



BLACKSTONE EDITION

Real Food From a Real Dude

Real meals by a real dude. There are some amazing macro friendly recipes out there and they have an impressive list of 20+ ingredients! This book is about real meals, with real ingredients, that you can cook on a real evening when you have real soccer practice! I encourage you to read through each recipe prior to beginning to help navigate the order of cooking each element on the griddle. At the end of the book we have referenced how to enter a recipe. Entering a recipe for cornbread mixes, marinated meats and a few other items are very beneficial to successful tracking. All macros are listed according to the recipe but portions may be made larger or smaller and still make excellent meals. These meals are simple, pretty quick and taste great without a ton of prep time, experience or mess to clean up!

Staple Ingredients for the Blackstone Edition:

Twist'D Q Seasoning - this is simply a combination of Himalayan sea salt, cracked pepper and garlic

Morton's Season All

Avocado or Olive Oil Spray

Fair Life Fat Free Milk



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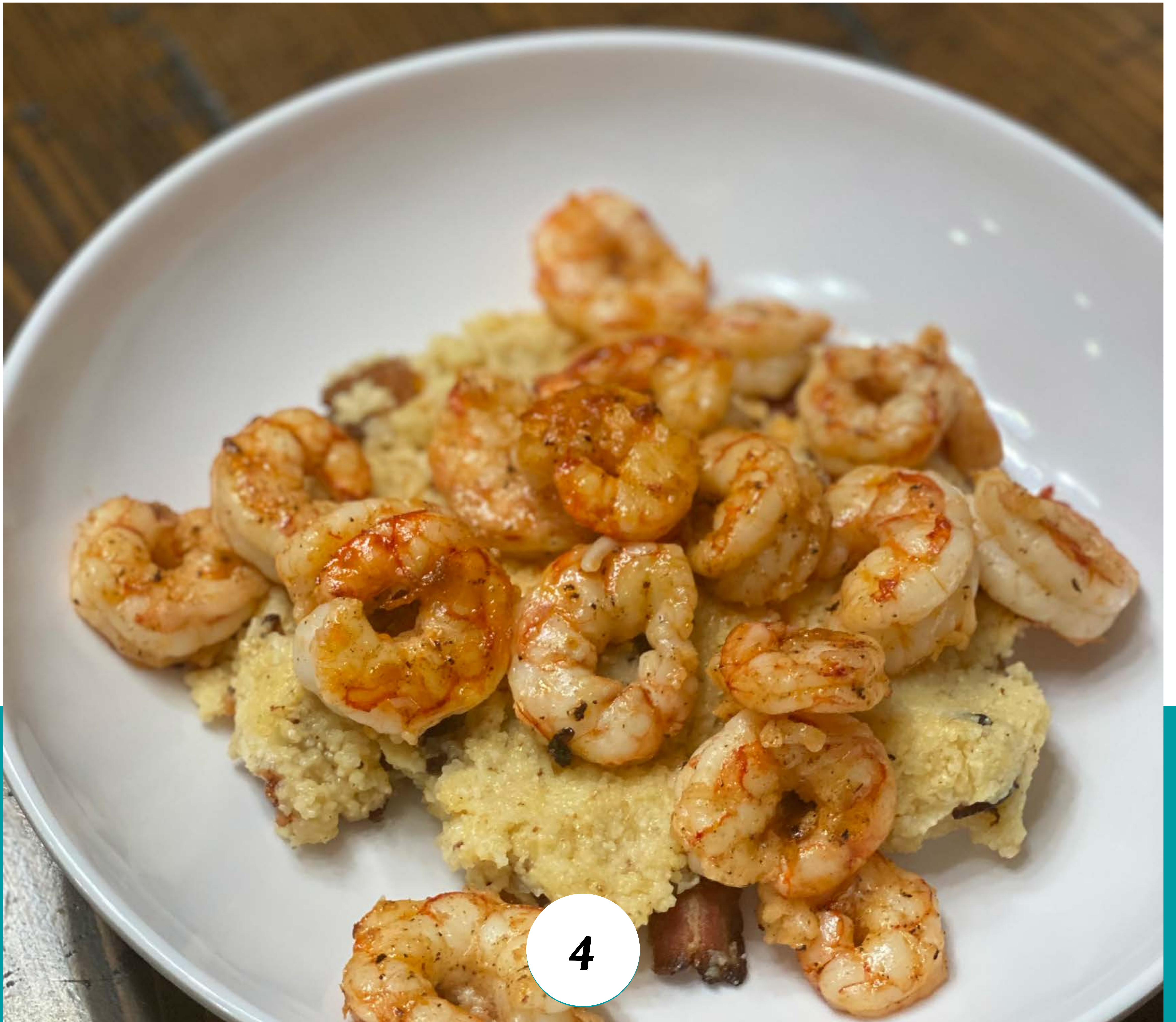
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Shrimp and Grits

NUTRITION FACTS

Macros: 579 Calories - 47.5g of Protein, 53.2g of Carbs, 20.4g of Fat



INGREDIENTS

- 4.5 Cups Quaker Grits (Quick 5 minute Grits work best)
- 2 Cups Fair Life Fat Free Milk
- 7 Cups of Swanson Chicken Stock
- 224g of 1 package of 2% Shredded Sharp Cheddar Cheese (HEB brand)
- 10 Fried Slices Premium Cut Thick Bacon (HEB)
- Wild Gulf Shrimp Cooked

This one will feed the whole family or give you meals for the week! It can also be slimmed down to smaller portions if needed. Be sure to see the attached video on how to create a recipe if you change it up or use other ingredients.

INSTRUCTIONS

Grits:

1. Start the griddle too high. Place the chicken stock in a pot and place it on the griddle*. Bring to a boil.
2. When it begins to boil, slowly add in the grits and stir as you add into the pot. Add 1 cup of milk half way through the container and then another after all grits have been added.
3. Turn heat down and cover grits to cook for 5-7 minutes.
4. At the completion of the cooking, add in the butter and cheese. Stir until creamy.
5. Leave warming, stirring occasionally.

*If Blackstone is not large enough for the pot, this step WWmay easily be done on the stove.

