

1st EDITION

# Evolved Cookbook

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Health Coach



## 40 Healthy Recipes

*Breakfast*  
*Lunch*  
*Dinner*  
*Dessert*  
*Protein Shakes*

Up to 70% less calories than traditional recipes!



*The EASY WAY to Cook Healthy Foods with Mouthwatering Flavor*

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For additional information  
[Evolvedpersonaltraining.com](http://Evolvedpersonaltraining.com)

# ABOUT EVOLVED

Since 2010, Evolved has been helping people achieve their fitness goals through nutrition coaching and fitness training. Now, Evolved brings you their secret recipes straight to your kitchen with one of the top fitness cookbooks available. You will find 40 of the best macro-friendly recipes in this cookbook!

Years ago, Cherish was tired of the boring "chicken breast with rice and veggies" meal most health minded individuals seem to find themselves eating so often, so she set out to make creative and innovative healthy recipes that can fit into anyone's lifestyle.

Recipes are conveniently organized in color-coded sections:

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Each recipe includes nutritional information valuable to anyone wishing to gain muscle and lose body fat while pursuing a healthy lifestyle.

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Fruit & Veggie  
Cheesecake

# SCRAMBLED EGG BURRITO

## BREAKFAST

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### INGREDIENTS

Non-Stick Cooking Spray

1 Large Egg

3 Egg Whites

½ tsp Paprika

1 Low Carb Tortilla

2 tbsp Salsa

1 tsp Hot Sauce

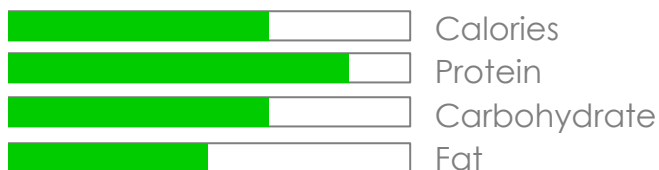
### INSTRUCTIONS

1. Prepare medium skillet with non-stick spray.
2. Mix together egg whites, egg, and paprika.
3. Cook over medium heat to desired consistency.
4. Microwave tortilla for 20 seconds (10 seconds on each side).
5. Place cooked eggs on warm tortilla. Add salsa and hot sauce, then fold tortilla into burrito shape.
6. Serve and Enjoy!

1 Serving | (per serving)

Calories: 290 | 19 g Carbohydrates | 8 g Fat | 29 g Protein

### MACRONUTRIENTS



# Scrambled Egg Burrito



# GREEK SPINACH WRAP

## BREAKFAST

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### INGREDIENTS

Non-Stick Cooking Spray  
4 Egg Whites  
1 Cup Chopped Baby Spinach  
¼ Cup Feta Cheese  
2 oz. Cherry Tomatoes, sliced  
1 Low Carb Tortilla

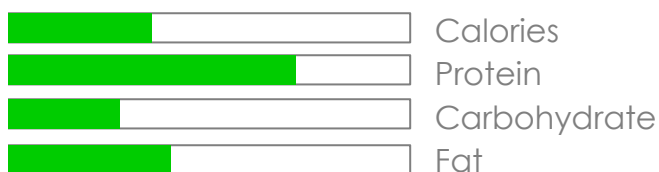
### Instructions

1. Prepare medium skillet with non-stick spray.
2. Add egg whites and spinach. Scramble over medium heat until fully cooked.
3. Add feta cheese and mix well.
4. Spread chopped tomatoes in tortilla, add egg mixture, roll, and serve.
5. Enjoy!

1 Serving | (per serving)

Calories: 175 | 8 g Carbohydrates | 10 g Fat | 18 g Protein

### MACRONUTRIENTS



# SCRAMBLED EGG, TOMATO AND TURKEY

## BREAKFAST

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### INGREDIENTS

Non-Stick Cooking Spray

3 Egg Whites

1 Large Egg

4 Slices Deli Turkey Lunchmeat, chopped

3 oz. Cherry Tomatoes, sliced

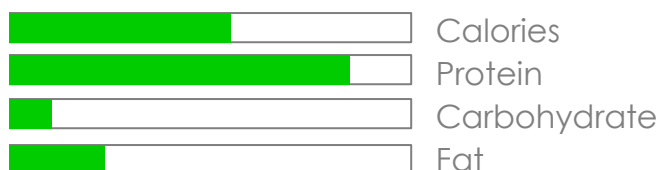
### INSTRUCTIONS

1. Prepare medium skillet with non-stick spray.
2. Whisk together egg whites and egg.
3. Scramble eggs lightly adding turkey and tomatoes over medium heat until eggs are fluffy.
4. A delicious way to start the day!

1 Serving | (per serving)

Calories: 230 | 5 g Carbohydrates | 9 g Fat | 29 g Protein

### MACRONUTRIENTS



# BREAKFAST CASSEROLE

## BREAKFAST

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### INGREDIENTS

Non-stick Cooking Spray  
8 oz. Cooked Turkey Sausage Patties, diced  
2 Cups Yellow Potatoes, cubed  
3 Cups Egg Whites, whisked  
1 Cup Low fat Milk  
1 tsp Garlic Powder  
1 tsp Ground Black Pepper  
1/4 Cup Onion, chopped  
1/2 Cup Shredded Cheese  
1 tsp Paprika

### Instructions

- 1) Spray 9 x 13 baking dish with non-stick cooking spray and preheat oven to 350°F.
- 2) Combine Turkey sausage and potatoes and spread evenly in dish.
- 3) To whisk eggs, add milk, garlic powder, pepper until well combined.
- 4) Pour egg mixture over sausage and potatoes. Cover with chopped onion and cheese. Sprinkle with paprika.
- 5) Bake for 40 minutes.
- 6) Remove from the oven, cut into 8 slices, and enjoy warm or cold.

8 Servings | (per serving)

Calories: 207 | 10 g Carbohydrates | 11 g Fat | 17 g Protein

### MACRONUTRIENTS





# Breakfast Casserole



# SOUTHWESTERN BREAKFAST BOWL

## BREAKFAST

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### INGREDIENTS

Non-Stick Cooking Spray  
¾ Cup Egg Whites  
1/8 Cup Black Beans, drained  
¼ Cup Canned Corn, drained  
2 oz. 99% Lean Ground Turkey, cooked  
2 tbsp Salsa  
Pinch of pepper  
1 Cup of Baby Spinach  
¼ low-fat Cheddar Cheese  
1 tsp Hot Sauce

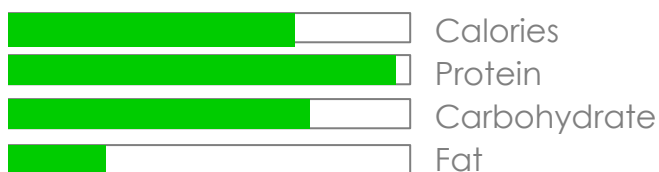
### Instructions

1. Prepare medium skillet with non-stick spray.
2. Pour egg whites, black beans, and corn in to pan. Cook over medium heat until eggs are fluffy.
3. Add cooked ground turkey, salsa, and pepper to cooked eggs.
4. Place baby spinach into bottom of a bowl. Add cooked egg mixture to bowl.
5. Top with cheese and hot sauce for additional flavor.

