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# Instant Pot Protein Oats Meal Prep

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## Ingredients

### Serves 5

### Main Ingredients

2 cups rolled oats (uncooked), gluten-free

3 cups almond milk, I used unsweetened vanilla almond milk (or your choice of plant or cow milk)

¼ cup milled or ground flaxseed

1 Tbsp cinnamon

2 tsp turmeric

2 scoops vanilla isolate whey protein, (or a vegan choice) optional but recommended

½ cup almond milk, I used unsweetened vanilla almond milk (or your choice of plant or cow milk)

### Fruit Compote

3 cups frozen berries (e.g., strawberries, raspberries, blueberries), I used frozen strawberries & cherries

1 lemon, juice-only

1 Tbsp coconut sugar or palm sugar

### Utensils

5 eight oz (225 g) jars, or 12 oz jars or containers

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## Steps

1. Spray the inside of the Instant Pot or pressure cooker with olive oil or cooking spray.
  2. Add the oats and almond milk. No need to give it a stir but you can if you want.
  3. Set the pressure cooker to HIGH and set the time for 3 minutes. After it finishes the cooking cycle, allow the pressure to naturally release for 15 – 20 minutes so the oats are creamy.
  4. Set a carbon steel skillet on medium heat. Once hot, add the ingredients for the compote. Stir and bring to a light simmer. Once the fruit thaws it will be mushy, use the back of the spatula to gently mash the fruit in the skillet as it cooks. Reduce the heat and continue cooking until all the fruit has been thawed and mashed, about 5 – 7 minutes.
  5. To the pot of oats, add flaxseed, spices, protein powder and more almond milk (as needed). Stir the oats and add milk as needed for consistency.
  6. Allow both the oats and the compote to cool before adding to meal prep containers. Evenly divide the compote among the jars, placing it on the bottom. Top it off with oats. For EACH individual serving, you can add a serving of raw sugar, honey or agave as needed. Store in the fridge for up to 5 days. I would not recommend freezing.
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## Nutrition

Approx macros for 1 of 5 servings Calories 300 Carbs 42g Fat 7g Protein 18g Sugar 9g Fiber 10g

# Ultimate Avocado Toast

## Ingredients

Serves 2

### Main Ingredients

2 slices sourdough bread, regular sized, or whole wheat bread

2 slices bacon, use type you prefer – turkey, carrot, beef, pork

1 onion, sliced

2 eggs

### Avocado Mash

1 avocado, large, or double quantity for small ones

½ lime, juice only

2 tsp ground cumin

Sea salt, to taste

Pepper, to taste

### Garnish

Pepper, cracked

Red pepper flakes

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## Steps

1. Lightly spray sourdough slices with olive oil, then place in the oven or toaster to cook until desired readiness. Set aside.
2. Mash up avocado in a bowl then season with lime, cumin, and sea salt & pepper. Set aside.
3. Set a cast-iron skillet on medium-high heat and once hot, add the bacon slices. Once the bacon lifts off the skillet, it is ready to be flipped on the other side. Once cooked on both sides, set the bacon on a paper towel to harden and drain.
4. Add the sliced onion to the skillet with the bacon fat and cook for at least 10 minutes, or until the onions are caramelized. Add a pinch of sea salt during cooking to help the process. Remove from the skillet and set aside once the onions are cooked to desired readiness.
5. Lastly, add whole eggs to the skillet and cook sunny side up (or your choice of readiness) until the transparent egg white turns fully white.
6. Assemble the toast! For each slice of sourdough, add ingredients on top – the avocado mash, caramelized onions, bacon, and egg. Repeat for other slice(s).
7. Garnish and enjoy!

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## Nutrition

Approx macros for 1 of 2 servings

Calories 420 Carbs 32g Fat 27g Protein 16g Sugar 5g Fiber 7g

# Breakfast Quesadilla

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## Ingredients

Serves 1

### Main Ingredients

3 eggs

1 whole grain tortilla, low carb

½ cup Mexican cheese blend, or cheddar & Monterrey shredded cheese mix

### Prep

1 green bell pepper, sliced into strips

½ red onion, sliced

Lime

Sea salt, to taste

Pepper, to taste

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## Steps

Tip: To prepare for multiple portions and days, cook a big batch of the bell pepper and onion mix in step 1. Then skip to Step 2 each subsequent morning.

1. Prep the onions and bell pepper. Set a skillet on high heat. Once hot, lightly spray with avocado oil then add the bell pepper and onion to sear. Cook for 2 – 3 minutes, or until you see the outside begin to sear and blister. Squeeze in fresh lime to help the veggies wilt. Cook for no more than for 6 – 7 minutes.
  2. Set a nonstick skillet on medium heat. Once hot, lightly spray with avocado oil, then add the eggs. Cook the eggs through and scramble them. Once they have finished cooking, remove the eggs and assemble the quesadilla. Set the skillet back on the heat.
  3. To a whole wheat tortilla, add half of the cheese, the eggs, sautéed bell peppers & onions and the remaining cheese, then fold it over to close.
  4. Lightly spray the skillet with oil, then add the quesadilla. Cook on each side for 3 – 4 minutes, until the cheese has melted, and the edges are crispy.
  5. Enjoy the quesadilla and half of a green apple.
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## Nutrition