Bacon and Shrimp

6. Chop the bacon into small pieces and place on the griddle to cook until desired crisp on medium heat.
7. When finished with the bacon, clear the bacon grease with cleaning tool. Place the shrimp on the griddle cooking for 8-10 minutes on medium heat flipping halfway through.

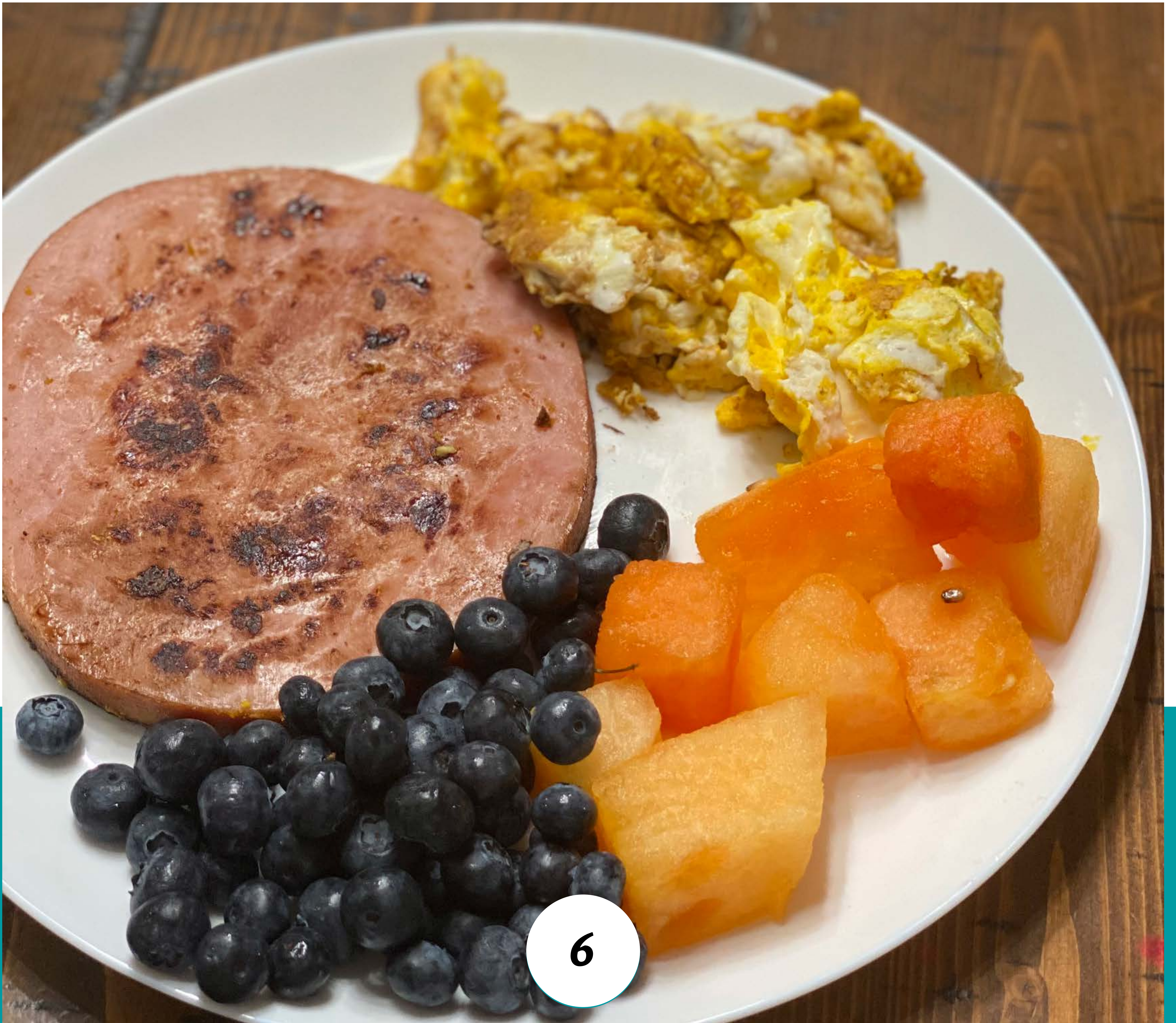
Putting it all together

8. Add the bacon into the grits and stir until all the bacon is mixed throughout.
9. Take 250g of the grits/bacon and place it in a bowl or on a plate.
10. Take 150g of shrimp and place on top of the grits.

Ham and Eggs with Fruit

NUTRITION FACTS

Macros: 573 Calories - 57g of Protein, 37.2g of Carbs, 20.7g of Fat



INGREDIENTS

- 1 Smithfield Anytime Hickory Smoked Ham Slice or Steak
- 3 Large Cage Free Eggs
- 150g of Watermelon
- 100g of Blueberries
- Olive Oil Spray
- *any fruit may be subbed as desired and/or needed.

A quick and easy breakfast with loads of protein. They may not be green but they sure are good. You can always reduce portion sizes to accommodate fewer calories if needed.

