

Your Wellness Coach Haley Presents:

# Biggest Loser Meal Plan

*Quick and delicious meal options designed to speed up your metabolism and help build back a healthy gut for optimal digestion.*

Powered By:



# How It Works

Congratulations on taking the next steps towards better health and happiness with your **Biggest Loser Meal plan**. Throughout your meal plan you will find samples for food suggestions to give you an idea of how you can eat during the course of a week. Our focus will be to slowly build a foundation of healthy eating habits by learning about how to eat the right foods at the right times. A full list of grab-n-go snack options to select from, along with an approved foods list where you will find each food item in a recipe is enclosed throughout your plan. You will learn exactly how to create healthy, family friendly meals in as little time as possible (recreate the recipes when you're out for dinner by ordering similar food item).

These tips will help get you to your goals and allow you to have "food freedom", gain confidence when dining out, and balance between juggling, work, family time, meetings, etc. Reward meals are granted to you every other week (1-2X that week) to help refuel and refocus to finish the program strong!

**CHECKING-IN:** A 7-Day sample meal plan is provided for you to get an idea of what recipes work best for that specific meal time. Utilize the following three sheets with exact portion and serving sizes for you to create your own meals that work best for your schedule from the recipes Trainer Haley created for you.

Weekly, you will send me your **Weekly Food & Exercise Log** sheet—either start or middle-of-the week for me to help you either

**A.** see if you're implementing the right foods; **B.** Accountability; **C.** Motivation to finish the week off strong!

**\*\*Become a Member at [AmpUpFitness.com](http://AmpUpFitness.com) to have access to your Weekly Food & Exercise Log.\*\***

**We focus on the "good stuff":**

*Serving Size Guide for your Body Type and Future goals/body Aspirations*

*Exact Recipes to make for your Meals and Snacks*

*On-The-Go Meal and Snack Options*

*Quick and Tasty Recipes that you can Whip Up In No More than 25-Minutes*

*Each Recipe Takes Into Consideration Allergies And Food Preferences*

*Supplement Guidance And Suggestion On What To Take For Your Overall Goals*



# Meal Timing:

It all comes down to what you're going to eat at the right time. My motto for you:

*"Eat breakfast like a King, lunch like a Queen, and dinner like a Pauper."*

You will jump start each day with a protein, carbohydrate and fat rich meal for breakfast. Lunch and dinner will consist of either protein, fat and carbohydrates (**intense workout days**= Legs, Full Body, and HIIT cardio) or protein and fats (upper body, steady-state cardio, or plyometric workouts).

Snacks remain higher in protein and fats with optional carbohydrate from fruit source.

# Reward Meals:

**"Reward Meal"** will be granted to you 1-2X every other week! "Reward Meal" classifies eating whatever food you want within your portion size. Some reward meal examples: ice cream, pizza, hamburger, slice of cake, 2 alcoholic beverages, etc. Might sound crazy to have "not so healthy for you food" once a week, but trust me; when you deprive yourself too long from something your body craves, you're more likely to binge and run down the slippery slope of giving up on the program. In the long run, "Reward Meals" assist you into teaching life is all about balance and moderation. You can have your cake and eat it too—just have a slice instead of the entire cake!

# Supplements:

Trainer Haley recommends Vital Proteins and/or 1st Phorm supplements. Purchase products here: [www.1stphorm.com/wwhd](http://www.1stphorm.com/wwhd); <http://bit.ly/HSCollagenPeptides>  
If you enjoy using another brand, please verify with your Wellness Coach.

## Optional "Jumpstart Your Day" Drink Concoction:

Yogi Detox Tea

OR

Amazing Grass Superfood Green Drink (follow package directions)



# Focus on 5 principles:

1. Eat roughly 4-5 meals per day to control hunger levels
2. Make extras at dinner time to have as leftovers for a convenient lunch or dinner option the next day
3. Keep protein high to preserve muscle mass
4. Consume protein and carbohydrate source between 60-Minute window post workout to restore breakdown muscle tissues and glycogen storage: Example: **Phormula-1 Protein Powder** plus + 1/2 cup fruit or another "quick digesting" carbohydrate source like **Ignition** from 1st Phorm, White Rice, Rice/Corn Cakes or White Potatoes.
5. Drink minimum 0.5 ounces per gram of bodyweight to stay hydrated. Strive for more to help you feel full for longer duration time (aim for 1 gallon water with some lemons optimize digestion and promote fat loss).

## Macronutrient Overview:

### Proteins:

Protein is a must during your plan to help preserve lean muscle mass. Remember muscle burns fat. The more lean muscle mass you have, the more fat you will burn creating a "furnace effect" to your metabolism (aka revving up your metabolism to burn twice as much fat). Limit your consumption of heavily processed meats with chemical additives, like lunchmeat or prepared sausage/pork to 1-2X week. Consume protein from lean sources: chicken, turkey, fish, eggs, protein powder, etc.

### Carbohydrates:

Stick with carbohydrates that are easy for your body to digest. Sweet potatoes, potatoes, oats, rice, fruits, Ezekiel, whole wheat or gluten free bread, etc. are some great examples.

### Fats:

Transport, maintain and regulate specific hormones, and body functions. Examples include: Extra Virgin Olive Oil, Grape seed Oil, Infused Olive Oils, Coconut Oil, Nuts, Natural Peanut/Almond Butter, and Avocado. **\*\***(Full "Approved Food List" outlined later)**\*\***

### Micronutrient Overview:

Micronutrients do not provide our body with enough nutrients to "fuel" our bodies alone, but they're definitely vital to our health! Vegetables are a great example of micronutrients. They contain an abundance of essential nutrients our bodies need; therefore, vegetables are classified within their own group to optimize your health.



# Portion Sizes:

It's a good idea to measure foods so you know exactly how much you're eating. But, if measuring cups or a food scale is not available, you can estimate your portion size with the examples provided below!

Portion Conversion: Average per meal				
	Protein	Carbohydrates	Fats	Vegetables
<b>Hand Portion</b>	1 Palm	1 Fist	2 Thumbs	1 Fist
<b>Women's Portion</b>	3-4 ounces	½ Cup	1 Tbsp.	1-2 Cups
<b>Men's Portion</b>	5-6 ounces	1 Cup	2 Tbsp.	1-2 Cups



= 8 Oz. Liquids or  
1 Cup  
Rice, Pasta,  
Potato, Small  
Fries, Oatmeal



= 1 Oz of Meat  
or Cheese



= 1 Tbsp.  
of Peanut Butter,  
Butter, Hummus,  
Oil, etc.



= 1 tsp.  
3 tsp. = 1 Tbsp.  
Butter, Oil,  
Seasonings, etc.