Approx macros for 1 serving Calories 468 Carbs 33g Fat 25g

Protein 31g

Sugar 13g

Fiber 13g

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# Quinoa Scrambled-Egg Power Bowl

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## Ingredients

Serves 1

### Main ingredients

½ cup quinoa (cooked), uncooked equals ⅓ as much

2 roma tomatoes, chopped

2 green onions, chopped

¼ avocado, optional

### Scrambled eggs

½ Tbsp unsalted butter, or olive oil

2 eggs

1 Tbsp cheddar cheese, shredded, optional

1 pinch sea salt

1 pinch pepper

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## Steps

1. Cook a batch of quinoa according to the packet instructions, then set aside. Season to taste with salt & pepper.
  2. Chop-up tomato and green onion in advance and if cooking for multiple days; store any extra for the week in an airtight container in the fridge.
  3. On the day of eating, put a skillet on medium heat, melt the butter. Add the eggs (2 per serving) and scramble together. Season with salt and pepper. Top with cheddar cheese (if desired).
  4. Portion out eggs, quinoa, tomato, and green onion.
  5. Enjoy freshly chopped avocado on the day, if desired.
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## Nutrition

Approx macros for 1 serving (without avocado or cheese)

Calories 374

Carbs 28g

Fat 19g

Protein 21g

Sugar 11g

Fiber 4g

# Apple Pie Smoothie

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## Ingredients

### Serves 4

4 apples  
2 cups coconut yogurt  
4 cups almond milk, unsweetened  
4 Tbsp chia seeds  
2.1 oz rolled oats (uncooked)  
4 scoops vegan protein powder, vanilla, or your favorite flavor  
1 tsp cinnamon  
1 tsp ground nutmeg  
1 tsp stevia, optional, if your protein powder is quite sweetened you won't need this

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## Steps

1. If you're having this smoothie for several days in a row, Portion the dry ingredients into a bag or container for each morning. Set aside your apple so no one gets to them before you do!
  2. When it's breakfast time, roughly chop the apple, discard the core. Add it to the blender with the almond milk, coconut yogurt and the prepped container of dry ingredients.
  3. Blend until smooth and enjoy!
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## Nutrition

Approx macros for 1 of 4 servings

Calories 485

Carbs 54g

Fat 14g

Protein 36g

Sugar 19g

Fiber 12g

## Low-Carb Pancakes (Gluten-Free & Dairy-Free)

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### Ingredients

#### Serves 1

#### Wet ingredients

4 egg whites, or whole eggs or milled flax seed (vegan option)

½ cup coconut cream, or Greek yogurt, or heavy cream, or almond butter mixed with a little almond milk

1 tsp vanilla extract

#### Dry ingredients

½ cup coconut flour, or fine almond flour

½ tsp baking powder

1 packet stevia, I used "In The Raw" brand (1g packet), or use raw sugar or raw honey

#### Garnish

Maple syrup, low-calorie (sugar-free)

Cinnamon, to taste

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### Steps

1. Mix together all the dry ingredients in a small bowl.
  2. Tip for fluffy pancakes: In a separate bowl, beat egg whites (or eggs) with a pinch of sea salt until they are fluffy and almost appears like a foam. This will likely take about 5 or 6 minutes if doing it by hand (but the upside is you'll burn some calories in the process).
  3. Add the dry ingredients to the egg whites and mix. Then add the coconut cream and vanilla extract. Mix. If you find that the mixture is too thick, then simply add tablespoons of coconut cream to the mixture until it is thinner. Note: a mixed coconut flour batter will always appear a little thicker than an all-purpose flour mixture.
  4. Set a nonstick skillet on medium-high heat and spray with coconut oil (or preferred cooking spray).
  5. Once the skillet is hot, add 1 tablespoon of batter (per pancake) to the skillet, then cover and cook for 1 minute. After about 1 minute, flip the pancake using a spatula and cover and cook for an additional 45 seconds.
  6. Repeat until all the batter is gone.
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### Nutrition

Approximate macros for 1 serving (without cinnamon)

Calories 349

Carbs 23g

Fat 17g

Protein 19g

Sugar 5g Fiber 13g

## Chicken Frittata for Two

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### Ingredients

Serves 1 to 3

#### Cooked chicken

6 oz chicken breasts

1 tsp ground cumin

1 tsp garlic paste

1 pinch sea salt

1 pinch pepper

Coconut oil spray

#### Frittata

2 eggs

6 egg whites

8.8 oz yams, skin on and cut into small pieces

½ zucchini (courgette), cut into ¼ inch (6mm) thick slices

1 tomato, ripe tomato, cut into slices

¼ cup red onion, sliced into thin half-rings

1 Tbsp coconut oil

¾cup goat cheese (low fat), optional

#### Seasonings to taste

Smoked paprika

Chipotle seasoning blend (low sodium)

Sea salt

Pepper

### Steps

1. Season chicken breast with cumin, garlic paste, sea salt and pepper. Spray a nonstick skillet with coconut oil and cook chicken breast. Chop into pieces and set aside.
2. Pre-heat an oven to 375°F
3. Clean the yam by rinsing and rubbing under water. Cut into slices, then cubes, leaving the skin on. Heat the oil in a skillet. Add the yam pieces, sear in a cast iron skillet and bake for 20 minutes in the pre-heated oven. The yam should be soft but firm.
4. Whisk the eggs and egg whites together in a bowl. Season with salt and pepper.
5. Top the yam, in the same skillet, with the chicken, zucchini slices, red onion rings and tomato slices. Add additional seasonings such as paprika, chipotle seasoning, salt, pepper.
6. Pour the egg mixture over ingredients in the skillet and top with goat cheese if desired.
7. Return the skillet to the oven and bake for another 25 minutes.
8. Enjoy!

