



SOME OF MY FAVES

— **LORI PAYNE** —

Welcome to Some of My Faves!

Hey friend! I'm so happy you're here and even more excited to share this little collection of my favorite go to meals with you. If you're anything like me, you want food that's simple, delicious, and actually helps you hit your goals, without feeling like you're eating the same boring thing every day.

That's exactly what this mini cookbook is all about! Every recipe in here is something I personally love and make all the time. I focus on lean proteins to keep calories in check while making sure you get plenty of fuel to build strength and stay satisfied. You'll find easy, high protein meals that taste amazing and fit right into a busy lifestyle, because none of us have time for complicated recipes.

So whether you're looking for a new staple meal or just need a little inspiration to switch things up, I hope this helps! I can't wait to see what you make, so tag me if you try something!

Let's eat, fuel up, and crush those goals!

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TURKEY AND CHEESE MUFFIN WITH BERRIES AND CHOCOLATE ICING

Under 500 Calories 52g Protein

Ingredients:

Turkey & Cheese English Muffin:

- 1 whole wheat English muffin (120 cal)
- 3 oz 99% lean ground turkey (120 cal, 27g protein)
- 1 slice non-fat cheddar cheese (30 cal, 5g protein)
- 1 tbsp sugar-free ketchup or mustard (optional, 5 cal)
- Zero-cal cooking spray
- Zero-cal seasoning of your choice

Protein Icing with Berries:

- 18.5g Ryse Cosmic Brownie protein powder (70 cal, 15g protein)
- 2g unsweetened cocoa powder (5 cal)
- 6.5g Cocoa PB2 (powdered peanut butter) (25 cal, 3g protein)
- 50g nonfat Greek yogurt (30 cal, 5g protein)
- 100g strawberries (32 cal)
- 70g blackberries (30 cal)

Instructions:

Turkey & Cheese English Muffin:

1. Season and shape the ground turkey into patties.
2. Heat a pan with zero-cal spray and cook the turkey patties until browned.
3. Toast the English muffin and place the turkey on one side.
4. Add non-fat cheese and let it melt slightly.
5. Optionally, spread sugar-free ketchup or mustard for flavor.

Protein Icing with Berries:

1. Mix protein powder, cocoa powder, Cocoa PB2, and Greek yogurt in a small bowl.
2. Stir well until it reaches a smooth, icing-like consistency.
3. Serve with strawberries and blackberries on the side.



BERRY PROTEIN OATMEAL

Under 510 cal, 50g protein

Ingredients:

- 1/2 cup quick oats (150 cal)
- 1 scoop vanilla protein powder (120 cal, 25g protein)
- 1/2 cup blueberries & strawberries, you can also have raspberries if you prefer (40 cal)
- 1/2 cup egg whites (mixed in & cooked in oats) (60 cal, 13g protein)
- 1 tsp cinnamon + zero-cal sweetener
- 1 tbsp non-fat Greek yogurt (optional topping) (40 cal, 5g protein)

Instructions:

1. Cook oats with water, then mix in egg whites while stirring.
2. Add protein powder, berries, and cinnamon.



KODIAK PANCAKES WITH PROTEIN ICING AND STRAWBERRIES

500 Calories | 50g Protein

Ingredients:

Protein Icing:

- 18.5g Ryse Marshmallow protein powder (70 cal, 15g protein)
- 50g nonfat Greek yogurt (30 cal, 5g protein)

Kodiak Protein Pancakes:

- 1/2 cup Kodiak Cakes Protein Pancake Mix (190 cal, 14g protein)
- 1/3 cup water or unsweetened almond milk (0-5 cal)
- Zero-cal spray for cooking

Toppings:

- 100g strawberries (32 cal)

Instructions:

Make the Protein Icing

- In a small bowl, mix protein powder and Greek yogurt.
- Stir until smooth and creamy. If too thick, add a few drops of water and mix again.

Cook the Kodiak Pancakes

- In a bowl, mix Kodiak Cakes Protein Pancake Mix with water or almond milk until smooth.
- Heat a pan over medium heat and spray with zero-cal spray.
- Pour batter into the pan, making 2-3 pancakes. Cook until bubbles form, then flip and cook until golden brown.

Assemble & Serve

- Stack pancakes on a plate.
- Spread protein icing over the top.
- Add strawberries on the side or on top.