= 1 Inch  
Thickness for  
slice of Avocado



½ Cup Oatmeal,  
Rice, Pasta, Nuts,  
Crackers



3 Oz of Meat,  
Fish or Poultry

# Approved Foods:

## Approved Proteins:

Chicken (M 6 oz. / F 4 oz.)  
Ground Beef/Turkey (M 6 oz. / F 4 oz.)  
Steak (red meat) (M 6 oz. / F 4 oz.)  
Pork (M 6 oz. / F 4 oz.)  
Fish: Cod, Halibut, Tilapia, Mahi Mahi, etc. (M 8 oz. / F 6 oz.)  
Ham (M 6 oz. / F 3 oz.)  
Natural Lunch Meat (refer to nutrition label for serving size)  
Shrimp (M 8 oz. / F 6 oz.)  
Salmon (M 6 oz. / F 4 oz.)  
Eggs (1 Whole Egg)  
Egg Whites (1/4 cup= 1 whole egg)  
1<sup>st</sup> Phorm Protein Powder (M 25-35 g. / F 20-25 g.)  
Legumes/Edamame (Vegetarian) (M 1 Cup/ F 1/2 Cup)  
Yogurt (M 8 oz. / F 6 oz.)  
Chick Peas (M and F 3 oz.)  
Pure Protein or Quest Bars

## Approved Carbohydrates:

Sweet Potatoes (1 Medium) \*Utilize "Portion Size" Guide  
Potatoes (1 Medium)  
Oatmeal (M 1 Cup / F 1/2 Cup)  
Brown or Wild Rice (M 1 Cup / F 1/2 Cup)  
Quinoa (M 1/2 Cup / F 1/4 Cup)  
Ezekiel Bread (Refer to nutrition label)  
Gluten Free Bread/Tortilla/Muffins (Refer to nutrition label)  
Corn/Rice Cakes (M 2 Cakes / F 1-2 Cakes)  
Berries: Strawberries, Blueberries, Raspberries, Blackberries (M 1 Cup / F 1/2 Cup)  
Apple/Pear/Grapefruit/Peaches (M1 / F 1/2)  
Pomegranate Seeds (M 1 Cup / F 1/2 Cup)  
Butternut Squash (M 1 1/2 Cups / F 1 Cup)  
**Flours:** Coconut, Almond, or Gluten Free flours (Refer to nutrition label)  
KIND Snacks, NuGo Bars, RXBAR, LARABAR, etc.

## Approved Vegetables:

**(M 2 Cups / F 1 Cup)**

\*\*Any and All Veggies are great!\*\*

### Some Key ones:

Cooked Greens  
Salad Greens  
Chickpeas  
Bell Peppers  
Beets  
Celery  
Squash  
Zucchini  
Carrots  
Cucumbers  
Asparagus  
Brussel Sprouts  
Collard Greens  
Artichokes  
Tomatoes  
Any and all Herbs (Cilantro, Dill, Mint, Parsley, etc.)

## Approved Drinks:

Water (flavor with Lemon/Lime juice or infuse with fruit)  
Iced Tea (Unsweetened)  
Hot Teas (any and all are great that come in "natural" tea bag)  
Coconut/Almond or Soy Milk  
Coconut Water  
1st Phorm Protein Shakes/Smoothies  
La Croix Flavored Drinks or Any Sparkling Water of choice!  
Bai Drinks (Regular and Bubbly)  
Vitamin Water Zero  
BCAA (Branched Chain Amino Acids)

## Approved Fats: (M 2 tbsp. / F 1 tbsp.)

EVOO (Extra Virgin Olive Oil)  
Coconut Oil  
Grape seed Oil  
Avocado (M 1/2 / F 1/4 Avocado)  
Chia Seeds, Flax Seeds  
Peanut Butter  
Hummus  
Fish Oil Supplements  
Trail Mix/Nuts (Raw)  
1 String Cheese  
Sliced Cheese (Refer to nutrition label)  
Shredded Cheese (1/4 cup)  
Baby Bell Cheese (1 Wedge)  
KIND Snacks, NuGo Bars, RXBAR, LARABAR, etc.



# Biggest Loser Meal Plan



Remember: "Eat breakfast like a king, lunch like a queen and dinner like a pauper."

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Breakfast</b>	<b>1 Serving Protein, Carbs and Fat</b> Protein Packed Southwest Scramble (Recipe)	<b>1 Serving Protein and Carbs</b> Tropical Paradise Shake (Recipe)	<b>1 Serving Protein, Carbs and Fat</b> Omelet and Oats or 1 piece of Toast (Recipe) + 1-Cup sliced berries and pineapple/oranges	<b>1 Serving Protein, Carbs and Fat</b> Egg Sandwich (Recipe)	<b>1 Serving Protein, Carbs and Fat</b> Omelet and Oats (Recipe)	<b>1 Serving Protein and Carbs</b> Egg Sandwich (Recipe) + 1/2 cup Fruit	<b>1 Serving Protein, Carbs and Fat</b> Trainer Haley's Protein Pancakes (Recipe) + 1/2 cup Fruit with 1 <i>tbsp.</i> Peanut Butter or 2 <i>tbsp.</i> PB2 Powder
<b>Snack (Optional)</b>	1-Cup Vegetable Mix (Carrots, Cucumbers, Broccoli, etc.) + 2 <i>tbsp.</i> Hummus	2 Hard Boiled Eggs (1 Whole Egg + 1 Egg White) OR Morning Sunshine Shake (Recipe)	1 Peach and Handful Cashews or Trail Mix (1/4 cup)	1-Cup Vegetable Mix (Carrots, Cucumbers, Broccoli, etc.) + 2 <i>tbsp.</i> Hummus	2-Cups Veggies and Hummus or Guacamole Packet OR Morning Sunshine Shake	2-Cups Veggies + Guacamole Packet and/or handful Cashews/Trail Mix	1 Cup Frozen or Regular Grapes (add topped yogurt to increase protein)
<b>Lunch</b>	<b>1 Serving Protein and Fat + Unlimited Vegetables</b> Turkey Avocado Skewers (Recipe)	<b>1 Serving Protein, Carbs and Fat</b> Leftover Turkey Slices (roughly 3) + 2-cups Vegetables and 1 packet Hummus or 1 Baby Bell Cheese Wedge	<b>1 Serving Protein and Fat + Unlimited Vegetables</b> Leftover meat from tacos (4-6 ounces) Turn into a big salad loaded with vegetables and 2 <i>tbsp.</i> Balsamic Vinaigrette Dressing	<b>1 Serving Protein and Fat + Unlimited Vegetables</b> 4-ounces Chicken + 2-cups Vegetables and 1 packet Hummus or 1 Baby Bell Cheese Wedge  (use leftover Chicken)	<b>1 Serving Protein, Carbs and Fat</b> LEFTOVERS: BBQ Chicken Wrapped Asparagus	<b>1 Serving Protein and Fat + Unlimited Vegetables</b> Turkey Avocado Skewers (Recipe)	<b>1 Serving Protein and Fat + Unlimited Vegetables</b> 4-ounces Chicken + 2-Cups Mixed Greens, 1/4 cup dried Cranberries, 1/4 cup Raw Nuts, 2 <i>tbsp.</i> Italian Dressing with 1-cup sliced veggies of choice!
<b>Snack</b>	1 Banana + 1 Rice Cake w/ 1 <i>tbsp.</i> Peanut Butter  (Pre-Workout)	Egg White Puffs ( <i>make ahead for snacks throughout the week</i> )	Oikos Triple Zero Greek Yogurt + 1 Rice Cake w/ 2 <i>tbsp.</i> PB2 Powder or 1 <i>tbsp.</i> Peanut Butter OR Bar of choice (Pre-Workout)	1/2 Cup Cottage Cheese + 1/4 cup Nuts and 1/2 cup Peaches OR Bar of choice	1 Banana + 1 Rice Cake w/ 1 <i>tbsp.</i> Peanut Butter  (Pre-Workout)	Save snack time for dessert :)	Egg White Puffs ( <i>make ahead for snacks throughout the week</i> )
<b>Dinner</b>	<b>1 Serving Protein, Carbs and Fat + Unlimited Vegetables</b> 8-Minute Hand Carved Turkey with Potatoes and Vegetables (Recipe)	<b>1 Serving Protein, and Fat + Unlimited Vegetables</b> Tacos (Recipe)  <i>*Serve with lettuce wraps</i>	<b>1 Serving Protein, Carbs and Fat + Unlimited Vegetables</b> Grilled Chicken Kabobs w/ Crisped Potatoes (Recipe)	<b>1 Serving Protein and Fat + Unlimited Vegetables</b> BBQ Chicken Wrapped Asparagus	<b>1 Serving Protein and Fat + Unlimited Vegetables</b> Ginger Salmon with Sesame Cucumbers (Recipe)	<b>REWARD MEAL:</b> <i>Dinner and Dessert item of choice!</i>	<b>1 Serving Protein and Fat + Unlimited Vegetables</b> Mexican Stir-Fry (Recipe)