**Nutrition** Approx macros for 1 of 2 servings Calories 486 Carbs 38g Fat 12g Protein 42g



## Protein & Superfood Breakfast Casserole

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### Ingredients

#### Serves 3 to 4

4 tsp maca powder, I used 'Organic Burst' Maca powder

1 lb lean ground turkey

2 cups quinoa (cooked), uncooked equals  $\frac{1}{3}$  as much

$\frac{1}{2}$  cup black beans (low sodium), drained

2 eggs

3 egg whites

$\frac{3}{4}$  zucchini (courgette)

1 bell pepper

$\frac{1}{2}$  red onion

1 Tbsp garlic, minced

$\frac{1}{2}$  cup mozzarella cheese

Tomato, optional

Green onion, optional

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### Steps

1. Cook quinoa and cut up your veggies.
  2. In a bowl, mix 2 eggs and 3 egg whites.
  3. Cook veggies in a nonstick skillet with garlic, sea salt & pepper.
  4. Cook turkey separately then mix in sautéed veggies.
  5. Add quinoa to a bowl and then the rest of your ingredients.
  6. Add maca powder to the mixture.
  7. Spray baking dish with a coconut oil. Add casserole mixture to dish.
  8. Top with mozzarella and if desired, green onions and tomatoes.
  9. Bake for 25 minutes at 400°F
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### Nutrition

Approx macros for 1 of 4 servings

Calories 397

Carbs 30g

Fat 10g

Protein 46g

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# LUNCH OR DINNER

## Lemon Tarragon Chicken

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### Ingredients

#### Serves 5

2 lb chicken thighs, skinless and boneless, fat trimmed

1 tsp olive oil

4 Tbsp lemon zest

½ cup fresh tarragon, finely chopped

1 pinch sea salt

1 pinch pepper

Olive oil spray

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### Steps

1. In a mixing bowl add all the ingredients and mix well. For best results, allow the chicken to marinate in the fridge for an hour (or overnight) or let the chicken rest at room temperature in the marinade for 20 minutes before cooking.
  2. Set a carbon steel or cast-iron skillet on medium high heat. Once hot, spray generously with olive oil, then add the chicken thighs. Allow the thighs to cook/sear for 3 – 5 minutes, or until dark sear marks appear AND the chicken can easily be lifted off the skillet. Cook on the other side for another 3 – 5 minutes, or until the chicken is cooked through.
  3. Garnish with fresh chopped tarragon and lemon juice. Enjoy with lemony rice and veggies.
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### Nutrition

Approx macros for 1 of 5 servings

Calories 230

Carbs 1g

Fat 8g

Protein 36g

Sugar 0g

Fiber 1g

# Golden Turmeric Chicken Noodle Soup

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## Ingredients

### Serves 6

3 Tbsp olive oil  
1 onion, chopped  
4 cloves garlic  
2 tsp turmeric  
2 tsp ground cumin  
1 lb skinless rotisserie chicken meat, with no skin  
2 carrots, chopped  
2 stalks celery, chopped  
1 Tbsp arrowroot starch, optional  
1 cup dry white wine, I used pinot grigio  
8 cups chicken bone broth (low sodium)  
1 bouillon cube (stock cube), optional, but recommended for deeper flavor  
2 bay leaves  
10 oz egg noodles  
Sea salt, to taste  
Pepper, to taste

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## Steps

1. Set a heavy pot (dutch oven) on medium high heat. Once hot add oil and onions and sauté for 2 – 3 minutes until the onions begin to lightly brown and turn translucent. Then add garlic, turmeric, cumin, celery, carrots, and chicken. “Bloom” the spices (or cook everything together) for 2 minutes until fragrant. If you would like a thicker soup, add the arrowroot as well.
  2. Add the chicken bone broth – and bouillon cube if you prefer a richer flavor – and bring to a light simmer. If you would like, add the pinot as well at this point. Once it is simmering, add the bay leaves. Reduce the heat to low and cover the pot (with a heavy lid) and cook for 35 – 40 minutes.
  3. Add the egg noodles and cook for 6 – 8 minutes, or until the noodles are completely cooked.
  4. Season to taste with sea salt & pepper. Serve immediately while hot but save some for the next day since “day old” soup is even better because the flavors have more time to meld together!
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## Nutrition

