

# S.O.B. breakfast burrito



373 calories



44 grams of protein



## Ingredients

70g ground turkey sausage

28g fat free cheddar cheese

2 slices turkey bacon

200g egg white

Cholula hot sauce

1 tbsp. of fresh Jalapeños

1 tbsp of green bell pepper

1 Carb Balance Tortilla (or the lowest calorie you can find)

## Directions

1. Throw your 70g of turkey chorizo (or turkey sausage) on a pan with nonstick spray at medium heat.
2. Chop up the meat as you go and cook until it's all the way cooked through (approximately 10–12 minutes).
3. Cook 2 slices of turkey bacon on a pan with nonstick cooking spray or throw in the air fryer until desired crispiness.
4. Throw 150 grams of egg whites into a pan with salt and pepper and cook all the way through.
5. While the eggs are cooking, add your fat-free cheese.
6. Throw 2-4 tots in the air fryer at 400 degrees and cook until desired crispiness. along with bell peppers and fresh jalapenos (sliced).
7. Put it all together

# Breakfast Bagel Club



461 calories



52 grams of protein



## *Ingredients*

- 1 low cal bagel or english muffin
- 28g fat free cheddar cheese
- 1 velveeta slice
- 20g avocado

- 150g liquid egg whites
- 3 slices canadian bacon
- 2 slices turkey bacon

## *Directions*

1. Measure 150g of egg white and add it to a nonstick pan with salt and pepper (medium heat until fully cooked).
2. Add 28g of fat-free cheese to your eggs while they are cooking.
3. Throw your turkey bacon and Canadian bacon in the air fryer or a nonstick pan. (10 minutes in the air fryer or until desired crispiness).
4. Toast your thin bagel to desired "toastiness."
5. Add spray butter to your bagel.
6. Toss a slice of Velveeta on your bagel and add all of the contents.

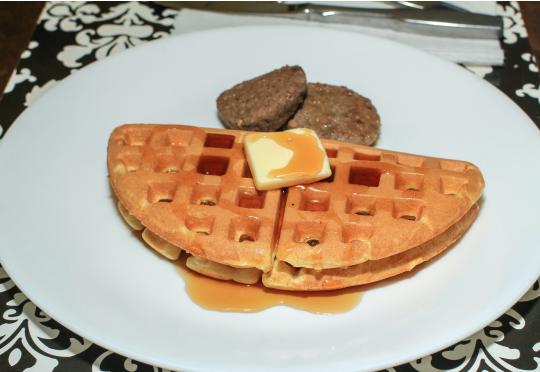
# Hungry Man Waffle plate



455 calories



43 grams of protein



## Ingredients

55g kodiak waffle mix  
100g egg white  
1 cup almond milk  
50g sugar free syrup  
2 turkey sausage patties (pre cooked)  
spray butter (optional) or low cal butter

## Directions

1. Add 92 grams of egg whites to a mixing bowl.
2. Add 53 g of Kodiak waffle mix.
3. Add almond milk and stir until the desired consistency is reached.
4. Either make pancakes and put the desired amount of mix into a nonstick pan or a pan with nonstick spray on medium heat. Flip when ready. (If you have a waffle maker, definitely use that.)
5. Cook 2 turkey sausage patties in the air fryer or on a non-stick pan.
6. Add spray butter to your cakes along with the sugar-free syrup.

## PRO TIPS

1. If you have a waffle iron, definitely use it. If not, make pancakes on a pan with nonstick spray.
2. This meal is definitely filling! Make enough for the week to stay on track.

# Kyle's Turkey bacon club



475 calories



43 grams of protein



## Ingredients

- 2 slices low cal bread
- 1 slice reduced fat cheddar
- 16 slices turkey pepperoni
- 2 slices turkey bacon
- 2oz. deli turkey
- 85g nonfat greek yogurt
- 1 tbsp ranch seasoning
- (lettuce, tomato, pickles)

## Directions

1. Take the desired amount of Greek yogurt and add ranch seasoning for the sauce. (Light mayo and mustard are also fine.)
2. Place two slices of turkey bacon on the stove or in the air fryer.
3. Cook to the desired crispiness.
4. Piece together all of the ingredients in a wrap or low cal bread slices.

## PRO TIPS

1. Add desired veggies and watch your calories. I add jalapenos, pepperoncini, pickles, and lettuce to mine.
2. Always warm up your tortilla prior to rolling it. This will avoid any splits.
3. For a variation, put this on a lower-calorie bread or bread roll.
4. Make sure it fits within your macros!

# Flat bread garlic chicken pizza

 425 calories

 66 grams of protein



## Ingredients

- Josephs lavish flat bread
- 4oz. chicken breast
- 56g fat free mozzarella
- 63g pizza sauce
- 16 slices turkey pepperoni
- italian seasonings

## Directions

- 1.Dice up the chicken tenders to your desired size (the smaller, the better).
- 2.Add garlic, salt, and pepper seasoning to the chicken and throw it in the air fryer until cooked all the way through.
- 3.Place 28g of pizza sauce on your low-cal flatbread. Sprinkle garlic into the sauce.
- 4.Mix in 28–56 grams of fat-free mozzarella cheese.
- 5.Add your diced chicken and 28 grams of turkey pepperoni.
- 6.Add additional veggies of your choice. I like adding mushrooms and freshly diced jalapenos.
- 7.Place it all in the oven and cook on a baking sheet or in an air fryer until desired crispiness.

### PRO TIPS

- 1.Find a good flatbread or pita bread.
- 2.Make sure it's under 160 calories or less.
- 3.I like to cook it at 400 degrees for 8 minutes.
- 4.Add 1 extra minute to broil.

## Taco Tuesdays Taco



521 calories



42 grams of protein

### Ingredients

- carb balance tortilla (3)
- 5oz. 96/4 beef
- 28 g of fat-free shredded cheese
- 50 g of chopped white onions
- 25 grams of green onions
- 1 tsp. of hot sauce
- 50g. of black beans
- 3 low cal tortillas (50 or less)



### Directions

1. Chop all of your veggies.
2. Cook your 96/4 beef in a skillet at medium heat until cooked through thoroughly.
3. Add taco seasoning for added flavor to your beef as well as 1/2 cup of water (bring to simmer)
4. Using a nonstick spray, cook your tortillas until desired warmth or texture.
5. Make yourself two beautiful, high-protein tacos.

#### PRO TIPS

1. Always crisp up your carb-balanced tortillas on a warm skillet!
2. I add a tablespoon of nonfat Greek yogurt and occasionally avocado if I have room in my day!

# AM Meatzilla Burrito



380 calories



52 grams of protein

## Ingredients

- Mission carb balance tortilla
- 3 slices canadian bacon
- Turkey Sausage Patty (frozen)
- 150g egg white (carton)
- 28g reduced fat cheddar



## Directions

1. Measure out 150 grams of egg white into a bowl.
2. Add salt and pepper to your egg white and stir.
3. Scramble your egg whites in a pan with some nonstick spray.
4. Add 28 g of fat-free cheddar.
5. Simultaneously, in the air fryer, throw in your sausage and turkey bacon and cook until desired crispiness.
6. Warm up or slightly crisp the tortilla before adding all the ingredients.

# In and Out style Burger

 530 calories

 57 grams of protein

## *Ingredients*

- 93% lean beef (beef, 224 g (4 oz))
- Velveeta, Slices (Individual), 1 slice (19g)
- Lettuce, 1 cup, shredded
- Tomatoes (1 g)
- Sliced white onion, 0.5 cups (115 g)

- 6 Mezzetta Pepperocinis
- Kraft, Mayo Light, 1 Tbsp (15 g)
- Ketchup, 1 tbsp.
- Mustard, 1 tsp.
- 1 g of paprika
- Franz: Keto Hamburger Bun (43 grams)



## *Directions*

- 1.Chop up your veggies.
- 2.Cook the 4oz patties on the grill or in the air fryer.
- 3.Let the air fryer cook at 400 degrees for 10 minutes.
- 4.Add a Velveeta slice right before the patties are done.
- 5.Toast your buns (use a little spray butter).
- 6.Combine 1 tablespoon ketchup, 2 tablespoons light mayo, mustard, 1 tablespoon relish, and a couple of dashes paprika.
- 7.Put your burger together and enjoy.

## **PRO TIPS**

- 1.Eat this one. Often. Add lettuce, tomatoes, and pickles to finish this one off right!
- 2.Always salt and pepper your patties.
- 3.Marinate the patties in mustard for that authentic taste.

# Buffalo J.M. Burger



385 calories



54 grams of protein

## Ingredients

- Generic Buffalo hamburger meat, 6 oz.
- Godshall's Turkey Bacon
- Turkey Bacon, 2 slices
- Franz: Keto Hamburger Bun (43 grams)
- Counter: Fresh Jalapeños (0.3 oz.)
- Aldi Mushrooms (18 g)
- Kraft Mayo Light, 1 Tbsp (15 g) siracha
- Siracha, 1 tbsp.

## Directions

- 1.Dice your jalapeños and mushrooms.**
- 2.and toss in the air fryer until desired crispiness (or use a pan with nonstick).**
- 3.Cook your 6 oz. patty on the grill or for 10 minutes at 400 degrees on the air fryer (the internal temperature should be 150).**
- 4.Toast keto buns in an air fryer with spray butter (or grill).**
- 5.Combine light mayo and siracha (or whatever low-cal sauce you want) and spread**
- 6.Toss two slices of turkey bacon into an air fryer or nonstick pan.**

## PRO TIPS

- 1.A must eat! and Often!**

# Chocolate PB Banana Shake



361 calories



34 grams of protein

## *Ingredients*

- Organic unsweetened vanilla almond milk (1 cup)
- Chocolate protein powder
- 1 scoop (40g)
- Large Banana
- Original Peanut Butter Powder
- 1/3 cup nonfat plain Greek yogurt

## *Directions*

1. Add 1 cup of ice, 1 cup of almond milk, 1 scoop of protein powder, 1 scoop of PB Fit peanut butter, and 1/3 cup of nonfat plain Greek yogurt to a blender.
2. Blend until smooth!

## PRO TIPS

1. If you need the extra protein and have room in your diet, add an extra scoop of your favorite chocolate protein powder.

# Turkey Bacon Jalapeno Ranch Pizza



491 calories



65 grams of protein

## *Ingredients*

- Lavish Flat Bread
- Fat-free Mozzarella (56 g)
- Pizza Sauce (60–120 g)
- Fresh Jalapenos (GO FOR IT)
- Fat-free Ranch (2 TBSP)
- Uncured turkey bacon (5 slices)

## *Directions*

1. Pre-heat your oven to 400 degrees. Use a nonstick spray on an oven tray.
2. Place your flat bread down.
3. Add 60 g of pizza sauce.
4. Add 56 g of fat-free mozzarella.
5. Dice up your jalapenos and place them on the pizza.
6. Dice up 5 slices of turkey bacon.
7. Bake for 10 minutes, and add 1 minute of broiling at the end.
8. Add 2 tbsp of ranch across the top.

## **PRO TIPS**

1. Because you are using a flatbread and a lot of toppings, the pizza can be a bit flimsy.
2. Fold it into a calzone and enjoy!

# Flat bread pepperoni pizza



361 calories



34 grams of protein

## *Ingredients*

- Joseph's Lavash Bread (1 loaf of lavash flat bread)
- Hormel Turkey Pepperoni, 60 g
- Kraft mozzarella cheese (56 grams)
- Great Value Pizza Sauce 0.3 cup (63g)

## *Directions*

- 1.1. Preheat your oven to 400 degrees.
- 2.2. Place 60 g of pizza sauce on a low-cal flatbread.
- 3.3. Add 56 g of fat-free mozzarella. Add 56–60 grams of turkey pepperoni
- 4.4. Bake in the oven for 7–10 minutes.
- 5.5. Broil for 1 minute before taking it out for a nice crisp on the cheese.

## PRO TIPS

- 1.I like adding jalapenos, garlic, olives, and mushrooms to this one.
- 2.Sprinkle some powdered parmesan on top or dip in some fat-free ranch if you have the calories left!

# Classic breakfast burrito



530 calories



61 grams of protein



## *Ingredients*

- Kraft Fat-Free Cheddar Cheese (Grams), 56 g
- Albertson's Tater Tots (5 tots, 75)
- Mission Carb Balance (whole wheat), 1 tortilla(71g)
- Bob Evans 100% liquid egg whites (150).
- Sam's choice Turkey bacon, uncured, 2 slices Walmart Turkey Sausage
- Pattie, 1 patty

## *Directions*

- 1.Dice up your two slices of turkey bacon and your turkey patty.**
- 2.Combine in a skillet over medium heat. (Use a nonstick spray.)**
- 3.Once the bacon and sausage have a slight crisp on them, add 150 g of egg white.**
- 4.Sprinkle salt and pepper over the top to taste.**
- 5.Add 56 g of fat-free cheddar directly into the skillet.**
- 6.For the tater tots, cook them in the oven, following the directions on the package.**
- 7.In an air fryer, cook at 400 degrees for 10 minutes.**
- 8.Warm tortilla, and wrap all your contents.**

## **PRO TIPS**

- 1.I like adding fresh jalapenos and onions to this one.**
- 2.Add your favorite hot sauce and a tablespoon of plain, nonfat Greek yogurt.**

# Crispy Chicken Zinger Sandwhich



318 calories



42 grams of protein



## Ingredients

- chicken breast tenderloins (5oz.)
- Franz Keto Buns
- 15g ketchup
- 1 TBSP light mayo
- Panko Italian Bread Crumbs (50 g)
- 1tbsp Vinegar
- Siracha
- Buffalo sauce seasoning
- 50g of egg white

## Directions

1. For Zinger Sauce, combine 1 tbsp. vinegar, siracha, light mayo, and 15 g of ketchup in a bowl and mix.
2. Roll your chicken tenderloins in your egg white wash, and then roll them in your panko (cover completely).
3. Place chicken tenderloins in an air fryer at 400 degrees for 8 minutes, flip, and cook for an additional 4 minutes. (Make sure they're cooked thoroughly before consuming 165 or higher.) Toast your bun, add your sauce, and put it together.

# Skinny Pizza Bagel



380 calories



31 grams of protein

## Ingredients

- Kroger Skinny Bagel (1 bagel)
- Great Value Pizza Sauce 50g
- 28g reduced fat mozzarella
- 
- Turkey Pepperoni (30g)
- Fresh Jalapenos
- everything bagel seasoning

## Directions

1. Set your air fryer or oven to 400 degrees and spread 28 g of pizza sauce on your bagel evenly.
2. Add 28 g of turkey pepperoni across both bagels.
3. Add 28g of fat-free mozzarella
4. Add 15–30 g of fresh jalapeno.
5. Cook in the air fryer or oven for about 8–10 minutes. (Check on it often.)

## PRO TIPS

1. If you want more protein, just double the cheese or double the pepperoni!
2. Watch out; this one is addictive.

# Bacon Wrapped Mandate Dog



486calories



41 grams of protein

## *Ingredients*

- Canned jalapenos (30 g)
- Garlic Chicken Sausage (85 g), 1 link (85 g). Sam's Choice turkey bacon, uncured 2-slice
- 28g reduced fat mexican cheese
- keto bun, 1 bun
- 1 tbsp nacho cheese
- Hughes Smokehouse BBQ Sauce, 30 g

## *Directions*

1. Set your air fryer or oven to 400 degrees.
2. Wrap your high-protein chicken sausage with two slices of turkey bacon (use a toothpick) and toss in the oven or air fryer for approximately 10 minutes.
4. While that dog is cooking, throw 1/4 cup of your nacho cheese in a saucepan, add salt, pepper, and a tablespoon of barbecue sauce, and stir for a few minutes on medium heat.
5. Slice of your jalapeno and your green onions.
6. Toast your low-calorie hot dog bun for a few minutes in the oven.
7. Assemble your dog.

## PRO TIPS

1. If you need some extra protein, cook up some well-seasoned ground turkey and, once fully cooked, throw in with your nacho cheese. (70g for an extra 10g of protein)

# Game day buffalo nuggets/quesadilla



450 calories



34 grams of protein

## *Ingredients*

- 8 lightly breaded nuggets (kirkland or real good foods)
- Kraft Fat-Free Cheddar Cheese (28 g)
- low cal tortilla (mission carb balance)
- 2 tbsp. Fat-Free Ranch
- 2 tbsp. of G. Hughes bbq
- Frank's red hot buffalo (as much as you need)

## *Directions*

1. Pre-heat your oven or air fryer to 400 degrees.
2. Use macro-friendly Panko chicken nuggets (8) Yummo brand
3. Toss the nuggets into your oven or air fryer and cook for about 4 minutes.
4. In a separate dish, mix 1 tablespoon of fat-free ranch and low-cal buffalo sauce.
5. Take your nuggets out and saturate them in your buffalo ranch sauce.
6. Put them back in your oven or air fryer for 3–4 more minutes.
7. Take your tortilla and add 28g of cheese and jalapenos.  
place in the air fryer at 400 degrees for 4-5 minutes.
8. Add a tablespoon of G. Hughes barbecue sauce for dipping.

## **PRO TIPS**

1. Thick old snack for football Sunday!
2. How is this a diet? Its not. It's a lifestyle. enjoy.

# Chicken Bacon Gameday Roll UPS



617 calories



57 grams of protein

## *Ingredients*

- La Banderita CarbCounter
- 2 soft tortillas
- Sam's Choice uncured turkey bacon (1 slice)
- 3 slices of Canadian bacon (uncured)
- 8 nuggets Yummy Panko Chicken Nuggets
- Kirkland Greek Yogurt Plain, 0.2 cup Mexican Cheese
- Ranch seasoning packets
- 

## *Directions*

1.Preheat your oven or air fryer to 400.

2.Place your turkey bacon, 3 slices of Canadian bacon, and nuggets into the oven or air fryer and place on a baking sheet (if the oven has nonstick spray).

3.Cook until slightly crispy. (Typically, this takes 5-7 minutes.)

4.In a separate bowl, measure out approximately 70 grams of plain, nonfat Greek yogurt.

5.Add your ranch seasoning packet to the yogurt and mix thoroughly.

6.Add ingredients to a low-cal tortilla.

7.Add your cheese and roll it up.

8.place in the oven or air fryer for another 4 minutes. Enjoy!

## PRO TIPS

1.For best results! Use an air fryer.

2.You can also cool your bacon or Canadian bacon on a pan at medium heat with a nonstick spray.