# Biggest Loser Meal Plan

## Week Two



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Breakfast</b>	1 Serving Protein, Carbs and Fat	1 Serving Protein, Carbs and Fat	1 Serving Protein, Carbs and Fat	1 Serving Protein, Carbs and Fat	1 Serving Protein, Carbs and Fat	1 Serving Protein, Carbs and Fat	1 Serving Protein, Carbs and Fat
<b>Snack</b>	See “Snack Attack” to select options						
<b>Lunch</b>	1 Serving Protein, Carbs and Fat + Unlimited Vegetables	1 Serving Protein and Fat + Unlimited Vegetables	1 Serving Protein and Fat + Unlimited Vegetables	1 Serving Protein and Fat + Unlimited Vegetables	1 Serving Protein and Fat + Unlimited Vegetables	1 Serving Protein and Fat + Unlimited Vegetables	1 Serving Protein, Carbs and Fat + Unlimited Vegetables
<b>Snack</b>	See “Snack Attack” to select options						
<b>Dinner</b>	1 Serving Protein, Carbs and Fat + Unlimited Vegetables	1 Serving Protein and Fat + Unlimited Vegetables	1 Serving Protein and Fat + Unlimited Vegetables	1 Serving Protein, Carbs and Fat  Reward Meal for a Dinner date!	1 Serving Protein and Fat + Unlimited Vegetables	1 Serving Protein and Fat + Unlimited Vegetables	1 Serving Protein and Fat + Unlimited Vegetables



# Biggest Loser Meal Plan

## Week Three



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Breakfast</b>	1 Serving Protein, Carbs and Fat	1 Serving Protein, Carbs and Fat	1 Serving Protein, Carbs and Fat	1 Serving Protein, Carbs and Fat	1 Serving Protein, Carbs and Fat	1 Serving Protein, Carbs and Fat	1 Serving Protein, Carbs and Fat
<b>Snack</b>	See “Snack Attack” to select options						
<b>Lunch</b>	1 Serving Protein, Carbs and Fat + Unlimited Vegetables	1 Serving Protein and Fat + Unlimited Vegetables	1 Serving Protein and Fat + Unlimited Vegetables	1 Serving Protein and Fat + Unlimited Vegetables	1 Serving Protein and Fat + Unlimited Vegetables	1 Serving Protein and Fat + Unlimited Vegetables	1 Serving Protein, Carbs and Fat + Unlimited Vegetables
<b>Snack</b>	See “Snack Attack” to select options						
<b>Dinner</b>	1 Serving Protein, Carbs and Fat + Unlimited Vegetables	1 Serving Protein and Fat + Unlimited Vegetables	1 Serving Protein and Fat + Unlimited Vegetables	1 Serving Protein, Carbs and Fat  Reward Meal for a Dinner date!	1 Serving Protein and Fat + Unlimited Vegetables	1 Serving Protein and Fat + Unlimited Vegetables	1 Serving Protein and Fat + Unlimited Vegetables

# Biggest Loser Meal Plan

## Week Four



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Breakfast</b>	1 Serving Protein, Carbs and Fat	1 Serving Protein, Carbs and Fat	1 Serving Protein, Carbs and Fat	1 Serving Protein, Carbs and Fat	1 Serving Protein, Carbs and Fat	1 Serving Protein, Carbs and Fat	1 Serving Protein, Carbs and Fat
<b>Snack</b>	See “Snack Attack” to select options						
<b>Lunch</b>	1 Serving Protein, Carbs and Fat + Unlimited Vegetables	1 Serving Protein and Fat + Unlimited Vegetables	1 Serving Protein and Fat + Unlimited Vegetables	1 Serving Protein and Fat + Unlimited Vegetables	1 Serving Protein and Fat + Unlimited Vegetables	1 Serving Protein and Fat + Unlimited Vegetables	1 Serving Protein, Carbs and Fat + Unlimited Vegetables
<b>Snack</b>	See “Snack Attack” to select options						
<b>Dinner</b>	1 Serving Protein, Carbs and Fat + Unlimited Vegetables	1 Serving Protein and Fat + Unlimited Vegetables	1 Serving Protein and Fat + Unlimited Vegetables	1 Serving Protein, Carbs and Fat  Reward Meal for a Dinner date!	1 Serving Protein and Fat + Unlimited Vegetables	1 Serving Protein and Fat + Unlimited Vegetables	1 Serving Protein and Fat + Unlimited Vegetables

# Biggest Loser Meal Plan

## Week Five



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Breakfast</b>	1 Serving Protein, Carbs and Fat	1 Serving Protein, Carbs and Fat	1 Serving Protein, Carbs and Fat	1 Serving Protein, Carbs and Fat	1 Serving Protein, Carbs and Fat	1 Serving Protein, Carbs and Fat	1 Serving Protein, Carbs and Fat
<b>Snack</b>	See “Snack Attack” to select options						
<b>Lunch</b>	1 Serving Protein, Carbs and Fat + Unlimited Vegetables	1 Serving Protein and Fat + Unlimited Vegetables	1 Serving Protein and Fat + Unlimited Vegetables	1 Serving Protein and Fat + Unlimited Vegetables	1 Serving Protein and Fat + Unlimited Vegetables	1 Serving Protein and Fat + Unlimited Vegetables	1 Serving Protein, Carbs and Fat + Unlimited Vegetables
<b>Snack</b>	See “Snack Attack” to select options						
<b>Dinner</b>	1 Serving Protein, Carbs and Fat + Unlimited Vegetables	1 Serving Protein and Fat + Unlimited Vegetables	1 Serving Protein and Fat + Unlimited Vegetables	1 Serving Protein, Carbs and Fat  Reward Meal for a Dinner date!	1 Serving Protein and Fat + Unlimited Vegetables	1 Serving Protein and Fat + Unlimited Vegetables	1 Serving Protein and Fat + Unlimited Vegetables