1 Serving | (per serving)

Calories: 330 | 23 g Carbohydrates | 6 g Fat | 39 g Protein

### MACRONUTRIENTS



# Southwestern Breakfast Bowl



# EGG WHITE BREAKFAST SANDWICH

## BREAKFAST

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### INGREDIENTS

Non-Stick Cooking Spray  
1 Light English Muffin  
½ Cup Egg Whites  
2 tbsp low-fat Cheddar Cheese  
1 tsp Hot Sauce  
1 oz. Pepperoncini, sliced  
2 tsp Dijon Mustard

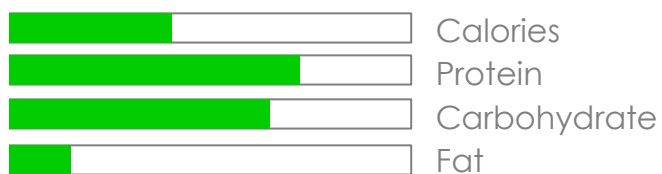
### Instructions

1. Toast English Muffin and set aside.
2. Prepare medium skillet with non-stick spray.
3. Pour egg whites into skillet and scramble on medium heat.
4. Add cheese, hot sauce, and pepperoncini. Once cheese melts, place eggs onto toasted English muffin.
5. Top eggs with Dijon Mustard and serve.
6. Tasty!

1 Serving | (per serving)

Calories: 280 | 25 g Carbohydrates | 7 g Fat | 26 g Protein

### MACRONUTRIENTS



# BLUEBERRY PROTEIN CREPES

## BREAKFAST

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### INGREDIENTS

Non-Stick Cooking Spray  
1 Scoop Vanilla Protein  
½ Cup Egg Whites  
½ Cup Fresh Blueberries  
2 tsp Stevia

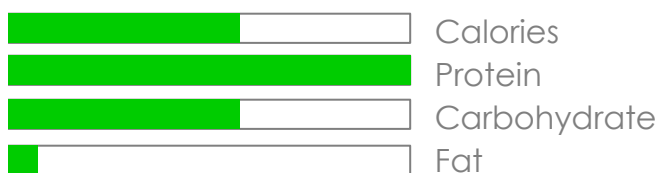
### INSTRUCTIONS

1. Place vanilla protein, egg whites and stevia into blender and blend.
2. Prepare medium skillet with non-stick cooking spray. (Cast iron if available)
3. Heat skillet and pour 1/3 Cup of the batter onto pan and cover with lid.
4. Cook until bubbles form, flip crepe to cook other side.
5. Place blueberries into folded crepe and lightly dust with vanilla protein.
6. Repeat process for remaining batter.
7. Heavenly!

1 Serving | (per serving)

Calories: 280 | 17 g Carbohydrates | 4 g Fat | 40 g Protein

### MACRONUTRIENTS



# CINNAMON FRENCH TOAST

## BREAKFAST

---

### INGREDIENTS

½ Cup Egg Whites

2 Slices Whole Wheat Toast (Under 50 calories per slice)

Pinch Vanilla Protein

1 tsp Cinnamon

### INSTRUCTIONS

1. Whisk egg whites and pour into shallow container.
2. Dip bread slices into egg whites, fully coating each side.
3. Prepare medium skillet with non-stick cooking spray.
4. Place bread in pan and cook until golden brown on each side.
5. Sprinkle cinnamon and vanilla protein powder onto each side.
6. Scrumptious treat!

1 Serving | (per serving)

Calories: 125 | 21 g Carbohydrates | 1 g Fat | 15 g Protein

### MACRONUTRIENTS



# Cinnamon French Toast



# BANANA SPLIT PROTEIN OATMEAL

## BREAKFAST

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### INGREDIENTS

- ½ Cup Steel Cut Oats
- 1 (5-6 oz.) Plain Greek Yogurt
- ½ Scoop Vanilla Protein
- 1 Medium Banana, sliced
- 1 tbsp Unsweetened Baking Cocoa
- 1 tbsp Sugar-Free Chocolate Syrup

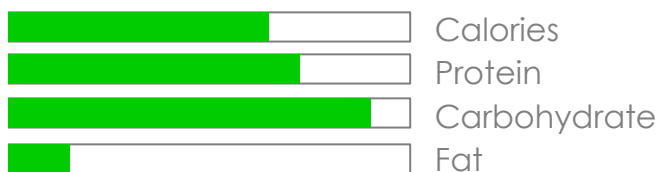
### INSTRUCTIONS

1. Microwave steel cut oats (or) cook on stove top as directed on packaging.
2. In another bowl, mix yogurt and protein powder.
3. Add steel cut oats to yogurt mixture.
4. Place sliced banana on top of mixed oats.
5. Sprinkle cocoa and sugar-free chocolate syrup on top.
6. Yummy!

1 Serving | (per serving)

Calories: 360 | 54 g Carbohydrates | 2 g Fat | 33 g Protein

### MACRONUTRIENTS





# PEANUT BUTTER PROTEIN OATMEAL

## BREAKFAST

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### INGREDIENTS

- ½ Cup Steel Cut Oats
- ¾ Cup Unsweetened Almond Milk
- ¼ Cup Water
- 1 tbsp Natural Peanut Butter
- 1 Scoop Vanilla Protein

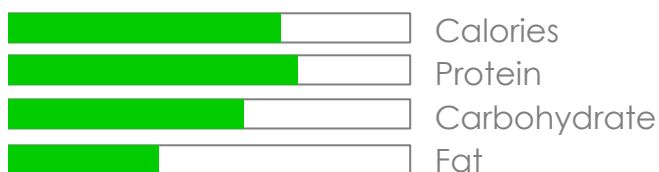
### INSTRUCTIONS

1. Microwave steel cut oats, unsweetened almond milk, and water (or) cook on stove top as directed on packaging.
2. In another bowl, mix peanut butter and vanilla protein.
3. Add steel cut oats to peanut butter mixture and stir.
4. A favorite!

