets: 200 g
- Cooked Shrimp: 200g
- Chicken Breast: 40g
- Cod fillets: 2
- Grilled Chicken: 200g
- Tempeh: 2 oz
- Falafel patties: 2
- Bread**
- Whole wheat Buns: 2
- Whole grain bread: 4 slices
- Whole wheat pita bread: 2
- Whole wheat Tortillas Wrap: 2
- Bran Bread: 2 Slices
- Herbs and seasonings**
- Fresh basil: 1 bunch
- Fresh parsley: 1 bunch
- Fresh mint: 1 bunch
- Olive oil: multiple uses
- Cooking oil spray: as needed
- Sea Salt: ½ tsp
- Black pepper: 2 tsp
- Chili flakes: to taste
- Paprika: ½ tsp
- Butter: as needed
- Soy sauce: to taste
- Chili powder: to taste
- Oregano: to taste
- Garlic powder: ½ tsp
- Cinnamon Powder: 1¼ tsp
- Nutmeg Powder: ¼ tsp
- Cumin Powder: 1 tsp
- Canned or pre-packaged foods**
- Chickpeas: 1 can
- Cooked Lentils: ½ cup
- Salsa: ¼ cup
- Edamame: ¼ cup shelled
- Tofu: ½ cup
- Granola: ½ cup
- Others**
- Honey: 2 tbsp
- Almond butter: 6 tbsp
- Olive Oil: 6 tbsp
- BBQ sauce: 1½ tbsp
- Tahini: 2 tbsp
- Dijon Mustard: 1 tbsp
- Balsamic Vinegar: 1 bottle
- Baking Powder: 3½ tsp
- Breadcrumbs: 1 package
- Vanilla Extract: 2-3 drops
- Stevia: 1½ tsp
- Maple Syrup: 3 tbsp
- Chocolate Syrup: 3 tbsp
- Vanilla Syrup: 2 tbs

## Week 2

Day	Breakfast	Lunch	Dinner	Snack
1	High Protein Peach Quinoa Pancakes [21]	Macro-Friendly Caprese Salad [47]	Grilled Shrimps and Lettuce Wraps [62]	Cinnamon Sweet Potato Bites [111]
2	Protein Cup Cake [105]	Macro-Friendly Grilled Vegetable Salad [48]	Grilled Chicken Egg Macro Balanced Veggie Wrap [63]	Kiwi Granola Parfait [112]
3	High Protein Chocolate Pancakes [23]	Macro-Friendly Cauliflower Tabbouleh Salad [50]	Macro-Friendly Grilled Halloumi Salad [53]	Cashew Chocolate Chip Dip [113]
4	Macro-Friendly Broccoli and Almond Salad [49]	Grilled Beef with Basil Garlic Sauce [69]	Grilled Trout Fillet with Veggies [66]	Almond Matcha Bites [114]
5	Berry Chia Pudding [106]	Macro Balanced Black Beans Veggie Wrap [64]	Grilled Salmon Fillet With Lemon Sauce [68]	High Protein Pumpkin Pancakes [22]
6	Pineapple Cheese Bowl [93]	Macro-Friendly Tuna Veggie Salad [54]	Macro-Friendly Tofu and Edamame Salad [51]	High Protein Chocolate Pancakes [14]
7	Mango Pistachio Sorbet [115]	Garlic Seared Tuna with Sautéed Greens & Tomatoes [73]	Grilled Shrimps and Lettuce Wraps [62]	Chocolaty Yogurt Bar [107]

### Grocery list

#### Grains

- Almond Flour: 1 cup
- Oats Flour: ½ cup
- Quinoa: ¼ cups
- **Fruits**
- Strawberries: 3-4 Slices
- Ripe Bananas: 7 small
- Pineapple Chunks: ½ cup
- Apple: ½ small
- Mango chunks: ½ cup
- Kiwi: 1 sliced
- Peach : 1 small