# Biggest Loser Meal Plan

## Week Six



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Breakfast</b>	1 Serving Protein, Carbs and Fat	1 Serving Protein, Carbs and Fat	1 Serving Protein, Carbs and Fat	1 Serving Protein, Carbs and Fat	1 Serving Protein, Carbs and Fat	1 Serving Protein, Carbs and Fat	1 Serving Protein, Carbs and Fat
<b>Snack</b>	See “Snack Attack” to select options						
<b>Lunch</b>	1 Serving Protein, Carbs and Fat + Unlimited Vegetables	1 Serving Protein and Fat + Unlimited Vegetables	1 Serving Protein and Fat + Unlimited Vegetables	1 Serving Protein and Fat + Unlimited Vegetables	1 Serving Protein and Fat + Unlimited Vegetables	1 Serving Protein and Fat + Unlimited Vegetables	1 Serving Protein, Carbs and Fat + Unlimited Vegetables
<b>Snack</b>	See “Snack Attack” to select options						
<b>Dinner</b>	1 Serving Protein, Carbs and Fat + Unlimited Vegetables	1 Serving Protein and Fat + Unlimited Vegetables	1 Serving Protein and Fat + Unlimited Vegetables	1 Serving Protein, Carbs and Fat  Reward Meal for a Dinner date!	1 Serving Protein and Fat + Unlimited Vegetables	1 Serving Protein and Fat + Unlimited Vegetables	1 Serving Protein and Fat + Unlimited Vegetables

# Snack Attack Recipes:

Strive for snacks ranging in 150-300 Calories

- **High Pro Fro-Yo (Recipe in "Shakes/Smoothies")**
- Handful Cashews or Trail Mix (1/4 cup) + unlimited vegetables
- **Protein Shake/Smoothie (Recipes)**
- 1/2 cup Cottage Cheese or Yogurt + 1/2 cup Fruit
- Oikos Triple Zero Greek Yogurt + 1 Rice Cake w/ 2 tbsp. PB2 Powder or 1 tbsp. Peanut Butter
- 15 Crackers w/ sliced Cheese, Tomatoes, Basil and Pepper (for seasoning)
- **Protein Mug Cake (Recipe)**
- **Protein Pancakes (Recipe)**
- Vegetables with 2 tbsp. Peanut Butter/100 Calorie Avocado Pack or Hummus
- **No Bake Peanut Butter + Coconut Protein Bites (Recipe)**
- Fruit and Yogurt Parfait (Recipe in "Shakes/Smoothies")
- Vegetables with 1 tbsp. Peanut Butter/100 Calorie Avocado Pack or Hummus
- 3 Hard Boiled Eggs (1 Whole Egg + 2 Egg Whites) with 1-2 cups Sliced Vegetables
- 1-Cup Frozen or Regular Grapes/Blueberries (*optional dip in Plain Greek Yogurt for added protein and freeze for 30 Minutes or longer*)
- 16-24 ounces water + 1 Scoop Protein Powder
- Skinny Popcorn (2-3 cups)
- Skinny Popcorn (1-Cup) w/ 1/4 cup Raw Mixed Nuts
- Apple w/ 1 tbsp. Peanut Butter or 2 tbsp. PB2
- **KIND Snacks:** Granola, Bars, Fruit Bars
- LARABAR's or RXBAR's
- Pure Protein or Quest Bars
- 3 ounces Protein + 2-Cups Salad Greens and 1 tbsp. Dressing
- 3 ounces Protein + 1-Cup Vegetables and 2 tbsp. Hummus/Avocado/Guacamole

# Smoothies/Shakes Recipes:

## Tropical Paradise Shake: (Yields 1)

6 ounces Almond/Coconut milk  
1/2 cup Berries or 1/2 Banana  
1/2 cup Frozen Pineapple  
1 Scoop of Vanilla Protein Powder  
1 tbsp. Unsweetened Coconut Flakes 1/2 cup Ice  
*BLEND AND ENJOY!*

## Liquid Breakfast Protein Smoothie (Yields 1)

1 Scoop Vanilla Protein Powder  
1/2 Banana or 1/2 Apple  
1/4 cup Oats  
1 cup Berries (optional)  
6 ounces water  
1-Cup Ice  
*BLEND AND ENJOY!*

## Fruit and Yogurt Parfait (Yields 1)

8 Ounces Plain Or Vanilla Greek Yogurt  
1/4 Cup Granola (Kind, Udi's, Or Chex)  
Or  
2 Tbsp. Chia/Flax Seeds  
1/2 Cup Seasonal Fruit

### Directions:

Combine ingredients in bowl in chronological order and enjoy!

## Cleansing Smoothie: Yields 1

### Ingredients:

1-2 Cups Mixed Spinach  
1/2-3/4 Cup Pineapple  
1/2 Cup Raspberries  
2-3 tbsp. Hemp, Chia or Flax Seeds (optional)  
1 scoop Vanilla or Strawberry Protein Powder  
1-Cup Almond/Coconut or Skim Milk or Water  
Ice

*BLEND AND ENJOY!*

## Choco Berry Smoothie: Yields 1

### Ingredients:

6 ounces Water or Milk  
1 Cup Ice  
1 Scoop Chocolate Protein Powder  
1/2 Cup Berries (fresh or frozen)

*BLEND AND ENJOY!*



## Berry Good Protein Ice Cream (Yields 1)

### Ingredients:

4 ounces Unsweetened Almond/Coconut/Skim Milk  
1 scoop Vanilla Protein Powder  
1/2 cup Frozen Berries + 1/2 cup Frozen Strawberries (optional)

### Directions:

Add ingredients to blender in chronological order and blend until smoothed.  
Top with honey and raw nuts for a sweet and salty crunch!

## Hulk Smash: (Yields 1)

6 ounces Almond/Coconut milk  
1/2 Banana or 1/4 cup Oats  
1 Scoop of Chocolate Protein Powder 1 tbsp. of Peanut/Almond butter  
1 Cup Ice  
*BLEND AND ENJOY!*

## Bikini Body Berry Protein Smoothie (Yields 1)

1 Scoop Protein Powder  
6 ounces Water or Almond/Coconut Milk  
3/4 cup raspberries, strawberries, or blueberries (or a mix)  
2 cups raw spinach  
1 Cup Ice  
1-tbsp. chia or flax seed (optional)

### Directions:

Blend first four ingredients together and top with chia or flax seeds.