Approx macros for 1 of 6 servings

Calories 450

Carbs 45g

Fat 14g

Protein 35g Sugar 4g Fiber 3g

## Citrus Glazed Salmon Sheet Pan Dinner

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### Ingredients

#### Serves 2

#### Main Ingredients

12 oz wild salmon fillet, center-cut, divided into equally sized fillets

1 lb broccolini, or broccoli

1 pinch sea salt

1 pinch pepper

Olive oil spray

#### Marinade

½ orange, juice only, substitute: lime

1½ Tbsp organic raw honey

2 Tbsp soy sauce (low sodium)

3 cloves garlic, minced or thinly sliced

2 Tbsp low-sugar orange marmalade, I used sugar-free, or orange zest

#### Extra glaze

1 Tbsp low-sugar orange marmalade, I used sugar-free, or orange zest + honey

2 Tbsp soy sauce (low sodium)

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### Steps

1. Set oven to 420°F
  2. Mix together the marinade in a sealable bag. Add the salmon to the bag, squeeze out as much air as possible, then seal the bag. Let the salmon marinate in the fridge for at least 30 minutes in the fridge or up to overnight.
  3. Set a nonstick or carbon steel skillet on high heat. Once hot, spray with avocado oil, then add the salmon skin side up to caramelize the marinade on the salmon for 1 – 2 minutes, just be careful it does not burn.
  4. Then place the salmon skin side down on a baking tray lined with parchment paper. Add broccolini (or broccoli) around the salmon. Spray with oil then add a pinch of sea salt & pepper.
  5. Bake in the oven for 10 – 12 minutes, or until the salmon is cooked to desired readiness.
  6. Mix together the ingredients for the extra glaze. For the final 3 – 5 minutes of baking, drizzle the glaze on the salmon.
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### Nutrition

Approx macros for 1 of 2 servings

Calories 370

Carbs 34g

Fat 11g

Protein 39g Sugar 20g Fiber 5g

## Panko Parmesan Halibut Sheet Pan Dinner

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### Ingredients

#### Serves 4

#### Main Ingredients

1½ lb wild halibut, cut into equally sized filets

1 pinch sea salt

1 pinch pepper

1 lb asparagus, thick spears are best

1 pinch sea salt

1 pinch pepper

Olive oil spray, or avocado oil

#### Crust

¾ cup gluten-free panko breadcrumbs

½ cup parmesan (reduced fat), grated

1 Tbsp onion powder & garlic powder

1 Tbsp lemon zest

3 Tbsp olive oil

¼ cup fresh parsley, finely chopped

#### Garnish

Lemon, juice only

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### Steps

1. Set oven to 400°F
  2. Lightly season halibut with sea salt & pepper.
  3. In a bowl mix together the ingredients for the crust.
  4. Lightly spray the top of the halibut with oil, then add tablespoons of the crust on top. Gently press it down into the flesh. Add the filets to one end of a baking tray. On the other end, add the asparagus spears. Lightly spray with oil then add sea salt & pepper.
  5. Bake in the oven for 15 minutes, or until the fish is cooked through and the crust is golden brown.
  6. Enjoy with fresh lemon and flakes of sea salt if needed!
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### Nutrition

Approx macros for 1 of 4 servings

Calories 410

Carbs 27g

Fat 16g

Protein 39g Sugar 2g Fiber 4g

# Prosciutto Wrapped Halibut With Roasted Pepper Wild Rice

## Ingredients

**Serves 2**

### Prosciutto-Wrapped Halibut

10 oz wild halibut, split into two filets, substitute: cod  
1½ tsp garlic powder  
1½ tsp onion powder  
1 pinch pepper  
2 oz prosciutto, slices  
1 Tbsp olive oil  
1 Tbsp unsalted butter, or vegan butter (optional but included in calorie count)  
1 pinch sea salt

### Wild Rice

¾ cup wild rice (uncooked), or brown rice, jasmine rice  
1 cup water  
1 pinch sea salt  
½ red bell pepper  
¼ cup fresh parsley, chopped, tightly packed  
2 Tbsp fresh mint, chopped, tightly packed  
2 Tbsp fresh basil, Thai basil, tightly packed  
2 Tbsp olive oil  
½ Tbsp lemon zest  
½ lemon, juice-only  
1 pinch sea salt  
1 pinch pepper

## Steps

### Roasted Red Pepper Wild Rice

1. Set oven to 430°F
2. Place a red bell pepper on a baking tray lined with parchment or foil, then roast for 20 – 25 minutes until the skin is seared and blistered. Set the bell pepper aside to cool. When it has cooled enough to touch, remove the skin and the seeds inside (this is an important step). Then dice into small pieces.
3. Rinse rice under water before cooking to prevent the rice sticking together once cooked. Bring a pot of water & salt to boil, then add the wild rice. Reduce to simmer then cover and cook for 12 – 15 minutes until rice has absorbed the liquid. Once the rice has cooked, flake with a fork. If the rice is sticking together (i.e., clumping, etc), run under warm water using a strainer, shake the rice dry, then set aside.
4. Place the rice and the remaining ingredients in a bowl and mix. Season to taste with sea salt & pepper. Enjoy this rice hot or cold.

### Prosciutto-Wrapped Halibut

1. Season fillets with garlic, onion, and black pepper, rub generously. Tightly wrap each piece of fish in prosciutto.
2. Set a nonstick skillet on medium high heat. Once hot, add olive oil, then add the fish. Sear the fish on each side for 3 – 4 minutes. Once the fish has cooked through, about 6 – 8 minutes, reduce the heat to low-medium and add the optional butter. When the butter melts, continuously spoon the butter over the fish.
3. Remove from the fish from the skillet and let it settle for 3 – 5 minutes before enjoying. Add a pinch of sea salt to taste, if necessary, just remember that prosciutto tends to be high in sodium so it may not be needed.