#### Vegetables

- Spinach: ½ cups
- Cucumber: ½ sliced
- Eggplant: ½ sliced
- Cherry tomatoes: ½ cup
- Fresh basil: as needed
- Sweet potatoes: 1
- Zucchini: 1 sliced
- Sweet potato: 1 small
- Bell peppers: 1 sliced
- Red onions: ¼ chopped

- Mixed vegetable greens: 1 cup
- Broccoli florets: ½ cups

#### Dairy

- Medium eggs: 10
- Greek yogurt: 1½ cups
- Low-fat Cottage cheese: 1 cup
- Fresh Mozzarella cheese: ½ cup
- Halloumi cheese: ½ cup
- Unsweetened Almond Milk: 2 cups

#### Meat or protein

- Tofu: ½ cup (cubed)
- Trout fillet: 3 oz
- Salmon fillet: 3 oz
- Shelled Edamame: ¼ cup
- Vanilla flavored protein powder: 1 scoop
- Chicken breast: 200g
- Grilled Chicken: 200g
- Chocolate protein powder: 1 scoop

#### Bread

- Whole wheat Bread: 2 Slices
- Whole wheat Tortillas Wrap: 2
- Bran Bread: 2 Slices
- **Herbs and seasonings**
- Fresh basil: 1 bunch
- Fresh parsley: 1 bunch
- Fresh mint: 1 bunch
- Olive oil: 5 tbsp
- Cooking oil spray: as needed
- Coconut oil: 5 tbsp
- Sea Salt: ½ tsp
- Black pepper: 2 tsp
- Chili flakes: to taste
- Butter: as needed
- Soy sauce: to taste
- Chili powder: to taste
- Oregano: to taste
- Garlic powder: ½ tsp
- Nutmeg Powder: ½ tsp
- Cumin Powder: 1 tsp
- Cinnamon: 1 tsp
- Baking powder: 2 tbsp
- Tahini: 1 tsp

#### Canned or pre-packaged foods

- Pumpkin puree: ¼ cup
- Dark chocolate chips: 2 tbsp
- Granola: 1 tbsp
- Black beans: ½ cups
- **Others**
- Honey: 2 tbsp
- Almond butter: 6 tbsp
- Olive Oil: 6 tbsp
- BBQ sauce: 1½ tbsp
- Crushed pistachios: 1 tsp
- Pumpkin seeds: 1 tsp
- Sesame seeds: 1 tsp
- Chia seeds: 1 tsp
- Apple cider vinegar: 1 tsp
- Balsamic Vinegar: 1 bottle
- Vanilla Extract: 2-3 drops
- Stevia: 1½ tsp
- Maple Syrup: 2 tbsp
- Chocolate Syrup: 3 tbsp
- Vanilla Syrup: 1 tbsp

## Week 3

Day	Breakfast	Lunch	Dinner	Snack
1	Cottage Cheese Herbed Open Sandwich [74]	Baked Lime Halibut [77]	Baked Cod with Lemon Butter Garlic Sauce [79]	Macro-Friendly Carrot Flaxseed Smoothie [37]
2	Tasty Yogurt Bowl [101]	Honey Mustard Veggie Tofu Skewers [78]	Air-Fried Salmon with Eggplant and Carrots [81]	Apple Cinnamon Baked Cookie [98]
3	Egg & Olive Lettuce Salad [75]	Creamy Chicken and Spinach Pasta Bowl [84]	Beef and Cheese Stuffed Bell Peppers [88]	Lemon Seasoned Chickpea Tofu Salad [89]
4	High Protein Chocolate Pancakes [23]	Grilled Tofu & Peppers [80]	Eggs-Travagant Avocado Cup [92]	Ricotta Pear Snacky Delight [99]
5	Low-Carb Turkey Egg Veggie Meal [85]	Red Chili Beef and Broccoli Stir Fry with Sesame Seeds [82]	Chickpea Salad [97]	Spicy Roasted Chickpeas [100]
6	Macro-Friendly Strawberry Oatmeal Smoothie [34]	Low-Carb Sesame Chicken With Greens [87]	Lime Roasted Red Chili Tofu with Green Beans [76]	Crunchy Nut-Seed Mix [94]
7	Berry Yogurt Parfait Cup [109]	Grilled Fish Tacos With Cabbage Salad [83]	Mini Greek Salad [102]	Turkey Veggie Dip Sticks [96]