## High-Pro-Fro-Yo: (Yields 1)

1/2 cup plain Greek Yogurt, 1 scoop Protein Powder (any flavor), 1/4 cup Almond/Coconut Milk

### Directions:

Mix in all ingredients in a bowl; cover and place in freezer for 20 minutes. Optional toppings: frozen fruit, 1/4 cup nuts, 2 tbsp. PB2 Powder



# Breakfast Recipes:

## Proats: (Yields 1)

### Ingredients:

1/2 cup of Gluten Free or Steel Cut Oats  
1/4 cup of Almond Milk  
1/2 cup Egg Whites (liquid form)

**Optional Toppings:** 1tbsp. Peanut or Almond Butter, 1 tbsp. Chia Seeds, and/or 1/2 cup Berries

### Directions:

Mix first three ingredients together in a bowl and place in microwave for 1-2 minutes stirring when needed. Top with optional toppings and enjoy!

## Omelet and Oats: Yields 1

### Ingredients:

3-4 egg whites + 1 whole egg  
Fill with: Bell peppers, spinach and mushrooms  
and Mrs. Dash seasoning

1/2 cup Oatmeal  
Topped with: Cinnamon, 1/2 cup berries, 1/2 cup pineapple, 1 tbsp. Chia Seeds

## Egg Sandwich: (Yields 1)

### Ingredients:

1 slice Ezekiel or Gluten Free bread  
2 leaves of basil cut thin  
Dash of pepper  
1/4 cup of avocado sliced thin  
2-3 eggs

### Directions:

SPRAY the pan with olive oil cooking spray.  
Crack 2-3 Eggs. Add basil, tomatoes and pepper.  
(Make scrambled eggs or keep them medium over easy)  
Toast Ezekiel Bread,  
Put your eggs on top of the toast, and top off with avocado.  
ENJOY .



## Chocolate Chia Seed Pudding: (Yields 1)

### Ingredients:

1 1/2 Cups Unsweetened Almond Milk  
1/3 Cup Chia Seeds  
1/4 Cup Chocolate Protein Powder or 1 tbsp. Cacao Powder  
1-2 tbsp. Walden Farms Syrup  
1 tsp. Cinnamon  
**Optional:** 1/4 tsp. Sea Salt

### Directions:

Add all ingredients in a bowl and whisk until blended. Refrigerate over night.  
Serve with slivered almonds, raspberries or anything else

## Egg Whites with Avocado Slices (Yields 1)

### Ingredients:

2/3 cup Egg Whites  
Filled with: spinach, bell peppers, cilantro or parsley, zucchini or squash  
Mrs. Dash or McCormick seasonings of choice (low/no salt)  
Half Slice Avocado

### Directions:

Place eggs and toppings on stove top pan. Cook either as an omelet or scramble eggs up. Optional: either add avocado slices on pan for “creamier” texture or add after eggs are cooked all the way.

## Power Oats (Yields 1)

### Ingredients:

1/2 cup Oats  
1 Scoop Protein Powder (flavor of choice)  
1 tbsp. Chia Seeds  
1 tbsp. Hemp Seeds  
1 tbsp. Flax Seeds  
1/2 cup Almond/Coconut or Soy Milk  
1/2 cup Water

### Directions:

Combine all ingredients and cook in microwave for 2-3 minutes  
Top with any fruit of choice and enjoy:)



# Breakfast Recipes:

## Protein Packed Southwest Scramble: (Yields 1)

### Ingredients:

3 Egg Whites  
1 Turkey Sausage Link, sliced  
Choice of vegetables: zucchini, spinach, mushrooms, spinach or bell peppers  
Optional: sprinkle a little cheese on top or avocado slices for a healthy fat choice. Add Mrs. Dash Italian Seasoning or Cayenne Pepper and Black Pepper

### Directions:

In a frying pan, spray with PAM cooking oil, add eggs, sausage link and vegetables. Scramble and cook until all eggs are cooked through and sausage link is browned.

## Cranberry, Almond Protein Oatmeal (Yields 1)

### Ingredients:

1/2 cup Oats  
1 Scoop Level-1 Protein Powder or BSN  
1/2 cup Almond/Coconut Milk  
Toppings: 1/4 cup Almonds and Cranberries

### Directions:

Combine all ingredients and cook in microwave for 2-3 minutes!

## Breakfast Burrito: (Yields 1)

### Ingredients:

3 Egg Whites  
1 Slice Turkey  
1/4 cup Black Beans (optional)  
2 tbsp. Salsa  
2 tbsp. Shredded Cheese  
1 small Whole Wheat Tortilla or 2 Corn Tortillas

### Directions:

On medium skillet, spray pan and combine eggs and turkey together. Scramble for 2-minutes. Add black beans and shredded cheese.  
Warm up tortilla(s) in microwave for 10-30 seconds.  
Assemble egg mixture onto tortilla(s) and top with salsa.

Serve with a side of fruit!

## Cup of Eggs and Salsa (Yields 1)

### Ingredients:

2 Egg Whites + 1 Whole Egg  
PAM Cooking Spray and Mrs. Dash Seasonings  
**Optional Toppings:** 1/4 cup Salsa, 1/4 Avocado and/or 1/4 Cup Shredded Cheese

### Directions:

Grab coffee mug and spray with PAM cooking spray. Mix together Egg Whites with One Whole Egg and microwave for 1-2 minutes (stand close to watch eggs rise. Stir and repeat until fully cooked. Top with Optional Toppings and enjoy!

## Trainer Haley's Protein Pancakes (Yields 1)

### Ingredients:

2 Egg Whites or 1 Whole Egg  
1 Scoop Protein Powder (flavor of choice)  
1 tbsp. Coconut/Almond or Oat Flour or 1/2 Banana  
1 tsp. Cinnamon or Pumpkin Pie Spice  
Splash Almond/Coconut or Soy Milk  
**Optional:** 1 tsp. Xanthan gum for added thickness

### Directions:

Combine all ingredients in a blender or mix with spoon/fork.  
Warm pan up, spray some PAM cooking spray and pour mixture onto pan.  
Add blueberries or sliced strawberries and enjoy.  
Yields roughly 3 4-inch pancakes (depending on thickness)





# Breakfast/Snack Recipes:

## Spicy Veggie Egg Muffins (Yields 8)

### Ingredients:

4 Eggs  
1-Cup Liquid Egg Whites (or 6 Eggs cracked and remove yolk)  
1 Orange Bell Pepper, diced  
1 Red Bell Pepper, diced  
1 Jalapeno pepper, diced  
Non-Stick Cooking Spray  
Pepper and Mrs. Dash Italian Seasoning to taste

### Directions:

Preheat oven to 350 degrees.  
In mixing bowl, whisk together eggs, egg whites and vegetables. Season and assemble in sprayed muffin pan evenly, filling them up 3/4 of the way full. You should get 8 muffins total.  
Bake for about 15-20 minutes or until the muffins have turned light golden brown around the edges.  
Serve immediately or store in refrigerator for later use!