# Chicken Alfredo Garlic Fries



436 calories



48 grams of protein

## *Ingredients*

- 120 ml of Classico Sauce Alfredo
- 4 oz. of chicken breast
- Kraft Fat-Free Cheddar Cheese (28 g)
- Alexia House Cut Fries With Sea Salt (84 g)
- 

## *Directions*

- 1.Preheat your oven or air fryer to 400 degrees.
- 2.Dice up a 4 oz. chicken breast into 6 thin pieces. season with salt, pepper, and garlic salt (your favorite seasonings).
- 3.Put in the air fryer for 8 minutes (until cooked all the way through).
- 4.Place the fries in the air fryer, seasoned, for 4 minutes at 400 degrees.
- 5.Take the fries out and mix in parsley and garlic.
- 6.Throw the fries back in the air fryer for 4 more minutes (or until crispy).
- 7.Place one serving of alfredo sauce in a nonstick pan over medium heat on the stove.
- 8.Add 28 grams of fat-free cheddar and stir until melted.
- 9.Plate your fries or chicken.
- 10.Add the cheese on top.

## PRO TIPS

- 1.If you have room in your macros, add a tablespoon of olive oil to your fries before you put them back in the oven for your second air fry! Enjoy.

# The Chillest Chili



480 calories



43 grams of protein

## *Ingredients*

- Great value organic tricolor beans (canned), 3 containers (1 4/5 cups, 130 grams each)
- 93/7 Beef, 93/7, 17 Ounce
- Hunt's Tomato Paste With Basil, Garlic, and Oregano, MLF, 1 container (165 grams (2 tbsp) each)
- 1 cup chopped white onion
- 4 tablespoons chili powder
- 2 tablespoons of garlic powder
- Diced fresh jalapeno
- 1 tablespoon salt
- 1 tablespoon of pepper
- 28 g fat-free cheddar
- 2 tbsp. nonfat Greek yogurt

## *Directions*

- 1.Dice onions and fresh jalapeno.
- 2.In a large pan, use the nonstick spray; sauté onions and diced jalapeno.
- 3.Once they are cooked down, add your 17 oz. of 93/7 beef to the pan.
- 4.In a separate bowl, mix your seasonings together and add a couple of tablespoons of water.
- 5.Pour your seasonings into the pan (add to taste)
- 6.Cook your beef thoroughly while chopping it up.
- 7.Add your tomato paste and 3 cans of tri-colored beans.
- 8.Add approximately 1 cup of beef stock or water; mix all ingredients together.
- 9.Cover and let cook on medium for 1-3 hours.
- 10.Depending on your macronutrient requirements, serve 1 cup or 2 cups.
- 11.Garnish the top with fresh jalapeno, onions, fat-free cheese, and Greek yogurt.

## PRO TIPS

- 1.Making a big batch like this gets tricky to track. Type all of my ingredients into the My Fitness Pal app.
- 2.Once saved as a meal, change the serving to 15 of a serving, and that will get you one cup. 30 (for two cups, etc.)

# 2 EZ buffalo dip sandwiches



445 calories



71 grams of protein

## Ingredients

- Kirkland canned chicken breast 12.3 oz
- 2 TBSP nonfat Greek yogurt
- **1 tsp blue cheese**
- 28g reduced fat mozzarella
- Franz Keto Hamburger Bun
- 86 grams of Frank's Buffalo Sauce

## Directions

- 1.Preheat the air fryer or oven to 400 degrees.
- 2.In an oven-safe dish, add the entire can of canned chicken breast.
- 3.Add 2 tablespoons of nonfat Greek yogurt.
- 4.Add 3-4 tbsp. of Frank's Buffalo sauce.
- 5.Add the fat-free mozzarella and 2 tablespoons of blue cheese.
- 6.Bake for 10 minutes or until the edges get crisp.
- 7.Toast your buns; make 2 sandwiches.



# Kyle's BIG "M" Burger



480 calories



43 grams of protein

## *Ingredients*

- 93 percent ground beef (7oz.)
- Franz low-carb keto hamburger buns
- 2 slices of Velveeta Cheese
- 
- 
- Mayo Light, 2 Tbsp (15 g)
- 1 tbsp. mustard
- 2 shakes of paprika
- 1 tbsp. of white vinegar
- Diced onions, pickles, lettuce, and tomato

## *Directions*

- 1.Preheat an air fryer or grill to 400 degrees.**
- 2.Make two 3.5-ounce patties out of your 7 ounces of beef.**
- 3.If using the air fryer, 10 minutes at 400 typically does the trick.**
- 4.Make sure, however, that when you cook your patties, you cook them thoroughly.**
- 5.In a separate bowl, combine chopped hamburger pickles, 2 tablespoons light mayo, and 1 tablespoon Mustard in 1 tablespoon white vinegar for mac sauce**
- 6.Mustard in 1 tablespoon white vinegar for mac sauce**
- 7.Toast your buns in the air fryer with a couple splashes of spray butter (toast 3 in all).**
- 8.Assemble your burger by putting a little sauce on each bun.**
- 9.Add your lettuce, tomato, and onions.**
- 10.Good luck biting into this monstrosity!**

## **PRO TIPS**

- 1.Add your Velveeta slice or low-calorie cheese towards the last 2-3 minutes of cook time on your patties.**
- 2.This is one of my favorites! Take a photo of this one and tag me in it, please!**

# Skinny Breakfast Skillet



248 calories



43 grams of protein

## *Ingredients*

- 100% liquid egg whites (300g)
- **3 slices canadian bacon**
- 1 slice velveeta or reduced fat cheddar
- 2 TBSP Greek nonfat yogurt
- 2 tsp. green onions, jalapenos, diced tomato (your favorite veggies)

## *Directions*

- 1.In a nonstick pan, measure out 150 grams of egg whites.**
- 2.Dice up 3 slices of Canadian bacon.**
- 3.At medium heat, combine egg whites and Canadian bacon in a skillet.**
- 4.Add salt and pepper to taste.**
- 5.toss in 1 slice of your low-fat, low-calorie cheese plate and add your favorite veggies, or cook your veggies down first before adding them into the recipe.**
- 6.Finish with nonfat plain Greek yogurt on top and your favorite hot sauce.**

## **PRO TIPS**

- 1.If you're trying to keep those calories low but need a high-volume meal, this is it!**

# Beef Stroganoff



400 calories



46 grams of protein

## *Ingredients*

- Banza Chickpea Shell Pasta (5oz.)
- 93/7 of Beef (20oz.)
- Greek yogurt NONFAT (170g)
- Organic flour (1/2 cup)
- 0.5 cup Swanson Beef Cooking Stock (Gluten Free)
- 4 cups, 2 tablespoons salt
- 2tbsp pepper
- 2 tbsp. garlic, salt, or pepper
- 4 tablespoons Dijon mustard
- half cup of mushrooms
- half a cup sliced onions

## *Directions*

- 1.Bring 3-4 cups of water to a boil, then add your noodles.
- 2.Cook for approximately 11 minutes.
- 3.Place 20 oz. lean beef in a medium-sized pan and begin to cook thoroughly.
- 4.5 minutes into cooking your beef, add onions and mushrooms.
- 5.Add seasonings
- 6.Add pasta to the meat and veggies.
- 7.Add 3-4 cups of beef broth.
- 8.Add a full serving of nonfat Greek yogurt and stir.
- 9.Add 1 cup of organic flour.
- 10.Add 4 tbsp. of Dijon mustard.
- 11.Stir and cook at medium heat for about 10 more minutes.

## PRO TIPS

- 1.Weigh your entire meal in ounces with your digital scale in a serving bowl.
- 2.Divide your total ounces by 4, and that will give you your serving size.
- 3.Approximately 400 calories and 40-47 g of protein

# Anabolic Greek Gyro



354 calories



43 grams of protein

## *Ingredients*

- Kretschmar Roast Beef (5 oz.)
- **low cal pita bread**
- 85g Plain, nonfat Greek yogurt
- small cucumber

- 0.5 cup generic medium tomato
- 37 g (5.3 oz) Red Onion
- 0.5 oz. Giant Feta Cheese
- 2 tbsp. 1tbsp. salt, pepper
- splash of lemon juice
- Tbsp. of fresh garlic

## *Directions*

- 1.Toss 5 oz. chopped roast beef into a nonstick skillet at medium heat for 3-6 minutes.
- 2.Grate half a cup of cucumber.
- 3.Dice up one medium tomato.
- 4.Dice up one red onion.
- 5.Put 85 grams of your yogurt into a separate bowl and add garlic, seasonings, cucumber, and a splash of lemon. Stir.
- 6.Add your Tzaziki yogurt sauce to your flatbread.
- 7.Assemble the rest of the ingredients and top with feta.

## PRO TIPS

- 1.For the roast beef, I encourage you to splurge and get some good stuff from your local deli, sliced fresh.

# Sheese Steak Sub

 354 calories

 43 grams of protein

## Ingredients

- Franz Original Hoagie Roll
- Chopped white onions
- 25 g of green bell pepper
- 1 cup red bell pepper,
- 

- 0.3 g of large light mayo
- 1 tbsp. Great Value Mozzarella (fat-free)
- 28 gram Kretschmar Roast Beef, 5 oz. (84g)
- Tbsp minced garlic

## Directions

- 1.In a nonstick pan, toss your chopped onions in at medium heat.
- 2.Add salt and pepper.
- 3.Cook down your sliced red and green bell peppers.
- 4.Set your oven to 400 degrees.
- 5.In a bowl, add 1 tablespoon light mayo, 1 teaspoon minced garlic, salt, and pepper, and stir.
- 6.Place the garlic mayo on your hoagie roll and place it in the oven for 4-5 minutes.
- 7.Toss your 5oz. of roast beef in with the veggies (once they're cooked down). Cook together for 3-4 minutes.
- 8.Place all of your ingredients on your hoagie bun and top with fat-free mozzarella.
- 9.place back in the oven for a few more minutes.

## PRO TIPS

- 1.Cook 4-5 dishes at a time for your meal prep for the week. Wrap in tin foil and place in the fridge or freezer.

# Protein Pizza



410 calories



57 grams of protein

## *Ingredients*

- 1 low cal tortilla
- 150g 100% liquid egg whites
- 100 g of fat-free mozzarella,
- 56 g Armour Turkey Pepperoni
- 16 slices Contadina Pizza Squeeze Sauce
- 5 slices canadian bacon
- basil salt/pepper
- parmesan (optional)

## *Directions*

- 1.Bring a 12-inch nonstick pan to medium heat (spray with nonstick spray for extra slip).
- 2.Place your 28 g of turkey pepperoni or Canadian bacon in the pan and cook for 1-2 minutes.
- 3.Trickle a quarter of your 56 grams of fat-free mozzarella with your meats.
- 4.Pour 100 g of egg white onto the pan and cook until you see the liquid on top start to dissolve.
- 5.Spread the 63 grams of pizza evenly over the top.
- 6.Place the rest of your fat-free mozzarella on top and cover it with your tortilla.
- 7.place a lid over the top for 1 minute.

8.Flip your pizza onto a plate and place back in the pan for another minute (until the tortilla starts to get golden brown).

9.Put it on a plate, dice it, and add a little parmesan on top.

## PRO TIPS

- 1.Breakfast, lunch, and dinner! Super low calories for how high the protein is!
- 2.Great one for cutting or bulking!
- 3.Fun for the whole family to make.
- 4.Add your favorite veggies!

# Lean Machine “TOT”chos



464 calories



40 grams of protein

## *Ingredients*

- 117g tater tots
- 4oz. 93/7 beef
- 28g fat free mozzarella
- 1Tbsp salsa con queso

- 2 tbsp of chili powder
- 2 Tbsp. taco seasoning
- 2 Tbsp. salsa, your choice
- 1 Tbsp. verde sauce (hot sauce of your choice)

## *Directions*

- 1.In a nonstick pan, place 4 oz. of 93/7 beef on medium heat.
- 2.Add two tablespoons of your favorite taco seasoning.
- 3.Place your meat on the scale after it has been cooked down.
- 4.Set your air fryer to 400 degrees and place your 117 grams of tots in for about 6–8 minutes.
- 5.Place your tots and beef into a cook-safe pan.
- 6.Add all of your cheese and your salsa con queso (nacho cheese).
- 7.Place in the oven or air fryer at 400 degrees for a couple of minutes, or broil for 1 minute and 30 seconds in the oven.
- 8.Dish your tot out and add your nonfat Greek yogurt.
- 9.For extra flavor, dust your nonfat Greek yogurt with chili powder.
- 10.Add your hot sauce and salsa.

## PRO TIPS

- 1.To fancy it up a bit, add cilantro, olives, fresh diced jalapeno, or your favorite nacho toppings!
- 2.As always, track how much you add to keep your calories in check! I think the kids will love this one too! Always multiply the recipe by however many people you are looking to serve.

# Tasty Shredder Breakfast Quesadilla



365 calories



51 grams of protein

## *Ingredients*

- 5 slices canadian bacon
- 1 kraft single
- 150 egg whites (add one egg optional)
- large low cal tortilla
- 28g fat free cheddar
- your favorite seasonings
- your favorite veggies

## *Directions*

- 1.Place a nonstick pan on the stove and set it to medium heat.
  - 2.Cook down 1 serving of your Canadian bacon for desired crispiness.
  - 3.Add 200 g of egg whites.
  - 4.Wait until the top of the egg white starts to get dry.
  - 5.Place your fat-free cheese on top and your tortilla over it.
  - 6.place your lid on the pan for approximately 1-2 minutes.
  - 7.Flip your quesadilla using a plate and put it back into the pan for the desired crispiness on the tortilla.
  - 8.Plate the quesadilla and slice it into triangles.
  - 9.Add your favorite hot sauce.
- PRO TIPS**
- 1.I love adding jalapenos, green onions, and maybe a little cilantro. If you have room for extra calories, place 50 grams of nonfat Greek plain yogurt on the side as a sour cream substitute. Enjoy!!
  - 2.Make five for the week and put the extras in the freezer for quick and easy breakfasts.

# High Protein Berry Froyo



282 calories



27 grams of protein

## *Ingredients*

- 200g Oikos Greek Yogurt Triple Zero
- Vanilla 63g Kirkland Three-Berry
- Blend (frozen berries)
- medium banana,
- **1/2 of one graham cracker**
- PB Fit Powder, 8 g (2 TBSP)

## *Directions*

- 1.Add your 200-gram container of Triple Zero yogurt to your favorite bowl.
- 2.Add 63 grams of frozen berries.
- 3.Add 1/2 a medium banana, sliced.
- 4.Add 2 tablespoons of PB Fit powder.
- 5.Crush 1/2 a sheet of Graham cracker over the top.
- 6.Mix it all together and enjoy!

## PRO TIPS

- 1.Save enough calories to have this one before bed! I absolutely love this one as a dessert! Healthy, filling, and sweet!
- 2.Crush the berries up with your spoon or put it all in a blender to make it even more like a froyo consistency.

# “Filthy” Cheesesteak Pizza



460 calories



60 grams of protein

## *Ingredients*

- Joseph's lavish flatbread,
- 56g fat-free Mozzarella Cheese
- 5oz. Roast Beef
- 14g blue cheese crumbles
- 26g nacho cheese
- 50g non fat greek yogurt  
red bell pepper (0.3 large)
- 2 tbsp. white onion
- 1 tbsp. minced garlic

## *Directions*

- 1.Preheat your oven or air fryer to 400 degrees.
- 2.Place 50 grams of nonfat Greek yogurt onto your lavish flatbread for the sauce.
- 3.Mix your tablespoon of garlic into the yogurt.
- 4.Lay down half of your 56-gram block of fat-free mozzarella.
- 5.Lay out your 5 oz. chopped roast beef.
- 6.Add your bell peppers and onions. (I like to pre-sauté them or steam them first.)
- 7.Add on your additional fat-free mozzarella that remains.
- 8.Spread your blue cheese crumbles and your premium cheddar cheese on top.
- 9.Place in the oven for about 4–5 minutes, or until desired crispiness is achieved.

## PRO TIPS

- 1.No tips for this one. Just eat it often. It is sooo damn good.

# The “Beast” Omelette



346 calories



55 grams of protein

## *Ingredients*

- 200g 100% Liquid Egg Whites-
- 50 gram(s) Kraft - Fat Free Cheddar
- 3 slices Canadian Bacon
- chili powder
- 
- t2tbsp salsa
- Southern Style potatoes- 85g  
2 TBSP non fat greek yogurt
- Cilantro, Green onions.
- 

## *Directions*

- 1.Get a nonstick pan and heat the stove to medium heat.
- 2.Toss in your 85g of southern-style taters/hash.
- 3.Cook these down and cover them with a lid faster. results. (Golden brown is the goal.)
- 4.Add your serving of Canadian bacon or ham. (pre-chop it)
- 5.Cook to the desired crispiness.
- 6.Put the potato and ham in separate bowls.
- 7.Add 200 g of egg white to the nonstick pan.
- 8.(reduce to low-medium heat)
- 9.Cook until the top of the omelette starts to dry, then add your toppings.
- 10.Rinse your fat-free cheddar off in a bowl for better melting results and add to an omelette.
- 11.When the omelette is golden brown on the other side, flip it onto a plate carefully.
- 12.Add cilantro, green onions, non-fat Greek yogurt, and your salsa.

## PRO TIPS

- 1.Make sure whatever hash browns or potatoes you use are only 60 calories worth in order to keep the macros the same.
- 2.If you use a higher-calorie potato, that is fine; just adjust!

# California King Burrito

 365 calories

 51 grams of protein

## Ingredients

- Carne Asada 5 oz. f
- 40 g of fat-free mozzarella cheese,
- Carb Balance Tortilla
- (71g) Greek nonfat yogurt Chobani
- 40 g Wholy Guacamole (2 tbsps)
- Optional pico de gallo, fresh jalapeno, and lime
- juice, cilantro, carne asada marinade (Tapatio)



## Directions

- 1.Let's make some guacamole first.
- 2.Get 2-3 avocados and mash them down.
- 3.Add tbsp cumin, tsp salt or pepper, and a pinch of lime.
- 4.Add cilantro and Jalapeno (remove seeds).
- 5.Add a TBSP or two of pico de gallo (diced tomato and white onion).
- 6.In another bowl, take your carne asada and add in a carne asada marinade (I use Tapatio brand).
- 7.Season with salt and pepper to taste, and garnish with lime and cilantro.
- 8.Marinate for at least 30 minutes, but this is entirely optional.
- 9.Cook your carne asada on medium-high heat in a nonstick pan on the stove.
- 10.Sear each for 2-3 minutes (until cooked thoroughly).
- 11.Dice your meat up into strips or cubes and add a little more salt and lime juice.
- 12.Place the fries in the air fryer at 400 degrees for 8 minutes (until cooked through).
- 13.In a separate bowl, add 40 grams of plain, nonfat Greek yogurt and mix in chili powder.
- 14.Plate it all together. Slap down your guac, followed by your yogurt, fat-free mozzarella, fries, and steak. Roll it up and cook it in a pan until the tortilla is golden brown.