1 Serving | (per serving)

Calories: 310 | 22 g Carbohydrates | 13 g Fat | 27 g Protein

### MACRONUTRIENTS



# SOUTHWESTERN STYLE CHICKEN WRAP

## LUNCH

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### INGREDIENTS

Non-Stick Cooking Spray  
3 oz. Chicken Breast  
2 Romaine Lettuce Leaves  
2 tbsp Guacamole  
2 tbsp Salsa  
¼ Cup Shredded Fat-Free Cheddar Cheese

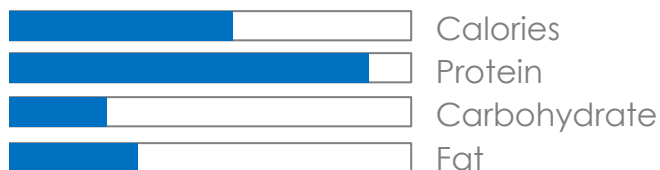
### INSTRUCTIONS

1. Prepare medium skillet with non-stick cooking spray.
2. Cook chicken until juices run clear and no pink appears and slice.
3. Spread lettuce leaves with 1 tbsp guacamole on each and top with salsa, cheddar cheese, and chicken.
4. Season with ground black pepper, if desired.
5. Enjoy!

1 Serving | (per serving)

Calories: 280 | 9 g Carbohydrates | 10 g Fat | 34 g Protein

### MACRONUTRIENTS



# APPLE WALNUT CHICKEN SALAD

## LUNCH

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### INGREDIENTS

- 1 Cup Green Leaf Lettuce, shredded
- 3 oz. Grilled Chicken, sliced
- ½ Medium Apple, diced
- 1 tbsp Walnuts, chopped
- 1 tbsp Dried Cranberries
- 1 tbsp Blue Cheese Crumbles
- 1 tbsp Sweet Onion Vinaigrette

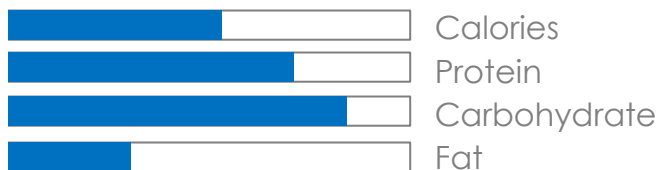
### INSTRUCTIONS

1. In a large bowl toss together shredded lettuce, grilled chicken, and diced apple.
2. Top mixture with walnuts, cranberries, blue cheese crumbles, and sweet onion vinaigrette.
3. Mix well and serve.

1 Serving | (per serving)

Calories: 280 | 29 g Carbohydrates | 10 g Fat | 20 g Protein

### MACRONUTRIENTS



# CHICKEN QUESADILLAS

## LUNCH

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### INGREDIENTS

Non-Stick Cooking Spray  
3 oz. Chicken Breast  
1 tsp Taco Seasoning  
1 Whole Wheat Tortilla  
¼ Cup low-fat Cheddar Cheese  
2 tbsp Onion, chopped  
1 tbsp Bell Pepper, chopped  
2 tsp Lemon Juice  
1 tbsp Chipotle Ranch Sauce

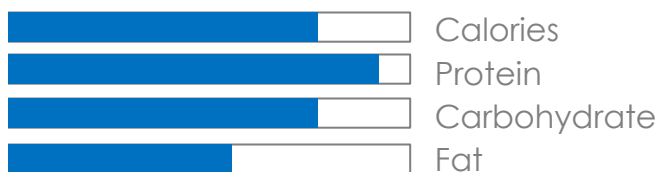
### INSTRUCTIONS

1. Prepare medium skillet with non-stick cooking spray.
2. Cook chicken until juices run clear and no pink appears and slice.
3. Place chicken in a bowl and season with taco seasoning.
4. Place tortilla in skillet and add chicken to half of the tortilla.
5. Sprinkle cheese on top of chicken and melt.
6. Cover with onion, bell pepper and drizzle with lemon juice.
7. Fold tortilla in half and cover skillet. Cook for 3-5 minutes and remove.
8. Cut in half and top with chipotle ranch.
9. Perfect lunch!

1 Serving | (per serving)

Calories: 325 | 24 g Carbohydrates | 17 g Fat | 30 g Protein

### MACRONUTRIENTS



# Chicken Quesadillas



# STRAWBERRY-TURKEY SALAD

## LUNCH

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### INGREDIENTS

- 2 Cups Spring Salad Mix
- 1 Cup Fresh Strawberries, sliced
- 4 oz. Deli Turkey Lunch Meat, diced
- 1 tbsp Almonds, chopped
- 2 tbsp Low-Fat Raspberry Vinaigrette Dressing

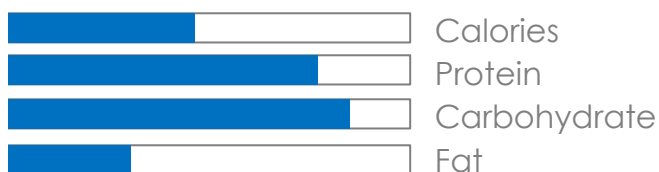
### INSTRUCTIONS

1. Place salad mix, sliced strawberries, diced turkey, and almonds in a bowl and toss.
2. Top with dressing, mix well and serve.
3. Easy and tasty!

1 Serving | (per serving)

Calories: 285 | 25 g Carbohydrates | 9 g Fat | 31 g Protein

### MACRONUTRIENTS



# Strawberry-Turkey Salad



# MINI SALAD PITA POCKET

## LUNCH

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### INGREDIENTS

- 1 Pita Pocket
- 1 Cheese Slice
- 2 Deli Turkey Slices
- ¼ Cup Cucumber, diced
- 4 Cherry Tomatoes, diced
- ¼ Cup Shredded Lettuce
- 2 tbsps fat-free Ranch Dressing

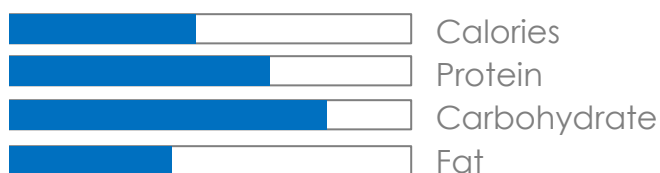
### INSTRUCTIONS

1. Open pita and fill with cheese, turkey, cucumber, tomatoes, and lettuce.
2. Drizzle with Ranch dressing.
3. Satisfying!

1 Serving | (per serving)

Calories: 250 | 34 g Carbohydrates | 8 g Fat | 13 g Protein

### MACRONUTRIENTS





# Mini Salad Pita Pocket



# GROUND TURKEY STUFFED PEPPER

## LUNCH

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### INGREDIENTS

Non-Stick Cooking Spray  
½ Cup Onion, diced  
1 lb. 99% Lean Ground Turkey  
2 tsp Taco Seasoning  
¼ Cup Tomato Sauce  
1 tsp Cilantro  
3 Bell Peppers, halved and cleaned  
¼ Cup low-fat Cheddar Cheese

### INSTRUCTIONS

1. Preheat oven to 400°F.
2. Cover bottom of a baking pan with aluminum foil. Use enough to fold over sides of pan.
3. Prepare medium skillet with non-stick cooking spray.
4. Sauté onions, then add Ground Turkey to skillet stirring to separate to small pieces.
6. Brown Ground Turkey and onions until perfectly cooked.
7. Add taco seasoning to turkey mixture.
8. Mix in tomato sauce and cilantro.
9. Fill each halved pepper with mixture and place on baking pan.
10. Bake for 30 minutes.
11. Top with shredded cheddar cheese.
12. Bake for an additional 5 minutes or until cheese is melted.
13. Delectable!