## Egg White Puffs (make ahead and extra for a quick meal!)

### Ingredients:

1 cup Liquid egg whites  
1 cup Chopped spinach  
½ cup Chopped bell pepper  
Mrs. Dash Italian Medley Seasoning or make it spicy and use Spicy Jalapeño Seasoning

### Directions

Preheat oven to 375 degrees.  
Spray muffin tin with non-stick cooking spray. (I like Pam olive oil spray).  
Fill each muffin cup halfway with liquid egg whites.  
Add chopped veggies to each cup until almost full.  
Bake for 15-20 minutes (or until eggs are cooked all the way through).



## Turkey Balls: (Yields 4; 1 Serving= 4 Balls)

### Ingredients:

1 lb. Lean Ground Turkey  
1 Whole Egg  
1 Carrot, chopped fine  
1 Zucchini, chopped fine  
1 Red Pepper, chopped fine  
1/2 cup Mushrooms, chopped fine  
1 tbsp. Garlic, minced  
1/4 cup Parsley, fresh or dried  
1/4 cup Cilantro, fresh or dried  
Mrs. Dash Italian Medley or Spicy Jalapeño Seasoning

### Direction:

Preheat oven to 375 degrees.  
In a large bowl, add ingredients in chronological order and mix/mash with your hands.  
With a spoon, place turkey into golf size balls onto pan lined with Parchment Paper.  
Cook in oven for 30-35 minutes (or until inside turkey balls are a light brown).  
Once cooked, pat dry and choose from the following to pair turkey balls with.

Carbohydrate: enjoy with Sweet Potato fries/Rice and 1-Cup steamed Sugar Snap Peas  
Fat: enjoy with 1/2 Avocado or 2 tbsp. Hummus and 1-Cup steamed Sugar Snap Peas  
This is a great recipe to dip into your favorite “Healthy” sauce or add to family spaghetti night!



# Lunch/Dinner Recipes:

## Grilled Chicken/Steak Kabobs w/ Crisped Potatoes (Yields 6)

### Chicken /Steak and Vegetable Kabobs

#### Ingredients:

2lbs Chicken or Steak, cut into chunks  
Balsamic Vinaigrette or marinade you enjoy!

1 Red Pepper  
1 Zucchini  
1 lb. Mushrooms  
Half pineapple, (cut into chunks)  
6-8 skewers

#### Crisped Potatoes Ingredients:

2 Sweet Potatoes  
2 Russet Potatoes  
Cooking Spray: coconut oil/extra virgin olive oil



#### Meat Directions:

Warm-up the grill to medium/high heat  
Cut chicken into chunks and place on skewers  
Place skewers in dish and drizzle marinade over entire chicken skewers. (let sit while you are chopping up vegetables and placing on skewers) Cut the red pepper, zucchini, and pineapple into chunks.  
Take out mushroom stems and place all vegetables and pineapple on skewers  
Place all on grill and cook each side roughly 7-8 minutes.

#### Potato Directions:

Turn broiler on oven to high heat  
Skin both potatoes and cut sweet potatoes and russet potatoes about 3/4 way down, lengthwise and place in microwave for 6-8 minutes.  
Let cool for 2-3 minutes, and then place on cooking sheet and mash with fork or muddler until whole pan is evenly filled with potatoes.  
Spray coconut oil or extra virgin olive oil over potatoes and season with salt and pepper.  
Place in broiler, on high, for 6-8 minutes (or until top is crispy)

## Turkey/Chicken Avocado Wrap and Vegetables (Yields 1)

#### Ingredients:

4 ounces Chicken Breast, cooked and sliced OR 3 Slices Turkey Lunch Meat  
1 Whole Wheat/Ezekiel Wrap or 2 Corn Tortilla  
2 tbsp. Avocado  
1 cup Steamed Vegetables or side salad  
Salt and Pepper to taste

#### Directions:

Mash the avocado with salt and pepper to taste.  
Place wrap on plate and spread the avocado mixture on top. Assemble with turkey/chicken slices and serve with a side of steamed vegetables or side salad of choice!

## BBQ Chicken Wrapped Asparagus (Yields 4)

#### Ingredients:

4, 6 ounces Chicken, sliced  
12 Asparagus Spears  
2 tbsp. BBQ sauce (low sodium, reduced fat)

**Seasonings:** cumin, paprika, garlic, pepper  
*1 cup diced bell peppers (optional for brown rice)*  
*Suggested carbs: 1/2 cup brown rice*  
*Fruit (optional): watermelon pieces*

#### Directions

Set oven to 400°F.  
Measure and cut chicken breasts into thin, 2-3 oz. pieces. Feel free to further flatten the chicken with a mallet.  
Season chicken cutlets with 1 tbsp. barbecue sauce (for each piece) and your choice of seasonings.  
Chop the ends off asparagus and wrap the chicken around 6 asparagus spears.  
Place the chicken on a baking sheet with the open facing down.  
Bake in the oven for about 8-10 minutes.

## Tacos (Yields 4; 1 Serving= 6 ounces Meat, 1/4 cup Guacamole, 2 Romaine Lettuce Leaves, Vegetables and Side Salad

#### Fish Ingredients:

4-6 ounce Cod Filets, Skirt Steak, or Chicken  
1 tbsp. EVOO  
1 tbsp. Garlic, minced  
Fiesta seasoning (McCormick Brand)  
8 Romaine Lettuce Leaves (for lettuce wraps)  
Tomatoes and lettuce to top each taco!

#### Guacamole Ingredients:

3 Avocados, peeled and mashed  
2 Tomatoes, diced, 1 onion, 1 Jalapeno, 1/4 cup Cilantro, Lemon/lime juice and Mrs. Dash Lemon Pepper seasoning

#### Directions:

Warm-up the grill or stove top to medium/high heat. **Working on pan:** combine EVOO and garlic over medium/high heat until garlic starts to brown. Add meat of choice and season with Fiesta seasoning. Stir every 60-seconds until meat is cooked all the way (roughly 6-8 minutes)  
**Working on grill:** spray grill with PAM grilling spray. Place meat of choice on grill and cook until fish starts to flake (8-10 minutes), skirt steak starts too brown (3-4 minutes each side—depending on how you like your steak cooked), or chicken (8-minutes each side).  
While meat cooks, combine all guacamole ingredients in chronological order in medium sized bowl. Mix together with spoon or your hands.  
Assemble lettuce wraps or corn tortillas onto 4 different plates. Add meat with guacamole, tomatoes and any seasonings or fresh herbs desired.  
Add a side salad or sliced vegetables to fill you up.

# Lunch/Dinner Recipes:

## Balsamic Chicken Gluten Free Pasta: (Yields 6)

### Ingredients:

6, 4-6 ounce Chicken Breasts, sliced  
1 tbsp. Garlic, minced  
1 tbsp. EVOO (or any oil of choice)  
6 Celery Stalks, chopped  
1-Cup Cherry Tomatoes, halved  
2 tbsp. Balsamic Vinaigrette  
1 Avocado, chopped into cubes  
1 Package Gluten Free Fettuccini Noodles  
Optional seasonings: crushed Red Pepper, Mrs. Dash Lemon Pepper, Pepper

### Directions:

Follow directions too cook pasta. When water starts to boil, start making the chicken. To make chicken: place EVOO and garlic on skillet over medium-high heat. Add chicken once garlic starts to brown. Cook chicken for roughly 5-minutes then add in celery, tomatoes and balsamic vinaigrette. Cook for another 4-5 minutes. Once noodles are done. Combine all ingredients together in big bowl. Top with desired seasonings of choice and avocado cubes.