## PRO TIPS

- 1.Start the fries first, so those are all ready to go for you. Multiply the recipe to feed multiple guests. This one should impress your friends.
- 2.They'll have no idea you can lose weight eating this way! Add some verde or roja sauce.

# Creamy Turkey Rotini Pasta



490 calories



41 grams of protein

## Ingredients

- 2oz. Banzai-Rotini,
- dried parsley (Italian parsley, raw) 1 tcherry tomato (5–10)
- 50g Non-Fat Plain Greek Yogurt,
- 35 grams 1/3 less fat Cream Cheese
- 28g fat-free mozzarella
- 100g Jennie-O Italian Style Turkey Sausage,
- 87g Marinara Sauce,
- TBSP minced garlic

## Directions

- 1.Bring 2 cups of water to a boil in a medium-sized pan.
- 2.Salt the water (2 tbsp) and add your rotini pasta.
- 3.Cook for 7 minutes.
- 4.In a nonstick pan, add your turkey sausage (I cook it all at once).
- 5.Cook on medium heat until thoroughly cooked through.
- 6.In a separate bowl, combine 87 g of marinara, 35g of nonfat Greek yogurt, a TBSP of minced garlic, 24 g of 1/3-less fat cream cheese, and 28 g of fat-free mozzarella. Blend all the ingredients together.
- 7.Once your pasta is cooked, drain it and place it in your serving bowl.
- 8.Add the contents of your combined sauce ingredients to the pan you were using for the pasta.
- 9.Cook on medium and stir until the cream cheese and mozzarella are melted into the sauce.
- 10.In your serving bowl, add your 100 grams of cooked turkey sausage, followed by your sauce.
- 11.Mix together evenly, and add parsley on top to taste.

## PRO TIPS

- 1.To make this meal lower in calories, split it into two smaller meals! Also, you can substitute the turkey for ground chicken. Enjoy! This one is wayyyy too tasty.

# Tyson Buffalo Chicken Sammies



580 calories



54 grams of protein

## Ingredients

- Tyson Panko, breaded (2 breasts)
- Franz 2 keto hamburger buns
- 24g 1/3 less fat than cream cheese,
- 5 TBSP Frank's Red Hot Sauce (Buffalo Sauce)
- Pickles
- Cole slaw (bagged, nothing added)
- peppers
- pickles

## Directions

1. Place your two breasts in your air fryer for 30 minutes total at 400 degrees.
2. After 15 minutes in the air fryer, flip them.
3. With 5 minutes left, take the breasts out and saturate them in buffalo sauce.
4. place back in the air fryer for the additional 5 minutes.
5. Using a meat thermometer, make sure the internal temperature has reached 165°F or higher. Also, cut one in half and give it a visual check.
6. Toast your keto buns in the toaster or air fryer at 400 degrees for 2 minutes.
7. Add your cream cheese to the buns.
8. Add your breasts, slaw, and favorite low-cal veggies.
9. For extra spice, add some more zero-calorie buffalo sauce.
10. enjoy!

## PRO TIPS

1. Remember, these panko-coated chicken breasts are raw! They must be cooked all the way through. The air fryer took approximately 30 minutes at 400 degrees.
2. You may want to use your oven at 450. This will cut down on the time, but always make sure to check that they're cooked through all the way. (165 degrees or higher).

# Quest Power Nachos



490 calories



41 grams of protein

## *Ingredients*

- 1 bag Quest chips (loaded taco)
- 50g nonfat Greek yogurt,
- 56g Great Value: Mozzarella (fat-free)
- 5oz.Chicken Breast,
- 2 tbsp salsa
- 2 tbsp taco seasoning
- 2tbsp of chili powder,
- Jalapeno (1-2 slices)
- Green onions (2-4 chopped)

## *Directions*

- 1.Cube 5oz. of chicken breast
- 2.Cook at medium heat in a nonstick pan (use nonstick spray as well).
- 3.Add in your favorite taco seasonings (track macros). ex: chili powder, lime, taco seasoning, cumin, onion powder
- 4.Once the meat is cooked through, turn on the broiler in the oven.
- 5.Place your chips in an oven-safe tray.
- 6.Add your meat, jalapenos, and fat-free cheese.
- 7.Broil for 3 minutes or until the cheese starts to get slightly golden.
- 8.Serve with 50 grams of nonfat Greek yogurt, green onions, and your favorite hot sauces on top.

## PRO TIPS

- 1.Start the fries first, so those are all ready to go for you. Multiply the recipe to feed multiple guests.  
This one should impress your friends. They'll have no idea you can lose weight eating this way! Add some verde or roja sauce.



Not a Chevy Breakfast Sandwich

# Not a Chevy Breakfast Sandwich

 354 calories

 42 grams of protein

## Ingredients

- Keto bun or low-calorie bread (50
- calories) 100 g of egg white (better'N'Eggs
- brand) teaspoon salt
- teaspoon pepper
- 2 slices center cut bacon
- 1 breakfast turkey patty (great value)
- 2 slices of Velveeta singles
- spray butter

## Directions

- 1.Pour 100 grams of egg white into a skillet and set aside.
- 2.Cook for approximately 3 minutes on each side or until the egg is solid and golden brown on each side.
- 3.Cook your turkey bacon and sausage in the air fryer at 400 degrees for 8 minutes (flip after 4) or until desired crispiness on the pan.
- 4.Toast Buns, Dash of Spray butter after toasting, Assemble the sandwich to your liking. To melt the cheese, either place in the microwave for 20 seconds or cook in the air fryer or oven at 400 for 1-2 minutes.

## PRO TIPS

- 1.In my Tik Tok video, I cooked with a mini griddle! You're welcome to do so.
- 2.You can purchase one on Amazon for less than \$15. You can also cook the entire breakfast in one pan.



451 calories



51 grams of protein



## D.B.T.R. Chicken Turkey Club

### *Ingredients*

- 2 slices keto bread
- 75g turkey breast
- tyson panko breaded pattie
- 20g tomato
- shredded lettuce
- 1 sliced jalapeno pepper
- 2tbsp southwest hot mustard (optional)
- 60g fat free mozzarella
- 1tbsp light mayo

### *Directions*

1. Preheat the oven to 450 degrees and place one Tyson panko-breaded breast in the oven. (20 minutes on one side, flip and add 7 minutes) Follow the directions on the bag to make sure it is cooked thoroughly. Use only half a breast on the sandwich.
2. Slice up your tomato and fresh jalapeno. Place your jalapeno in with the chicken and bake for approximately 10 minutes. (Check on it often; pull out before chicken.)
3. Toast your bread with spray butter on a medium heat stove or in the air fryer until desired crispiness.
4. Add 60 g of fat-free mozzarella to one or both sides of the bread and 75 g of deli turkey, and microwave to melt or air fry 1-2 minutes at 400.
5. Sauté minced garlic on a medium heat pan. Use a nonstick spray to save on calories. Take off before the garlic burns.
6. In a separate bowl, mix cooked, minced garlic with 1 tablespoon of light mayo and 1/2 tablespoon hot mustard for sauce.
7. Assemble the sandwich with lettuce, tomato, jalapenos, and sauce on each side. Cut it in half and take a photo of the gram.

# Loaded Enchilada Fries



494 calories



57 grams of protein

## *Ingredients*

- Red Enchilada Sauce, mild 0.5 cup
- Lucerne and Mozzarella Cheese 0.5 cup
- Foster Farms - Chicken Breast, 5 oz.
- Great Value - 22.5 Pieces Regular Cut Fries
- Rico's Cheese Sauce 40 grams
- 35 grams non fat greek yogurt

## *Directions*

- 1.1.Preheat a nonstick pan over medium heat on your stove. Use a nonstick spray and add 5 oz. of cubed chicken to the pan. Hit the chicken with your favorite taco seasonings. Cook until the chicken is at the right temperature and white all the way through.
- 2.2.Measure out 56 grams of fat-free mozzarella, 40 grams of Rico's cheese sauce, and 1/2 cup of red enchilada sauce. Place them each in a separate bowl.
- 3.3.Place 22.5 servings of French fries into the air fryer at 400 degrees for approximately 10 minutes or to your desired crispiness.
- 4.4.Place your cooked fries on a nonstick baking sheet. Place your chicken, any diced veggies, mozzarella, and enchilada sauce over the top.
- 5.5.place in the oven and set to broil for 3 minutes or until the desired melt is accomplished.
- 6.6.Slap it with your favorite hot sauce, cilantro, and 35 g of nonfat plain Greek yogurt.

# Waffle Iron



357 calories



51 grams of protein

## *Ingredients*

- 1 xtreme wellness wrap
- 150g egg white
- 3 slices turkey bacon (or center cut)
- 48g fat free mozzarella
- 35g nonfat greek yogurt
- 1tbsp hot sauce
- cilantro, jalapeno, pico

## *Directions*

- 1.Chop 3 slices of turkey bacon into small, quarter-sized pieces.
- 2.Dice up your jalapeno and cilantro, and mix them together with some pico de gallo.
- 3.Cook your turkey bacon in a nonstick skillet over medium heat with nonstick spray. Cook until desired crispiness.
- 4.Pour your measured egg white into a large dash waffle maker or regular skillet at medium heat.
- 5.Add turkey bacon and cook down until the egg white is solidified.
- 6.Place 48 g of non-fat mozzarella on top and cover with your low-calorie wrap. (Skillet covered with a lid; waffle maker; shut lid.
- 7.Once the cheese has melted, top it with your favorite hot sauce and vegetables.

# Low Cal Turkey Panini



301 calories



38 grams of protein

## Ingredients

- 2 slices Franz, Keto White Bread,
- Velveeta, Velveeta Cheese Slice,
- 112g turkey breast deli
- 28g fat free mozzarella
- Shredded Lettuce
- Tomato
- southwest style mustard

## Directions

1. Spray both sides of the bread with spray butter and place the bread on a medium-hot pan.
2. Add your fat-free mozzarella to one side of the bread and 1 slice of Velveeta to the other side.
3. To the Mozzarella side, add your turkey breast.
4. Cover with a lid until the cheese is melted.
5. On a plate, add lettuce, tomato, and southwest mustard to the sandwich. (or a low-cal sauce of your choice).
6. Enjoy!



543 calories



65 grams of protein



## BIG “MAD” Quesadilla

### *Ingredients*

- low cal tortilla
- 5oz. 93/7 beef
- 56g fat free cheddar
- 1 slice turkey bacon
- 2 tbsp light mayo
- 15g light ketchup
- 1 slice velveeta or reduced fat cheddar
- romaine lettuce
- pickles minced

### *Directions*

1. Measure out 5 oz. of 93/7 beef into a bowl. Combine your favorite seasonings. I use 1/2 TBSP onion powder, salt and pepper, and 1/2 tsp garlic salt. In a separate pan or air fryer, cook one slice of turkey bacon until it is crisp.
2. Flatten out your meat into a 1/2-inch patty. and place into a medium-sized pan at medium heat with a nonstick spray. Cook at medium heat for 5 minutes and flip for an additional 5 minutes. Using a thermometer, make sure your meat is cooked to 160 degrees minimum. (safe hamburger temperature).
3. Take 56 grams of your fat-free cheddar and rinse it off in a bowl. Once rinsed, place your cheese directly on top of your patties and place your carb-balanced tortilla over the top. Cook until the cheese melts and sticks to the tortilla. 2 minutes tops. also lower the heat in the pan.
4. Flip your pancake and crisp the outer portion of your tortilla to your liking. Be careful! Don't burn your tortilla. Plate your quesadilla and cut it in half.
5. Make your sauce. Combine 2 TBSP light mayo along with 1 TBSP light ketchup. Add some cooked, minced garlic, parsley, and a teaspoon of white vinegar, and stir. Place a Velveeta single on top of one cut quesadilla. Add sauce on top of the cheese slice. Add your veggies (lettuce, onions, or whatever you like). Add the rest of your sauce.
6. Place your other half of the quesadilla on top and enjoy this BIG, MAD quesadilla.



634 calories



64 grams of protein



## Creamy Chicken Bacon Pasta

### *Ingredients*

- 2oz. barilla protein pasta
- 56g fat free cheddar
- 3 oz. chicken breast
- 2 slices turkey bacon
- 100ml almond milk
- 50g fat free cream cheese
- 1-2 tbsp minced garlic
- 1-2tbsp hidden valley ranch seasoning

### *Directions*

- 1.Pre-step: bring water to a boil and boil your protein noodles, 2 oz., for 7 minutes.
- 2.Heat up a pan to medium heat and spray with 0 cal olive oil spray. Add 1 TBSP of minced garlic to the pan and cook it down for 2-3 minutes. Dice up 3oz. Place the raw chicken breast in a separate bowl and add 1 tablespoon of Hidden Valley seasoning. Add salt and pepper to your taste.
- 3.Add your chicken to the medium-hot pan and cook for 10-12 minutes (until the chicken is cooked thoroughly through). I turn the chicken back and forth periodically and chop it up into smaller pieces with the spatula. Once fully cooked, place them in a separate bowl.
- 4.Cook your turkey bacon on the same spatula with nonstick spray until crispy, or place in the air fryer for 6-8 minutes at 400 degrees.
- 5.Chop up your turkey and combine in a separate bowl with cooked chicken, 50 grams of 1/3 less fat cream cheese, 100 ml of almond milk, 56 grams of fat-free cheddar or mozzarella, and 1 tablespoon ranch seasoning, then stir before placing back into the pan. Heat up at medium heat with nonstick spray until the cheese begins to melt. Add your cooked noodles (strain the water prior to combining).
- 6.Plate your beautiful masterpiece and add some minced parsley and tomatoes over the top to impress your friends and family.



634 calories



64 grams of protein



## Ohhh so good Creamy Chicken Alfredo

### *Ingredients*

- Barilla, Protein+ Penne, 2 oz.
- Chicken Breast: Chicken Breast, 4 oz.
- Lucerne: Mozzarella Cheese, 28 gram
- Classico: Four Cheese Alfredo, 0.3 cup
- Chobani, Greek Nonfat Yogurt, 60 g
- Recommended seasonings: black truffle parmesan, salt, pepper, parmesan powder, garlic salt, and parsley (fresh).

### *Directions*

- 1.Follow the directions for boiling your pasta of choice. For the Barilla Protein Pasta, place about 2-3 cups of water in a medium-sized pot and cook on high until it reaches boiling temperature. Add your 2oz. of Barilla protein pasta. Put a teaspoon of salt in the pot. Stir occasionally and boil for 7-8 minutes.
- 2.Dice up the chicken breast into quarter-sized pieces. Measure out 4 oz. for one serving. Add a TBSP of parmesan, black truffle parmesan, garlic salt, salt, and pepper to your taste. Heat up a medium-sized man to medium-high heat with a zero-calorie olive oil spray. Add the chicken and cook thoroughly. Once cooked (approximately 10 minutes, place to the side)
- 3.In your cooked chicken bowl, add your sauce to the chicken. 28 g of fat-free cheese, 60g of nonfat plain Greek yogurt, one serving of e cheese, 60 g of nonfat plain Greek yogurt, one serving of 60 g of low-cal Alfredo sauce, Add a teaspoon of minced garlic as well as either ranch seasoning or parmesan powder, a hint of lemon, and diced parsley. Also, add salt and pepper to your taste.
- 4.Empty contents into a medium-sized pan and cook down until you notice the cheese melting into the sauce. Add your noodles (strain the water first) to your sauce and chicken in the pan. Blend all contents together thoroughly, then plate and enjoy.
- 5.Add parsley and tomatoes to the top for extra enjoyment!



492 calories



75 grams of protein



## Mother Fepping Nuggets

### *Ingredients*

- Ground chicken, 96% lean/4% fat, 8.1 oz (113 g)
- Great Value: Panko Bread Crumbs, Plain, 15 Grams
- Chobani, Greek Nonfat Yogurt, 70 g
- Hidden Valley Ranch Seasoning, Dip Seasoning, 1 teaspoon
- Kraft Fat-Free Cheddar, 56 g
- 100% Liquid Egg Whites, Cage-Free, 22 Grams
- Recommended seasonings: tsp salt, tsp pepper, 1 TBSP paprika, 1 TBSP garlic powder, and 2 TBSP ranch seasoning

### *Directions*

1. Combine 15 grams of plain panko bread crumbs in a bowl along with all of the recommended seasonings. (Or add your favorite seasonings.) I used 1 tablespoon paprika, 2 tablespoons ranch seasoning, and 1 tablespoon garlic powder, as well as salt and pepper.
2. In a separate bowl, measure out 8oz. of your ground chicken. Add in approximately 22g of liquid egg white to help bind the meat together. Then add 56 ounces of fat-free cheddar (pre-rinsed) as well as your panko seasoning bowl on top of your chicken. Work all the ingredients together with your hands.
3. Form silver-dollar-sized nuggets. My recipe made approximately 8-10 nuggets of this size. Place them in your air fryer once they have reached 400 degrees for 10 minutes. Flip them at the 5-minute mark. Once they've baked for 10 minutes at 400, air fry them under your air fry setting for an additional 5 minutes. Use a meat thermometer to make sure they're cooked thoroughly. The meat should be white throughout, and the cheese should be crispy on the outside edges.
4. For your dip, combine chopped green onions with 70 grams of Chobani nonfat plain Greek yogurt. Add 2 TBSP of Hidden Valley Ranch seasoning, or to your liking. Track calories



281 calories



50 grams of protein



## Chicken Ranch PITA

### *Ingredients*

- Chicken Breast: Chicken Breast, 5.2 oz.
- Josephs: Pita Lavish Bread, 0.5 loaf
- Chobani, Greek Nonfat Yogurt, 52 g
- 2 TBSP (0 cal) hidden valley ranch seasoning
- green onions

### *Directions*

- 1.In a bowl, combine 5.2 oz. of pre-grilled and cubed chicken breast. (Or grill 5.2oz. first with salt, pepper, and ranch seasoning.)
- 2.In that bowl, add 52 grams of plain, nonfat Greek yogurt. Add 2 TBSP of 0 Cal Hidden Valley Ranch Seasoning and stir all ingredients thoroughly. For extra flavor, add in 2 TBSP of chopped green onions to your chicken mix.
- 3.Place ingredients in your pita bread (Lavish brand) or other 60-calorie or lower bread of your choice.
- 4.Spray the pita with butter and place it into your air fryer, wrapped tightly. Air fry at 400 degrees for approximately 4-5 minutes, or until golden brown! Check on it periodically! You don't want it to burn. It cooks fast!
- 5.Plate and enjoy! If you have room for the calories, add turkey bacon to bring the flavor up a notch! I also like to add buffalo sauce and jalapenos if I'm in the mood for some spice.