3 Servings | (per serving)

Calories: 290 | 14 g Carbohydrates | 4 g Fat | 46 g Protein

# ORANGE CHICKEN RICE BOWL

## LUNCH

### INGREDIENTS

- 1 Cup Brown Rice
- 1 tbsp Sesame Oil
- 1 lb. Lean Ground Chicken
- 2 tbsp Ginger, grated or minced
- 2 tsp Garlic, minced
- ½ tsp Red Pepper Flakes
- ½ Cup Orange Juice
- 3 tbsp Lite Soy Sauce
- 6 Cups Broccoli Florets, cooked

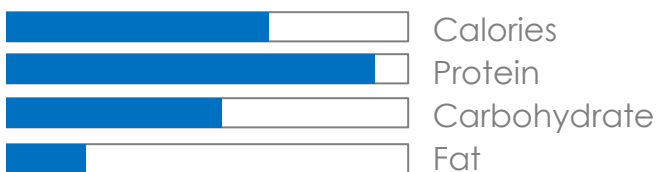
### Instructions

1. Cook brown rice as directed or to your preference.
3. Add chicken to sesame oil over medium heat and brown on all sides.
4. Once chicken is browned, add ginger, garlic, red pepper flakes, orange juice, and soy sauce.
5. Simmer on low heat for 3-5 minutes, or until sauce has thickened. Stir and remove from heat.
6. Mix rice, chicken, and broccoli together in a large bowl.
7. Perfect for friends!

4 Servings | (per serving)

Calories: 310 | 25 g Carbohydrates | 7 g Fat | 37 g Protein

### MACRONUTRIENTS



# EGG ROLL IN A BOWL

## LUNCH

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### INGREDIENTS

Non-Stick Cooking Spray

1 lb. Lean Ground Chicken (can use ground turkey)

1 tsp Ginger, minced

3 tbsp Lite Sodium Soy Sauce

1 tsp Sesame Oil

4 Cups Shredded Green and Red Cabbage, and Carrots, mixed

3 Green Onion stalks, chopped

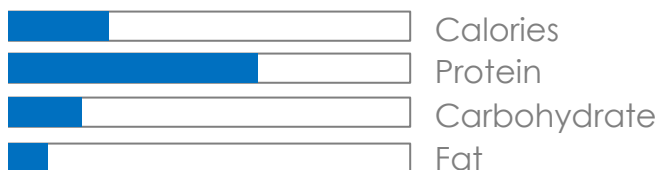
### INSTRUCTIONS

1. Prepare medium skillet with non-stick cooking spray.
2. Cook ground chicken as desired, add the ginger and stir.
3. Add soy sauce, sesame oil, cabbage, and carrots to skillet and mix until coated with sauce.
4. Add green onions, mix thoroughly, and cook on medium high heat until the cabbage and carrots have reduced by half.
5. Great for sharing!

6 Servings | (per serving)

Calories: 130 | 4 g Carbohydrates | 2 g Fat | 22 g Protein

### MACRONUTRIENTS



# Egg Roll in a Bowl



# MARINATED TUNA STEAK

## LUNCH

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### INGREDIENTS

- 1 tbsp Shallots, diced
- 1 tbsp Fresh Basil, chopped
- 2 Pinches of Salt
- 1 Pinch Chili Powder
- 1 tbsp Extra Virgin Olive Oil
- 2 tsp Lemon Juice
- 6 oz. Albacore or Yellowfin Tuna Steak
- Olive Oil Cooking Spray

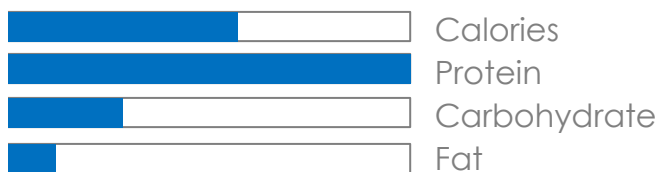
### INSTRUCTIONS

1. Place shallots, basil, salt, chili powder, olive oil and lemon juice into small bowl, mix well.
2. Coat the tuna with mixture.
3. Spray non-stick cooking spray onto medium skillet. Heat tuna over medium heat.
4. Cook and turn until lightly browned on all sides.
5. Note: Tuna will be rare and can be cooked to personal reference.

1 Serving | (per serving)

Calories: 325 | 2 g Carbohydrates | 26 g Fat | 43 g Protein

### MACRONUTRIENTS



# Marinated Tuna Steak



# GARLIC COD

## LUNCH

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### INGREDIENTS

6 oz. Cod Fillet  
1 tbsp Ghee  
½ tbsp Garlic, minced  
½ tsp Garlic Powder  
Pinch of Salt

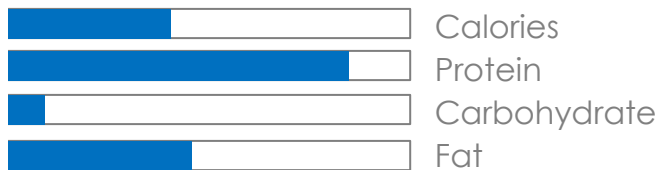
### INSTRUCTIONS

1. In nonstick skillet melt the ghee, then add the garlic and sauté.
2. When the garlic is warm, add in the cod fillet and sprinkle with garlic powder and salt.
3. Add cod to ghee. Cook 2 minutes turning cod over and cooking for another 3-4 minutes.
4. Delicious!

1 Serving | (per serving)

Calories: 280 | 1 g Carbohydrates | 15 g Fat | 30 g Protein

### MACRONUTRIENTS





# Garlic Cod



# CHICKEN FAJITA SALAD

## DINNER

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### INGREDIENTS

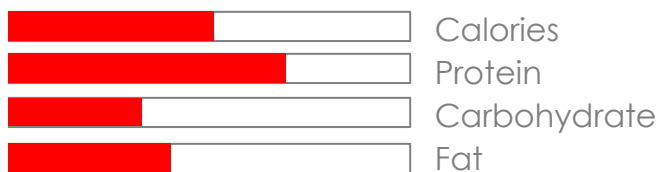
- 1 tbsp Olive Oil
- ¾ Cup Onion, chopped
- 1 lb. Boneless Skinless Chicken Breast, cut into strips
- ½ tsp Cumin
- 2 tsp Oregano
- 1 Cup Bell Peppers, chopped
- Red Leaf Lettuce, shredded
- 2 Tomatoes, chopped
- 1 Avocado, pitted and sliced