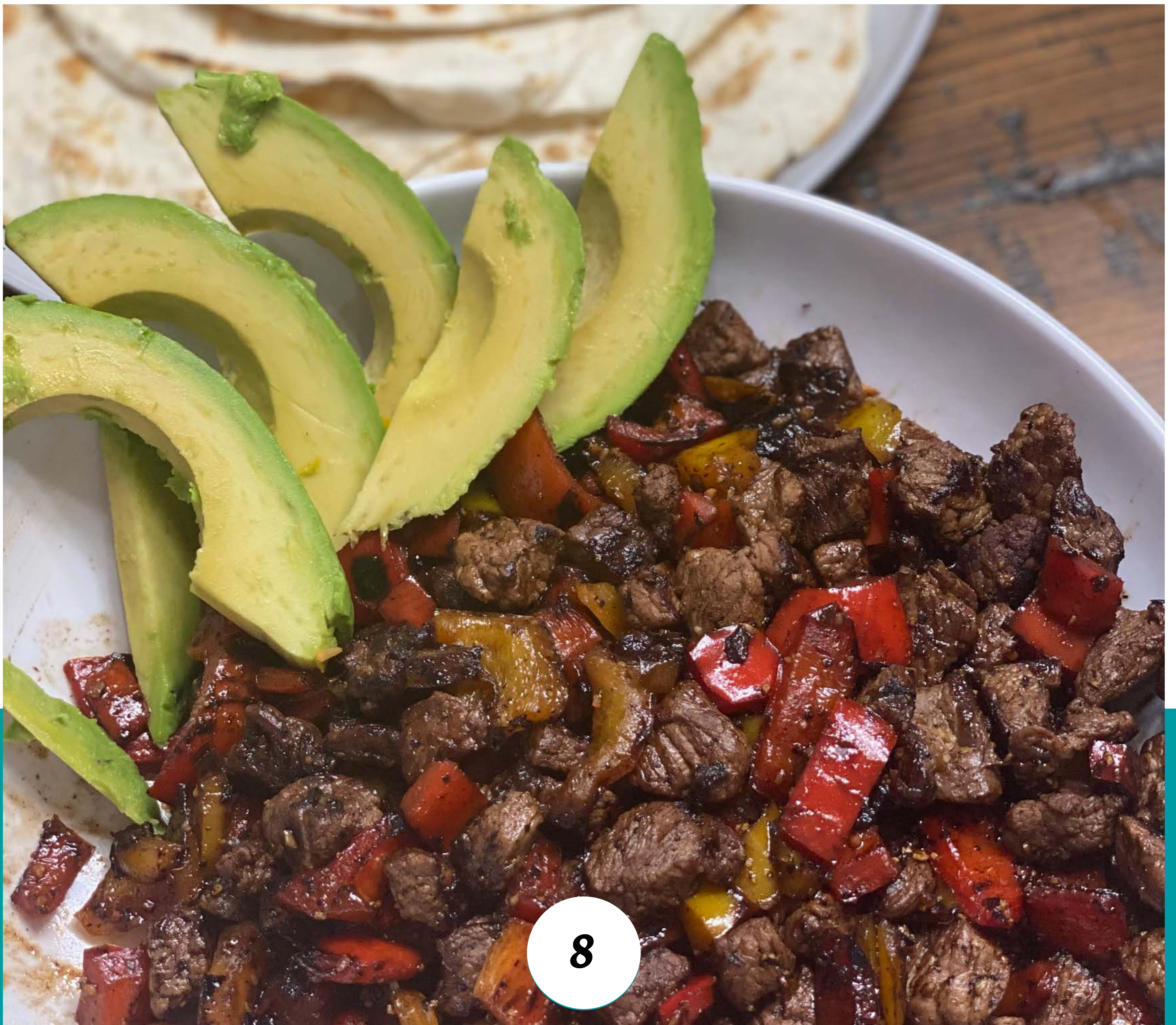
INSTRUCTIONS

1. Start the griddle to a medium heat and let it warm-up.
2. Place the ham steak down on the griddle for 3 minutes per side or until slightly browned. This really helps bring out the flavor.
3. Crack the eggs into a bowl. Beat eggs w/ fork or whisk, making sure to break the yoke and create consistency.
4. Turn the heat down to medium low and spray a 2 second spray of olive oil in one spot of the griddle
5. Pour the eggs over the oil and allow to cook until the desired scramble 2-4 minutes should be long enough.
6. Season the eggs with sea salt and pepper to taste.
7. Plate the fruit, eggs and ham steak.

Sirloin Steak Fajita Burritos with Sweet Bell Peppers

NUTRITION FACTS

Macros: 463 Calories - 26.4g of Protein, 42.3g of Carbs, 19.5g of Fat



INGREDIENTS

- 1lb of Sirloin Steak
- 2 large yellow bell peppers
- 2 large red bell peppers Twist'D Q Seasoning
- Medium to large flour tortillas
- 1 Medium Avocado
- 2% Shredded Cheese (Mexican Blend preferred) Salsa (Optional)

Simple fiesta meal the whole family will enjoy. The sweet bell peppers not only add some flavor to the meal but also add some nice micronutrients as well. Be sure to add your own recipe into MFP to get the exact macros for your meal.d.

INSTRUCTIONS

- 1.Slice the sirloin into cubes about ½ inch cubes are best.
- 2.Slice the bell peppers into small pieces about the same size as the meat.
- 3.Warm-up the griddle to a medium high heat.
- 4.Add 10g of olive oil to the griddle.
- 5.Place the peppers on the griddle and allow to cook for 4-6 minutes flipping.
- 6.Take the steak and add to the griddle with the bell peppers to cook together.
- 7.Cook the steak and bell peppers for an additional 8-12 minutes until the desired doneness of the meat and peppers.
- 8.Place the tortillas on the griddle for about 20-30 seconds per side.
- 9.Open the avocado and slice taking out the core.

Putting it all together

10. Place the tortillas on a plate.
11. Using the food scale add 100g of fajita mixture on the plate.
12. Add 10g of cheese or quantity desired.
13. Add 40g of avocado on top.
14. Add Salsa as desired about 25ml.
15. Eat!

Sausage and Egg Breakfast Sandwich

NUTRITION FACTS

Macros: 410 Calories - 32.9g of Protein, 35g of Carbs, 14.8g of Fat



INGREDIENTS

- 1 Sara Lee - Sweet Hawaiian Sandwich Bun
- 5oz Jennie-O Lean Turkey Sausage (Hot Preferred for flavor)
- 100g Real Egg Original Egg Whites
- 1 Reduced Fat Medium Cheddar Cheese Slice
- Morton Season All to Taste
- Olive Oil Spray - 2 Second

This is a great breakfast sandwich that will take care of that McDonalds breakfast sandwich craving. In under 10 minutes you can make your own on the griddle.

INSTRUCTIONS

1. Turn the griddle on to medium heat.
 2. Measure out the egg whites and place them into a small skillet or metal measuring cup. I used a metal measuring cup and placed directly onto the griddle. It will take the egg white 10-12 minutes to cook all the way through depending on the depth of the egg whites and this will depend on the cooking pan used. Get these started first. Place a few shakes of Morton Season All on top of the eggs.
 3. Cut 5oz of sausage off the roll. This will be about $\frac{3}{4}$ inch wide. Make adjustments if not exact.
 4. Flatten the sausage with your hands or a spatula. Looking to get the sausage thin and about the circumference of the buns.
 5. Place the sausage on the grill about 7-8 minutes into starting the eggs. Cook the sausage thoroughly and allow a little bit of crisp. About 2-4 minutes per side depending on thickness.
 6. The last 1-2 minutes of cooking the sausage, add 1 slice of cheese on top of the sausage to melt.
 7. Toast the bun for 30-60 seconds on the griddle.
- Putting it together:**
8. Take the bun off the griddle and place it on a plate.
 9. Take the sausage and cheese on top of the bottom bun.
 10. Take the egg whites and place on top of the sausage.
 11. Place the top bun on top of the egg whites.
 12. Enjoy!