360 calories



50 grams of protein



## Tasty Swole Burrito

### *Ingredients*

- 93/7 Beef, 4 Ounce
- Reduced-fat Mexican Cheese, 14 grams
- Great Value: Mozzarella (fat-free), 28-gram
- Chobani, Greek Nonfat Yogurt, 43 g
- Nacho Cheese Medium With Salsa Con Queso, 1 tbsp.
- Ole Mexican Foods, Xtreme Wellness, Large Wraps, 1 teaspoon salt, pepper, and chili powder per tortilla

### *Directions*

1. For making one serving. Add 4 oz. of 93/7 beef to a nonstick skillet set at medium heat. Add a few TBSP of water and your favorite seasonings. I tend to use taco seasoning, cumin, salt, pepper, and chili powder. Cook thoroughly until all the pink is gone from the beef. (I tend to cook extra and set it aside for other quick meals.)
2. In a bowl, combine 4 oz. cooked beef, 28g fat-free cheddar, 43g nonfat Greek yogurt, and 1 tbsp. nacho cheese, a pinch of salt and pepper, one diced jalapeno, and 1 tbsp. chili powder. Give it all a nice little mix.
3. Pour contents into a nonstick skillet at medium heat, stirring often. Once the cheese melts into your tasty swole concoction, pour the contents onto a large OLE WRAP or low-calorie wrap of your choice. Wrap the tortilla, and either crisp each side with that same nonstick skillet or place it in the air fryer for 3-4 minutes at 400 degrees.
4. plate and enjoy. Add your favorite salsa or hot sauce.



345 calories



48 grams of protein



## Spicy viral Cfa Nuggets

### *Ingredients*

- Isernio's: Ground Chicken, 96% Lean/4% Fat, 8 oz (113g)
- Great Value: Panko Bread Crumbs, Plain, 14 Grams
- G Hughes: Sugar-Free Wing Sauce, Thai Chili, 2 Tbsp
- 1 diced green onion
- 1 diced fresh jalapeno (seeds out for mild or seeds in for extra spicy)
- G. Hughes: Sugar-free Mango Habanero Sauce, 20g Egg White
- seasonings: garlic salt, salt and pepper, paprika

### *Directions*

1. Measure out 14 g of panko bread crumbs into a small bowl.
2. Add 1 tablespoon of paprika, a teaspoon of salt and pepper, and a TBSP of garlic salt. In a separate bowl, place 20 grams of egg white for your egg wash.
3. This may get a little messy. Just go with it. Form your ground chicken into equally sized nuggets. Dip them into your egg wash and then into your seasoning/panko bowl.
4. Once formed and plated, try flattening them as much as possible for a quicker cook time.
5. Once they're all formed, place them in your air fryer at 400 degrees for 10 minutes. Flip after 5 minutes. For a crispier nugget, cook it for 12 minutes. Check the internal temperature for a minimum of 165 degrees. I also cut a few open down the center to make sure they were cooked all the way through.
6. Dice your green onions and jalapenos. I like to saute my jalapenos during the air fry of these nuggets.
7. Add 3 TBSP spicy Thai wing sauce and 1 TBSP mango habanero sauce on top of the nuggets.
8. Mix thoroughly, and plate. Place over a bed of rice (if you have the calories, or eat them straight up). Put green onions and diced



590 calories



66 grams of protein



## Jalapeno Popper Tacos

### *Ingredients*

- Carb Counter: Tortillas, 3 tortillas
- 93/7 Beef, 4 Ounce
- Egg: 1 large egg, 2 large
- Shaw's - Reduced Fat Mexican Cheese - 14 gram Reduced Fat Mexican Cheese
- Great Value: Mozzarella (fat-free), 28-gram
- Chobani, Greek Nonfat Yogurt, 35 g
- Philadelphia: 1/3 less fat than cream cheese, 9 grams
- Nacho Cheese Medium With Salsa Con Queso, 1 tbsp.

### *Directions*

- 1.Scramble up two large eggs at medium-high heat in a nonstick skillet. Add salt and pepper to taste.
- 2.Combine 4oz. cooked 93/7 beef, 1 tbsp chili powder, 28g fat-free cheddar (or mozzarella), 9g 1/3 reduced-fat cream cheese, 35g non-fat Greek yogurt, 14g reduced-fat Mexican cheese, and the eggs you already scrambled. Mix it all together, and even add your favorite hot sauce.
- 3.Poor your contents into that same pan at medium heat, stirring often until all of the cheese and creams are melted down. Poor the taquito filler into three separate carb-counter tortillas. Add green onions and jalapenos (my favorite). Roll them up tight and spray them with some spray butter or zero-calorie olive oil. Place them in an air fryer at 400 degrees for 5-6 minutes.
- 4.Plate and enjoy; add more nonfat Greek yogurt combined with chili powder over the top for a sour cream sub.



559 calories



99 grams of protein



## Arnolds Bicep Burrito

### *Ingredients*

- Ole Mexican Foods: Xtreme Wellness, Large Wraps, 2 Tortillas
- Chicken Breast Tenderloins, Tenderloins, 8.4 oz.
- Kraft: Fat-Free Cheddar, 56 g; Sour Cream: Fat-Free, 2 Tbsp.
- Signature Kitchens: Red Enchilada Sauce, Mild, 30 Grams
- Chobani, Greek Nonfat Yogurt, 120 g
- jalapeno
- 1 oz. whole chipotle peppers in adobo sauce (1-2 peppers)

### *Directions*

#### MAKE CHIPOTLE CREAMY SAUCE:

1.1-2 whole chipotle peppers in Adobo sauce, place in food processor. Add 100g of nonfat Greek yogurt and 2 TBSP of nonfat sour cream. Add a teaspoon of lime juice and a handful of cilantro. Blend thoroughly.

2. Measure out 8.4 oz. of chicken breast and dice it into small squares. Add your favorite seasonings. For mine, I used 1 tbsp taco seasoning, tsp chili flakes, tsp onion powder, tsp chili powder, and 1 tsp cumin. Mix together and place in a pan preheated to medium-high heat. I use a zero-calorie nonstick spray. Cook and chop smaller. Make sure the chicken is cooked all the way through.

3. stagger two Ole wraps across one another. Add 2 tbsp. of nacho cheese (45 calories worth), 56g fat-free cheddar, Add your creamy chipotle sauce. Lettuce, tomato, and jalapeno Roll it up and place it in the air fryer at 400 degrees for 5 minutes.

4. plate and enjoy.



273 calories



32 grams of protein



## Nostalgia Pocket aka pizza pocket

### *Ingredients*

- Great Value: sauce, pizza, 0.1 cup
- Hormel Turkey Pepperoni, 17 slices
- Great Value: Smoked Turkey Breast, 2 oz.
- Velveeta - Shreds, Cheddar, 0.3 cup
- Xtreme Wellness, Large Wraps, 1 tortilla
- Garlic salt for seasoning, or powdered parmesan

### *Directions*

1. Get the lowest-calorie tortilla you can find. I like the ole extreme large wrap for 80 calories. Warm it up in the microwave for 20 seconds.
2. Place 28 g of velveeta shreds on your tortilla.
3. Follow it up with a half serving of pizza sauce.
4. Layer on one serving (28g): turkey pepperoni
5. Layer on 2-4 oz. of deli turkey and dust it with your favorite pizza seasonings.
6. Roll it up and toss her in the air fryer at 400 degrees for 7-8 minutes. (until desired crispiness).



432 calories



59 grams of protein



## Bro Back Mountain aka grilled chicken sandwich

### *Ingredients*

- Franz: Keto Hamburger Bun, 43 grams
- chicken breast weight: 5 oz., raw
- Turkey bacon, uncured, 2 slices
- Light mayo: Light Mayo, 1 tablespoon
- Raw: Jalapeo, 7 g
- Onion, Fried White Onion, 0.3 oz.
- French's Horseradish Mustard—Mustard, 1 tsp.
- 2 tablespoons spicy bbq sauce, stubs
- seasonings: salt, pepper, garlic salt

### *Directions*

- 1.Get 5oz. of lean chicken breast. Trim off any additional fat. Weigh out 5oz. post-trimming to stay within the macros I've listed. Cover with a plastic bag or wrap. I enjoy tenderizing the meat with a rubber mallet and getting the meat to be 1/2 inch thin.
- 2.Mix 1 tablespoon light mayo with salt, pepper, garlic salt (season to taste), and a pinch of lemon juice. Rub this marinade all over your thinned-out chicken breast.
- 3.At medium-high heat, using a nonstick spray, toss your chicken breast onto a nonstick cooking pan.
- 4.Cook for approximately 4 minutes on each side. With a meat thermometer, make sure the internal temperature of the chicken has reached 165°F or higher.
- 5.In a separate pan or air fryer, cook down jalapenos, white onion, and 2 slices of turkey bacon (vegetables of your choice).
- 6.Toast your low-calorie buns for approximately 2 minutes on the chicken pan after cooking.
- 7.Put your sandwich together and pick your favorite low-cal sauce and additional veggies to go with!



519 calories



51 grams of protein



## Creamy Chipotle Steak fries

### *Ingredients*

- Top Sirloin Steak: Beef Top Sirloin Steak, 4.5 oz.
- Kraft Fat Free Cheddar, 56 g
- Chobani, Greek Nonfat Yogurt, 50 g
- Signature Select: Classic Shoestring French Fried Potatoes, 100 Grams
- Hot Sauce (roja)
- Pico de Gallo
- Creamy chipotle recipe (40 g)

### *Directions*

- 1.Go back to the creamy chipotle recipe and make some! Make extra, jar it up, and set it aside for other recipes.
- 2.Dice up your lean steak into small pieces. (Use your preference.) Add some adobo sauce, lime juice, and salt and pepper for your seasonings. Mix it all together in a bowl. For this recipe, I premeasured out 4.5 oz. of raw top sirloin before adding my marinade.
- 3.Place your meat in a nonstick pan over medium-high heat until cooked through. I personally like to have some pink still in the center to keep it tender. Make sure the internal temperature of the meat has reached 140°F or higher.
- 4.Air fry one serving of your French fries. Follow the bag instructions or add more time for the desired crispiness.
- 5.Once everything is cooked, Add your fries to an oven-safe dish, followed by your steak. Place your low-calorie cheese over the top. Place on broil in the oven for 2-3 minutes (until cheese melts).
- 6.Plate them and add your favorite toppings. MY creamy chipotle sauce (40g). Fresh cilantro, pico de gallo, and hot sauce If you have the macros, add a TBSP of guacamole for increased food enjoyment.



123 calories



16 grams of protein



## Creamy Chipotle Sauce

### *Ingredients*

- Chobani, Greek Nonfat Yogurt, 170 g
- Whole chipotle peppers in adobo sauce (2)
- Cilantro, 0.5 cup
- Fresh lime juice, 1 tablespoon
- Adobo Sauce, 1 tablespoon
- salt and pepper to taste

### *Directions*

#### MAKE CHIPOTLE CREAMY SAUCE

1.1-2 whole chipotle peppers in Adobo sauce, place in food processor.

2.Add 170 grams of nonfat Greek yogurt, a handful of chopped cilantro, 1 tablespoon of lime juice, salt, and pepper.

3.Add an additional TBSP of adobo sauce for added chipotle flavor. If it's too spicy, simply add more nonfat Greek yogurt. The lighter the color, the softer the heat; the darker the color, the hotter the sauce!

4.I like mine HOT! Put this in all your favorite recipes!

5.I feel like it goes with everything.



533 calories



59 grams of protein

## K.M.W.N.O.O.Y.M. breakfast taco

### *Ingredients*

- Low-Carb Wraps, Honey Wheat, 1 wrap
- Kraft: Cheddar Cheese, Fat-Free, 28 g
- Velveeta -- Shreds, Cheddar, 28 g
- Fage: Total 0% Greek Strained Yogurt, 54 grams
- Sam's choice: turkey bacon, uncured, 2 slices
- ore-ida, extra crispy fries, 13.5 pieces
- Jennie-O: Turkey Chorizo, 2 oz.
- 100% Liquid Egg Whites, Cage-Free, 148 Grams

### *Directions*

Start this recipe by getting your air fryer out. Air fryer a half serving of regular cut fries. (Try to keep yours in the same macros as the ones I use in the recipe.) Follow the bag's directions. I cook a half serving at 400 degrees for approximately 8 minutes.

In a nonstick pan, cook your entire tube of Jennie-Os turkey chorizo or a lean breakfast meat with equivalent macros. (If it's not seasoned, season it with your favorite taco seasonings.)

In your air fryer, cook up 2 slices of turkey bacon. Approximately 5 minutes at 400 degrees or longer for desired crispiness

Cook Your 150-gram egg white into a nonstick pan. Use 0 Cal cooking spray if needed. Salt and pepper to taste once fully cooked. Add 28 g of fat-free cheese and 28g of Velveeta shreds to eggs while cooking.

Or, add your cheese to a nonstick pan, and once it begins to melt, place your low-cal tortilla on top and cover with a lid at medium heat. Flip after 3-4 minutes and crisp up the other side of the tortilla. Set to the side for later assembly.

Once everything is cooked, assemble the taco. Add your eggs, followed by your breakfast meats. Top with my chipotle sauce recipe or your low-cal sauce of choice and your favorite hot sauces.

I also like adding pico de gallo and cilantro to the top for some extra food enjoyment.



525 calories



52 grams of protein



## Chipotle Chicken Mac n Cheese

### *Ingredients*

- Chobani, Greek Nonfat Yogurt, 65 g
- WinCo Foods: Fat-Free Cottage Cheese, 79 grams
- Ricos, Premium Cheddar Cheese, 55 gram
- Benita: Whole chipotle peppers in adobo sauce, 8 grams
- Velveeta - Shreds, Cheddar, 0.3 cup
- Don Lee Farms: Grilled Chicken Patty, 1 patty (99g)
- Banza: Rotini Made From Chickpeas, 2 oz. dry
- Green onions

### *Directions*

1. Combine 79 grams of fat-free cottage cheese, 55 grams of Ricos Nacho Cheese, 2 whole chipotle peppers in adobo sauce, and a half cup of cilantro. Place it all in a blender or food processor and blend until smooth. Set aside your spicy mac sauce.
2. Measure out 2 oz. of a low-calorie protein pasta and boil for 7–8 minutes or until the pasta has softened to your liking.
3. Grill 5oz. of chicken breast with your favorite seasonings, or be lazy like me and cook up a Don Lee Farms chicken patty from Costco. I prefer to put the already-cooked patties in the microwave for 1 minute and 30 seconds. Then put the patties in the air fryer at 400 degrees for 6 minutes, or until crispy.
4. dice up some green onions and cilantro.
5. Combine pasta and sauce back into the pot you cooked your pasta in and cook at low heat. Add 28g of Velveeta shreds and stir until the cheese melts.
6. plate and add your chicken, green onions, and cilantro over the top.



688 calories



101 grams of protein



## Arnold's Tricep Burrito

### *Ingredients*

- Kroger: lean ground beef, 6 oz.
- Ole Mexican Foods: Xtreme Wellness, Large Wraps, 2 Tortillas
- Chobani, Greek Nonfat Yogurt, 150 g
- Turkey Bacon, 2 slices
- Bell Pepper (Green): Green Bell Pepper, Raw, DL, 5 grams
- Red Pepper (Bell): Red Pepper (Bell), 10 grams
- Kraft Fat Free Cheddar, 70 g
- seasonings: taco seasoning, salt and pepper. (serving up to you)

### *Directions*

- 1.Dice up a green and red bell pepper. Sautee with salt and pepper in a nonstick pan with zero-calorie spray on medium heat, or air fry for 7-8 minutes.
- 2.Measure out 6oz. of 90/7 beef. medium-high heat and add salt, pepper, and taco seasoning to taste.
- 3.Air fry two slices of turkey bacon. (Make sure it is 90 calories or less for two and 10 grams of protein.)
- 4.Once the beef is cooked, add 150g of my creamy chipotle sauce to the beef and mix together. (Look at my chipotle sauce recipe in the previous recipe.)
- 5.Fry up two large Xtreme Wellness wraps in a nonstick pan. Make sure you don't allow them to become too crispy, or they'll become brittle and unfoldable.
- 6.Dish out all your ingredients onto the two overlapping tortillas. I usually put the cheese down first so it melts easier. Once wrapped, put it in the air fryer at 400 for 7 minutes. Cut in half and enjoy (split into 2 meals)
- 7.Add your favorite hot sauce on top.



478 calories



53 grams of protein



## Pizza Pasta

### *Ingredients*

- Pasta Lensi, Red Lentil Fusilli, 0.8 cup dry
- Hormel Turkey Pepperoni, 17 slices
- Low Fat Cottage Cheese: Low Fat Cottage Cheese, 30 g
- Chobani, Greek Nonfat Yogurt, 108 g
- Ricos, Premium Cheddar Cheese, 36 grams
- Kraft Fat Free Cheddar, 28 g
- Pork Panko: Panko Fried Pork Rinds, 7 grams

### *Directions*

1. Measure out 2oz. of a low-calorie protein pasta. Banza is a good brand, as are any red lentils. (one serving)
2. Follow directions on the back for boiling your noodles. I typically use 2 cups of water. Add a TBSP of salt to the water. Once it reaches a boil, put your noodles in and boil for 7 minutes.
3. Sauce: In a blender, add 30 g of low-fat or fat-free cottage cheese, 108 g of nonfat Greek yogurt, and 36g of Ricos premium cheddar cheese (any cheese whiz will do.) Add salt and pepper to taste, and blend.
4. Once the pasta is complete, drain the water with a strainer, but keep a few tablespoons worth of the pasta water.
5. Pour noodles back into the original pan you used and add your blended sauce to the noodles. Stir until all the pasta is covered in sauce.
6. In a separate oven-safe dish, spray some zero-calorie nonstick into the bottom. Add your pasta. Over the top, add 28g fat-free cheddar, 7 g pork panko, and one serving of turkey pepperoni.
7. Broil in the oven for approximately 3 minutes or until the cheese is melted and the pepperoni is crispy.



667 calories



95 grams of protein



## Cutlers Calves (breakfast burrito)

### Ingredients

- Kirkland Signature: 100% Liquid Egg Whites, Cage-Free, 200 Grams
- Egg -- Medium -- Egg -- 1 Medium, 1 Medium EGG
- Kraft Fat Free Cheddar, 60 g
- Hillshire Farm, Oven Roasted Turkey Breast, 3.5 oz.
- Ole Mexican Foods: Xtreme Wellness, Large Wraps, 2 Tortillas
- Sam's choice: turkey bacon, uncured, 2 slices
- Fresh Mild Guacamole: Guacamole, 1 tablespoon
- Chobani, Greek Nonfat Yogurt, 17 g
- Benita: Whole chipotle peppers in adobo sauce, 3 grams
- Cilantro, 0.1 cup
- Fresh lime juice, 0.2 tbsp
- Adobo Sauce, 0.1 tbsp.

