

BREAKFAST RECIPES

Greek Yogurt With Berries



Ingredients:

- 3/4 cup 0% Fage Plain Greek Yogurt
- 1.5 cup berries

Instructions

1. Mix berries with Greek Yogurt
2. Serve and enjoy

Approx Nutrition: Protein: 30g; Carbohydrates: 30g; Fat 6g

Ezekiel Egg White Sandwich



Ingredients:

- 2 pieces of Ezekiel Bread
- 3 Egg whites
- 2 oz deli turkey

Instructions

1. Cook egg whites to desired format
2. Place on Ezekiel Bread
3. Add turkey
4. Optional: add lettuce and tomato

Approx Nutrition: Protein: 30g; Carbohydrates: 30g; Fat 6g

Bone Broth with Toast



Ingredients:

- 3 servings of [bone broth](#)
- 2 pieces Ezekiel bread

Instructions

1. Toast the Ezekiel bread
2. Make a cup of hot water
3. Add bone broth to water
4. Serve and enjoy

Approx Nutrition: Protein: 30g; Carbohydrates: 30g; Fat 6g

Protein Pancakes



Ingredients:

- 1/2 cup banana mashed
- 3 egg whites
- 1/4 teaspoon baking powder
- 1 tablespoon vanilla protein powder

Instructions

1. Combine all ingredients in a mixing bowl until smooth.
2. Spray a skillet with non-stick spray on medium heat. Pour 1/4 cup of the batter into the pan. Cook 3 to 4 minutes or until pancakes bubble in the center. Carefully flip and cook another 2 to 3 minutes. Once cooked, remove pancake and repeat until all the batter has been used. Spray skillet as needed with non-stick spray in-between cooking the pancakes.

Approx Nutrition: Protein: 30g; Carbohydrates: 30g; Fat 6g

Beef & Mushroom Omelette



Ingredients:

- 3 oz top round steak
- 1 cup raw mushrooms
- 4 egg whites

Instructions

1. In a pan, cook steak and mushrooms to desired state
2. Add whipped egg whites to pan with steak and mushrooms and allow eggs to begin cooking.
3. Flip egg, steak, and mushroom mixture and finish cooking
4. Serve and add any non-sugar sauce

Approx Nutrition: Protein: 30g; Carbohydrates: 30g; Fat 6g

Vanilla Protein Oatmeal



Ingredients:

- 1/2 cup oatmeal (uncooked)
- 30g protein from vanilla protein powder

Instructions

1. Add 1-1 1/4 cups water with 1/2 cup oats
2. Microwave for 2 minutes
3. Take out of microwave and add protein powder
4. Mix and eat

Approx Nutrition: Protein: 30g; Carbohydrates: 30g; Fat 6g

LUNCH RECIPES

Grilled Chicken & Baked Potato



Ingredients:

- 5 oz chicken breast
- 5 oz russet potato
- 1 cup veggies
- ¼ cup Greek Yogurt

Instructions

1. Bake the potato
2. Grill the chicken breast
3. Once potato is done, cut open and add Greek Yogurt
4. Serve with chicken breast and veggies

Approx Nutrition: Protein: 30g; Carbohydrates: 30g; Fat 6g

Chicken & Corn on the Cob



Ingredients:

- 5 oz chicken breast
- 1 cob of corn
- 1 cup of green beans

Instructions

1. Season and grill chicken breast and cob of corn
2. Season and steam green beans
3. Serve together and enjoy

Approx Nutrition: Protein: 30g; Carbohydrates: 30g; Fat 6g

Salmon & Rice



Ingredients:

- 5 oz salmon filet
- ¾ cup rice (cooked)
- 1 cup of green beans or snap peas

Instructions

1. Cook salmon in a pan on the stove with 1-2 tsp olive oil
2. Cook rice. Take ¾ cup of cooked rice and put it on plate.
3. Put salmon on top of rice. Squeeze lemon for flavor.
4. Serve with green beans or snap peas

Approx Nutrition: Protein: 30g; Carbohydrates: 30g; Fat 6g

Chicken Tacos



Ingredients:

- 3 corn tortillas
- 5 oz chicken breast
- 1 tbsp taco or other seasoning
- 1 tbsp Greek yogurt

Instructions

1. Season chicken breast. Then Grill or pan fry chicken breast until fully cooked
2. Chop chicken breast into small chunks
3. Add chicken to tortillas
4. Top with Greek yogurt, lemon, cilantro

Approx Nutrition: Protein: 30g; Carbohydrates: 10g; Fat 7g

Steak, Sweet Potatoes, Asparagus



Ingredients:

- 5 oz top sirloin steak
- 4 oz sweet potato
- 1 cup asparagus

Instructions

1. Bake or pressure cook sweet potato then mash
2. Season and cook steak to desired state
3. Steam asparagus
4. Combine foods on plate and enjoy

Approx Nutrition: Protein: 30g; Carbohydrates: 30g; Fat 10g

Turkey Burger with Green Beans



Ingredients:

- 5 oz 93% (or higher) lean ground turkey
- 1 whole grain bun
- 1 cup green beans

Instructions

1. Season turkey and form into a patty
2. Cook thoroughly
3. Steam green beans, season, and place into a bowl
4. Place turkey patty on bun and add extras (tomato, lettuce, onion, mustard, etc...)

Approx Nutrition: Protein: 30g; Carbohydrates: 30g; Fat 10g

SNACK or LUNCH RECIPES

Turkey Wrap



Ingredients:

- 5 oz deli turkey
- 2 brown-rice tortillas

Instructions

1. Place turkey slices in tortillas
2. Add lettuce, and any other veggies
3. Add any non-sugar sauce
4. Enjoy

Approx Nutrition: Protein: 30g; Carbohydrates: 30g; Fat 7g

Quest Bar



Ingredients:

- 1 Quest Bar

Instructions

1. Buy Quest Bar
2. Unwrap and eat

Approx Nutrition: Protein: 20g; Carbohydrates: 20g; Fat 7g

Beef Jerky



Ingredients:

- 3 oz Beef Jerky

Instructions

1. Buy or make beef jerky
2. Separate out 3 oz
3. Enjoy

Approx Nutrition: Protein: 25g; Carbohydrates: 21g; Fat 5g

DINNER RECIPES

Chicken Stir Fry



Ingredients:

- 5 oz chicken breast
- 2 cups mixed veggies of choice
- 1 tbsp sesame seeds
- ¼ cup tamari sauce

Instructions

5. Cut chicken breast into strips.
6. In a frying pan or wok add chicken & veggies.
7. Cook until done. Add tamari sauce and continue to cook over low heat
8. Sprinkle with sesame seeds. Serve and enjoy

Approx Nutrition: Protein: 30g; Carbohydrates: 6g; Fat 6g

Taco Salad



Ingredients:

- 5 oz 96% lean ground beef or turkey
- 2 cups lettuce
- ¼ cup Greek yogurt
- 1 medium tomato

Instructions

1. In a pan season and cook ground beef/turkey
2. Shred lettuce and make a lettuce bed
3. Chop tomato into chunks & mix with lettuce
4. Add ground beef/turkey to lettuce and top with yogurt

Approx Nutrition: Protein: 30g; Carbohydrates: 6g; Fat 6g

Tuna Salad Wraps



Ingredients:

- 5 oz tuna
- 2 tsp avocado mayonnaise
- ¼ cup Greek yogurt
- 2 leaves of lettuce

Instructions

1. In a bowl, mix tuna, mayonnaise and yogurt
2. Put mixture into leaves of lettuce and serve
3. Optional: can add pickles to tuna salad mixture

Approx Nutrition: Protein: 30g; Carbohydrates: 6g; Fat 6g

Chicken Breast & Zucchini Noodles



Ingredients:

- 5 oz Chicken Breast
- 1 large zucchini squash

Instructions

1. Season and grill (or pan fry) chicken breast
2. Spiralize zucchini into noodles and cook in a pan on stove. (Can add 1 tbsp olive oil or spray pan with cooking spray)
3. Season zucchini noodles
4. Serve chicken and zucchini together on plate

Approx Nutrition: Protein: 30g; Carbohydrates: 8g; Fat 6g

Rotisserie Chicken with Broccoli



Ingredients:

- 5 oz Rotisserie Chicken Breast
- 1 cup broccoli

Instructions

1. Buy or make a rotisserie chicken and cook thoroughly
2. Season and steam broccoli
3. Slice off 5oz chicken breast and serve with broccoli

Approx Nutrition: Protein: 30g; Carbohydrates: 8g; Fat 5g

Turkey-Stuffed Bell Peppers



Ingredients:

- 5 oz 93% (or higher) lean ground turkey
- 2-4 bell peppers

Instructions

1. Season and cook ground turkey in a frying pan
2. Cut bell peppers in half and clean them out
3. Put turkey inside bell pepper halves
4. Place stuffed pepper on a baking tray and bake in oven for 30-45 minutes at 425° F
5. Take out of oven. Let cool slightly and serve.

Approx Nutrition: Protein: 30g; Carbohydrates: 10g; Fat 7g