Philly Cheesesteak

NUTRITION FACTS

Macros: 410 Calories - 32.9g of Protein, 35g of Carbs, 14.8g of Fat



INGREDIENTS

- Oroweat Sub Roll
- Serving (112g) of Gary's Quick Steak
- Slices of Reduced Fat Provolone Sliced Cheese 2% Milk
- second Olive Oil Spray
- Morton's Season All

One of my favorites for lunch. Quick and easy with a little less fat and solid amount of protein. You can always add some onions, jalapeños, or bell peppers to the mix if you prefer. I am simple and like straight meat and cheese.

INSTRUCTIONS

1. Start the griddle to a medium high heat.
 2. Take the portion of steak and place on the griddle. Season the top with a touch of Season All. Breaking up the meat as it cooks.
 3. Flip the meat after about 2-3 minutes. Season the other side with a touch of Season All and cook for another 2-3 minutes.
 4. After 1-2 minutes on the flipped side. Place the 2 slices of cheese on the top of the steak. It may overlap and that is ok.
 5. Take the Sub roll and split it in half. Place on the griddle for 30-60 seconds to slightly brown.
- Putting it together.**
6. Take the sub roll off the griddle and place on the plate.
 7. Take the meat once the cheese has melted and place in the middle of the sub roll.
 8. Fold the Cheesesteak up and enjoy it!

Blackened Salmon with Potatoes Chips and Honey Mustard Broccoli

NUTRITION FACTS

Macros: 566 Calories - 35.1g of Protein, 33g of Carbs, 32.2g of Fat



INGREDIENTS

- 5.5 Oz Salmon Filet
- 100g of Potatoes
- 130g of Broccoli
- 1 tbsp Primal Honey Mustard
- 1 tbsp Extra Virgin Olive Oil
- 1 tsp Twist'D Q Seasoning
- Traeger Blackened Saskatchewan Rub

One of those “healthy” meals made great. Warning this one is a little higher in fat content than many of the other recipes. So be sure you have ample fats that day and conserve some early on in the day. If you follow many of these other recipes they are lower on the fat spectrum and should be just fine.

INSTRUCTIONS

Start the griddle to a medium heat.

Potatoes:

1. Slice the potatoes thinly approximately $\frac{1}{8}$ inch.
2. Place them in a bowl and add the olive oil.
3. Season with the Twist'D Q (Salt, Pepper, Garlic) and flip as you season, mixing the season around to cover all potatoes.
4. Place the potatoes on the griddle to start cooking. They will take the longest.
5. Cook them until browned on the outside. This will take 12-18 minutes turning consistently throughout.

Salmon:

6. Have salmon prepared to put on the griddle before starting the potatoes, using the following steps.
7. Remove the salmon from the package and pat dry with paper towels.
8. Generously add the Saskatchewan Rub to both sides of the salmon.
9. Place the salmon on the griddle presentation side down to start.
10. Cook salmon for 10-13 minutes flipping halfway. If the skin is on your salmon you will need to cook for 13 minutes. If the skin has been removed it will be closer to 10 minutes. Note: We like ours well done and I go for 12 minutes or until an internal temp of 165 degrees.

Broccoli:

11. Cut the broccoli into small “trees” if not done already.
12. Place the broccoli on the grill griddle. Continuously flip the broccoli cooking for a total of 10 minutes or until brown.
13. With about 2-3 minutes left to go, take the 1 tbsp of Primal Honey Mustard and drizzle on top of the broccoli. Allow to cook the remainder of time before removing.

Putting it together:

14. Take the potatoes and place them on the plate in the middle.
15. Take the salmon and place on top of the potatoes.
16. Add the broccoli to the side of the dish.

Notes: If you are using this meal for more people, you may need to create a recipe in MFP to get portions 100% accurate. If you are just doubling the portions it should not be an issue.

Steak and Eggs with Cheesy Hashbrowns

NUTRITION FACTS

Macros: 410 Calories - 32.9g of Protein, 35g of Carbs, 14.8g of Fat



INGREDIENTS

- 170g Shredded Hash Brown Potatoes
- 2 Slices Reduced Fat Medium Cheddar Cheese
- 100g Real Egg Original
- 112g or 1 serving Gary's Quick Steak - Beef Preferred
- Avocado Oil or Olive Oil Spray - 1 second Spray
- Morton's Season All Twist'D Q Seasoning

A great morning option to satisfy the appetite. Who doesn't like steak for breakfast! This one will keep the hunger at bay all morning.

INSTRUCTIONS

1. Turn the griddle on to Medium-high heat.
2. Take the hashbrowns and place on the grill. These come frozen so they will take a little longer. Cooking time is about 10-12 minutes on a medium-high heat. Time can be adjusted depending on the crisp desired. Season with Twist'D Q.
3. The last 2 minutes add the cheese to the hashbrowns and let the cheese melt. You can leave it as one or mix it together based on preference.
4. About half way through the cooking of the hashbrowns, take the steak and place it on the griddle. Cooking 2-3 minutes per side. Season with Morton's Season All about halfway through cooking.
5. Spray one spray of oil then add your eggs to the griddle. Let cook for 1-2 minutes then flip and start to dice up. Once it is diced add to the meat to mix in the eggs with the meat.

Putting it together:

6. Take the steak and eggs and the cheesy hashbrowns off the griddle to plate.
7. You may mix all together or keep them separate. I prefer them separate on this as they are both awesome individually.

Simple Ground Bison Hash

NUTRITION FACTS

Macros: 610 Calories - 60g of Protein, 31g of Carbs, 28g of Fat



INGREDIENTS

- 8oz of 100% ground bison
- 28g of Reduced Fat Cheddar Jack Cheese
- 170g of Ore Ida Hash Brown Diced Potatoes
- Morton's Season All

*(Bison comes in 16oz so you can make the whole thing, double the cheese and potatoes.