### Directions

1. Refer to the previous Creamy Chipotle Sauce recipe if you'd like to make the sauce for the burrito. Make extra and save it in a jar for other meals!
2. In a nonstick pan or air fryer, cook down 3.5 oz. of deli turkey breast and 2 slices of turkey bacon. For a nonstick pan, use medium heat for approximately 10 minutes; flip at the halfway mark. For the air fryer, do 400 degrees for 8–10 minutes.
3. In a bowl, combine 1 medium egg and 200 grams of egg white. Whisk together until the egg white and the yoke are evenly combined.
4. Pour your eggs into a nonstick pan over medium heat. Add salt and pepper to taste and cook it down. Add 60 g of fat-free cheddar to the eggs and cook until the eggs are thoroughly cooked.
5. Fry 2 large, extreme-ole tortillas on each side for 1 minute. Don't let them get crispy or they'll break when rolling.
6. Overlap both tortillas and add your contents.
7. Roll this massive burrito the best you can and place it back in the air fryer for 7 minutes. Use a few sprays of spray butter if you have it to give it a nice golden brown crisp over the top.
8. Shred in a tasty way.



228 calories



33 grams of protein



## Strawberry Milkshake

### *Ingredients*

- Legion: WHEY+, 1.5 scoops (33 g).
- almond milk: 20 ML
- Xanthiam-Gum, 1/2 teaspoon
- Swerve -- Sugar Replacement, Brown, 3 tsp.
- Kirkland Signature: Organic Greek Yogurt, Plain, 100 Grams
- Strawberry: 1 medium, 4 medium
- Lucerne, Whipped Topping, Extra Creamy, 10 Grams

### *Directions*

1. Use a Ninja Blender for this recipe, but use what you have! I like to start with about 2 cups of ice.
2. Blend up the ice first to the consistency of a snowcone. (cheat code for sure)
3. Add a teaspoon of xanthan gum (to make it like ice cream, you'll need this), Add 100 grams of nonfat Greek yogurt, 3 tablespoons of your zero-calorie sweetener, 1 scoop of protein powder, 4 medium-sized strawberries, or 90 grams of strawberries, and blend all of it together. You may need to open the blended goodness, stir it around, and give it one more good blend.
4. If you did it right, try the flip test. Flip your blended ice cream upside down, and it shouldn't fall out. Do it over a cup or bowl so you don't lose the contents.
5. Optional: add whip cream on top and a few slices of strawberries. You can even crush some Graham crackers and put them over the whip cream.



228 calories



33 grams of protein

## Snoop Dog

### *Ingredients*

- Ground chicken, 96% lean/4% fat, 4 oz (113g)
- Franz: keto hot dog bun, 1 bun
- French's Horseradish Mustard—Mustard, 1 tsp.
- Unico: Sundried Tomato, 1 piece (2 g)
- Jalapeno, Fresh Jalapeno Pepper, Roasted, 1 pepper
- Kroger shredded sauerkraut, 2 tablespoons

### *Directions*

1. Measure out 4 oz. of 96/4 ground chicken. Combine your favorite seasonings. I used a teaspoon of paprika, salt, pepper, garlic salt, garlic pepper, and onion powder.
2. Place your ground chicken on a sheet of tin foil and roll it into a hot dog shape. Twist both ends tight and place in the air fryer at 400 degrees for 15 minutes.
3. At the 7-minute mark, poke 4 holes with a knife through the tinfoil into each dog and continue cooking.
4. With a meat thermometer, check to make sure the temperature is 165°F or higher before removing the chicken. Let the dogs cool down before removing them from the tin foil so you don't burn your fingers.
5. Roll the dog onto a nonstick pan at medium heat and slightly grill the outside of the dog to your liking.
6. Toast your low-calorie hot dog bun in the air fryer at 400 for 3 minutes.
7. Utilize your favorite low-cal toppings. I sauteed sundried tomatoes, jalapenos, and sauerkraut. I also added about a TBSP of horseradish mustard! Have fun with it! There are so many different ways to enjoy this one.



377 calories



53 grams of protein



## Sonic the Hedgedog

### *Ingredients*

- Isernio's: Ground Chicken, 96% Lean/4% Fat, 4 oz (113g)
- Great Value: Mozzarella (fat-free), 30 gram
- Franz: keto hot dog bun, 1 bun
- Nacho Cheese: Cheese, 1 tbsp.
- Chobani, Greek Nonfat Yogurt, 30 g
- Great Value: Chili No Beans, 50 Grams
- Onion, white, 0.1 cup, chopped
- Sam's choice: turkey bacon, uncured, 1 slice

### *Directions*

1. Measure out 4 oz. of 96/4 ground chicken. Combine your favorite seasonings. I used a teaspoon of paprika, salt, pepper, garlic salt, garlic pepper, and onion powder. Also add in 30g of rinsed, fat-free mozzarella.
2. Place your ground chicken on a sheet of tin foil and roll it into a hot dog shape. Twist both ends tight and place in the air fryer at 400 degrees for 15 minutes.
3. At the 7-minute mark, poke 4 holes with a knife through the tinfoil into each dog and continue cooking.
4. With a meat thermometer, check to make sure the temperature is 165°F or higher before removing the chicken. Let the dogs cool down before removing them from the tin foil so you don't burn your fingers.
5. Roll the dog onto a nonstick pan at medium heat and slightly grill the outside of the dog to your liking.
6. Toast your low-calorie hot dog bun in the air fryer at 400 for 3 minutes.
7. Warm up the canned chili of your choice and use 50g. I used no-bean chili for the low calories. Dice up your white onions, a slice of cooked turkey bacon, and 1 tablespoon of nacho cheese. Finalize with 30 g of nonfat Greek yogurt! (Macros are for one, but definitely make two.)



543 calories



54 grams of protein



## White Hot Ranch Barbacoa Fries

### *Ingredients*

- Del Real Foods: Barbacoa, Seasoned Beef and Sauce, 5 oz.
- great value seasoned french fries, 130 grams
- Great Value: Mozzarella (fat-free), 56 gram
- Wellsley Farm: pepper jack cheese, 14 g
- Chobani, Greek Nonfat Yogurt, 85 g
- Pickled jalapenos (can)

### *Directions*

- 1.Toss 130 grams of seasoned or unseasoned frozen fries into the air fryer. 400 degrees for approximately 12 minutes is perfection.
- 2.For the barbacoa, Del Real Foods brand is from Costco. I precooked it following the directions from the previous day. Once cooked, I drained 5oz. of barbacoa and put it in a pan at medium heat for 3-5 minutes. Add 2 tablespoons of water.
- 3.Add 56g fat-free mozzarella on top of the barbacoa and 14g pepper jack cheese. Put a lid over the top and cook down until melted.
- 4.Plate your fries and put your cheesy barbacoa over the top.
- 5.To make the sauce, combine 85g nonfat greek yogurt, 25ml almond milk, 2-3 TBSP hidden valley ranch seasoning, and two TBSP pickled jalapenos in a blender. Blend and drizzle over the top.
- 6.Finish up with some fresh cilantro on top and enjoy.



377 calories



53 grams of protein



## Dill Or No Dill

### *Ingredients*

- 93/7 Beef: 93/7, 7 Ounce
- Franz: Keto Hamburger Bun, 43 grams
- Pork Panko, Panko Fried Pork Rinds, 0.5 oz.
- Sammy's pickles: pickles, 3 slices
- Sammy's pickles: pickles, 3 slices
- Sam's choice: turkey bacon, uncured, 2 slices
- Velveeta - Velveeta Cheese Slice, 1 slice
- Velveeta - Velveeta Cheese Slice, 1 slice
- Chobani, Greek Nonfat Yogurt, 40 g

### *Directions*

- 1.Let's make some jalapeno ranch sauce to start: 40g nonfat Greek yogurt, 2 tbsp ranch seasoning, 2-3 tbsp pickled jalapeno, salt, pepper, 15 ml almond milk, blend
- 2.Let's make the fried pickles. Get the largest sliced pickles at the store you can find. You can use regular panko, but I used bacon panko. Measure out 1/2 a serving onto a plate. Simply roll your pickles in the panko and place in the oven. 400 degrees for 15 minutes. This recipe calls for 6
- 3.Measure out 7 oz. of 93/7 beef and make two even burger patties. Make them as flat as possible. Add salt and pepper to your liking.
- 4.Throw the patties in the air fryer. 12 minutes at 400 degrees. At 6 minutes, flip the avocado, and at 10 minutes, add 2 slices of velveeta.
- 5.Also cook 2 slices of turkey bacon. air fryer at 400 degrees for 12 minutes. I typically pre-prep my turkey bacon for the week to throw into different recipes.
- 6.Air fry keto buns for 2-3 minutes with a couple shots of spray butter.
- 7.Make sure your ground beef is up to 165°F inside.
- 8.Assemble your burger and top with jalapeno ranch!
- 9.Enjoy!



374 calories



60 grams of protein



## Creamy Cheesy Barbacoa Burrito

### *Ingredients*

- Del Real Foods: Barbacoa, Seasoned Beef and Sauce, 5 oz.
- Extreme Wellness - Wrap, 1 wrap
- Wellsley Farm: pepper jack cheese, 14 g
- Great Value: Mozzarella (fat-free), 56 gram
- Chobani, Greek Nonfat Yogurt, 100 g

### *Directions*

- 1.I use premade barbecue. Follow the bag instructions provided by Del Real Foods or make your own barbacoa. You could also use 93/7 beef if you want similar macros.
- 2.Once the del real food barbacoa is cooked, Measure 5 oz., drained, and add to a nonstick pan at medium heat.
- 3.Add 2 tbsp of adobo sauce to your barbacoa, and add 14 g of pepper jack as well as 56 g of fat-free mozzarella. Cover with a lid and cook until the cheese melts.
- 4.Heat up a low-calorie wrap. Once heated, place your contents on a tortilla. Wrap it up and place it in the air fryer at 400 for 4 minutes, or place it back on the pan to brown the outside of the tortilla.
- 5.Serve with salsa, cilantro, pico, and my homemade chipotle sauce.



418 calories



49 grams of protein



## Mac N Cheese Pizza

### *Ingredients*

- Banza: macaroni elbows from chickpeas, 56 grams
- WinCo Foods -- Fat-Free Cottage Cheese, 113 grams
- Great Value: Mozzarella (fat-free), 60-gram
- Armour: Turkey Pepperoni, 6 slices
- almond milk (2-4 tbsp)
- 1 TBSP minced garlic

### *Directions*

1. Measure out one serving of banza macaroni elbows from chickpeas. (2oz. dry)
2. Add 2 cups of water to a pot on high heat until the water reaches boiling.
3. Add your noodles and cook until the noodle softens. 7-8 min., stirring frequently.
4. In a blender or food processor, add 113 grams of fat-free or reduced-fat cottage cheese, salt, pepper, 1 tablespoon minced garlic, and a half packet of the cheese powder from the Banza box. Also, add about 3 TBSP plain almond milk and blend until smooth.
5. Once the noodles are ready, drain and place them back into the original pot. reduce heat to low. Add your blended cream sauce from the blender and stir.
6. Place the noodles in an oven-safe dish and add your pizza toppings.
7. Broil on high for 2-3 minutes until the toppings and cheese melt and have a slight crisp.
8. Using oven mits, remove the pan and plate from the oven.
9. Enjoy!



399 calories



55 grams of protein



## Creamy Chipotle Chicken Burrito

### *Ingredients*

- carb balance tortilla: tortilla, 0.9 tortilla
- Tyson's - Chicken Breast, 6 oz.
- Kraft Fat Free Cheddar, 30 g
- Taco Bell: Taco Seasoning, 1 taco
- Chobani, Greek Nonfat Yogurt, 80 g
- Fresh Mild Guacamole: Guacamole, 1 tablespoon
- Pico de Gallo, 1 teaspoon
- (50g of homemade chipotle cream sauce)

### *Directions*

1. Measure out 6 oz. raw chicken breast. Dice the chicken into quarter-sized cubes, and place in a bowl. Season with your favorite Mexican food seasonings. I used a teaspoon of onion powder, a tablespoon of taco seasoning, a teaspoon of chipotle pepper seasoning, salt, and pepper. Mix seasoning into the chicken by hand. If you have lime juice, add a teaspoon when mixing.
2. Place the seasoned chicken on a nonstick skillet with nonstick spray over medium-high heat. (Wait until the pan reaches a high temperature (4-5 minutes) before placing the chicken on.)
3. Cook for approximately 4 minutes on each side until there is a nice browning on each side and the chicken is cooked all the way through.
4. Add 30 g of shredded, fat-free cheddar (rinsed) on top of the chicken and cover with a lid until the cheese melts.
5. Make the creamy chipotle sauce from this cookbook.
6. Warm up the tortilla, then add 1 tablespoon guacamole, 2 tablespoons creamy chipotle sauce, and your cheesy chipotle chicken. Roll it up and put it back in the pan to brown the outside on each side.
7. Plate and add pico and hot sauce to the top.



653 calories



128 grams of protein



## Pollo Asado Bravado

### *Ingredients*

- Tyson's -- Chicken Breast, 22 oz.
- Cumin, ground; 1 tsp.
- Chipotle Seasoning: Seasoning, 1 tsp.
- Cilantro, 4 tbsp.
- Oregano, dried, 1 teaspoon, ground
- Lawry's: Garlic Salt, 1 Tbsp.
- Salt, 1 tsp.
- White House: Vinegar, 2 Tbsp.
- Nutritionix - Poblano 1 pepper, chopped, in 1 cup (118 grams)

### *Directions*

1. Make the marinade. Let's smoke a poblano pepper at 400 degrees, or in the air fryer for 400 degrees and 15 minutes. Once the poblano pepper is cooked down and soft, cut it open and remove the seeds. Place the poblano pepper into a food processor.
2. Mix the poblano pepper with 1 tbsp cumin, 2 tbsp white vinegar, 1 tbsp salt or pepper, 2 tbsp minced garlic, 1 tbsp Mexican oregano, 4 tbsp cilantro, 1 tbsp chipotle pepper seasoning, 1 tbsp garlic salt, and 2-3 limes squeezed into the marinade.
3. Measure out desired chicken breast (I used 22 ounces) and place in a plastic zip-lock bag along with marinade. For optimum flavor, marinate in the refrigerator for 24 hours. You can also rub the marinade on and cook instantly if you are short on time.
4. I cooked the chicken in a smoker at 400 degrees for 30 minutes. Make sure to check the internal temperature and flip at the halfway point. The chicken needs to be 165 degrees or higher to be safe to eat. You could also cook in a frying pan or the oven.
5. And more cilantro once cooked, along with additional squeezes of lime juice.
6. Chop it up and put it on a taco, burrito, or nacho! Burrito Bowl! Whatever works for your macros



1,728 calories



140 grams of protein



## Animal Fry Meal Prep

### *Ingredients*

- Shoestring French Fries, 340 g
- 93/7 Beef, 93/7, 20 Ounce
- Velveeta - Velveeta Cheese Slice, 4 slices
- Light mayo: Light mayo, 4.5 tbsp.
- White vinegar
- Heinz Tomato Ketchup, 6 tbsp.
- Vlasic: sweet relish, 4 tbsp.
- ½ a white onion, chopped

### *Directions*

First, let's make the fry sauce:

1. Combine 4 TBS of light mayo, 1 TBS of paprika, 3 TBS of sweet relish, 6 TBS of low-cal ketchup, and 2 TBS of white vinegar.

Let's make the fries:

1. Place 340 grams of shoestring fries in the air fryer. 400 degrees for 15 minutes. Shake up the fries at the 7-minute mark before continuing to cook.

2. Cook 20 g (93%) of beef with salt and pepper to taste. Add a few tablespoons of mustard, or my favorite, dijon mustard, to the beef. Cook until thoroughly cooked on medium heat. I used a nonstick pan.

3. Place the cooked beef off to the side in a separate container.

4. In the same pan, add 1 large white onion, chopped, and cook down with a pinch of salt and pepper. Wait until the onions soften and are grilled through.

5. Let's complete. Preheat the oven to 400 degrees. In a baking pan, place your fries, followed by the beef; next, layer 12 of your onions. Then, evenly place 4 slices of Velveeta cheese. Drop the rest of your onions on top and place the pan in the oven until the cheese melts!

6. ENJOY. Place into 4 containers and enjoy all week!



843 calories



83 grams of protein

## Brookie Monster

### *Ingredients*

- Six Star Pro Nutrition: Triple Chocolate Whey Protein Powder Mix, 0.5 scoop
- Banana: One medium banana, 0.5 banana
- PB Fit: Peanut Butter Powder, 35 g
- Great Value: Baking Cocoa Powder, Unsweetened, 10 g
- Kirkland Organic Unsweetened Vanilla Almond Milk, 20 milliliters
- Swerve: Sugar Replacement, Brown, 20 gram
- Whey protein shake, vanilla, 0.5 scoop
- Coconut flour: Coconut Flour, 2 Tbsp.
- PB Fit: Peanut Butter Powder, 35 g
- Egg, 1 egg, large
- Vanilla extract, 1 teaspoon
- Kirkland Signature, Semi-Sweet Chocolate Chips, 30 pieces

### *Directions*

1.In a mixing bowl, add 1\2 a banana and puree it with a fork.

2.Add 35g of PB Fit powder in a separate bowl and mix with water or almond milk to desired consistency.

3.Combine your mixed PB Fit powder with banana in a mixing bowl.

4.Add 10g baking cocoa powder, unsweetened

5.Add 20-30 ml of almond milk.

6.20 g swerve brown sugar replacement

7.Add 1 egg, and whisk all ingredients together with a fork.

8.Set this bowl to the side.

#### **create cookie batter:**

1.1\2 banana in a separate mixing bowl and mash down with a fork.

2.2 tablespoons coconut flour

3.Half a scoop of vanilla whey protein powder

4.Repeat same pbfit powder step; add 35g mixed pb fit

5.Add 1 egg.

6.Add 1 TBSP vanilla extract.

7.Add 20g of Swerve brown sugar replacement and mix together all ingredients.

8.In a baking pan, pour both batters into a mixing bowl at the same time.

9.Add 30 pieces of semisweet chocolate chips and a pinch of salt.

10.Place in the air fryer at 400 degrees for 30 minutes.