## Nutrition

Approx macros for 1 of 2 servings (without rice)

Calories 310

Carbs 3g Fat 17g Protein 35g Sugar 0g Fiber 0g

## Protein Shake & Walnuts

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### Ingredients

#### Serves 1

1 scoop whey protein powder

Water, or low-calorie almond milk

¼ cup walnuts

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### Steps

1. Add water or almond milk to a scoop of your favorite whey protein powder.
  2. Finish off this snack with some walnuts, on the side.
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### Nutrition

Approx macros for 1 serving

Calories 350

Carbs 8g

Fat 21g

Protein 35g

Sugar 2g

Fiber 2g

# Apricot Ginger Salmon Nugget Bowl

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## Ingredients

### Serves 4

### Main Ingredients

16 oz snow peas (sugar snap peas)

1 red bell pepper, diced

### Salmon

20 oz wild salmon fillet, skinned and cut into 2-inch chunks

1 Tbsp coconut sugar or palm sugar

Olive oil spray

### Sauce

¼ cup fruit jelly (jam), I used apricot preserve, reduced sugar

2 tsp fresh ginger

3 Tbsp coconut sugar or palm sugar

½ cup soy sauce (low sodium), or tamari

½ cup water, or chicken bone broth

1 Tbsp arrowroot starch

### Rice

2 cups jasmine rice, measured cooked, low-carb substitute: steamed cauliflower pearls/rice

½ cup fresh cilantro (coriander), finely chopped

1 Tbsp lime zest

1 lime, juice only

1 Tbsp sesame oil, optional

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## Steps

1. If without cooked rice, cook rice according to the packet instructions and set aside to cool.
2. Mix together the ingredients for the sauce. Before adding the arrowroot, season the sauce with ginger, soy, or water/broth to your taste. Careful to not add too much sugar if more sweetness is needed. Add in the arrowroot and mix. Set aside.
3. Set a nonstick skillet on high heat. Once hot, spray with oil and add peas and bell pepper. Cook for 3 – 5 minutes, until sear marks appear along the edges and the peas turn a vibrant green color. Remove the skillet and set aside. Place the skillet back on the heat.
4. In a bowl, lightly toss salmon nuggets with coconut sugar and (spray) oil. Lightly spray the skillet and add the salmon. Sear and cook for 1 – 3 minutes, careful not to completely cook the salmon.
5. Use tongs or your fingers to quickly flip the salmon while once in the skillet. Once the salmon has some deep, rich sear marks, reduce the heat of the skillet to low-medium and remove the salmon. Set aside.
6. Once the skillet has cooled down, pour in the ingredients for the sauce. Once the sauce begins to lightly simmer, stir immediately, continuously, and quickly. If the skillet is too hot, simply take the skillet off the heat and continue stirring.  
Note: Adding sauce to a hot skillet will result in a slimy and/or clumpy sauce.
7. Once the sauce is a nice consistency, add the salmon nuggets back to the skillet and spoon the sauce over the nuggets and allow the heat of the sauce to cook the salmon the rest of the way.
8. Garnish the salmon with green onion and sesame seeds.
9. To the cooked jasmine rice, mix in the cilantro, lime zest and juice with a fork.
10. Bring it all together in a bowl (or meal prep container) – salmon nuggets, rice, and veggies.

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## Nutrition

Approx macros for 1 of 4 serving Calories 474 Carbs 57g Fat 10g Protein 39g Sugar 27g Fiber 2g



# White Chicken Chili Meal Prep

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## Ingredients

### Serves 4

#### Main Ingredients

1¼ lb skinless rotisserie chicken meat, no skin, pulled into pieces. substitute: chicken breasts; jackfruit  
1 Tbsp olive oil  
1 Tbsp garlic, minced  
½ onion, diced  
1 green bell pepper, diced

#### Seasonings

1½ Tbsp ground cumin  
1½ Tbsp lime zest  
2 tsp ground coriander  
2 tsp garlic powder  
1 Tbsp onion powder

#### Other Ingredients

13½ oz coconut milk, full fat, or lite coconut milk, or almond milk  
3 cups chicken bone broth (low sodium)  
Sea salt, to taste  
Pepper, to taste  
15 oz white (cannellini) beans, drained  
¾ cup frozen corn

#### Garnish

Fresh cilantro (coriander), to taste  
Lime, juice only, to taste

#### Optional - For Thicker Soup

1½ Tbsp arrowroot starch  
2 Tbsp water

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## Steps

1. Pull apart Rotisserie chicken meat, no skin. Set aside.
  2. Set a pot on medium heat and once hot, add oil, garlic, onion, and bell pepper. Cook for 2 – 3 minutes until the onion turns translucent, but ensure it is not burning.
  3. Add the cooked chicken meat along with the seasonings. Continuously stir for 1 minute until fragrant. Then pour in coconut milk and stir until it is a consistent broth, about 1 – 2 minutes. Then pour in the chicken bone broth, white beans, and a few pinches of sea salt & pepper. Reduce the heat to low, then cover and cook for at least 20 minutes.  
Note: For raw chicken, once the white broth is mixed, simply add the chicken breasts to the pot – the broth should cover them.
  4. Cook and after 20 minutes or so, remove them from the pot and pull the chicken apart.)
  5. If needed, add more broth or water after 20 minutes. Some of the beans should have exploded to thicken it, like regular chili. Just make sure the beans are not burning in the bottom of the pan.
  6. Add corn and fresh cilantro, and cover and cook for an additional 5 – 10 minutes on low.
  7. Season to taste with sea salt & pepper, lime juice and cilantro. Enjoy by itself or with brown rice, cauliflower rice or quinoa.
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## Nutrition