### Instructions

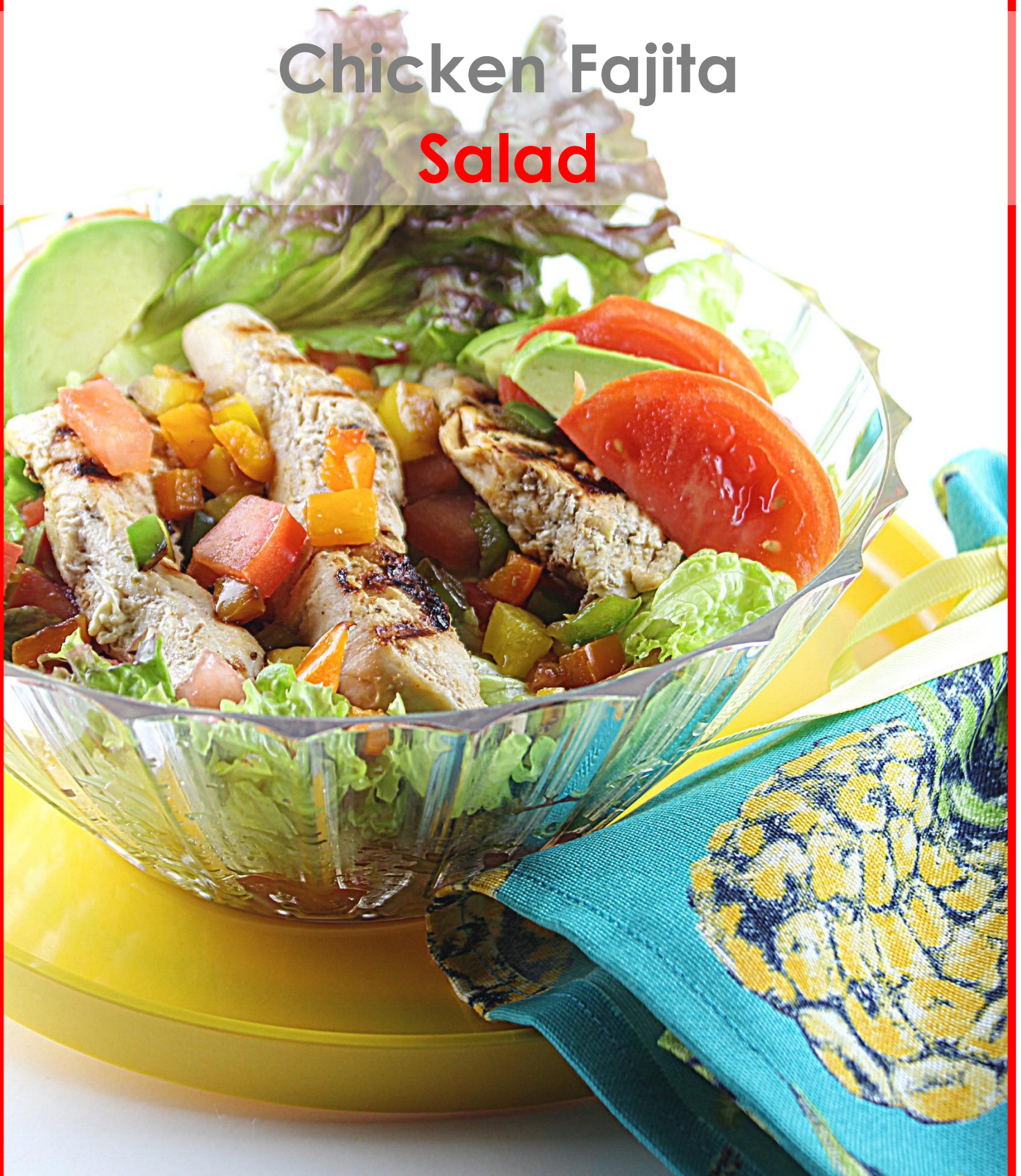
1. Add olive oil to a medium skillet and heat over medium heat.
2. Add chopped onions, sauté until soft.
3. Add the chicken, cumin, and oregano, sauté, stirring often.
4. Add the bell peppers when the chicken has browned.
5. Place shredded lettuce leaf in a bowl. Add tomatoes, toss.
6. Serve the salad topped with 1/3 Cup of the chicken fajita mix. Add the sliced avocado, as desired.

Serves 4 | (per serving)

Calories: 240 | 11 g Carbohydrates | 12 g Fat | 25 g Protein



# Chicken Fajita Salad



# CHICKEN FRIED RICE

## DINNER

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### INGREDIENTS

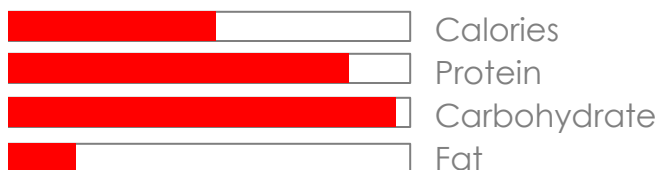
Non-Stick Cooking Spray  
4 oz. Chicken, cooked and diced  
1 Cup Brown Rice, cooked  
1 Egg  
¼ Cup Carrots, diced  
½ Cup Frozen Green Peas  
¼ Cup Snap Green Peas  
1 Cup Broccoli  
2 tbsp Lite Soy Sauce

### INSTRUCTIONS

1. Prepare medium skillet with non-stick cooking spray.
2. Mix cooked chicken, cooked rice, and egg into pan and stir.
3. Add carrots, frozen green peas, snap green peas, broccoli, and soy sauce. Stir until fully cooked.
4. Perfect for a healthy date night.

Serves 2 | (per serving)

Calories: 260 | 35 g Carbohydrates | 5 g Fat | 21 g Protein



# Chicken Fried Rice



# CHICKEN AND BEAN BURRITO

## DINNER

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### INGREDIENTS

- ½ Cup Pinto Beans, cooked
- 2 tsp Ms. Dash Taco Seasoning
- 2 tbsp Salsa
- 1 Whole Wheat Tortilla
- 3 oz. Chicken, cooked and diced
- 2 tbsp Low-Fat Shredded Cheddar Cheese

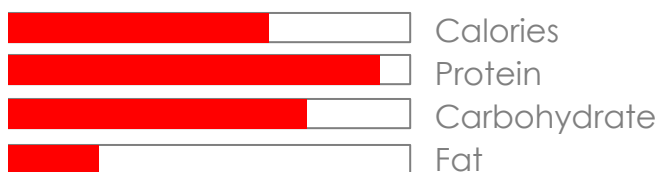
### INSTRUCTIONS

1. Blend beans, taco seasoning and salsa in food processor or blender.
2. Place bean mixture and chicken onto tortilla. Top with shredded cheese.
3. Microwave for 15 seconds, roll burrito. Serve and enjoy!