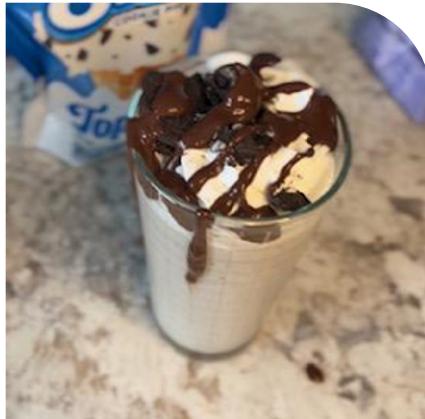




275 calories



32 grams of protein



## Rhymes W/Scoreo Shake

### *Ingredients*

- 1 scoop of Legion Whey Protein
- (honey cereal)
- 100-gram nonfat Greek yogurt
- 20 g Swerve brown sugar replacement
- 1.5 cups of ice
- $\frac{1}{2}$  teaspoon xanthan gum
- Cocoa Powder (1 TBSP)
- Fat-free whipping cream (5 TBSP)
- Oreo Cookie Pieces (2 TBSP)
- Almond milk

### *Directions*

1. Blend 1.5 cups of ice in the blender.
2. Once blended, add 100 grams of nonfat Greek yogurt to the blender.
3. Add 20 g of Swerve brown sugar replacement.
4. 1/2 teaspoon xanthan gum
5. 1 scoop protein powder (vanilla-based flavor of your choice)
6. Blend together and add almond milk as needed.
7. Consistency should be like soft-serve ice cream.
8. Pour into an appropriate-sized cup.
9. Add 5 tablespoons of fat-free whipping cream over the top.
10. Add 2 tablespoons of Oreo cookie pieces.
11. Lastly, for chocolate frosting, combine 1 tablespoon cocoa powder, 10 grams stevia, and almond milk slowly.
12. Whisk for desired consistency. Pour over top.



491 calories



58 grams of protein



## Beefy Fajita Mac N Cheese

### *Ingredients*

- Banza: macaroni elbows from chickpeas, 56 grams
- 93/7 Beef, 5 Ounce
- Chobani, Greek Nonfat Yogurt, 80 g
- WinCo Foods -- Fat-Free Cottage Cheese, 89 grams
- Green bell pepper, 0.3 cup, chopped

### *Directions*

- 1.Boil your banza pasta (1 serving).
- 2.Drain your pasta once it's boiled and save a quarter cup (2 TBSP) of pasta water.
- 3.Combine 89 grams of fat-free cottage cheese and 12 cup cheese powder from the box to make the sauce.
- 4.80 g of nonfat Greek yogurt, a pinch of salt, and pepper, and blend until smooth.
- 5.Dice up some green bell pepper and white onion. Sauté at medium heat.
- 6.Or throw in the air fryer at 400 for 10 minutes.
- 7.Cook 5 oz. (93/7) beef and add your favorite taco seasonings until complete.
- 8.In the same pan that you cooked your beef, add your pasta, sauce, and veggies; combine.
- 9.Serve it up and enjoy.



554 calories



58 grams of protein



## Carnitas Street Taco Pizza

### *Ingredients*

- Del Real: Fried Pork, Carnitas, 3 oz.
- Extreme Wellness - Wrap, 1 wrap
- Woolworths, Reduced Fat Mozzarella, 30 g
- Great Value Monterey Jack Cheese, 0.1 cup
- Great Value: Mozzarella (fat-free), 56 gram
- Radish, 1 medium (3/4- to 1-inch diameter)
- Cilantro, 1 tbsp.

### *Directions*

- 1.Preheat your oven to 400 degrees.
- 2.Thinly slice one radish and chop up your cilantro and white onion.
- 3.On your pizza pan or baking sheet, lay down one large extreme wellness wrap. Place 28 g of fat-free mozzarella on the tortilla and place an additional large extreme wellness wrap over the top.
- 4.Spray 5–6 sprays of butter over the top tortilla, and place 28g fat-free mozzarella and 28g reduced-fat mozzarella on top.
- 5.Place 3oz. of cooked carnitas over the cheese on the top tortilla. Place your radish, white onion, and cilantro over the carnitas evenly.
- 6.Place in the oven for 6 minutes. Turn on the broiler and broil for 2 minutes until the cheese reaches the desired melting point.
- 7.Place your favorite hot sauce over the top and enjoy!



334 calories



36 grams of protein



## Animal Style Burger

### *Ingredients*

- 93/7 Beef (93/7, 4.5 ounces)
- Velveeta - Velveeta Cheese Slice, 1 slice
- Light mayo: Light mayo, 2 tbsp.
- Heinz: Simply Heinz Tomato
- Ketchup, 0.5 tbsp., 1 white onion
- Mustard
- White vinegar relish

### *Directions*

1. Measure out 4.5 oz. of 93.7 percent beef and add a teaspoon of salt and a teaspoon of pepper. Mold the hamburger into a patty; the thinner the better.

2. In a nonstick skillet over medium heat, place 2 tablespoons of thinly sliced white onion. Cook them down until they turn golden brown and caramelize. Place to the side.

3. In the same pan, cook your burger. After 5 minutes on medium heat, flip your burger and continue.

Check the internal temperature to be 165°F or higher before removing from your skillet or grill.

4. In the same pan, spray your keto buns with spray butter and place them face down until they reach the desired toastiness. Typically 2-3 minutes.

Let's make the sauce:

1.2 tbsp light mayo, 1 tbsp mustard, 1.5 tbsp relish, 1 tbsp ketchup, and 1 teaspoon white vinegar, and mix

2. Put your burger together with all the ingredients. I like adding shredded lettuce, tomatoes, and pepperonciniis.

3. Enjoy!



340 calories



36 grams of protein



## Blazing Gobbler

### *Ingredients*

- Kroger Carbmaster: Wheat Bread, 2 slice
- Bacon Signature Select Uncured Turkey Bacon, 1 slice
- Bacon Signature Select Uncured Turkey Bacon, 1 slice
- White onion, 0.3 cup, chopped
- Jalapeo, 1 whole
- Velveeta - Velveeta Cheese Slice, 1 slice
- mozzarella reduced fat: mozzarella reduced fat, 28 gram
- Kraft Fat Free Cheddar, 28 g
- Frank's Buffalo Sauce, Buffalo Style Hot Sauce, 2 TBSP
- Hillshire Farm, Oven Roasted Turkey Breast, 4 oz.

### *Directions*

- 1.Slice up your jalapeno and white onion, long and thin. Salt and pepper the veggies.
- 2.Place them in a nonstick skillet with nonstick spray or on a blackstone grill at medium heat.
- 3.Cook the veggies until they cook down and begin to caramelize.
- 4.Add 2 slices of turkey bacon to an air fryer or skillet and cook to desired crispiness.
- 5.Add 4oz. Deli the turkey onto the veggies at medium heat and chop the turkey up into smaller pieces with a spatula.
- 6.Add 28 g of reduced-fat mozzarella and 28 g of fat-free cheddar over your chopped turkey and veggies. Mix in 2-3 tablespoons Frank's Red Hot Buffalo Sauce on top.
- 7.In a separate skillet or on your blackstone, toast your two slices of bread. One slice, plus your slice of Velveeta
- 8.Once the bread reaches the desired toastiness, place your chopped turkey or cheese on one slice of bread and top it with the other piece.
- 9.It's a messy one, but it's worth it. enjoy.



487 calories



56 grams of protein



## Pizza Quesadilla II

### *Ingredients*

- 30 g pizza sauce
- carb balance tortilla: tortilla, 0.9 tortilla
- Canadian Bacon, Land O'Frost, 5 Slices, 61 Grams
- Bridgford: pepperoni, turkey, 12 slices
- Great Value: Mozzarella (fat-free), 56 gram
- mozzarella reduced fat: mozzarella reduced fat, 28 gram
- WinCo Foods: Fat-Free Cottage Cheese, 112 grams

### *Directions*

- 1.In a blender, combine 112g fat free cottage cheese, one serving low calorie pizza sauce, tsp minced garlic, chili flakes, and garlic salt, and blend.
- 2.Place your sauce on a carb-balanced tortilla and spread evenly to the ends.
- 3.Place 56g of fat-free mozzarella on the inside of the tortilla, along with 5 slices of Canadian bacon and one serving of turkey pepperoni.
- 4.Fold the tortilla over in half, spray butter on the top of the tortilla, and sprinkle on 28 g of reduced-fat mozzarella.
- 5.Place in the air fryer at 400 degrees for 8-10 minutes.
- 6.Optionally, add more chili flakes or additional pizza sauce.



278 calories



27 grams of protein



## Bacon N Egg Bagel Sandwich

### *Ingredients*

- **Recipe makes 6**
- **300g egg white**
- **6 slices of velveeta**
- **12 slices turkey bacon (or center cut bacon)**
- **6 skinny bagels**

### *Directions*

- 1.In a donut pan or large muffin tin, spray nonstick spray into the cavities.
- 2.Pour 300 grams of egg white evenly into each cavity (50 grams each).
- 3.Preheat the oven to 400 degrees.
- 4.Salt and pepper your eggs, and place your donut pan or baking sheet into the oven for approximately 12 minutes.
- 5.Place 12 slices of turkey bacon into a nonstick pan and place in the oven.
- 6.At the same time, lay out your 6 bagels, hit them with baking spray, and let them toast for 5-7 minutes at 400.
- 7.Once everything is cooked, put your bacon and egg bagel together. Start with a bagel, add an egg, one slice of Velveeta, and two slices of turkey bacon.
- 8.enjoy.



50 calories



7 grams of protein



## Rooster Eggs (Protein Bites)

### *Ingredients*

**Recipe makes 18 bites.**

- **Ground chicken, 96/4, 16 oz.**
- **mozzarella reduced fat, 75 gram**
- **1 large egg, 1 egg**
- **4oz. diced ham**

- **Seasonings;**
- **1 TBSP sage**
- **1 TBSP salt, pepper**
- **1 TBSP garlic powder**

### *Directions*

- 1.In a large mixing bowl, combine 16 oz. of 96/4 ground chicken and season with the seasonings listed above. Hand mix together,
- 2.Add 4oz. of cubed ham as well as 75 g of reduced-fat mozzarella.
- 3.Lastly, add one cracked egg and mix together. Form 18 individual protein bites by hand and air fry for 20–25 minutes at 400 degrees. Check the internal temperature to make sure they're above 165 before removing.
- 4.Enjoy with your favorite low-cal dip.



426 calories



43 grams of protein



## Creamy Buffalo Grilled Cheese

### *Ingredients*

- Chicken thigh, raw, skinless, 16 oz.
- keto: bread, 8 slices
- Philadelphia, 1/3 reduced-fat cream cheese, 60 g
- Cheddar reduced fat: cheddar reduced fat, 100 gram
- Franks, red hot buffalo, 3 TBSP
- Parsley
- Chives
- Kraft Provolone Cheese Slice: Provolone Cheese Slice, 4 slices
- Seasonings:
  - 1 TBSP salt and pepper
  - 1 TBSP garlic powder
  - 1 TBSP buffalo seasoning
  - 1 TBSP paprika
  - 1 TBSP onion powder

### *Directions*

- 1.Chop up your parsley and chives and set them to the side (2 TBSP of each).
- 2.Measure out 16 ounces of boneless, skinless chicken thighs and mix in all of your seasonings well.
- 3.In a nonstick pan at high heat, give your thighs a nice sear by cooking for 2-3 minutes on each side.
- 4.Reduce heat to medium and cook your thighs until they reach an internal temperature of 165 or higher.

#### Sauce:

- 1.In a blender, combine 100 grams of reduced-fat mozzarella, 60 grams of 1/3 reduced-fat cream cheese, 12 tsp of garlic puree (optional), 2 tbsp of buffalo sauce (0 calories), and 25 ml of almond milk (blend until smooth).
- 2.Once the chicken is cooked, chop it into nickel-size pieces and throw it back into your pan at medium heat.
- 3.Add your creamy sauce to the chicken, mix well until the cheese melts, and add your chives.
- 4.Lastly, make 4 grilled cheese sandwiches, evenly portioning the meat across each sandwich. Also add one slice of provolone.



219 calories



18 grams of protein



## Cherry Crumble cheesecake

### Ingredients

- Philadelphia: 1/3 less fat than cream cheese, 100 grams
- Chobani, Greek Nonfat Yogurt, 300 g
- 1 medium egg
- Great Value: Pure Vanilla Extract, 0.5 tsp.
- GNC Total Lean Shake, French Vanilla, 1 heaping scoop
- Great Value: Pie Filling, No Sugar Added Cherry, 1 Serving
- cracker, Graham; 1 cracker

### Directions

- 1.In a blender, combine 100 grams of  $\frac{1}{3}$  reduced-fat cream cheese, 300 grams of nonfat Greek yogurt, 1 egg, 1 scoop vanilla protein powder, 1 tablespoon vanilla extract, 50 grams of zero-calorie sweetener (Swerve), and approximately 25 ml of almond milk. Blend until smooth.
- 2.Poor contents into a nonstick baking pan. I used a 6-inch springform pan. Make sure all the contents settle evenly.
- 3.Bake at 350 for 20-23 minutes. Remove it from the oven and let it cool for 15 minutes before placing it in the fridge for 1-2 hours.
- 4.Remove it from the fridge and add one serving of cherry pie filling (no sugar added) along with one Graham cracker crushed into a powder.
- 5.Make 4 easy slices and enjoy!



431 calories



47 grams of protein



## Animal Fry Burrito

### Ingredients

- Ole Mexican Foods: Xtreme Wellness, Large Wraps, 5 Tortillas
- 93/7 Beef, 93/7, 30 Ounce
- Velveeta - Velveeta Cheese Slice, 5 slices
- Signature Select: Classic Shoestring French Fried Potatoes, 90 pieces
- 12 white onion chopped
- Seasonings: gourmet burger seasoning, salt, pepper, and onion powder
- Animal Sauce (4 servings)
- 4 TBSP light mayo
- 2 TBSP low-cal ketchup
- 2 TBSP mustard
- 1 TBSP white vinegar
- 2 TBSP sweet relish

### Directions

- 1.Put your 2 servings of shoestring fries into an air fryer at 400 degrees for 15 minutes.
- 2.Chop up  $\frac{1}{2}$  of a white onion into small cubes and toss in a nonstick skillet at medium heat with zero-calorie nonstick spray. Cook until the onions are golden brown and caramelized. Take out of the pan and set to the side.
- 3.Measure out 30 ounces of 93/7 beef and season accordingly. Work the seasonings into the beef evenly.
- 4.In the same pan, toss in your beef and cook thoroughly. Once the meat is cooked through, add five slices of Velveeta cheese. Place a lid over the top and allow it to melt into the hamburger.
- 5.Add your caramelized onions (turn off the heat) and mix the onions throughout.
- 6.**Sauce:** In a small mixing bowl, combine all of the sauce ingredients, either by hand or in a food processor. Also, add paprika if you have some.
- 7.Lastly, get out 5 tortillas, add 1 TBS of sauce to each, and evenly distribute the meat. Add additional veggies if you choose. Fold them into a burrito (optional: put them back in the pan and grill each side) before storing them in the fridge.



425 calories



12 grams of protein



## Creamy Cajun Pasta

### m

### *Ingredients*

- Banza: Rotini Made From Chickpeas, 8 oz. dry
- 12 ounces grilled chicken breast with mesquite -
- Lucerne, fat- cottage cheese, 200 g
- Organics: Hot Italian Organic Chicken Sausage, 4 links
- 1 TBSP garlic paste
- 2 TBSP garlic seasoning
- 1 TBSP old bay seasoning
- 2 TBSP cajun seasoning

### *Directions*

- 1.Bring 6 cups of water to a boil with a pinch of salt.
- 2.Once the water reaches boiling temperature, pour your 8 oz. of protein-rich pasta into your pot. Follow the directions on the box and cook for approximately 8-9 minutes.
- 3.Drain your noodles and reserve 1/2 cup of pasta water for later use.
- 4.Measure 12 ounces of chicken breast and season with the above seasonings. Cook at medium-high heat in a nonstick skillet. Be sure to use a nonstick skillet. Cook until the internal temperature reaches 165 or higher,
- 5.Set your chicken to the side and, in the same pan, add 4 sliced chicken sausages. Cook at medium heat until the edges of the sausage form a slight crust.
- 6.For the sauce, just blend 1 tablespoon of garlic paste with 200 grams of fat-free cottage cheese. Add 1 TBSP old bay as well as 1 TBSP cajun to the sauce.
- 7.Add the noodles, cooked chicken, and sauce to the sausage pan. At medium heat and in your sauce along with your 1.2 cups of pasta water.
- 8.Stir together and dish out into 4 equal-sized containers,



172 calories



17 grams of protein



## Birthday Cake Cheesecake

### *Ingredients*

- Philadelphia: 1/3 less fat than cream cheese, 100 grams
- Chobani, Greek Nonfat Yogurt, 300 g
- 1 Medium Egg
- GNC Total Lean-LLean Shake, French Vanilla, 1 heaping scoop
- Great Value: Pure Vanilla Extract, 0.5 tsp.
- Rainbow Sprinkles: Sprinkles, 1 tsp.
- Meal Boosters: Unflavored Protein Powder, 2 Scoops (Optional)

### *Directions*

- 1.In a blender, combine 100 grams of 13 reduced-fat cream cheese, 300 grams of nonfat Greek yogurt, 1 egg, 1 scoop vanilla protein powder, 1 tablespoon vanilla extract, 50 grams of zero-calorie sweetener, and approximately 25 mL of almond milk. Blend until smooth.
- 2.Poor contents into a nonstick baking pan. I used a 6-inch springform pan. Make sure all the contents settle evenly. Use a nonstick spray.
- 3.Bake at 350 for 20-23 minutes. Remove it from the oven and let it cool for 15 minutes before placing it in the fridge for 1-2 hours.
- 4.In the meantime, let's make some frosting. Combine 40 grams of Lankato 0 Cal powdered sugar sweetener along with 15 ml of almond milk. Stir until you reach the desired consistency.
- 5.Pull the cheesecake out and add your frosting as well as 1 tablespoon of low- or no-calorie birthday cake sprinkles.
- 6.Cut into four slices and enjoy.



845 calories



101 grams of protein



## Pin Wheel PIZZA

### *Ingredients*

- Joseph's: Lavish Flat Bread, (2)
- Great Value: Sauce, Pizza, 0.8 cup
- Great Value: Mozzarella (fat-free), 84-gram
- Mozzarella reduced fat, 40 gram
- Armour: Turkey Pepperoni, 32 slices
- Armour: Turkey Pepperoni, 8 slices
- Hormel, Pizza Style Canadian Bacon, 84 g

### *Directions*

- 1.Before starting this recipe, feel free to dice up your favorite veggies for this recipe. I used mushrooms and diced jalapenos.
- 2.Time to assemble. Place 12 a serving of pizza sauce on one generous piece of bread and spread to the ends. Use 14 of all the ingredients listed above. Once the toppings are on, roll the wrap tight and cut into 5 even pieces.
- 3.Repeat this process one more time and place these pizza wheels in a small baking pan or 6-inch springform pan.
- 4.With your leftover toppings, spread them across the tops of all your pizza wheels.
- 5.Place in the oven at 400 degrees for 20 minutes.