### Grocery list

#### Grains

- Almond Flour: 1 cup
- Multigrain bread: 1 slice
- Oats Flour: ½ cup
- Rolled oats: ½ cup
- Cooked rice: ½ cup
- Quinoa: ¼ cups
- Crushed Graham crackers: 1 tbsp

#### Fruits

- Strawberries: 1 cup
- Cherries sliced: 1 cup
- Apple: medium
- Pear: 1 medium
- Kiwi: 1 sliced
- Peach: 1 small

#### Vegetables

- Spinach: ½ cups
- Cucumber: ½ sliced
- Carrot chopped :1 medium
- Cherry tomatoes: ½ cup
- Scallions: ¼ cup
- Eggplant: ½ sliced
- Cherry tomatoes: ½ cup
- Fresh basil: as needed
- Sweet potatoes: 1
- Zucchini: 1 sliced

- Sweet potato: 1 small

- Yellow Bell pepper sliced: ½ cup
- Red Bell pepper: ½ cup
- Romaine lettuce: ½ cup
- Green lettuce leaves: ½ cup
- Radishes sliced: ½ cup
- Red onions: ¼ chopped
- Mixed vegetable greens: 1 cup
- Broccoli florets: ½ cups

#### Dairy

- Medium eggs: 10
- Cottage cheese: ½ cup
- Greek yogurt: 1 cup
- Plain Greek yogurt: ½ cup
- Low-fat Cottage cheese: 1 cup
- Cream cheese: ¼ cup
- Parmesan cheese: ¼ cup
- Almond Milk: 1 cup
- Low-fat Milk: ¼ cup

#### Meat or protein

- Tofu: 200g (cubed)
- Vanilla flavored protein powder: 1 scoop
- Chicken breast: 200g

- Halibut fish: 6 oz

- Lean Turkey bacon: 2 slices
- Chicken fillet: 120 g
- Grilled Chicken: 200g
- Beef tenderloin: 120g
- Chocolate protein powder: 1 scoop

#### Bread

- Whole wheat Bread: 2 Slices
- Whole wheat Tortillas Wrap: 2
- Bran Bread: 2 Slices

#### Herbs and seasonings

- Fresh basil: 1 bunch
- Fresh parsley: 1 bunch
- Olive oil: 5 tbsp
- Cooking oil spray: as needed
- Sea Salt: ½ tsp
- Black pepper: 2 tsp
- Chili flakes: to taste
- Butter: as needed
- Soy sauce: to taste
- Oregano: to taste
- Garlic powder: ½ tsp
- Mustard powder: ½ tsp

- Dried thyme leaves: ¼ tsp

- Cumin Powder: 1 tsp
- Cinnamon: 1 tsp
- Baking powder: 2 tbsp
- Tahini: 1 tsp

#### Canned or pre-packaged foods

- Canned chickpeas: ½ cup
- Coconut water: ½ cup

#### Others

- Honey: 2 tbsp
- Almond butter: 6 tbsp
- Olive Oil: 6 tbsp
- BBQ sauce: 1½ tbsp
- Crushed pistachios: 1 tsp
- Pumpkin seeds: 1 tsp
- Sesame seeds: 1 tsp
- Chia seeds: 1 tsp
- Apple cider vinegar: 1 tsp
- Balsamic Vinegar: 1 bottle
- Vanilla Extract: 2-3 drops
- Stevia: 1 ½ tsp
- Maple Syrup: 2 tbsp
- Chocolate Syrup: 3 tbsp
- Vanilla Syrup: 1 tbsp