RANCH CHICKEN WITH GREEK SALAD

373 Calories | 56g Protein

Ingredients:

For the Ranch Chicken:

- 4 oz chicken breast (165 cal, 35g protein, 3.5g fat, 0g carbs)
- 1 tsp ranch seasoning mix (5 cal, 0.5g protein, 0g fat, 1g carbs)
- 1/4 tsp black pepper & paprika (0 cal)
- Zero-cal olive oil spray

For the Greek Salad:

- 2 cups mixed greens (spinach, arugula, spring mix) (15 cal, 2g protein, 0g fat, 3g carbs)
- 1/2 medium bell pepper, chopped (25 cal, 1g protein, 0g fat, 6g carbs)
- 1/4 cucumber, sliced (10 cal, 0g protein, 0g fat, 2g carbs)
- 1 tbsp red onion, diced (5 cal, 0g protein, 0g fat, 1g carbs)
- 1 oz fat-free feta cheese (35 cal, 7g protein, 0g fat, 1g carbs)
- Zero-cal olive oil spray (light mist over salad)
- Salt & pepper to taste



Instructions:

Step 1: Cook the Ranch Chicken

- Pat chicken breast dry and season with ranch seasoning, black pepper, and paprika.
- Spray a pan with zero-cal olive oil spray and heat over medium.
- Cook chicken for 4-5 minutes per side until golden brown and cooked through (internal temp of 165°F).

Step 2: Assemble the Greek Salad-

- In a bowl, mix spinach, arugula, and spring mix.
- Add chopped bell pepper, cucumber, and red onion.
 - Sprinkle fat-free feta cheese on top.
 - Lightly mist salad with zero-cal olive oil spray for a subtle coating.
 - Season with salt & pepper to taste.

Step 3: Serve & Enjoy

- Slice the ranch chicken and place it on top of or next to the salad

PROTEIN PASTA WITH GROUND TURKEY MEAT SAUCE

500 Calories | 50g Protein

Ingredients:

For the Turkey Meat Sauce:

- 6 oz 97% lean ground turkey (200 cal, 40g protein, 8g fat, 0g carbs)
- 1 cup low-calorie pasta sauce (25 cal per 1/2 cup) (50 cal, 2g protein, 10g carbs, 0g fat)
- 1/2 cup chopped bell peppers (20 cal, 1g protein, 5g carbs, 0g fat)
- 1/4 cup chopped onions (15 cal, 0g protein, 3g carbs, 0g fat)
- 1/2 cup chopped broccoli (25 cal, 2g protein, 5g carbs, 0g fat)
- 1 can Rotel tomatoes (25 cal, 1g protein, 5g carbs, 0g fat)
- Spices: 1 tsp garlic powder, 1/2 tsp paprika, salt, and pepper (0 cal)

For the Protein Pasta:

- 2 oz Barilla Protein+ Pasta (190 cal, 14g protein, 35g carbs, 1.5g fat)



Instructions:

Step 1: Cook the Turkey Meat Sauce

- Place ground turkey in a crockpot and season with garlic powder, paprika, salt, and pepper.
- Add pasta sauce, chopped bell peppers, onions, broccoli, and Rotel tomatoes.
- Mix well and cook on low for about 3 hours until the turkey is fully cooked and flavors are blended.

Step 2: Cook the Protein Pasta

- While the sauce is finishing, boil protein pasta according to package instructions.
- Drain pasta and add it directly into the crockpot.

Step 3: Finish and Serve- Stir pasta into the sauce and let it cook for an additional 10 minutes.

- Serve hot and enjoy a high-protein, flavorful meal.

FLATBREAD PEPPERONI PIZZA

300 Calories | 35g Protein

Ingredients:

- 1 Lavash flatbread (120 cal, 10g protein, 18g carbs, 2g fat)
- 2 tbsp (1 serving) pizza sauce (25 cal, 1g protein, 5g carbs, 0g fat)
- 1/4 cup fat-free shredded mozzarella (45 cal, 9g protein, 1g carbs, 0g fat)
- 1 serving (14 slices) turkey pepperoni (70 cal, 9g protein, 1g carbs, 3.5g fat)
- Italian seasoning, garlic powder, crushed red pepper (optional, 0 cal)



Instructions:

Step 1: Preheat the Oven

- Preheat oven to 350°F (175°C).

Step 2: Assemble the Pizza

- Place the lavash flatbread on a baking sheet or pizza stone.
- Spread the pizza sauce evenly over the flatbread.
- Sprinkle fat-free shredded mozzarella on top.
- Add turkey pepperoni slices evenly across the pizza.
- Sprinkle with Italian seasoning, garlic powder, or crushed red pepper for extra flavor (optional).

Step 3: Bake the Pizza

- Place in the oven and bake for 12-15 minutes, or until the cheese is melted and edges are crispy.
- Remove from the oven and let cool slightly before slicing.