Approx macros for 1 of 4 servings  
Calories 489  
Carbs 30g  
Fat 21g  
Protein 42g  
Sugar 7g Fiber 8g

# Low-Carb Fried Rice

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## Ingredients

### Serves 5

#### Main Ingredients

1 large head cauliflower, makes about 5 cups of raw cauliflower “rice” per large head  
1½ lb chicken thighs, boneless, cut into 1-inch chunks. substitutes: chicken breast, shrimp, flank steak, portobello mushrooms  
2 Tbsp sesame oil  
1 Tbsp garlic, minced  
2 green onions, chopped  
1 Tbsp fresh ginger, optional, but recommended  
1 cup cooked brown rice, optional, but recommended  
2 eggs, lightly beaten  
1 cup frozen shelled edamame beans, or frozen peas  
½ cup carrot, shredded  
3 Tbsp soy sauce (low sodium)

#### Garnish

Sesame seeds  
Red chili pepper sauce

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## Steps

1. Remove stems from cauliflower and slice into large chunks. Use a cheese grater (with large holes) to grate the cauliflower (florets only, not the stem) onto a cheesecloth or heavy-duty paper towel. Wrap up “rice” in the cheesecloth and squeeze out the excess moisture/water, then set the rice aside in a bowl. Repeat for each chunk.
  2. Set a large nonstick wok or skillet on high heat. Once hot, lightly spray with avocado oil and add the chicken. Cook until the chicken pieces are seared on the outside and cooked through, about 8 minutes. Then remove the chicken from the skillet and set aside.
  3. Place the skillet on medium heat, and once the skillet has cooled down, add the oil, green onion, ginger and garlic. Cook for 1-2 minutes until fragrant.
  4. Increase the heat to high, then add the cauliflower rice and the brown rice. Mix everything together and cook in the skillet for 2 minutes.
  5. Make a hole in the middle of the skillet and pour in the eggs. Quickly scramble the eggs in the middle of the skillet and then chop them up and begin folding everything together. Add the chicken and continue folding everything together.
  6. Fold in the edamame and carrots and then season with soy sauce. Continue stirring and allow the heat of the dish to thaw the edamame. Remove from the heat.
  7. Garnish and enjoy!
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## Nutrition

Approx macros for 1 of 5 servings

Calories 397

Carbs 24g

Fat 19g

Protein 34g Sugar 6g Fiber 7g

## Butter Garlic Pork & Green Beans

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### Ingredients

#### Serves 4

#### Main Ingredients

Avocado oil spray

2 lb lean pork sirloin, cut into 1-inch cubes, substitutes: chicken breasts; turkey cutlets; lean flank steak

4 Tbsp ghee or butter, separated into 4 separate servings, or coconut oil

4 cups green beans, raw

½ lemon, juice only

2 Tbsp garlic, minced, or less if desired

#### Seasonings

1 Tbsp Italian seasoning

1½ Tbsp onion powder & garlic powder

1 pinch sea salt

1 pinch pepper

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### Steps

1. Spray pork cubes with a little oil. Add the seasonings and rub it all over the cubes. Let them rest/marinate for about 5 – 10 minutes at room temperature as you continue prepping the rest of the recipe.
  2. Set a skillet on high heat. Once hot, add ¼ of the quantity of butter and melt it, then immediately add pork. Allow the pork to rest in the skillet for about 1-2 minutes to sear, then begin stirring in the skillet. As the pork cooks through, about 3 – 5 minutes, add another ¼ quantity of butter and stir it over the pork.
  3. Empty the pork into a bowl, then place skillet back on the heat.
  4. Add a little more butter, then add the green beans. Squeeze in lemon, then cover the skillet to let the green beans sear and soften for 1 – 2 minutes. Remove the lid and begin stirring.
  5. Reduce the heat to medium, then add pork back to the skillet, along with fresh garlic. Add the final ¼ serving of butter. Season to taste with sea salt & pepper.
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### Nutrition

Approx macros for 1 of 4 servings

Calories 388

Carbs 8g

Fat 26g

Protein 36g

Sugar 2g

Fiber 3g

# Quick Beef Pepper Steak Meal Prep

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## Ingredients

### Serves 4

#### Main Ingredients

3 bell peppers, I used 3 different colors

1 lb lean flank steak, chopped into 1-inch pieces, vegan substitute: portobello mushroom caps, eggplant