Serves 1 | (per serving)

Calories: 380 | 33 g Carbohydrates | 9 g Fat | 36 g Protein

### MACRONUTRIENTS



# SOUTHWEST CHICKEN CAULIFLOWER RICE BOWL

## DINNER

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### INGREDIENTS

2 Cups Cauliflower, roughly chopped  
½ tsp Chili Powder  
¼ tsp Ground Cumin  
Dash Garlic Powder  
Dash Paprika  
Non-Stick Cooking Spray  
6 oz. Chicken Breast, boneless  
¼ Cup Corn  
¼ Cup Onions, chopped  
¼ Cup Black Beans, drained and rinsed  
½ Cup Tomato, chopped  
¼ Cup Salsa

### INSTRUCTIONS

1. Place cauliflower in a blender until reduced to rice-sized pieces.
2. In a small bowl, mix all seasonings.
3. Prepare medium skillet with non-stick cooking spray. Season the chicken with half the seasoning mixture.
4. Cook for about 4 minutes per side, until cooked through. Transfer to a cutting board. When cooled, chop chicken and set aside.
5. Remove skillet from medium heat (clean if needed) and re-spray skillet.
6. Return skillet over medium-high heat. Cook and stir corn until hot and slightly blackened. Add cauliflower rice, onion, black beans and remaining seasoning mixture to the skillet. Cook and stir until
7. Add chicken to the skillet. Cook and stir until hot and well mixed, about 2 minutes. Transfer to a medium bowl. Top with tomato and salsa.

2 Servings | (per serving)

Calories: 185 | 24 g Carbohydrates | 2 g Fat | 17 g Protein

# TURKEY BACON CHEESEBURGER

## DINNER

---

### INGREDIENTS

1 lb. Lean Ground Turkey  
2 tbsp Sugar-Free Ketchup  
2 tbsp Plain Gluten Free Breadcrumbs  
2 tsp Dijon Mustard  
Non-Stick Cooking Spray  
½ Cup Shredded Low Fat Cheddar Cheese  
4 (Under 80 Calorie) Wheat Hamburger Rolls  
4 Strips Crisp-Cooked Turkey Bacon, halved  
4 Leaf-Lettuce Leaves  
4 Slices Tomato  
4 Slices White Onion, sliced

### INSTRUCTIONS

1. Combine the turkey, ketchup, breadcrumbs, and mustard in a bowl.
2. With moistened hands, shape the mixture into four 1/2 -inch thick patties.
3. Prepare medium skillet with non-stick cooking spray over medium heat.
4. Put the patties in the skillet, cover, and cook until cooked through, about 4 minutes on each side. Sprinkle the burgers with the shredded cheese, cover, and cook until melted, about 1 minute longer.
5. Serve the burgers in the hamburger rolls, topping each with a strip of turkey bacon.
6. Garnish with lettuce leaves, tomato slices, and onion slices.
7. Sensational twist on original.

4 Servings | (per serving)

Calories: 335 | 27 g Carbohydrates | 13 g Fat | 33 g Protein



# Turkey Bacon Cheeseburger



# TACO SALAD

## DINNER

---

### INGREDIENTS

Non-Stick Cooking Spray  
¼ Cup Onion, chopped  
4 oz. Lean Ground Beef  
1 tsp Taco Seasoning  
1 Cup Lettuce, shredded  
¼ Cup Brown Rice, cooked  
¼ Cup Pinto Beans  
2 tbsp Low Fat Shredded Cheese  
1 tbsp Light Sour Cream

### INSTRUCTIONS

1. Prepare medium skillet with non-stick cooking spray over medium heat.
2. Cook onions for about 2 minutes, then add ground beef taco seasoning to skillet.
3. Cook until beef is fully cooked.
4. In a medium bowl, combine lettuce, brown rice, and pinto beans.
5. Top bowl with seasoned beef and onion mixture, low fat shredded cheese and light sour cream to make a taco salad.
6. Deliciouso!

1 Serving | (per serving)

Calories: 35 | 25 g Carbohydrates | 8 g Fat | 28 g Protein

# ITALIAN BEEF BURGERS

## DINNER

---

### INGREDIENTS

- 1 lb. Lean Ground Beef
- ¼ Cup Ground Almonds
- 2 tbsp Fresh Basil, chopped
- 1 tsp Garlic, minced
- ¼ tsp Sea Salt
- 1 tbsp Olive Oil
- 4 Tomato Slices
- 4 Onion Slices

### INSTRUCTIONS

1. In a medium bowl, mix the ground beef, ground almonds, basil, minced garlic, and salt until well mixed.
2. With moistened hands, shape the mixture into four ½ inch thick patties.
3. Prepare large skillet with olive oil over medium-high heat.
4. Cook the burgers until fully cooked, flipping them once, about 6 minutes on each side.
5. Pat away any excess grease with paper towels and serve burgers with a slice of tomato and onion.

4 Servings | (per serving)

Calories: 112 | 9 g Carbohydrates | 30 g Fat | 28 g Protein

### MACRONUTRIENTS



# PIZZA PITA POCKETS

## DINNER

---

### INGREDIENTS

1 Whole Wheat Pita  
4 tbsp Tomato Paste  
1 tsp Oregano  
1 tsp Crushed Red Pepper  
1 tsp Basil  
Pinch of Garlic Powder  
2 oz. Chicken Breast, shredded  
½ Cup Low-Fat Mozzarella Cheese

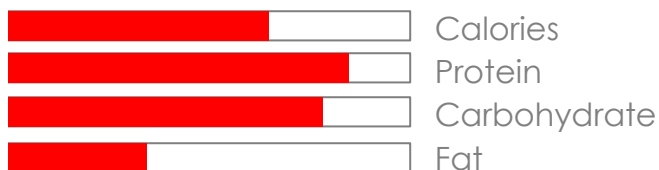
### INSTRUCTIONS

1. Cut pita in half and place 2 tbsp tomato paste into each half.
2. Sprinkle oregano crushed red pepper, basil, and garlic powder into pitas.
3. Add cheese and chicken into pitas and microwave for 1 minute or until cheese melts.

1 Serving | (per serving)

Calories: 350 | 30 g Carbohydrates | 38 g Protein | 13 g Fat

### MACRONUTRIENTS



# Pizza Pita Pockets



# TUNA BURGER

## DINNER

---

### INGREDIENTS

5 oz. Can of Tuna, drained  
1 Egg White  
2 tbsp Oats  
¼ Cup Green Peppers, chopped  
2 tbsp White Onion, chopped  
1 tbsp Low Fat Cheddar Cheese  
Non-Stick Cooking Spray

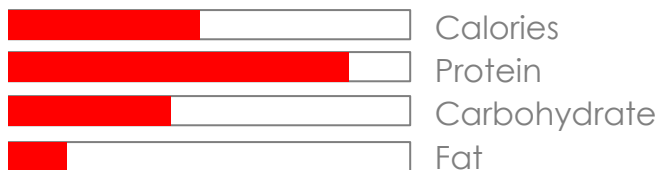
### INSTRUCTIONS

1. Place all ingredients into a medium bowl and mix.
2. Prepare medium skillet with non-stick cooking spray over medium heat.
3. Shape tuna mixture into a patty and place in heated skillet.
4. Cook patty for 3 minutes patty for 3 minutes on each side. Serve.