A great morning option to satisfy the appetite. Who doesn't like steak for breakfast! This one will keep the hunger at bay all morning

INSTRUCTIONS

1. Turn the griddle on to medium heat and let it warm up.
2. Place the bison and potatoes on the griddle on opposite sides. Cook each for 10-12 minutes flipping throughout. Looking for the meat to brown and the potatoes to get to a crisp you like. Add the Morton's Season All to both the bison and potatoes to taste about half way through the cooking process.
3. Add the cheese on top of the potatoes the last 2 minutes of cooking.

Putting it together:

4. Take the cheese and potatoes and put in the bowl.
5. Then add the bison on top of the potatoes.
6. Enjoy!

Barbecue Bacon Burger

NUTRITION FACTS

Macros: 587 Calories - 56.9g of Protein, 46.1g of Carbs, 22.7g of Fat



INGREDIENTS

- 8 oz of Patties of 93/7 Ground Beef
- 1 Sara Lee Sweet Hawaiian Sandwich Bun
- 15g of Spinach
- 30g of Tomato
- 20g of White Onion Raw
- 18g of Kraft BBQ Sauce or sauce of your choice
- Applewood Uncured Bacon - Open Nature
- Twist'D Q Seasoning

This is my favorite burger anywhere I go, so of course making it at home is awesome and of course macro friendly. The barbecue sauce with the crunch of the onions and the bacon make it as good as the fried onions at the restaurant. Maybe not but at least close!

INSTRUCTIONS

1. Turn the griddle on to medium heat and let it warm-up.
2. Slice up your tomato, onion and get your spinach ready. For one burger, you only need one slice of tomato, about 2 slices of onion and about 4-6 leaves of spinach.
3. Season your patty with Twist'D Q Seasoning covering generously. The seasoning on the 93/7 meat will make a difference.
4. Place the bacon on one side of the griddle and the patty on the other side. Try to keep them separate.
5. There is an art to cooking bacon evenly and not over-cooking it. You really have to keep an eye on it and cook about 5 minutes per side on this heat but again it's all about preference in the crispness of the bacon.
6. Cook the burger for about 8-10 minutes per side. A meat thermometer really comes in handy here to get it perfect. I like to cook them medium so right at 140 degrees.
7. Finally - Clear off the bacon grease and toast your buns for about 45 seconds per side.

Putting it together:

8. Take your bun and open it up.
9. Place the patty on the bottom bun.
10. Place the barbecue sauce on the top bun.
11. Take a bacon slice and break it in half placing it on the patty.
12. Add the vegetables to the top bun and put it all together!
13. Enjoy!

Tuna Steak Tacos

NUTRITION FACTS

Macros: 413 Calories - 29g of Protein, 44g of Carbs, 14.4g of Fat



INGREDIENTS

- 3 oz Tuna Steak
 - 2 Praters Foods Home Style Flour Tortillas
 - 1 tbsp Primal Kitchen Cilantro Lime
 - 2g of Shredded Luttuce Mix depends on preference. Does not make a significant calorie difference.
 - Avocado Oil or Olive Oil 2 Sprays
 - Twist'D Q Seasoning
- *(Be sure to measure before you cook and see video on how to get exact portions for the meat)

Fast and easy is the name of the game here. Super lean tuna, in a taco? Makes it impossible not to like!

INSTRUCTIONS

- 1.Heat the grill to high heat.
 - 2.Pat the tuna steak dry with paper towels and season with Twist'D Q Seasoning
 - 3.Spray 2 Sprays of oil on the griddle.
 - 4.Make sure the griddle is hot and place the tuna steak on the griddle for 2 minutes per side.
 - 5.Pull the tuna and toast your tortillas
 - 6.Slice the tuna steak into ½ inch thick slices
- Putting it together:**
- 7.Take the tortillas and set them up or lay them out.
 - 8.Take the tuna and place 1.5oz of tuna steak in each tortilla.
 - 9.Take the shredded lettuce and place on top.
 10. Drizzle the Cilantro Lime Sauce on top of both tacos.
 11. Enjoy!

Blackened Salmon Tacos

NUTRITION FACTS

Macros: 486 Calories - 22g of Protein, 37.7g of Carbs, 27.5g of Fat



INGREDIENTS

- 3 oz of Salmon - Filets typically come in 4-6oz servings but you will only need 3 oz for these tacos
- 2 Praters Home Style Flower Tortillas
- 1 tbsp Extra Virgin Olive Oil
- 1 tbsp of Remoulade Sauce - Louisiana Fish Fry Products
- 2g Dole Shredded Lettuce/Cabbage Mix
- Traeger Blackened Saskatchewan Rub

Salmon in a tortilla? Yes, please. These are delicious and you will enjoy them. Keep in mind salmon is always a little higher in fat than other meats so plan your day accordingly.

INSTRUCTIONS

1. Start the griddle to a medium heat.
 2. Remove the salmon from the package and pat dry with paper towels.
 3. Generously add the Saskatchewan Rub to both sides of the salmon.
 4. Place the salmon on the griddle presentation side (pretty side) down to start.
 5. Cook salmon for 10-13 minutes flipping halfway. If the skin is on your salmon you will need to cook for 13 minutes, possibly more. If the skin has been removed it will be closer
 6. to 10 minutes. Note: We like ours well done and I go for 12 minutes or until an internal temp of 165 degrees. Meat thermometer really helps.
 7. Place the tortillas on the griddle for 30-45 seconds per side.
- Putting it all together:**
8. Break apart the salmon and remove from the skin if it's there.
 9. Take your tortillas and set them up or lay them out.
 10. Take the salmon and place 1.5oz of salmon on each tortilla
 11. Add about 2g of Shredded lettuce/cabbage/carrot mix on top of the salmon. Minimal calories here on this.
 12. Sprinkle on about ½ tbsp to each taco of the Remoulade Sauce
 13. Enjoy!