1 Tbsp avocado oil, or olive oil, coconut oil

1 Tbsp garlic, minced

½ cup onion, diced

#### Sauce

1½ Tbsp arrowroot starch, or corn starch or tapioca starch

3 Tbsp soy sauce (low sodium)

4 oz beef bone broth, low sodium

2 tsp coconut sugar or palm sugar

2 tsp sesame oil

2 Tbsp sriracha sauce, or more / less to taste

#### Garnish

1 Tbsp sesame seeds

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## Steps

1. Mix together the ingredients for the sauce and set aside.
  2. Set a skillet on high heat. Once hot, lightly spray with avocado oil, then add bell peppers. Allow them to rest in the skillet (without agitating) for 1 minute or until the outside becomes seared and begins to blister. Then stir for 1 additional minute and remove from the skillet.
  3. Place the skillet back on high heat, then add the beef. Allow it to rest in the skillet until one side begins to sear, then begin stirring for 1 additional minute and remove from the skillet.
  4. Reduce the heat of the skillet to medium high. Once the skillet has cooled down, add the avocado oil, garlic, and onions. Caramelize until the onions turn brown and translucent, about 2 minutes. Then add both the beef and peppers back to the skillet. Mix for 1 minute.
  5. Make a hole in the skillet. Pour in the sauce. As soon as it starts to bubble and turn shiny, remove from the skillet from the heat and stir quickly so the sauce doesn't clump or become slimy.
  6. Mix and fold everything. Garnish with sesame seeds and enjoy!
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## Nutrition

Approx macros for 1 of 4 servings

Calories 350

Carbs 17g

Fat 17g

Protein 35g

Sugar 9g Fiber 5g

# One-Skillet Green Chile Enchilada Chicken And Rice

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## Ingredients

### Serves 6

1½ cups brown rice, uncooked  
1½ lb chicken breasts, cut into 1-inch chunks  
Avocado oil spray, or olive oil spray  
1 Tbsp olive oil, or avocado oil  
1 Tbsp garlic, minced  
½ cup onion, chopped  
1 green bell pepper, diced  
2 tsp ground cumin  
1½ cups homemade enchilada sauce, or shop-bought GREEN enchilada sauce  
½ cup water  
4 oz whole green chiles, diced  
2 corn tortillas, soft, chopped into pieces  
1 cup Monterey jack cheese  
Sea salt, to taste  
Pepper, to taste  
Fresh cilantro (coriander)

## Steps

1. Set oven to 400°F
2. Cook rice according to instructions on the packet and set aside to cool.
3. Set a large (nonstick) skillet on medium-high heat, and once hot, spray with avocado oil then add chicken breast pieces. Sear the outside for the chicken for 4-6 minutes, or until the edges turn brown. Remove the chicken from the skillet and no worries if it is not fully cooked yet.
4. Reduce the heat to medium, then add oil, garlic, onion, and bell pepper. Sauté until the onions turn brown and translucent, about 3 minutes. Once the onions turn brown, sprinkle in the cumin, and stir for an additional 1 minute.
5. Add the rice and chicken back to the skillet and continue to fold everything together.
6. Add the diced/chopped corn tortillas and fold together.
7. Add the enchilada sauce, water and green chiles. Add a pinch of sea salt & pepper and fold everything together. Slightly increase the heat to bring it to simmer, then reduce the heat to low, and cover and cook for 6-8 minutes (or up to 20 minutes) and be careful to ensure it's not burning.
8. Remove the cover and stir one final time and sprinkle on cheese. Either place the cover back on to melt the cheese, or place in the oven for 3-5 minutes to melt and brown the cheese.
9. Garnish and enjoy!

## Nutrition

Approx macros for 1 of 6 servings Calories 408 Carbs 42g Fat 12g Protein 34g Sugar 3g Fiber 3g

# SNACKS

## Cinnamon Pineapple Protein “Pudding”

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### Ingredients

#### Serves 1

1 cup cottage cheese (2% fat)  
¾ cup pineapple, diced or chopped  
1 Tbsp cinnamon

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### Steps

1. Add cottage cheese to a bowl or container.
  2. Dice and add chopped pineapple on top.
  3. Sprinkle over some cinnamon to finish.
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### Nutrition

Approx macros for 1 serving

Calories 260

Carbs 31g

Fat 5g

Protein 24g

Sugar 21g

Fiber 4g

## Green Smoothie with Nuts

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### Ingredients

#### Serves 1

#### Smoothie

8 oz almond milk, or water

1 scoop vanilla isolate whey protein, or vegan protein powder

1½ cups spinach (raw)

1 apple, green, medium-sized

#### Nuts

¼ cup pecans, or your choice of nuts

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### Steps

1. Add all the ingredients - except the nuts - to a high-powered blender and blend until smooth.
  2. Enjoy the green smoothie with the nuts.
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### Nutrition

Approx macros for 1 serving

Calories 270

Carbs 28g

Fat 5g

Protein 28g

Sugar 16g

Fiber 6g

## Hummus & Peppers

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### Ingredients

#### Serves 1

¾ cup hummus

1½ cups sweet mini red bell peppers, halved

1 Tbsp za'atar spice blend, optional

1 Tbsp feta, crumbled, optional

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### Steps

1. Enjoy hummus with freshly sliced mini bell peppers.

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**Nutrition** Approx macros for 1 serving Calories 380 Carbs 47g Fat 17g Protein 12g Sugar 10g Fiber 11g

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## Melon, Prosciutto & Mozzarella

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### Ingredients

#### Serves 1

2 sticks string cheese, mozzarella

2 slices prosciutto, or sliced turkey meat

1 cup watermelon, cubed

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### Steps

1. Wrap a slice of the prosciutto around one of the string cheese sticks. Repeat for the others (if you decide to eat more).