1 Serving | (per serving)

Calories: 215 | 11 g Carbohydrates | 5 g Fat | 35 g Protein

### MACRONUTRIENTS



# SALMON PATTY

## DINNER

---

### INGREDIENTS

4-5 oz. Can Pink Salmon, drained  
2 tbsp Egg Whites  
½ tbsp Whole Wheat Breadcrumbs  
½ tbsp Lemon Juice  
Pinch Garlic Powder  
Non-Stick Cooking Spray

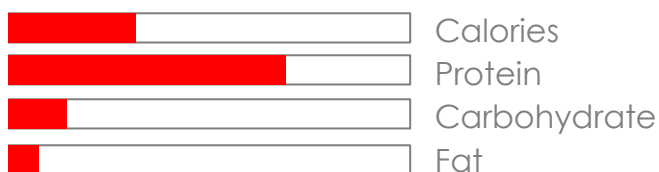
### INSTRUCTIONS

1. Place all ingredients into a medium bowl and mix.
2. Prepare medium skillet with non-stick cooking spray over medium heat.
3. Shape salmon mixture into a patty and place in skillet.
4. Cook until patty is fully cooked.
5. Serve and Enjoy!

1 Serving | (per serving)

Calories: 155 | 2 g Carbohydrates | 1 g Fat | 34 g Protein

### MACRONUTRIENTS



# SWEET APPLE BOWL

## DESSERT

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### INGREDIENTS

- ¾ Cup Greek Yogurt
- 2 tbsp Unsweetened Apple Sauce
- 1 Apple, peeled and diced
- ¼ tsp Stevia
- ¼ tsp Cinnamon
- ¼ tsp Nutmeg

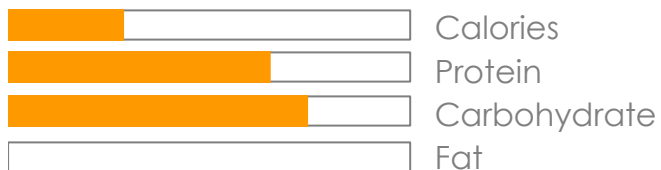
### INSTRUCTIONS

1. Mix all ingredients together in a small bowl and serve.
2. Devine!

1 Serving | (per serving)

Calories: 187 | 33 g Carbohydrates | 0 g Fat | 19 g Protein

### MACRONUTRIENTS





# SWEET APPLE BOWL



# BLACK CHERRY BLIZZARD

## DESSERT

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### INGREDIENTS

- 1 Cup Frozen Dark Sweet Cherries
- 1 Frozen Banana, cut into chunks
- 1 Cup Chocolate Soymilk
- ¼ Cup Plain Greek Yogurt
- 2 tsp Honey
- ¼ tsp Almond Extract
- 4 Chocolate Wafers, crumbled

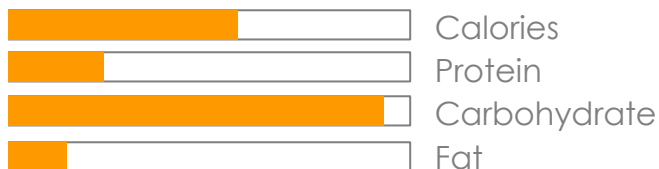
### INSTRUCTIONS

1. Place all the ingredients - except the chocolate wafers in a blender.
2. Blend until creamy and smooth.
3. Divide between two glasses.
4. Top each glass with a portion of crumbled chocolate wafers.
5. Simply irresistible!

2 Servings | (per serving)

Calories: 270 | 52 g Carbohydrates | 4 g Fat | 7 g Protein

### MACRONUTRIENTS



# STRAWBERRY GRAHAM

## DESSERT

---

### INGREDIENTS

8 Strawberries, halved  
2 tbsp *fat-free* Cream Cheese  
2 tsp *glute-free* Graham Cracker Crumbs

### INSTRUCTIONS

1. Spread cream cheese onto strawberry halves.
2. Sprinkle graham cracker crumbs on top of cream cheese.
3. Luscious!

1 Serving | (per serving)

Calories: 90 | 16 g Carbohydrates | 0 g Fat | 5 g Protein

### MACRONUTRIENTS



# CHOCOLATE CHEESECAKE NUGGETS

## DESSERT

---

### INGREDIENTS

- ¾ Cup Sugar Free Cool Whip
- ¼ Cup + 1 tbsp fat-free Cream Cheese, softened
- 1 tbsp Sugar-Free Cheesecake Pudding Mix
- 1 (35 Calorie) Packet Hot Cocoa Mix
- 1 tbsp Sugar-Free Chocolate Syrup
- 1 tbsp Stevia

### INSTRUCTIONS

1. Using an electric mixer, mix cool whip, cream cheese, pudding mix, cocoa mix, syrup, and stevia until smooth.
2. Evenly distribute mixture into 10 sections of an ice cube tray.
3. Place tray in the freezer until nuggets are solid (at least 2 hours)
4. Once frozen, nuggets should pop out easily.

\***Note:** Ice tray with straight sides works best, instead of curved.

5 Servings | (per serving) = 2 Nuggets

Calories: 45 | 7 g Carbohydrates | 1 g Fat | 3 g Protein

### MACRONUTRIENTS



# CHOCOLATE CHEESECAKE NUGGETS



# GRILLED BANANA SPLIT

## DESSERT

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### INGREDIENTS

- 2 Bananas
- 2 tbsp Light Brown Sugar
- 4 Scoops Sugar Free Vanilla Ice Cream
- 4 tbsp Sugar Free Chocolate Syrup
- 4 tbsp Roasted and Salted Peanuts, roughly chopped

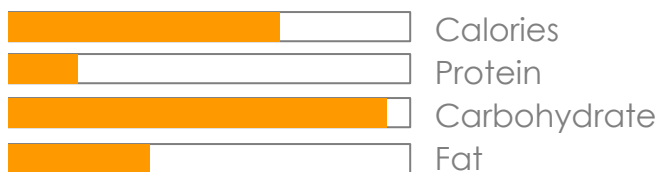
### INSTRUCTIONS

1. Preheat a grill or griddle over medium-high heat.
2. Cut bananas in half lengthwise, keeping each half in the peel.
3. Coat cut sides of the bananas with light brown sugar, press the sugar into the fruit.
4. Grill bananas, cut sides down. Grill until the sugar caramelizes and forms a brown crust. Flip and grill until the bananas are warmed all the way through but not mushy, about 2-3 minutes.
5. Remove the peels from the bananas and place each half in the bottom of a bowl.
6. Top with sugar-free ice cream, sugar-free chocolate syrup, and peanuts.
7. Glorious!