## Week 4

Day	Breakfast	Lunch	Dinner	Snack
1	High Protein Banana Oatmeal Pancakes [16]	BBO Pulled Jackfruit Sandwich [55]	Macro-Friendly Grilled Vegetable Salad [48]	High Protein Strawberry Oatmeal Pancakes [19]
2	Macro-Friendly Tuna Veggie Salad [54]	Lime Roasted Red Chili Tofu with Green Beans [76]	Hummus and Veggies Sandwich [58]	Macro-Friendly Strawberry Oatmeal Smoothie [34]
3	Berry Yogurt Parfait Cup [109]	Macro-Friendly Chicken Avocado Salad [40]	Grilled Chicken Veggie Wrap [60]	Almond Matcha Bites [114]
4	Chocolaty Chia Seed Pudding [95]	Tempeh and Avocado Sandwich [57]	Grilled Trout Fillet with Veggies [66]	Raspberry Lemon Bowl []
5	Macro-Friendly Egg & Spinach Salad [42]	Grilled Fish Tacos With Cabbage Salad [83]	Lemon Seasoned Grilled Sea Bass Fillet [67]	Chickpea Salad Sandwich [56]
6	Cottage Cheese Herbed Open Sandwich [74]	Macro-Friendly Roasted Sweet Potato and Lentil Salad [45]	Ribeye Red Chili Beef Steak with Grilled Onions [71]	Apple Cinnamon Baked Cookie [98]
7	Low-Carb Turkey Egg Veggie Meal [85]	Scrambled Egg and Spinach Cheese Wrap [61]	Juicy Lemon Grilled Chicken Steak [72]	Ricotta Pear Snacky Delight [99]

### Grocery list

#### Grains

- Oats: 1 ½ cups

#### Fruits

- Mixed berries (strawberries, blueberries, raspberries): ¾ cups
- Bananas: 1 medium
- Raspberries: ½ cup
- Pineapple Chunks: 1 cup
- Apple: ½ medium + ½ cup diced
- Lemon: 1
- Pomegranate: for molasses

#### Vegetables

- Spinach: ¾ cups
- Cucumber: 1 medium
- Radishes: 4 small
- Lettuce: 1 cup
- Eggplant: ½
- Kale: 1½ cup
- Baby Arugula: 1 cup
- Romania Lettuce: 2 cups
- Cherry tomatoes: 1 ½
- Sweet potatoes: 1
- Zucchini: 1
- Sweet potato: 1 medium

- Bell peppers: 1

- Cabbage: 1 ¼
- Kale: 1 cup
- Beet: 1 medium
- Red onions: ¼
- Mixed vegetable greens: 1 cup
- Broccoli florets: 2 ½ cups
- Carrots: 1½ medium

#### Dairy

- Large eggs: 6
- Greek yogurt: ¾ cups
- Feta cheese: ¼ cup
- Ricotta cheese: ¼ cups
- Parmesan cheese: ½ cup
- Halloumi cheese: ½ cup
- Low-fat butter: 1 tbsp

#### Meat or protein

- Tuna: 70g
- Deli turkey slices: 3-4 slices
- Cooked Shrimp: 200g
- Chicken Breast: 350-400 g
- Cod fillets: 1 whole
- Grilled Chicken: 200g
- Trout fillet: 4-6 oz

- Sea bass fillet: 1 whole

- Tempeh: 2 oz

#### Bread

- Whole wheat Buns: 2 buns
- Whole grain bread: 2 slices
- Whole wheat pita bread: 2
- Whole wheat Tortillas Wrap: 2
- Bran Bread: 1 Slice

#### Herbs and seasonings

- Fresh basil: 1 bunch
- Fresh parsley: 1 bunch
- Fresh mint: 1 bunch
- Olive oil: multiple uses
- Cooking oil spray: as needed
- Sea Salt: ½ tsp
- Black pepper: 2 tsp
- Chili flakes: to taste
- Paprika: ½ tsp
- Cilantro leaves: ¼ cup
- Rosemary leaves: ¼ cup
- Butter: as needed
- Soy sauce: to taste
- Chili powder: to taste