2. Enjoy with freshly chopped watermelon.

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### Nutrition

Approx macros for 1 serving

Calories 270

Carbs 14g

Fat 15g

Protein 23g

Sugar 10g

Fiber 1g



## Spicy Cucumbers Over Greek Yogurt

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### Ingredients

#### Serves 1

1 cucumber, peeled and chopped  
1 Tbsp olive oil  
1 Tbsp red pepper flakes, or Korean red chili flakes  
1 lemon, juice only, optional  
1 pinch sea salt, or liquid aminos  
1 cup Greek yogurt (2% fat)

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### Steps

1. Toss the cucumber in oil and red chili flakes. Enjoy over chilled Greek yogurt.
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### Nutrition

Approx macros for 1 serving

Calories 330 Carbs 16g Fat 19g Protein 24g Sugar 12g Fiber 2g

## Spicy Edamame Snack Pot

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### Ingredients

#### Serves 1

#### Main Ingredients

1 cup frozen shelled edamame beans  
½ Tbsp olive oil  
1 tsp sesame oil  
2 Tbsp red chili pepper sauce, or sriracha sauce  
1 Tbsp Bragg liquid aminos or low-sodium soy sauce

#### Protein Boost (Optional)

1 scoop vegan protein powder, or whey protein powder

Water

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### Steps

1. If enjoying right away, defrost edamame peas with hot water. Or let them thaw in the snack-pot throughout the day.
  2. Add ingredients to a sealable container and shake to mix. Enjoy!
- 

### Nutrition

Approx macros for 1 serving

Calories 370 Carbs 27g Fat 20g Protein 28g Sugar 8g Fiber 10g

## Apple, Celery, Peanut Butter & Cottage Cheese Snack

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### Ingredients

Serves 1

#### Main Ingredients

½ apple

1 stalk celery

2 Tbsp peanut butter

4½ oz cottage cheese (2% fat), substitute: Greek yogurt

#### Garnish

Cinnamon

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### Steps

Note: If you do not like cottage cheese, simply swap it for 2% Greek yogurt.

1. Place all the ingredients into a meal prep container, with separate compartments for the cottage cheese and peanut butter.

Tip: To stop the chopped apple from going brown, you can either avoid slicing it until ready to eat or coat the slices in lemon juice.

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### Nutrition

Approx macros for 1 serving

Calories 371

Carbs 24g

Fat 18g

Protein 26g

Sugar 18g

Fiber 6g

## Celery, Avocado, Bell Pepper & Egg Snack

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### Ingredients

#### Serves 1

1 egg  
½ avocado, ripe  
1 stalk celery  
2 slices red bell peppers  
2 slices yellow bell peppers  
Sea salt, to taste  
Pepper, to taste

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### Steps

Tip: To cut down on the amount of time to prepare these snacks each day, consider cooking a batch of whole boiled eggs in advance.

1. Bring a pot of water to a boil. Add egg(s) and cook until hard boiled, around 8 - 10 minutes. Once the time has passed, immediately place the eggs in a bowl of ice water so they stop cooking and so they are easier to peel.
2. Make sure the avocado is ripe enough to be mashed with a fork. Then chop up the egg and the bell pepper and mix everything together. Instead of using chips, enjoy the mix with fresh celery sticks.

Tip: I recommend halving and adding the avocado the morning you're going to eat the meal and squirting a little lime on top to prevent any browning.

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### Nutrition

Approx macros for 1 serving

Calories 218

Carbs 9g

Fat 18g

Protein 9g

Sugar 4g

Fiber 10g

# Protein Breakfast Cookies

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## Ingredients

Serves 8

### Dry Ingredients

2 cups rolled oats (uncooked), NOT instant oats

2 scoops vanilla isolate whey protein, I recommend a flavored protein because it is usually lightly sweetened so no need for sugar or honey

¼ cup wheat flour, substitute: oat flour, sorghum flour, fine almond flour

1 tsp baking soda

1 tsp cinnamon

### Wet Ingredients

1 egg

4 oz apple sauce, unsweetened

½ cup almond butter, substitute: peanut butter, cashew butter

1 Tbsp organic raw honey, I used Manuka honey with 75% bee pollen for the added health benefits, but regular raw honey is just fine

1 tsp vanilla extract, optional

### Extras

¼ cup dried cherries, optional, naturally dried with no sugar added

3 Tbsp dark chocolate, sweetened by Stevia not sugar, if possible, to keep sugar calories lower

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## Steps

1. Set oven to 350°F
  2. Mix dry ingredients together in a bowl.
  3. Mix wet ingredients together in a separate bowl.
  4. Add wet ingredients to the dry ingredients and mix thoroughly. Toss in any dried fruit or dark chocolate and mix.
  5. Evenly divide the batter using a spoon or ice cream scoop onto a baking sheet lined with parchment, then gently mash down on each circle since the cookies will not rise too much in the oven.
  6. Bake for no more than 8 minutes, then allow them to cool on a towel or a cooling rack. They will harden and become chewy as they cool.
- 

## Nutrition

Approx macros for 1 of 8 cookies

Calories 280

Carbs 32g

Fat 13g

Protein 16g

Sugar 8g

Fiber 6g