Steak, Salad and Mac

NUTRITION FACTS

Macros: 767 Calories - 80.6g of Protein, 27.1g of Carbs, 34.8g of Fat



INGREDIENTS

- 8oz Sirloin Steak
- 80g of Dole Caesar Salad Kit
- 160g of Bob Evans Mac and Cheese
- Twist'D Q Seasoning 1 tsp Olive Oil

Is anything better than the royalty of the southern meal. Steak, salad and Mac is so simple, yet so good. Cuts of meat here matter and the sirloin is one of the leaner steaks. It's not as lean as a filet but leaner than a t-bone or ribeye. Prime, choice and select are 3 of the main types of quality of meat. Prime is the highest quality and will usually taste the best. Select is the lowest but also the leanest. Keep this in mind as you purchase.

INSTRUCTIONS

1. Take your steaks out and try to let them get close to room temperature. About 20-30 minutes if possible. Pat dry with paper towels and season with Twist'D Q Seasoning. Depending on thickness of the meat will determine the amount of seasoning. The thicker the meat the more seasoning needed.
2. Turn on the griddle to high heat.
3. Pour Olive oil on the grill and allow to heat for 1 minute.
4. Place the steak on the griddle. Thickness of the meat really matters for timing. These steaks were about $\frac{3}{4}$ of inch thick. I cooked for about 6 minutes per side until an internal temperature of 140-145 degrees. The thinner the steak the less time you cook it. $\frac{1}{2}$ inch thick would be about 3 minutes per side and 1 inch thick would be about 8 minutes per side. A temperature thermometer really helps you be able to get it right. Cooking steaks, especially lean steaks is all about precision.
5. After starting the steaks, go ahead start the Mac and cheese in the microwave according to the instructions. Don't forget about your steaks.
6. Once you pull the steaks off, allow them to sit preferably covered for about 5-10 minutes to rest.
7. While the steaks are resting, put together the Caesar Salad Kit.

Putting it all together:

8. Plate it all using a food scale to get your exact portions.
9. The great thing about Bob and Dole is they are already calculated for you. Just measure in grams and you are good to go.

Pork Chops with Rice and Zucchini

NUTRITION FACTS

Macros: 602 Calories - 51g of Protein, 44g of Carbs, 22.6g of Fat



INGREDIENTS

- 8oz of Pork Chops. (I prefer bone in and thin)
- 160g of Zucchini
- ¼ Dry Cup of HEB Jasmine Thailand Imported Rice
- ½ cup of Water
- 1 tbsp of Coconut Aminos
- Avocado Oil or Olive Oil Spray - 4 second Spray
- Morton's Season All
- Twist'D Q Seasoning (Salt, Pepper, Garlic)

An easy lean meat that can be done quickly on the griddle. Good flavor and a change from your red meats and fish.

INSTRUCTIONS

1. Start the griddle to a medium heat.
2. Remove the salmon from the package and pat dry with paper towels.
3. Generously add the Saskatchewan Rub to both sides of the salmon.
4. Place the salmon on the griddle presentation side (pretty side) down to start.
5. Cook salmon for 10-13 minutes flipping halfway. If the skin is on your salmon you will need to cook for 13 minutes, possibly more. If the skin has been removed it will be closer
6. to 10 minutes. Note: We like ours well done and I go for 12 minutes or until an internal temp of 165 degrees. Meat thermometer really helps.
7. Place the tortillas on the griddle for 30-45 seconds per side.
8. Putting it all together:
9. Break apart the salmon and remove from the skin if it's there.
10. Take your tortillas and set them up or lay them out.
11. Take the salmon and place 1.5oz of salmon on each tortilla
12. Add about 2g of Shredded lettuce/cabbage/carrot mix on top of the salmon. Minimal calories here on this.
13. Sprinkle on about ½ tbsp to each taco of the Remoulade Sauce
14. Enjoy!

Southwest Breakfast Bowl

NUTRITION FACTS

Macros: 533 Calories - 43.4g of Protein, 51.4g of Carbs, 18.7g of Fat



INGREDIENTS

- Ingredients:
- 255g of Ore-Ida Shredded Hash Brown Potatoes
- 100g of Lean Turkey Sausage
- 100g of Real Egg Original
- 28g of 2% Sharp Cheddar Cheese
- 100g of Salsa - Casera Medium
- Avocado Oil or Olive Oil Spray - 2 second Spray
- Morton's Season All

INSTRUCTIONS

1. Turn the griddle on to medium high heat.
2. Put the hash browns on the griddle for about 10-12 minutes flipping and turning throughout. Season with Season All before applying cheese. Cook until brown and add cheese with about 2 minutes remaining.
3. Take the Turkey sausage and place it on the grill. I like to chop into smaller pieces here to allow for easier eating! Cook until browned. Should only take 4-5 minutes.
4. Spray a 2 second spray for your eggs away from the sausage and the hashbrowns. Pour your eggs on the griddle and let cook. Flipping after 1-2 minutes. Season with Season All before done.

Putting it together:

5. In a bowl place the hash browns at the bottom.
6. On top of the hash browns place the eggs and sausage.
7. Put red or green salsa on top to taste.
8. You can easily add onions or jalapeños to the mix here and it will not effect calories too much.
9. Enjoy!

Cornbread Cake Breakfast Bowl

NUTRITION FACTS

Macros: 664 calories - 41.9g of Protein, 63.5g of Carbs, 28.3g of Fat



INGREDIENTS

- 1 whole bag Marie Calendar's Cornbread Mix
- 12oz Fat Free Fair Life Milk
- 100g Jennie-O Lean Turkey Sausage
- 2 Large Eggs
- Avocado Oil or Olive Oil - 2 second spray
- Morton Season All

INSTRUCTIONS

1. Start the griddle to medium heat.
2. Pour 12oz of milk into a bowl. Add the whole bag of Cornbread mix and stir until smooth. Try to stir until all lumps are gone.
3. Take the cornbread mix and pour about 150g on the griddle. Be sure to spread it out to make it a touch thinner. It will help the cake cook all the way through. Cook for about 6-8 minutes flipping halfway through the time.
4. Place the sausage on the other side of the griddle to start cooking. Use your spatula to break up the sausage as it cooks. Cooking for 4-5 minutes or until browned.
5. Clear off the sausage and Spray a 2 second spray of oil onto the griddle. Let it sit for about 45 seconds. Then crack the two eggs and place over the oil. Eggs on the griddle can easily be fried or scrambled. So cook them according to your preference. I cook mine for about 2 minutes on the first side and flip for about a minute depending on temperature. Add a little bit of Season All to end.