Step 4: Serve & Enjoy

- Slice into pieces and enjoy a high-protein, crispy, and satisfying pizza

BURRITO WITH CHEESY NACHOS

500 Calories | 50g Protein, Turkey Burritos (Makes 10 Burritos):

Ingredients:

- 2.5 lbs 97% lean ground turkey (200 cal per 6 oz, 40g protein)
- 1 tsp onion powder
- 1 tsp paprika
- 1 tsp garlic powder
- Salt & pepper to taste
- 4 oz (half block) 1/3 fat cream cheese (140 cal, 5g protein, 10g fat, 2g carbs)
- 1 full bag (8 oz) non-fat shredded cheddar cheese (360 cal, 72g protein, 8g carbs, 0g fat)
- 1 can mild green chilies (20 cal, 1g protein, 4g carbs)
- 10 low-carb tortillas (70 cal per tortilla, 7g protein, 3g fat, 18g carbs each)

For the Cheesy Nachos:

- 1 bag Quest protein tortilla chips (140 cal, 18g protein, 4.5g fat, 5g carbs)
- 1 serving (28g) shredded cheddar cheese (80 cal, 7g protein, 1g carbs, 6g fat)
- 1/4 cup Rotel or salsa (10 cal, 1g carbs)
- 2 tbsp non-fat Greek yogurt (20 cal, 3g protein, 1g carbs)

Instructions:

Step 1: Cook the Turkey Burrito Filling

- Place ground turkey in a crockpot and season with onion powder, paprika, garlic powder, salt, and pepper.
- Add the mild green chilies and cook on low for about 3 hours, stirring occasionally.
- Once fully cooked, stir in the 1/3 fat cream cheese and shredded cheddar until melted and well combined.- Let the mixture thicken slightly before assembling the burritos.

Step 2: Assemble the Burritos

- Spoon an even portion of the turkey mixture into each low-carb tortilla.
- Wrap tightly and set aside.
- Optional: Lightly toast the burritos in a pan for extra crispiness.

Step 3: Make the Cheesy Nachos

- Place Quest protein tortilla chips on a microwave-safe plate.
- Sprinkle shredded cheddar cheese evenly over the chips.
- Microwave for 30-45 seconds until the cheese is melted.
- Top with Rotel or salsa and a dollop of non-fat Greek yogurt.

Step 4: Serve & Enjoy

- Serve one burrito with a side of cheesy nachos for a high-protein, satisfying meal.

CHICKEN BURGER AND FRIES

450 Calories | 50g Protein

Ingredients:

For the Chicken Burger:

- 4 oz chicken breast (165 cal, 35g protein, 0g carbs, 3.5g fat)
- 1/2 cup crushed cornflakes (60 cal, 1g protein, 15g carbs, 0g fat)
- 1 tbsp Dijon mustard (10 cal, 0g protein, 2g carbs, 0g fat)
- 1/4 tsp garlic powder & paprika (0 cal)
- 1/4 tsp salt & black pepper (0 cal)
- 1 whole wheat bun (low-cal) (100 cal, 5g protein, 20g carbs, 1g fat)
- 1 tbsp non-fat Greek yogurt (10 cal, 1.5g protein, 1g carbs, 0g fat)
- 1/2 tbsp sugar-free ketchup (optional) (5 cal, 0g protein, 1g carbs, 0g fat)
- 1/4 cup shredded lettuce & tomato (5 cal, 0.5g protein, 1g carbs, 0g fat)

For the Crispy Fries:

- 1 medium potato, cut into fries (110 cal, 3g protein, 26g carbs, 0g fat)
- Zero-cal olive oil spray
- 1/4 tsp salt & pepper
- 1/4 tsp paprika & garlic powder (optional for seasoning)

Instructions:

Step 1: Prepare the Chicken Burger

- Preheat oven to 375°F.
- Pound chicken breast to an even thickness.
- Brush with Dijon mustard, then coat with crushed cornflakes. - Sprinkle garlic powder, paprika, salt, and black pepper.
- Place on a baking sheet and bake for 20-25 minutes until crispy and fully cooked (internal temp 165°F).

Step 2: Make the Crispy Fries

- Cut potato into thin fries and soak in cold water for 10 minutes (optional for extra crispiness).
- Drain and pat dry, then lightly spray with zero-cal olive oil spray.
- Season with salt, black pepper, paprika, and garlic powder.
- Air-fry at 400°F for 15-18 minutes, shaking halfway through, until golden and crispy.

Step 3: Assemble & Serve

- Toast the whole wheat bun lightly if desired.
- Spread non-fat Greek yogurt on one side and sugar-free ketchup on the other.
- Add lettuce and tomato, then place crispy chicken on top.
- Serve with air-fried crispy fries on the side.

Step 4: Enjoy!