2 Servings | (per serving)

Calories: 330 | 49 g Carbohydrates | 13.5 g Fat | 5 g Protein

### MACRONUTRIENTS



# PEANUT BUTTER BANANA

## PROTEIN SHAKES

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### INGREDIENTS

- 1 Cup Ice
- 1 Cup Fat-Free Milk
- 1 Scoop Chocolate Protein Powder
- ½ Banana, frozen
- 1 tbsp PB2 (Powdered Peanut Butter)

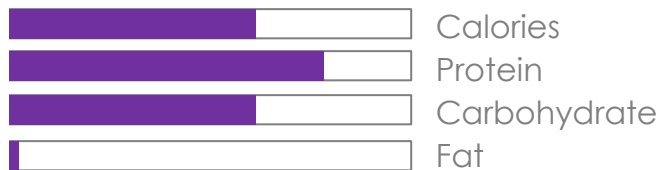
### INSTRUCTIONS

1. Combine all ingredients in blender. Blend until smooth.

1 Serving | (per serving)

Calories: 295 | 31 g Carbohydrates | 1 g Fat | 36 g Protein

### MACRONUTRIENTS



# STRAWBERRIES & CREAM

## PROTEIN SHAKES

---

### INGREDIENTS

- 1 Cup Ice
- 1 Cup Fat-Free Milk
- 1 Scoop Vanilla Protein Powder
- 2 tbsp fat-free Greek Vanilla Yogurt
- 1 Cup Frozen (or) Fresh Strawberries

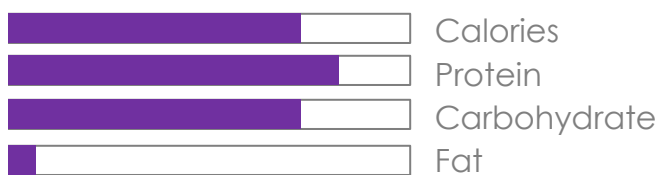
### INSTRUCTIONS

1. Combine all ingredients in blender. Blend until smooth.

1 Serving | (per serving)

Calories: 280 | 30 g Carbohydrates | 2 g Fat | 33 g Protein

### MACRONUTRIENTS





# Strawberries & Cream Protein Shake



# STRAWBERRY KIWI

## PROTEIN SHAKES

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### INGREDIENTS

- 1 Cup Ice
- ½ Cup Fat-Free Greek Yogurt
- ½ Cup Fat-Free Milk
- 1 Scoop Vanilla Whey Protein
- ½ Cup Strawberries (fresh or frozen)
- ½ Kiwi, sliced without skin

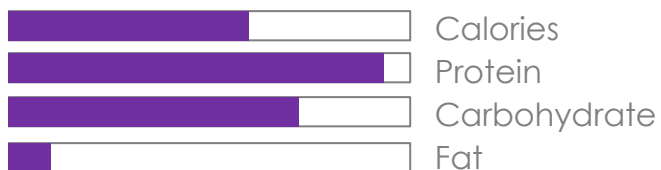
### INSTRUCTIONS

1. Combine all ingredients in blender. Blend until smooth.

1 Serving | (per serving)

Calories: 275 | 28 g Carbohydrates | 2 g Fat | 35 g Protein

### MACRONUTRIENTS



# FRUIT AND VEGGIE

## PROTEIN SHAKES

---

### INGREDIENTS

- 1 Cup Ice
- ¼ Cup Light Orange Juice
- 1 Cup Unsweetened Almond Milk
- 1 Scoop Vanilla Protein Powder
- ½ Cup Mangos, Frozen (or) Fresh
- ½ Cup Pineapples, Frozen (or) Fresh
- 2 Cups Baby Spinach

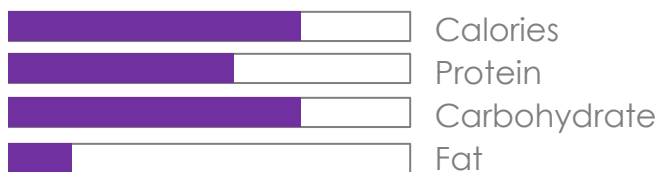
### INSTRUCTIONS

1. Combine all ingredients in blender. Blend until smooth.
2. Could substitute as a meal replacement.

1 Serving | (per serving)

Calories: 275 | 34 g Carbohydrates | 4 g Fat | 25 g Protein

### MACRONUTRIENTS



# CHEESECAKE

## PROTEIN SHAKES

---

### INGREDIENTS

- 1 Cup Ice
- 1 Cup Unsweetened Almond Milk
- 1 Scoop Vanilla Protein Powder
- 1 tbsp PB2 (Powdered Peanut Butter)
- 2 tbsp Strawberry Cheesecake Yogurt
- 2 tsp Sugar Free/Fat Free Cheesecake JELL-O Mix

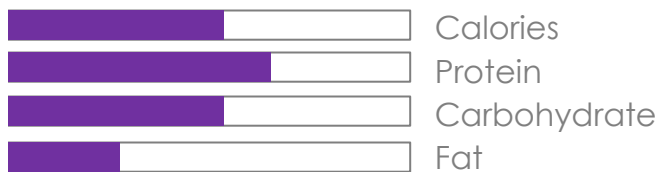
### INSTRUCTIONS

1. Combine all ingredients in blender. Blend until smooth.

1 Serving | (per serving)

Calories: 225 | 17 g Carbohydrates | 5 g Fat | 26 g Protein

### MACRONUTRIENTS



# Cheesecake Protein Shake



# ACKNOWLEDGMENTS

## THANK YOU

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### EVOLVED COOKBOOK

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# Evolved Cookbook

## *Healthy Foods with Mouthwatering Flavor*

Ditch the unhealthy takeout and over processed meals and discover how easy it is to create healthy flavorful meals in minutes. The Evolved Cookbook offers 40 fast and delicious recipes utilizing fresh, affordable ingredients that are tailored specifically for you. It covers everything from quick satisfying weeknight dinners to Sunday brunches to guilt-free desserts. Looking to prepare nourishing meals any day of the week? The Evolved Cookbook is for you!

### RECIPIES

Scrambled Egg Burrito,  
Blueberry Protein Crepes,  
Chicken Quesadillas,  
Egg Roll in a Bowl,  
Turkey Bacon Cheeseburger,  
Pizza Pita Pockets,  
Grilled Banana Split,  
Cheesecake

### AND MORE!

*With the Evolved Cookbook  
preparing nutritious, tasty meals  
has never been easier!*

**ANY DIET  
ANY GOAL!**