414 calories



52 grams of protein



## Pizza Pocket Burrito makes 4

### *Ingredients*

- John Morrell: 95% Fat-Free Mini Club Ham, 4 oz.
- Classico: Traditional Pizza Sauce, 120g
- Lucerne: Shredded Cheese, Mozzarella, 2% Milk, Reduced Fat, 120 g
- Bridgford: pepperoni, turkey, 30 slices
- The Laughing Cow: Creamy Swiss, Light, 3 wedges
- Ground chicken, 96/4, 16 oz.
- Extreme Wellness - Wrap, 4 wraps

### *Directions*

- 1.Season 16oz. 94/6 ground chicken with 2 tbsp. fennel, sage, garlic salt, and everything seasonings (salt and pepper).
- 2.Heat up a nonstick pan with zero-calorie nonstick spray at medium-high heat for 5 minutes, then place your chicken in the pan.
- 3.Break it up into smaller pieces and cook for approximately 10-12 minutes until the chicken gets golden brown and is cooked through.
- 4.In the same pan, add 4oz. of cubed ham (precooked) and cook for 2-3 minutes.
- 5.Add 1 tablespoon minced garlic, 3 laughing cows, 120 grams pizza sauce, and 120 grams reduced-fat mozzarella.
- 6.Top it off with 30 slices of turkey pepperoni and cover with a lid.
- 7.Mix together until all the cheese is melted and combined.
- 8.This recipe makes 4 burritos. Take out your 4 low-calorie tortillas and evenly distribute the toppings. For a finishing touch, you can place the tortilla back on the pan and grill both sides of it. Enjoy.



479 calories



26 grams of protein



## Pretzel Bites w/beer cheese

### *Ingredients*

- Pretzel sticks
- 1 cup self-rising flour
- 150-gram nonfat Greek yogurt
- Sesame seeds (optional)
- Parsley
- 113g fat-free cottage cheese
- 30 g reduced-fat cheddar
- 1 oz. of Firestone (Mind Haze Light IPA)
- 1 TBSP beer and brat mustard
- 4 tbsp. of Pace Queso Blanco Dip

### *Directions*

1. Combine 1 cup of self-rising flour with 150 grams of nonfat Greek yogurt.
2. Set aside 1/4 cup extra of self-rising flour to sprinkle on your work surface.
3. Combine your ingredients into a ball, and then widdle that ball into a long dough snake.
4. With a pizza cutter, cut the snake into 22 to 1-inch-long strips.
5. Place them evenly separated in an air fryer, splash with some spray butter, and cook in the fryer at 400 degrees for 12 minutes.
6. For the beer cheese, take all the ingredients into a blender. Mix evenly and pour into a nonstick pan at medium heat. Cook for 5 minutes, stirring constantly, until the cheese melts.
7. Eat your desired amount and share with friends.



441 calories



36 grams of protein



## Creamy Chicken Pesto Pasta

### 4 servings

#### *Ingredients*

- 8oz. pasta with protein (barilla)
- 60g Pesto
- 200g fat-free cottage cheese
- 2 tbsp basil stirred into paste
- 16oz. basil chicken thigh

#### Seasonings:

- Salt and pepper, garlic salt, onion powder, sage, and basil

#### *Directions*

- 1.Chop your raw, skinless, boneless chicken thighs into quarter-sized pieces and place in a bowl to season.
- 2.Season it with salt, pepper, garlic salt, onion powder, sage, and basil (1 tbsp each).
- 3.Mix seasonings into the chicken thighs and place them in a nonstick skillet at high heat (use a nonstick spray).
- 4.In the meantime, follow the directions on the pasta box and boil. You will need approximately 10 minutes for your noodles.
- 5.While the chicken is cooking, make your creamy sauce. Blend together 60g pesto, 200g fat-free cottage cheese, 1-2 tbsp basil paste, 1 tbsp minced garlic, and 20-30ml almond milk.
- 6.Your chicken should cook for approximately 12-14 minutes, or until golden brown on the outside and cooked all the way through. I like to break them up with the spatula to make sure they're all cooked.
- 7.Drain your pasta post-boil and toss it in with your chicken and sauce. Cook and blend together for 5 minutes and serve for four, or refrigerate for your meal prep.



560 calories



53 grams of protein



## Anabolic orange Chicken

### *Ingredients*

- 2 tbsp corn starch
- 4 TBSP orange ginger marinade, sugar-free,
- 1 package jasmine rice
- 6 oz. chicken breast

### *Directions*

- 1.In a plastic ziplock bag, combine 6oz. Diced chicken with 2 TBSP corn starch Mix all of it together by shaking the closed bag.
- 2.Heat a nonstick skillet to high heat with a 0 cal nonstick spray and add your chicken. Cook until golden brown, turning the chicken over after 5–6 minutes. Make sure the chicken reaches an internal temperature of 165°F or higher.
- 3.Once the chicken is cooked, add the 4 tablespoons of orange-ginger marinade over the chicken (in the same pan), as well as the chili flakes and garlic.
- 4.Cook, stirring constantly, until the sauce and chicken are combined.
- 5.Serve over 1 cup of white rice and add your favorite garnishes.



475 calories



64 grams of protein



## Creamy Alfredo Meatball Spaghetti

### 4 servings

#### Ingredients

- 1 cup fat-free cottage cheese
- 5 cups roasted garlic
- Alfredo pasta sauce
- $\frac{1}{4}$  cup reduced-fat mozzarella
- 2 servings of Hearts of Palm
- Linguine
- 16 oz. of ground chicken (96/4)

#### Directions

1. Combine 16 oz. of 96/4 ground chicken in a large bowl with salt, pepper, fennel, sage, garlic salt, and chopped parsley. Mix together and make 20 meatballs the same size.
2. Place those meatballs in your air fryer with space in between them and cook at 400 for 15 minutes. Check that the internal temperature is 165 degrees Fahrenheit or higher.
3. For the sauce, combine 1 cup fat-free cottage cheese,  $\frac{1}{2}$  cup Alfredo sauce, and 1 serving of reduced-fat mozzarella, and blend.
4. Drain your hearts from your palm and boil them in water for 4 minutes. Drain a second time and add the linguine to a nonstick pan at medium heat with a nonstick spray.
5. Add your sauce over the top of your linguine and cook to a simmer.
6. This recipe serves two, and the calories and protein above are for half of the entire serving.
7. Add  $\frac{1}{2}$  your meatballs onto  $\frac{1}{2}$  the sauce and pasta and enjoy!



237 calories



32 grams of protein



## Poor Boy McMuffins

### *Ingredients*

- Classic Irsenios chicken sausage: 15oz;
- egg white: 300g
- Reduced-fat cheddar, 75g
- Reduced-fat provolone—6 slices
- Keto English Muffin by Franz: 6 muffins  
Optional: 25g of avocado per sandwich
- Seasonings: 1 tablespoon sage, salt, pepper, and Italian seasoning

### *Directions*

- 1.Pre-heat the oven to 350 degrees.
- 2.Use nonstick spray on a muffin tin or baking sheet.
- 3.Poor 300 grams of egg white into the 6 individual muffin openings evenly.
- 4.Add 12.5 grams of reduced-fat cheddar into each of the muffin openings and onto the egg white.
- 5.Once the oven is preheated, place the muffin tin with the egg white into the oven and cook for approximately 12-15 minutes.
- 6.In a separate bowl, combine the chicken sausage with the above ingredients. Make 6 individual patties and cook in a nonstick pan on high heat. Approximately 5 minutes on each side Try to make the patties as thin as possible and check the internal temperature to be above 165 before removing.
- 7.Toast all of your English muffins, halved, on a baking sheet at 350 degrees for 8 minutes, face down.
- 8.Once all of your items are cooked, give each sandwich a patty, a slice of provolone, and an egg puck. If you have extra calories to spare, place some mashed or sliced avocado on one side of the muffin.
- 9.Enjoy!



400 calories



47 grams of protein



## Arugula Chicken Pesto MAC 4 servings

### *Ingredients*

- 16 oz. hand-trimmed chicken breast
- 8 oz. Protein Pasta (Barilla Plus)
- 226g fat-free cottage cheese
- 40 g or  $\frac{1}{3}$  reduced-fat cream cheese
- 1 tablespoon of basil paste
- 1/2 cup arugula
- 90 g of fat-free mozzarella
- Seasonings:
  - Red garlic, salt, and pepper, everything seasoning: garlic, salt, and pepper

### *Directions*

- 1.Bring 6 cups of water to a boil, and then boil your protein noodles for 8–10 minutes, or until soft.
- 2.Combine 226 grams of fat-free cottage cheese, 40 grams of reduced-fat cream cheese, 1 tablespoon of basil, 1/2 cup of arugula, and all the seasonings in a blender. Blend and add almond milk for a lighter consistency. Add 1 tablespoon of minced garlic. Blend until all ingredients are combined, and set it aside.
- 3.In a separate bowl, combine all of your seasonings onto cubed, diced chicken and work together to distribute the seasonings evenly throughout the chicken.
- 4.Cook your chicken on high heat in a nonstick pan with nonstick spray. Cook on both sides until golden brown and thoroughly cooked.
- 5.Once your pasta is completed and drained and your chicken is cooked, combine the pasta, sauce, 90 grams of fat-free mozzarella, and chicken all together. Add parsley, chili flakes, and parmesan over the top and distribute into 4 equal servings.
- 6.Shred in a tasty way.



512 calories



62 grams of protein



## High Protein Chicken Alfredo

### *Ingredients*

- 8 oz. Banza Linguine
- 16oz. Cubed chicken breast
- 80 g fat-free mozzarella
- 395 g fat-free cottage cheese
- 112 g of reduced-fat cream cheese
- 14 jarred mushrooms
- Seasonings: basil and Italian. Salt, pepper, oregano, and onion powder

### *Directions*

- 1.Add 4-5 cups of water and a pinch of salt to a pot and get it to a boil.
- 2.Add your 8oz. of spaghetti linguine and boil for 7-8 minutes, or until desired softness.
- 3.Mix together the above seasonings (1 tbsp of each) with 16 ounces of cubed chicken breast.
- 4.Get a frying pan up to high heat, hit it with some nonstick spray, and cook your chicken golden brown on both sides. Cook all the way through.
- 5.In a blender, add your above seasonings, 395 grams of fat-free cottage cheese, 112 grams of 13 reduced-fat cream cheese, about 30 ml of almond milk, and a TBSP of minced garlic, and blend until smooth.
- 6.Once your noodles are cooked, drain the water and save 1/4 cup pasta water for later. Place your noodles back in the frying pan with your cooked chicken. On low heat, add your blended sauce, your jarred mushrooms, as well as your fat-free mozzarella. Stir until the cheese melts and the sauce begins to simmer.
- 7.Make four equal portions and enjoy.



580 calories



57 grams of protein



## Chicken Pesto Pizza

### *Ingredients*

- Large 180-calorie pita bread
- 3oz. pre-made rotisserie chicken (Walmart) or make your own cooked chicken breast.
- 32g reduced-fat mozzarella
- 30g fat-free mozzarella
- 112 g of aged parmesan (optional)
- Vegan Alfredo Sauce (Victoria Vegan) 61g or use homemade arugula pesto sauce
- Chili flakes
- Parsley

### *Directions*

1. Throw your pita in an air fryer or oven at 400 degrees for 5 minutes.
2. Assemble your pizza and start with 61 grams of vegan Alfredo sauce or homemade pesto arugula sauce.
3. 30g of fat-free mozzarella on top; add your 3oz. Cooked chicken, 32g reduced-fat mozzarella over the top, hit it with some parsley, oregano, and chili flakes, and place in the air fryer at 400 for 5-6 more minutes.
4. Top with 11-year-aged parmesan (optional) and enjoy! Make 4 slices!



252 calories



28 grams of protein



## Creamy Pesto Arugula Sauce

### *Ingredients*

- 226g fat-free cottage cheese
- 13 reduced-fat cream cheese
- 1/2 cup fresh arugula 1 tablespoon basil paste
- 1 tablespoon minced garlic 1 tbsp. red garlic
- 1 tablespoon everything seasoning
- Pinch of salt, and Italian seasoning. Almond milk

### *Directions*

1. Place all the ingredients listed above into a blender or food processor.
2. Blend and add almond milk to thin it out to your liking. I like it to be a bit thicker of a sauce, so I typically use about 25–30 mL of almond milk when blending.
3. Jar it up and refrigerate. I typically put this sauce on pasta, sandwiches, as a pizza sauce, or as a dip for veggies. Heat it up prior to eating for the best results.
4. I refrigerate it for 3 days max but usually consume it within 24 hours. Because it's way too good not to. Enjoy. Happy shredding, friends.



866 calories



110 grams of protein



## Bacon Jalapeno Artichoke Dip

### *Ingredients*

- 300 g fat-free cottage cheese
- 170 g nonfat Greek yogurt
- 100-gram fat-free mozzarella
- 3 slices reduced-fat provolone
- 2 slices center-cut bacon
- 2 oz. sliced jalapenos (jarred)
- 60 g of  $\frac{1}{3}$  reduced-fat cream cheese
- 50g quartered artichoke hearts
- Seasonings: dill, salt, pepper, and garlic

### *Directions*

- 1.In a blender, blend 50 g of artichokes and 2-3 oz. of jalapenos. Blend until combined, but don't blend until they become a puree. Keep them chunky. Set them off to the side in a separate container.
- 2.Blend your 300 g of fat-free cottage cheese, 170 g of nonfat Greek yogurt, 100 g of fat-free mozzarella, and 60g of  $\frac{1}{3}$  reduced-fat cream cheese. Add a splash or two of almond milk, enough to thin and smooth it out.
- 3.Add your seasonings and blend one more time.
- 4.Pour the contents into a baking dish.
- 5.Add 3 slices of reduced-fat provolone on top, 2 broken-up slices of precooked center-cut bacon, and a few slices of jalapeo.
- 6.Add parsley and chili flakes to the top (optional).
- 7.Place on the top rack of the oven at 400 degrees for 10 minutes, with 2 minutes of broiling at the very end.
- 8.To keep the calories low, use your favorite veggies for dipping rather than chips, or toast up low-calorie bread and cut it into small squares.



417 calories



48 grams of protein



## Spicy Riga"toned" 4 servings

### *Ingredients*

- 8 oz. Banza pasta rigatoni
- 16 oz. 96/4 ground chicken
- 240g fat-free cottage cheese
- Three laughing cows
- 56g fat-free mozzarella
- 1 serving of pasta sauce
- Splash of almond milk
- Seasonings: Italian, red garlic, paprika, garlic paste, chili flakes

### *Directions*

1. Follow your pasta box directions, bring water to a boil, and boil up 8 oz. of pasta.
2. In a bowl, mix 16oz. Ground chicken with the above seasonings, 1 tablespoon of each.
3. Pour your 16oz. Ground chicken into a nonstick skillet with nonstick spray at medium-high heat. Chop it into smaller pieces as it cooks, and cook until it's cooked all the way through.
4. Let's make the sauce. Combine 240 grams of fat-free cottage cheese, 3 laughing cows, 56 grams of fat-free mozzarella, and 1 serving of pasta sauce from a jar. Also, add another round of seasonings.
5. Put it all in a blender and blend until smooth.
6. In your chicken pan, add the sauce and mix together at medium heat; bring to a simmer.
7. Break into four equal portions. Eat one now and refrigerate the rest for your meal prep for the next 3 days.
8. Shred in a tasty way.



371 calories



42 grams of protein



## Spicy Crispy Chicken Sandwich

### *Ingredients*

- 3 oz. chicken breast
- 1 keto bun
- 2 tbsp. guacamole
- 10-15 g of corn flakes
- 2 thin slices of provolone (30 calories each)
- 1 tbsp dijon mustard
- Franks, red-hot buffalo
- 1 egg

### *Directions*

To make multiple batches, just multiply this recipe by how many you would like to make.

1. Take 3 oz. of chicken breast. Place in a plastic bag and pound it down until it is a quarter of an inch thick. The thinner, the better.

2. In a blender or small food processor, add 10–15 grams of corn flakes and your favorite seasonings.

Blend until you have a good mixture of cornflake powder but still have some larger flakes present.

3. Dip your 3 ounces of chicken breast into 1 whisked egg mixed with 2 tablespoons of buffalo sauce.

4. Pour your corn flakes onto a flat plate, and then roll your chicken breast in them until it's completely covered.

5. Spray your chicken with some nonstick cooking spray and add some salt and pepper.

6. Place in the air fryer and cook at 400 for 12–15 minutes, or until the internal temperature reaches 165°F or higher.

7. Toast your buns, and add 2 tablespoons guacamole as well as my special sauce. A combination of 2

tablespoons dijon mustard mixed with 1 tablespoon buffalo sauce. It definitely has a zing to it, but feel free to use whatever low-calorie sauce suits your needs.

8. Once your chicken patty is fully cooked, add it to your buns along with 2 slices of that reduced-fat provolone.

9. Shred in a tasty way.



811 calories



87 grams of protein



## Oreo Bday Cheesecake

### *Ingredients*

- 1 scoop legion milk chocolate protein 1 egg
- 1 tablespoon vanilla extract
- 300-gram nonfat Greek yogurt
- 1 tbsp. sprinkles
- 1 tbsp. Oreo crumbles
- 115g of  $\frac{1}{3}$  reduced-fat cream cheese
- 6 tbsp cool whip lite
- 40 grams of stevia or powdered monk fruit sugar

### *Directions*

- 1.In a blender, add 300 grams of nonfat Greek yogurt, 115 grams of reduced-fat cream cheese, 30 to 40 grams of a zero-calorie sweetener, 1 egg, 1 tablespoon of vanilla extract, and a splash of almond milk. Blend until smooth.
- 2.Add contents to a small baking dish. I like putting down parchment paper with a little nonstick spray.
- 3.Bake at 350 degrees for 30 minutes. After 30 minutes, take it out and let it cool until it's safe to place in the freezer. I like the consistency after 2-3 hours covered in the freezer.
- 4.Frosting: 6 tbsp. cool whip lite; 10-15g stevia or monkfruit; 35g nonfat Greek yogurt; 1 tbsp. blended Oreo crumbs. (When I blend them down to a powder, they go further.) Mix together with your spoon.
- 5.Cover your entire cheesecake with the frosting and top with a tablespoon of birthday cake sprinkles.
- 6.Shred in a tasty way.