- A delicious, healthy, high-protein meal with crispy fries

GARLIC LEMON SALMON WITH ROASTED POTATOES AND BROCCOLI

350 calories | 35g Protein

Ingredients:

For the Garlic Lemon Salmon:

- 4 oz salmon fillet (220 cals, 30g protein, 0g carbs, 10g fat)
- 1 tsp lemon juice (0 cals)
- 1/2 tsp minced garlic (2 cals)
- 1/4 tsp salt & black pepper (0 cals)
- 1/4 tsp paprika & parsley (optional, 0 cals)
- Zero-cal olive oil spray (for cooking)

For the Roasted Potatoes & Broccoli:

- 1/2 medium potato, diced (80 cals, 2g protein, 18g carbs, 0g fat)
- 1/2 cup broccoli, steamed (25 cals, 2g protein, 5g carbs, 0g fat)
- 1/2 tsp olive oil (20 cals, 0g protein, 0g carbs, 2.2g fat)
- Zero-cal olive oil spray
- 1/4 tsp salt & black pepper



Instructions:

Step 1: Prepare the Roasted Potatoes

- Preheat oven to 400°F.
- Dice the potato and toss with olive oil, salt, and black pepper.
- Spread evenly on a baking sheet and roast for 20-25 minutes, flipping halfway through, until golden brown.

Step 2: Cook the Salmon- Preheat a non-stick pan over medium heat and spray with zero-cal olive oil spray.

- Season the salmon fillet with garlic, lemon juice, paprika, salt, and black pepper.
- Cook for 3-4 minutes per side until golden brown and flaky.

Step 3: Steam the Broccoli

- Steam broccoli in the microwave or on the stovetop for 3-5 minutes until tender.
- Season with salt and black pepper to taste.

Step 4: Assemble & Serve

- Plate the salmon alongside the roasted potatoes and steamed broccoli. Enjoy a balanced, high-protein meal.

PROTEIN CINNAMON ROLLS

140 calories | 8g Protein per roll

Ingredients:

For the Cinnamon Roll Dough:

- 1 cup non-fat Greek yogurt (100 cal, 18g protein, 7g carbs, 0g fat)
- 1 cup self-rising flour (300 cal, 8g protein, 60g carbs, 1g fat)
- 2 tbsp Swerve brown sugar substitute (10 cal, 0g protein, 4g carbs, 0g fat)
- 1 tsp cinnamon powder (0 cal)

For the Protein Icing:

- 1/2 scoop Ryse marshmallow protein powder (60 cal, 12g protein, 3g carbs, 0g fat)
- 2 tbsp non-fat Greek yogurt (20 cal, 3g protein, 1g carbs, 0g fat)



Instructions:

Step 1: Make the Dough

- Preheat oven to 350°F.
- In a bowl, mix Greek yogurt and self-rising flour until a dough forms.
- Lightly flour a surface and roll out the dough into a rectangle shape.

Step 2: Add the Cinnamon Filling

- Sprinkle Swerve brown sugar and cinnamon powder evenly over the dough.
- Carefully roll the dough into a log shape.
- Slice into 6-8 rolls and place them on a baking sheet lined with parchment paper.

Step 3: Bake the Cinnamon Rolls

- Bake at 350°F for 18-20 minutes or until golden brown and cooked through.- Remove from oven and let them cool slightly.

Step 4: Make the Protein Icing

- In a small bowl, mix Ryse marshmallow protein powder with Greek yogurt until smooth.
- If needed, add a few drops of water to reach desired consistency.

Step 5: Assemble & Serve

- Drizzle the protein icing over warm cinnamon rolls and enjoy a high-protein, low-calorie treat.

RICE CAKES AND PROTEIN ICING

180 calories | 15g Protein per roll

Ingredients:

For the Rice Cake Base:

- 1 plain rice cake (50 cal, 1g protein, 11g carbs, 0g fat)
- 1/4 tsp cinnamon or cocoa powder (optional for extra flavor)
- 1/4 tsp vanilla extract or sugar-free flavoring (optional)

For the Protein Icing:

- 1/2 scoop Ryse marshmallow protein powder (60 cal, 12g protein, 2g carbs, 0g fat)
- 2 tbsp non-fat Greek yogurt (20 cal, 3g protein, 1g carbs, 0g fat)
- 1 tbsp water (if needed for consistency)

Instructions:

Step 1: Make the Protein Icing

- In a small bowl, mix Ryse marshmallow protein powder with Greek yogurt until smooth.
- If the icing is too thick, add 1 tbsp of water and stir until it reaches a spreadable consistency.

Step 2: Prepare the Rice Cake

- Place the rice cake on a plate.
- If desired, lightly sprinkle with cinnamon or cocoa powder for extra flavor.
- Drizzle with a few drops of vanilla extract or sugar-free flavoring (optional).

Step 3: Assemble & Serve

- Spread the protein icing evenly over the rice cake and enjoy a high-protein, low-calorie snack