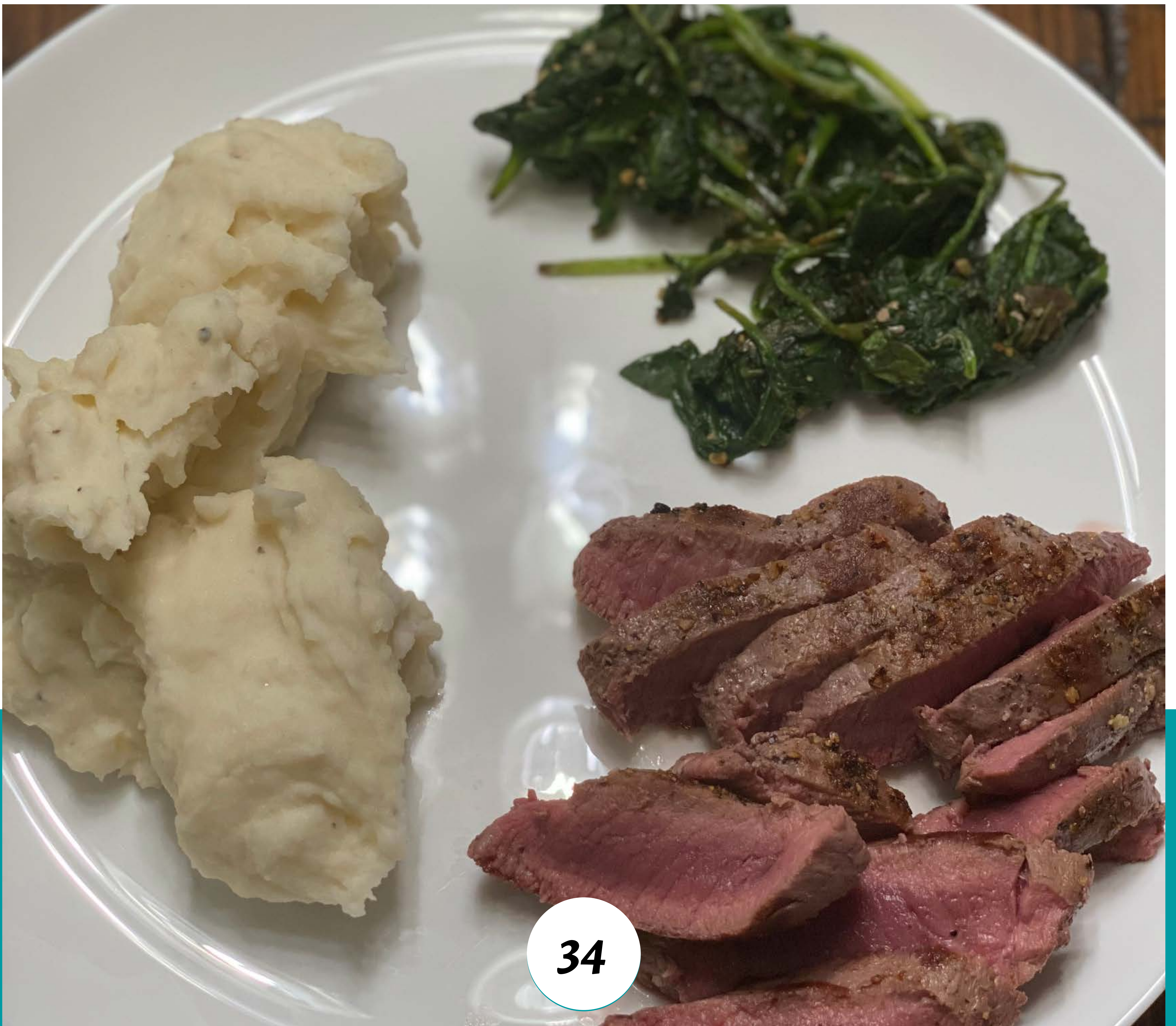
Putting it together:

6. Place the cornbread cake at the bottom of the bowl.
7. Add the sausage on top of the cornbread cake.
8. Then place the two eggs on top of the sausage and cornbread.
9. Enjoy!

Venison Backstrap, Potatoes and Spinach

NUTRITION FACTS

Macros: 479 Calories - 45.6g of Protein, 31.1g of Carbs, 18.8g of Fat



INGREDIENTS

- 6oz of Venison Backstrap
- Bob Evans Mashed Potatoes
- 80g of Spinach
- Avocado or Olive Oil - 3 second spray
- Twist'D Q Seasoning

Venison is great if you have never had it. But the best cut is going to be the Backstrap. Think of it as the filet of venison. If you don't hunt, get to know a hunter and beg them for the backstrap!

INSTRUCTIONS

1. Start cooking the Mashed Potatoes according to the instructions. It's the best one to let wait.
 2. Start the griddle to high heat.
 3. Spray the griddle with 1 second spray on one side.
 4. Place the spinach on the griddle over the 1 second spray and let cook for 4-6 minutes. Season with Twist'D Q.
 5. Season the Backstrap with Twisted Q after patting dry. Cover generously but again it depends on the thickness of the Backstrap.
 6. 2 second spray on the other side of the griddle once the griddle has reached a hot temperature. Important - we are trying to sear it.
 7. Place on the griddle over the 2 second spray oil once fully hot.
 8. Sear on both sides for 2-3 minutes depending on desired temp of the meat and thickness. I like a dark pink center here. Venison is actually safer than beef. Look for medium to medium rare for ideal texture.
 9. Let the Backstrap rest for about 3-5 minutes at most before eating for best taste.
- Putting it together:**
10. Plate the 6oz of venison, pre-cut or cut as you go.
 11. Plate 200g of mashed potatoes.
 12. Plate the 80g of spinach
 13. Enjoy!