- Oregano: to taste

- Garlic powder: ½ tsp

- Cinnamon Powder: 1¼ tsp

- Nutmeg Powder: ¼ tsp

- Cumin Powder: 1 tsp

#### Canned or pre-packaged foods

- Chickpeas: 1 cup
- Tuna: ½ can
- Others
- Honey: 2 tbsp
- Almond butter: 1½ tbsp
- Olive Oil: 6 tbsp
- BBQ sauce: 1½ tbsp
- Tahini: 2 tbsp
- Almonds: 10 g
- Balsamic Vinegar: ½ tsp
- Baking Powder: 3½ tsp
- Breadcrumbs: 1 package
- Vanilla Extract: 2-3 drops
- Stevia: 1½ tsp
- Maple Syrup: 3 tbsp
- Chocolate Syrup: 3 tbsp
- Vanilla Syrup: 2 tbsp
- Chia seeds: 1 tsp
- Sesame seeds: 1 ts

# TIPS AND STRATEGIES TO FOLLOW MACRO DIET

Macro diet is about carefully balancing your macronutrients to attain your health goals. Following are some tips and strategies to help you successfully stick to a macro diet:

## 1. Set Clear Goals:

First, set clear goals for why you want to follow a macro diet. Whether your aim is weight loss, muscle gain, or enhancing overall health, setting specific and realistic goals helps you stay committed. Breaking down your long-term goals into smaller milestones can also keep you motivated.

So be sure to set clear goals (such as muscle growth or weight loss) and the proper macronutrient ratios (for example, 40% carbohydrates, 30% protein, and 30% fat are popular ratios).

## 2. Arrange Your Meals in Advance:

To guarantee balanced nutrition, make a meal plan that fits your macro-objectives and includes a range of foods. Meal prepping lets you control the amount of proteins, carbs, and fats in each meal. This way, you know what you eat and can easily hit your daily macro targets. Preparing your meals beforehand eliminates the guesswork, making staying within your macro limits easier.

Following are the benefits of "arranging your meals in advance":

- ❖ Keeps you on track with macro goals
- ❖ Prevents unplanned and impulsive eating
- ❖ Helps with portion control
- ❖ Reduces stress
- ❖ Saves cooking time
- ❖ Ensures nutritious and balanced meals
- ❖ Reduces food wastage
- ❖ Improves budget management
- ❖ Promotes consistency and discipline
- ❖ Allows for easy adjustments
- ❖ Therefore, prepare your meals in advance to save time and make it simpler to meet weekly macro goals.

## 3. Reading food labels:

Familiarize yourself with the nutritional information in food packages to better understand macronutrient composition. Reading and understanding food labels is essential for successfully following a macro diet. It enables you to make informed decisions about your consumption and helps you stay on track with your macro goals.

Understanding of food labels helps in:

- Accurate tracking of macros
- Managing portion sizes
- Identifying hidden ingredients
- Making healthier food choices

Avoiding processed and empty-calorie foods

Planning and meal-prepping

## 4. Flexible Eating:

Make allowances for changes in daily use. You can accomplish your macro objectives by eating fewer carbohydrates on a different day to make up for a high-carb day. Flexible eating gives you freedom in food choices while staying within a structured dietary regime. A flexible mindset relieves the stress of rigid restrictions, and you can enjoy various foods without guilt.

Moreover, a flexible eating pattern allows you to enjoy social events, gatherings, and dining out entirely without deviating from your macro goals. By designing your macros accordingly, you become a pro at fitting them into your diet plan.

For example, if you know you are going out for dinner, you might adjust your other meals to save more carbs or fats for the evening. This flexibility allows you to stay consistent without feeling deprived.

## 5. Track and Modify:

Macro diets allow you to evaluate your progress regularly and adjust macro ratios as needed based on your feelings and outcomes. Many technology-derived Apps can track your daily progress, including each macro proportion, calorie intake, and physical workout. If one plan is not working well according to your work routine, you can modify it accordingly.

Emphasis on Whole Foods:

To help achieve macro goals and guarantee sufficient micronutrient consumption, prioritize entire, nutrient-dense foods. The concept of whole food comes from organic foods enriched with all the essential nutrients required for health promotion and disease prevention.

Whole foods contain ample amounts of dietary fiber, vitamins and minerals, and other phytonutrients, which help us to live a healthy life.