## Shrimp Boil Foil Packets: (Yields 4)

### Ingredients:

2 lbs Red Potatoes, halved or quartered  
3 ears corn, cut into thirds  
1 1/2 lbs Shrimp, peeled and deveined  
1 package Smoke Sausage, thinly sliced  
4 tsp Old Bay or other Cajun seasoning  
2 tbsp EVOO or oil of choice  
2 tbsp Fresh Parsley, chopped

### Directions:

Place potatoes in a large pot, cover with several inches of water and place on cook top over high heat. Bring to a boil and reduce heat to medium-high. Boil for 10 minutes. Add the corn and boil an additional 4-5 minutes.

Meanwhile, preheat grill to 400 degrees F. Tear off 4 large sheets of foil, folding in half to double-layer. In the center of each piece of foil, divvy out the shrimp, potatoes, corn, andouille, sprinkling with Old Bay and oil after adding each ingredient to the foil. Fold the packets to enclose the contents.

Place the packets on the grill and cook for 8-10 minutes or until shrimp are pink and cooked through. Serve with fresh parsley, if desired.

(I made my mine in one foil pan then divided onto each family members plate)



## 8-Minute Hand Carved Turkey Breast with Potatoes and Vegetables: Yields 4

### Ingredients:

1 Turkey Breast (precooked from Costco), sliced  
1 Bag Microwaveable Baby Potatoes  
1 Zucchini, sliced  
1 1/2 cups Baby Tomatoes, sliced  
1 cup shredded carrots (pre shredded)  
1 Yellow Squash, sliced  
1 tbsp. EVOO or oil of choice  
1 tbsp. Minced Garlic  
Mrs. Dash Lemon Pepper Seasoning  
Optional: Cayenne Pepper and/or Orange Peel seasoning  
Pepper to taste

### Direction:

Place microwaveable baby potatoes in microwave according to package (mine stated 8-minutes). While potatoes cook, heat skillet over medium-high heat with oil and garlic. Cook for 1-2 minutes (or until garlic browns). Add zucchini, squash and carrots to pan and stir-fry for 5-6 minutes on high heat. As vegetables and potatoes cook, remove turkey breast from packaging and slice 1/2 breast into 1/2 inch slices. Add tomatoes and cook for another 2-minutes. Season as desired. Assemble turkey breast, and vegetables onto plates. Remove potatoes from bag and assemble onto plates. Mash potatoes with a fork and season with pepper.



# Lunch/Dinner Recipes:

## Asparagus Sweet Potato Chicken Skillet: (Yields 4; 1 serving= 4 ounces chicken, 1-cup Sweet Potato and Asparagus Mix)

### Ingredients:

1 lb. Chicken Breasts, sliced  
1/2 lb. Asparagus, sliced  
2 Medium Sweet Potatoes, peeled and diced into 1/2-1 inch pieces  
1 tbsp. EVOO (Extra Virgin Olive Oil) or Olive Oil  
3 tbsp. Garlic, minced  
2 tsp. Mrs. Dash Italian Medley Seasoning  
Optional: Drizzle on some Italian Dressing

### Directions:

Cut chicken into small pieces. Heat a skillet over medium heat, add oil and garlic. Cook for roughly 1-2 minutes, until garlic starts to brown. Add chicken and stir-fry for 6-8 minutes, or until chicken is cooked all the way through. Set aside.

In the same skillet, add sweet potatoes, seasoning and optional Italian Dressing. Cook for about 7-10 minutes. Add asparagus and cook for about 4-5 more minutes. Add Mrs. Dash seasoning.

Arrange 4 plates with 4 ounces (about 1-cup) Chicken and 1-cup Sweet Potato and Asparagus Mixture.

## Grilled Chicken Salad (Yields 4; 1 serving= 1 4-6 ounce Chicken Breast and 1-Cup Salad Greens + 1 tbsp. Dressing of choice)

### Ingredients For Chicken

4- 4-6 ounces Chicken breasts  
Mrs Dash Lemon Pepper Seasoning, to taste

### Directions

Set oven to broil and arrange rack so baking pan be close to heat. Or if it is nice outside, use the grill!

Cover baking pan with aluminum foil and set aside.

Season both sides of chicken breasts with a generous amounts of lemon pepper.

Place chicken breasts in the middle of the baking pan and broils for 12-13 minutes on each side.

Remove from oven and cut into slices or chunks.

### Ingredients For Salad

4-cups Salad Greens  
1/2 Cup Cherry Tomatoes  
1 Avocado  
1 Red Bell Pepper  
1/2 cup Slivered Almonds or Raw Nuts  
Choose a Vinaigrette as dressing

### Directions

Place salad greens in a salad bowl and top with the rest of the vegetables. Arrange into 4 separate plates/bowls and add sliced chicken breast topped with Almonds/Raw Nuts and dressing of choice.



## Healthy Pizza (Yields 1)

### Ingredients:

1 Ezekiel or Gluten Free Wrap  
1/4 cup Organic All-Natural Pizza Sauce  
Fresh Basil, chopped, to taste  
Mushrooms 1/4 cup chopped  
1/4 cup Low-Fat Organic Shredded Mozzarella  
1/4 cup Sun Dried Tomatoes in Olive Oil

### Directions:

Preheat oven to 350 degrees.

Lay your wrap on a baking sheet and assemble all of the ingredients to make a pizza.

Spray the top with cooking spray.

Bake for 12 to 15 minutes and serve right way.



## Trainer Haley's Famous Stuffed Peppers: (Yields 6; 1 Serving= 1 Red Pepper and side Salad)

### Ingredients:

2 lbs. Ground Turkey (lean)  
2-cups Minute Maid Wild Rice or Brown Rice  
6 Red Peppers, tops cut off and seeded  
2 tbsp. Garlic  
1 tbsp. Extra Virgin Olive Oil  
Handful Basil, chopped  
1-can Tomato Sauce

### Optional Seasonings:

Cayenne Pepper, Italian Medley Mrs. Dash seasoning, Sriracha sauce

### Directions:

Warm oven up to 350 degrees. Once oven is warmed, add 6 red peppers in stove covered with aluminum foil for 10-15 minutes. Cook rice according to package.

Heat skillet over medium-high heat with olive oil and garlic for roughly 30-seconds. Add 2-lbs Ground Turkey and cook for 6-8 minutes (or until turkey browns). Add tomato sauce, basil and seasoning of choice and mix together over low heat.

Add rice to skillet once cooked.

Disperse turkey/rice mix into peppers and enjoy with side salad.