Barbecue Flatbread Pizza

NUTRITION FACTS

Macros: 565 Calories - 42.8g of Protein, 62.2g of Carbs, 17g of Fat



INGREDIENTS

- 1 Rustic Crust All Natural Italian Herb Pizza Crust
- 112g of Gary's Quick steak Chicken
- 42g of Low Moisture Part Skim Mozzarella Cheese
- 31g of Primal Kitchen Classic BBQ Sauce
- Avocado or Olive Oil Spray - 1 second spray
- Morton's Season All

Pizzas are always good but especially when you can get in good quality protein to go with it.

INSTRUCTIONS

1. Turn the griddle to medium heat.
2. Give a 1 second spray to one side of the griddle.
3. Place the flatbread on the 1 second spray for about 4 minutes.
4. Place the chicken on the opposite side of the griddle.
5. Cook for about 3-4 minutes per side and add the Sesaon All before it's completed.
6. Take the Flat bread off the griddle and add the bbq sauce, spreading it around but leaving about ½ inch ring on the outside.
7. Sprinkle the cheese evenly on top of the bbq sauce.
8. Take the chicken and add it all on top of the cheese.
9. Place back onto the griddle. Cover with a pan large enough to cover it all. Try to leave no room for air to get through. This will help melt the cheese evenly and not over cook the crust. Cook for about 4-5 minutes or until cheese is melted.

Putting it together:

10. Slice it.
11. Enjoy!

Hawaiian Flatbread Pizza

NUTRITION FACTS

Macros: 554 Calories - 35g of Protein, 73g of Carbs, 15g of Fat



INGREDIENTS

- 1 Rustic Crust All Natural Italian Herb Pizza Crust
- 60g of Owens Fully Cooked Original Ham Steak
- 42g of Low Moisture Part Skim Mozzarella Cheese
- ¼ cup of Delallo Pizza Sauce
- 50g of Pineapple
- Avocado or Olive Oil Spray - 1 second spray

Pizzas are always good but especially when you can get good quality protein to go with it. Some debate over pineapple on pizza. But test this one out and let me know if it's a debate or not!

INSTRUCTIONS

1. Turn the griddle to medium heat.
2. Give a 1 second spray to one side of the griddle.
3. Chop the ham and pineapple into half inch squares or cubes.
4. Place the flatbread on the 1 second spray for about 4 minutes.
5. Place the ham and pineapple on the opposite side of the griddle.
6. Cook for about 3-4 minutes per side on the ham and pineapple.
7. Take the Flat bread off the griddle and add the pizza sauce spreading it around but leave about ½ inch ring on the outside.
8. Sprinkle the cheese evenly on top of the pizza sauce.
9. Place the ham and pineapple on top of the cheese.
10. Place back onto the griddle. Cover with a pan large enough to cover it all. Try to leave no room for air to get through. This will help melt the cheese evenly and not over cook the crust. Cook for about 4-5 minutes or until cheese is melted.

Putting it together:

11. Slice it.
12. Enjoy!

Fajita Stuffed Bell Peppers

NUTRITION FACTS

Macros: 626 Calories - 53g of Protein, 29g of Carbs, 35g of Fat



INGREDIENTS

- 6oz sirloin steak
- 2 large Yellow Bell Peppers
- 56g of Mozzarella and Provolone Rustic Cut Shredded Cheese
- 1 mini cup of Wholly Guacamole Chunky Minis
- Avocado Oil or Olive Oil Spray - 2 second spray
- Twist'D Q Seasoning

Excellent meal with lower carbs and lower fat if desired. Great flavor with a little Mexican flare.

INSTRUCTIONS

1. Turn the griddle on to medium high heat.
2. Cut the bell peppers into halves and take out the internal portions of the pepper.
3. Pat the steak dry on both sides and season with Twist'D Q Seasoning. The amount of seasoning and cooking time will vary based on the thickness of the meat.
4. Spray a 1 second spray of oil on each side of the griddle.
5. Place the steak on one side and the peppers open side down on the griddle.
6. Cook the steak and peppers for about 4-6 minutes per side before flipping.
7. Cook for an additional 4-6 minutes on this side as well. Using a meat thermometer is ideal and cook the steak to an internal temperature of 140 - 145 degrees.
8. Remove the steak and the peppers from the griddle.

Putting it together:

9. Slice up the sirloin and place 1.5oz into each pepper half.
10. Cover the steak with about 14g of cheese each.
11. Place back on the griddle, steak and cheese side up until the cheese melts. I will typically reduce the heat to medium.
12. Once the cheese is melted, add the guacamole on top evenly over all 4 halves.
13. Enjoy!

Jalapeno Chipotle Cornbread Cake Steak Bowl

NUTRITION FACTS

Macros: 773 Calories - 62g of Protein, 63g of Carbs, 28g of Fat



INGREDIENTS

- 1 whole bag Marie Calendar's Cornbread Mix
- 12oz Fat Free Fair Life Milk
- 6oz Sirloin Steak
- 1 tsp Jalapeno Chipotle Finishing Butter or Equivalent (Regular butter is great as well)
- Avocado Oil or Olive Oil Spray - 2 second spray
- Twist'D Q Seasoning

INSTRUCTIONS

1. Start the griddle to medium heat.
2. Pour 12oz of milk into a bowl. Add the whole bag of Cornbread mix and stir until smooth.
3. Try to stir until all lumps are gone.
4. Spray a 1 second spray of oil on each side of the griddle.
5. Pat the steak dry on both sides and season with Twist'D Q Seasoning. The amount of seasoning and cooking time will vary based on the thickness of the meat.
6. Take the cornbread mix and pour about 150g on the griddle. Be sure to spread it out to make it a touch thinner. It will help the cake cook all the way through. Cook for about 6-8 minutes flipping halfway through the time.
7. Place the steak on the other side of the griddle.
8. Cook the steak for about 4-6 minutes before flipping.
9. Cook for an additional 4-6 minutes on this side as well. Using a meat thermometer is best and cooking the steak to 140 - 145 degrees is ideal.
10. Remove the steak and the corn cakes from the griddle.
11. Take 1 tsp of butter and place into a small pot or measuring cup and place on the griddle. Allow the butter to melt.

Putting it together:

12. Slice up the steak into small squares or strips.
13. Place the cornbread cake in the bottom of a bowl. Cover with the steak.
14. Pour on the melted butter.
15. Enjoy!