## 6. Maintain a Food Diary:

Record your meals and snacks to spot trends and make any corrections. Recording your macro diet allows you to enjoy your macro diet journey. Mindful planning and designing your macro consumption and then recording it as a food diary brings variety and quality to your daily dietary routine. Now, you have a record of what you have eaten and what new to include in the coming meal.

## 7. Be Adaptable:

Give yourself some flexibility in your diet. Adjust your macros for the remainder of the day to account for any treats you may have. You can use a digital food scale to measure quantities precisely, especially for high-calorie foods like nuts and oils. Focus on incorporating

wholesome snacks that align with your macros to prevent hunger and facilitate goal-achieving.

Try Different Recipes:

Use your creativity in the kitchen, modifying meals to meet your macro requirements and substituting ingredients to save calories or boost protein. Stay hydrated throughout the day. Hunger and thirst might sometimes be confused. Evaluate your progress every week or every month, and based on your findings, modify your macro goals as necessary.

Try different recipes using the same ingredients to change the taste and mood. Consuming food with different tastes daily prevents you from consuming processed and junk foods from the market for a good mouth feel. Other recipes also allow you to consume foods you prefer to eat sparingly.

#### **8. Locate Assistance:**

Look for a friend on a macro diet or join online communities for accountability and encouragement. The Macro Diet does not, however, monitor micronutrients, and it might not be appropriate for those who are at risk of developing an eating disorder or have specific medical concerns. For additional direction and Assistance, some people who struggle to maintain weight loss over the long term might find it helpful to consult a nutritionist. Many people think the Macro Diet is more accessible and less restrictive than other diets because it allows them to enjoy all meals. It can be a fantastic choice for people who want to lose weight while maintaining flexibility and balance.

Others, however, find counting macros restricted and time-consuming. While counting macros has advantages, it also has drawbacks. Before starting a macro diet, it is best to consult a nutritionist or healthcare professional.

## **CONCLUSION**

In this chapter, we have explored the concept of a macro diet from multiple perspectives to help you understand how to adopt it successfully. Whether you are a beginner or looking to refine your dietary habits, the macro diet offers a flexible, effective way to achieve your health and fitness goals without feeling restricted. Let us briefly summarize what we have covered and connect everything.

The macro diet helps individuals track and balance three essential macronutrients: proteins, carbohydrates, and fats. These macronutrients play important roles in our bodies, from providing energy to building muscle, supporting brain function, and maintaining overall well-being. By tracking macronutrient intake rather than focusing on calorie counts or restrictive meal plans, the macro diet allows you to enjoy a wider variety of foods while still reaching your goals. Moreover, tracking macronutrient intake may help some people achieve their fitness and health objectives.

Instead of labeling foods as "good" or "bad," a macro diet emphasizes moderation and balance. Thus, you do not have to eliminate entire food groups or restrict yourself to a handful of "approved" foods. Focusing on your macro targets allows you to create a personalized eating plan that fits your lifestyle, preferences, and health goals.

Following a macro diet provides numerous health benefits beyond reaching a target weight. When balanced correctly, it can lead to better weight management. By focusing on a balance of macronutrients, you can effectively lose or maintain weight without feeling deprived. A macro diet helps you boost your energy levels. Carbohydrates supply energy, while proteins and fats contribute to satiety, reducing fatigue and energizing you throughout the day. In addition, a macro diet is vital in improving your muscle mass. Consuming adequate proteins gives your body the building blocks to repair and grow muscle. Regularly consuming a balanced proportion of macronutrients enhances mood and mental health. Balanced macros lead to stable blood sugar levels, which help improve mood and focus. Therefore, a macro diet is the key to a sustainable lifestyle change. The macro diet emphasizes flexibility, so you're less likely to feel restricted, which helps sustain the diet in the long run.

I highly recommend exploring this book if you want to control your health without feeling restricted. It is designed to guide you through every step of following a macro diet, from understanding your macronutrient needs to planning meals and handling challenges. Whether new to dieting or just curious about better balance, your nutrition book offers practical advice and strategies to help you succeed.

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