# Lunch/Dinner Recipes:

## Mexican Stir Fry: Yields 4

### Ingredients:

1 lb. Ground Turkey or Beef  
1 tbsp. Minced Garlic  
1 tbsp. EVOO (Extra Virgin Olive Oil) or oil of choice  
1 can Mild Chunky Salsa (I used On The Border brand)  
Mrs. Dash Fiesta Seasoning

### Directions:

Heat large skillet over medium-high heat with oil and minced garlic. Cook until garlic starts to brown.  
Add turkey, stirring every couple of minutes and cook for 6-8 minutes.  
Add salsa, stir for 1-2 minutes.  
Eat with a side salad or steamed vegetables and 1 serving tortilla chips!



## Zoodle Salad with Avocado and Edamame: Yields 4 (1 Serving= 2-cups mixture)

### \*Vegan/Vegetarian\*

### Ingredients:

4, Medium Zucchini's, spiralized  
2 Lemons  
1 tbsp. Olive Oil or EVOO  
1 Avocado, diced  
1 1/2 cups Shelled Edamame, cooked  
1/4 cup Basil, mined  
1 tbsp. Chives, minced

### Directions:

Use a spiralizer to cut the zucchini not thin spaghetti-like strands. Trim the strands into bite size lengths, about 8-inches long and place in a large bowl.  
Drizzle oil, lemon juice, pepper and toss.  
Dice the avocado into small pieces and add to the bowl along with the edamame, basil and chives.

*Add 4-6 ounce meat of choice to increase protein intake!*

## Ginger Salmon with Sesame Cucumbers: Yields 4

### Ingredients:

#### Ingredients For The Salmon:

1 1/2lb Salmon Fillet  
1/4 cup Tamari Sauce  
2 tbsp. Honey  
2 tbsp. Orange Juice  
1 tbsp. Grated Ginger (fresh)

#### Ingredients For The Cucumbers:

1 tbsp. Sesame Seeds  
2 Cucumbers (medium sized), thinly sliced  
1/2-1 Jalapeno, sliced into half moons  
2 tbsp. Lemon Juice  
1 tbsp. EVOO  
1-2 tbsp. Dill, fresh

### Directions:

To make salmon: place whole fillet in a ziplock bag. In a small bowl combine Tamari sauce, honey, orange and fresh grated ginger. Stir until well blended. Reserve 3 tbsp mixture and add remaining over salmon. Refrigerate for 15-minutes to marinate.  
Heat broiler and line pan with foil. Place salmon and broil for 5-minutes, or until the salmon begins to char on top. Pull pan out and drizzle reserved ginger mixture over salmon and broil for 1-3 more minutes.  
Remove salmon from oven when salmon easily flakes with fork or knife.  
To make cucumbers: combine all ingredients in medium sized bowl and stir until all cucumbers are covered with dressing.

## Spicy Flank Steak Kabobs with Sweet Potato: Yields 4

### Ingredients

1 lb. lean Flank Steak  
2 Large Sweet Potatoes  
1 Zucchini  
1 Bell Pepper (any color)  
4-6 Skewers  
Seasonings: Mrs. Dash Steak Seasoning, Cayenne Pepper, Pepper or Salt

### Directions

Cut 1/2 way through Sweet Potato and place into microwave for 6 minutes  
Cut flank steak into very small pieces. Season with your choice of seasonings. Chop 1 zucchini and 1 bell pepper into small pieces for the kabob. Assemble the kabobs, alternating between beef, bell pepper, and zucchini.  
Place the assembled kabob on a baking sheet/pan and bake for 8-12 minutes depending how well you like your meat cooked.

# Treat Yourself Recipes:

## Protein Mug Cake: (Yields 1)

### Ingredients

1 scoop Protein Powder (flavor of choice) 1 tbsp unsweetened cocoa powder  
1 tsp Stevia  
1/4 tsp baking soda  
2 egg whites  
1 tbsp almond milk or water

**Optional Toppings:** 1 tbsp. PB2 Spread/Peanut Butter, 1/2 Banana, Whip Cream

### Directions

In a mug, mix protein powder, cocoa powder, Stevia, and baking soda. Stir in eggs and almond milk, mix until smooth.

If desired, drop a tbsp. of P28 spread, peanut butter, or 1/2 Quest bar into the center of the batter.

Microwave mug on high for one minute. The batter will rise over the edge, stop the microwave and push the batter back down.

## No Bake Peanut Butter + Coconut Protein Bites (Yields 20-25 bites; 1 Serving= 3 Bites for Women, 5 Bites for Men)

### Ingredients:

2 Scoops Vanilla Protein Powder  
1/4 cup Peanuts  
3/4 cup Gluten Free Oats  
1/4 cup Walden's Farm Syrup  
3/4 cup Almond/Peanut Butter  
3/4 cup unsweetened Coconut Flakes  
1/4 cup group Flax or Chia Seeds

### Directions

In a large bowl, mix together all of the dry ingredients: protein powder, coconut, oats, flax and peanuts.

Set aside.

In a medium bowl, whisk together the wet ingredients: peanut butter and syrup

Pour wet mixture over dry mixture and using spatula, fold together until well incorporated. Scoop mixture into your hands and roll into bites (roughly 1 1/2 tablespoons). If the mixture comes out too dry, add more water or milk.



## Peanut Butter Chocolate Bars aka "PB Reese Bars"

### Ingredients:

4 tbsp. Coconut Oil  
1/3 cup Peanut Butter, chunky  
2 scoops Chocolate, Chocolate Peanut Butter or Ice Cream Sandwich Protein Powder  
Optional: sliced almonds

### Directions:

Combine all ingredients together in pan (don't forget to lick the spoon...Yum!)

Place all ingredients in freezer for 5-10 minutes and enjoy!  
\*\*Store extra in fridge\*\*

## Protein Cereal \*\*Great for Kids!\*\* (Yields 1)

### Ingredients:

1/2 cup Egg Whites International 1/2 cup Milk  
1 Bowl Cereal of your choice

### Directions:

Stir egg whites and milk together. Pour over cereal and enjoy!

## Instant Protein Brownies: (Yields 4)

### Ingredients:

8 pumps Egg Whites International  
1 packet sugar free pudding powder  
Skim/Almond Milk (as per instructions on pudding packet)  
2 scoops Chocolate or Chocolate Peanut Butter Protein Powder

### Directions:

Combine all ingredients together in pan (don't forget to lick the spoon...Yum!)  
Eat right away and serve as dip or cook in oven for 20-25 minutes and enjoy.

## Guiltless Ice Cream Sandwiches: (Yields 2)

### Ingredients:

2 Low Fat Graham Crackers  
1/2 cup Fat Free Cool Whip  
Sprinkles, if desired

### Directions

Put two tbsp. of Cool Whip between halves of a graham cracker  
Add sprinkles, if desired  
Place in freezer until frozen then devour!



# Congratulations!

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*You completed your*

***Biggest Loser Meal Plan***

*Remember the motto:*

***“It’s Not Just The Workout;  
It’s The Lifestyle.”***