663 calories



112 grams of protein



## Cbums Quad Burrito

### *Ingredients*

- 2 large extreme wellness wraps
- 40g fat-free mozzarella
- 8oz. raw chicken breast (measured prior to cooking)
- 4 slices center-cut bacon
- 40-gram nonfat Greek yogurt
- 60 g chopped tomato
- Seasonings: salt, pepper, paprika, Hidden Valley Ranch seasoning

### *Directions*

- 1.Bake an entire package of center-cut bacon in the oven on a baking dish at 400 for 20–25 minutes, until desired crispiness.
- 2.Dice up 8oz. of raw chicken breast and mix your seasonings into the chicken thoroughly.
- 3.Pour the chicken into a pan at medium-high heat with a nonstick spray. Cook the chicken until the edges are golden brown and it is cooked all the way through. Typically, it takes about 12–15 minutes. The internal temperature needs to be 165 or higher.
- 4.Warm up two large extreme wellness wraps in the microwave for 25 seconds.
- 5.Place both tortillas on a clean, flat surface or clean cutting board and overlap one tortilla over the other.
- 6.Add 40 grams of fat-free mozzarella, 40 grams of nonfat Greek yogurt mixed with 1 tablespoon of Hidden Valley Ranch seasoning, 60 grams of chopped tomato, 8 ounces of chicken, and 4 slices of center-cut bacon.
- 7.Roll up your burrito to the best of your ability and grill it on all sides in the pan.
- 8.Friends, shred in a tasty way. The next update will be on December 15th.



526 calories



19 g carbs  
26 g fat  
48 g protein

## California Breakfast Burrito

### *Ingredients*

- 1 large wellness wrap
- 1 turkey sausage pattie or 2 oz. turkey sausage (30 g)
- reduced-fat cheddar
- 2 slices of hemplers (no sugar added) center-cut bacon (30 g)
- Fresh, pre-made guacamole (or homemade)
- 50 g of egg whites
- 1 egg
- 1 oz. shoestring fries (45 pieces)

### *Directions*

- 1.Bake frozen turkey patties on a baking sheet coated with nonstick zero-cal avocado spray, and on a separate sheet, do the same with your center-cut bacon. I baked at 425 degrees for 25 minutes. Take the turkey patties out of the oven after 15 minutes.
- 2.Check your bacon at 25 minutes, and if you want it a little more crispy, broil for an additional 3-4 minutes.
- 3.Make sure it's fully cooked before consuming. Air fry your 1oz. of shoestring fries in an air fryer at 400 degrees for 15 minutes or until desired crispiness.
- 4.Measure out 50 g of egg white and crack the contents of one egg into the same bowl. Mix it up and scramble it in a nonstick pan at medium heat until finished. Salt and pepper to taste.
- 5.Assemble the burrito with the above measurements and place back in the same pan at medium heat. Give the burrito some light browning.
- 6.Shred in a tasty way.



343 calories



30 g carbs  
5 g fat  
40 g protein



## Costco Slice of PIZZA BABY

### *Ingredients*

- 30 g self-rising flour
- 40-gram nonfat Greek yogurt
- 75-gram fat-free mozzarella
- 30 g traditional pizza sauce
- 1 blended, reduced-fat mozzarella
- 5g of turkey pepperoni
- Salt, pepper, and oregano to taste

### *Directions*

1. Combine 30g self rising flour with 40g nonfat greek yogurt with a metal spoon. Keep mixing until all of the yogurt is dried up into small quarter sized clumps consumed by the flour.
2. Flour up your hands, reach into that bowl and work all of those pieces together until you can create a nice ball of dough.
3. Take a sheet of parchment paper, hit it with some nonstick spray and place your dough on the middle of the paper. Press down on your dough and hand flatten until you cant get it any flatter.
4. Additionally, roll out your dough with a rolling pin. You may need to flour down your rolling pin prior to rolling. Use sparingly to keep the calories down.
5. Once rolled out as big as possible, use a pizza cutter and shape the dough into a pizza slice triangle
6. Take the additional dough and roll it into a crust and place over the crust edge of the slice you made.
7. Place in oven on a baking sheet at 400 for 10 minutes.
8. Take out of the oven and add all of your toppings in the above measurements
9. Back into the oven at 400 until desired melt is accomplished. Enjoy.



400 calories



27 g carbs  
14 g fat  
51 g protein

## Thick Boy McMuffins

makes 5 servings

### *Ingredients*

- Franz keto bun (5)
- 5 slices of Velveeta cheese
- 16 oz. 96/4 lean ground chicken
- 600 grams of egg white (or egg beater, same macros)
- Seasonings:
- Sage, fennel, white pepper, oregano, salt, and pepper
- 180-gram reduced-fat cheddar

### *Directions*

1. Combine 16 oz. of 96/4 chicken with 1 tablespoon of each seasoning listed above. Mix evenly throughout the chicken.
2. Make five 3.2-oz. balls of chicken, once seasoned, and smash the patties down into a large skillet at high heat. Smash them with a spatula as thin as possible; you may only be able to fit two at a time on your skillet. Flip after 5 minutes and make sure the internal temperature reaches 165 or higher before removing them.
3. In a muffin tin, spray each muffin opening with some nonstick spray, then pour 600 grams of egg white into five of the openings evenly.
4. 180g reduced-fat cheddar, distributed evenly among the 5 tins
5. Bake in the oven on the middle rack at 400 for 20 minutes or until cooked through. 160 degrees in the center is a safe temperature.
6. On a separate baking sheet at the same temperature, bake your buns for 5 minutes, with each bun getting a slice of Velveeta.
7. Once everything is cooked, assemble your sandwiches. I tend to wrap them in foil and refrigerate them for a couple of days at the most.



490 calories



24 g carbs  
27 g fat  
53 g protein

## Smash or Pass Burger

### *Ingredients*

- 5 oz. 93/7 beef
- low-calorie bun
- 2 slices of uncured, zero-sugar bacon
- Hemplers:
- 2 slices Velveeta cheese
- 3 tbsp. chopped onion
- 2 TBS chopped jalapenos or bell pepper sauce:
- 1 tablespoon light mayo
- Tsp low calorie bbq sauce Tbsp. low-calorie ketchup Tbsp relish
- dash of paprika

### *Directions*

1. Set your oven to 425 degrees and place the bacon on a baking sheet coated with nonstick spray. I suggest cooking all of your bacon at once to use in different meals throughout the week. Bake your bacon at 425 for approximately 20-25 minutes, or until they reach the desired crispiness.
2. Chop and saute your onions and jalapenos with zero-calorie cooking spray in a nonstick pan at medium heat. Cook for 5 minutes.
3. Split 5oz. of 93/7 beef into two separate meat balls.
4. Salt, pepper, and burger balls
5. Place on a medium-hot pan and smash both burgers down with a spatula to get them as flat as possible. (You can also roll them out with a sheet of parchment paper on the bottom and one on top with a rolling pin; this gets them super thin!)
6. Flip burgers after 2-3 minutes and cook for an additional 2-3 minutes. Check that the internal temperature has reached 135 or higher before removing it from your pan.
7. Toast your buns in the oven for 3-5 minutes, face down on a baking sheet.
8. Mix all the ingredients above together for the sauce.
9. Assemble your cheeseburger. (Bun, Sauce, Pattie, Cheese, Pattie, Cheese, Jalapenos, and Onions; more sauce on the bun; and you're done.)
10. ENJOY. Shred in a tasty way.



837 calories



90 g carbs  
15 g fat  
77 g protein

## Gym Freak Pizza 2.0

### *Ingredients*

- 100g self-rising flour, 1
- 15g nonfat Greek yogurt
- (40g fat-free mozzarella)
- 100g pizza sauce
- 15g turkey pepperoni
- 2 oz. 96/4 ground chicken
- 3 slices or 30 grams Canadian bacon
- Seasonings:
  - Salt, pepper, Italian seasoning, sage, paprika, and garlic salt

### *Directions*

1.Pre-heat the oven to 425 degrees., combine 100 grams of self-rising flour and 115 grams of nonfat Greek yogurt in a bowl and stir with a spoon until all of the yogurt is absorbed by the flour and clumps up.

2.Get your hands lightly floured and grab the clumps, then turn them into a dough ball. It should be about the size of or larger than a tennis ball.

3.Slap your dough ball down on some parchment paper that you have pre-sprayed with some nonstick cooking spray.

4.Press down on the dough by hand until you can't get it any flatter. Than roll out your dough with your rolling pin. You may need to put a small amount of flour on the rolling pin. Roll out as far and as evenly as you can.

5.Make your chicken meatballs by combining all the above seasonings with a full pack of 96/6 ground chicken. (16oz. Worth. Use a TBSP per seasoning, but go lighter on the salt.

6.Make approximately 35 small meatballs with your 96/4 ground chicken. This gets messy, so use gloves if possible.

7.Cook them in your air fryer at 400 degrees for 15 minutes. I can usually only fit about 20 at a time. The internal temperature needs to reach 165 or higher.

8.Place your dough on a pizza baking sheet and place in the oven at 425 for about 8 minutes.

9.Remove from the oven and assemble the rest of your toppings from the ingredient list.

10.Place back in the oven at 425 degrees for 10 minutes or until the pizza reaches its desired crispiness.



607 calories



22 g carbs  
7 g fat  
110 g protein

## Crispy Buffalo Chicken Tenders

### *Ingredients*

- Crispy Tenders Ingredients
  - 16oz. Thin chicken breasts
  - 30g self-rising flour
  - 5 Tbsp Frank's Red Hot Buffalo Sauce
  - Tsp cayenne pepper
  - Tsp. pickle juice, Tsp, Salt Pepper, Tsp baking soda Tsp baking powder 1 teaspoon of garlic
  - salt
- **Protein ranch**
  - 100g nonfat Greek yogurt, 2 tbsp Hidden Valley
  - Dill, 1 tbsp pickle juice,
- **Protein cheese**
  - 1 scoop meal booster cheeses
  - 113g fat-free cottage cheese
  - Cayenne pepper Salt Pepper
  - Almond milk

### *Directions*

- 1.Slice 16oz. of chicken breast into 7 equal-sized tenders.
- 2.Tenderize each slice of breast. I like to place it on a cutting board, cover it with saran wrap, and hammer it down until it's 12 inch thick.
- 3.Make your dipping stations for your chicken, Bowl 1, combine 30 g of self-rising flour with the above seasonings. (a teaspoon of each of them)
- 4.Crack 2 eggs into a bowl and whisk with 1 to 2 tablespoons of pickle juice.
- 5.Take one slice of breast at a time, Dip into your yoke, drop into your flour, and switch to your dry hand, coating the chicken evenly. Repeat until you finish each breast.
- 6.Once completed, generously hit the breasts with 0 Cal olive oil spray and place in the air fryer.
- 7.Cook at 400 degrees in your air fryer for 15 minutes. I like to flip them at the 6-minute mark and hit them again with olive oil spray. You may add more time to reach a more desired crispiness, but check the internal temperature to make sure it's above 165 before removing.
- 8.Hit the tenders with 0 cal Frank's Red Hot Buffalo Sauce, covering the tenders completely, then place back into the air fryer for 2 minutes.
- 9.SHRED IN A TASTY WAY



207 calories



20 g carbs  
8 g fat  
21 g protein

## Crispy Chicken Sandwich

### *Ingredients*

- Recipe makes 7
- 7 keto buns
- 94/6 ounces ground chicken (15oz.)
- 35g flour
- 1 egg
- tsp baking powder, teaspoon, teaspoon baking soda tsp Paprika
- TBSP Salt TBSP Pepper
- TBSP onion powder TBSP garlic paste Mustard
- Lettuce
- 7 TBSP light mayo

### *Directions*

- 1.In a bowl, measure out 15 oz. of 96/4 ground chicken and add all the above seasonings to the chicken.
- 2.In a separate bowl, whisk together one egg, and in an additional bowl, measure out 35g of flour.
- 3.Make 7 patties of equal size that are approximately 2.2oz. Per patty. Once made, place in the freezer, covered, for 2 hours.
- 4.Remove your patties from the freezer, dip into your whisked egg, place in your flour, and fully cover. Do this with each patta.
- 5.Once completed, hit the patties with salt, pepper, and olive oil spray before placing them in the air fryer.
- 6.Air fry at 400 for 15 minutes, flip at the 7-minute mark, and spray them again with olive oil spray. Continue for an additional 8 minutes. (cook until internal temperature reaches 165 or higher)
- 7.Toast all 7 buns. Place them in the oven at 400 for 4-5 minutes.
- 8.Chop up your romaine lettuce on a clean cutting board.
- 9.Put together your sandwiches. Light mayo, patties, lettuce, more light mayo, and top off the bun.



697 calories



24 g carbs  
20 g fat  
95 g protein

## Chicken McShreddies

### *Ingredients*

- Seasonings:
- 1 tbsp cayenne pepper 2 tbsp salt
- 1/2tbsp pepper Tbsp mustard Tbsp of garlic paste
- Add one teaspoon each of baking soda and powder. Spray of olive oil
- 16oz. 96/4 ground chicken, 40g self-rising flour
- 2 eggs and some pickle juice

### *Directions*

- 1.Place 16 oz. of 96/4 ground chicken into a bowl, and add all of the above seasonings to your chicken and mix them in throughout your chicken. (I personally wear gloves for this.)
- 2.Next, whisk together 2 eggs with some pickle juice in a separate bowl.
- 3.Add 40 grams of self-rising flour into another bowl, and again, add those above seasonings to your flour and whisk together.
- 4.Take your ground chicken and make 24 equally sized nuggets. Optional: you can cover with saran wrap and freeze for 2 hours; they're easier to handle and coat this way.
- 5.Dunk each nugget in your egg wash, then dip into your flour. Use your right hand for the egg wash, and your left hand should stay dry for the flour. Fully coat before removing.
- 6.Repeat until all 24 nuggets are ready to go into the fryer. Add salt and pepper to the top of the nuggets, as well as the 0 cal olive oil spray.
- 7.Air fry at 400 degrees for 15 minutes. I cook 12 at a time, but if you have a large air fryer, you might be able to fit them all in at once.
- 8.Make sure the internal temperature reaches 165 before serving.
- 9.Serve them up with a low-calorie ketchup, ranch, or barbecue sauce. SHRED IN A CRISPY WAY



1 serving Macros  
327 cals calories



51 grams of protein



## Crispy Tinga Chicken Tacos

### *Ingredients*

- Ingredients list to make 4
- Chicken breast 16oz.
  - Seasonings
  - Cayenne
  - Salt
  - Pepper
  - 180g tomato paste

- Garlic
- Onion powder
- 1/2 white onion, chopped
- 120 g reduced-fat mozzarella
- 4 carb counter tortillas
- 4 chopped chipotle pepper

### *Directions*

- 1.In a slow cooker, spray the bottom with 0 calories of olive oil spray and add 16 ounces of chicken breast. In the cooker, add 180 grams of no sugar added tomato sauce, 4 chipotle peppers in adobo sauce (pre-blended or chopped), tbsp of all the above seasonings, and  $\frac{1}{2}$  a white onion chopped.
- 2.Slow cook at low to medium heat for 4-6 hours. (Time will vary depending on your slow cooker.) Make sure the internal temperature of the chicken reaches 165 before shredding.
- 3.Once fully cooked, shred your chicken with two forks.
- 4.Let's make four of these tacos.
- 5.Take a nonstick pan and spray it with olive oil spray. Get the pan up to medium heat and place a large low-calorie tortilla into the pan. Add 30 g of reduced-fat cheese as well as your chicken. Fold into a taco and cook on both sides until golden brown.
- 6.If you have additional calories, feel free to dip them into my chipotle protein sauce, ranch, or guacamole.



520 calories



50 grams of protein  
39 carbs  
24 fat

## The Perfect Steak Breakfast Burrito

### *Ingredients*

- 2 eggs
- 28 g of reduced-fat cheddar
- 1 slice of Velveeta
- 20 g of frozen diced potato
- 3 oz. asado or steak
- 1 extreme wellness

### *Directions*

- 1.Cook up 3oz. of flank steak at medium heat in a nonstick pan. Season with salt and pepper. Cook each side of the steak until the internal temperature reaches a minimum of 135.
- 2.Dice up your steak into small cubes, or throw it into a food processor and pulse the steak until it's more like shredded steak.
- 3.In that same pan, spray it with some olive oil nonstick spray and add 20 g of frozen diced potato. Add 3 tbsp water and put a lid on the pan for 10-12 minutes.
- 4.Cook the potatoes to the desired crispiness.
- 5.Leave the potatoes in the pan and reduce the heat to low-medium. Add your two whisked eggs, your steak, 28 g of reduced-fat cheddar, and 1 slice of Velveeta, and cook it all down together.
- 6.Get a large Wellness Extreme Wrap or any large low-calorie tortilla and add your steak or egg filling.
- 7.Roll it into a burrito and place it back in the pan, making each side golden brown before slicing and enjoying.
- 8.Feel free to add hot sauce or, for extra protein, dip it into some nonfat Greek yogurt.



192 calories



25g protein  
15g carbs  
5g fat

## Pollo Asado Tacos (6 tacos)

### Ingredients

- |  |                               |                            |
|--|-------------------------------|----------------------------|
| • 6 xtreme wellness taco wraps (30 cals) | • Garlic paste 1 tbsp         | <i>Cilantro Lime crema</i> |
| • 16oz. Chicken breast                   | • Onion powder 1 tbsp         | • 100g nonfat Greek yogurt |
| • 1/2 avocado                            | • Lime juice 1 tbsp           | • 4 tbsp cilantro          |
| • Seasonings:                            | • 2 TBSP orange juice         | • Lime juice               |
| • Achiote paste (must have) 2 tbsp       | • Oregano 1 tsp               | • Salt and pepper          |
| • Cumin 1 tsp                            | • Chopped chipotle pepper 20g |                            |
| • Garlic 1 tbsp                          | • Salt and pepper             |                            |

### Directions

1. Get your favorite mixing bowl and combine all of the seasonings (2 tbsp achiote paste, 1 tsp cumin, 1 tsp garlic, 1 tsp oregano, 1 tbsp lime juice, 2 tbsp orange juice, salt and pepper, 20g chopped chipotle pepper)
2. Once mixed add two chicken breasts to the bowl of seasonings (16oz. worth). Hand mix the seasonings and juices thoroughly coating your chicken.
3. Add a little pinch of baking powder over the top of your chicken for extra crispiness before placing in the air fryer at 400 degrees for 20 minutes.
4. Once your chicken has reached an internal temp of 165 or higher, remove your chicken, place on a cutting board and cube your chicken to desired size.
5. Next lets make a simple sauce for these tacos. Take 100g nonfat greek yogurt, 4 tbsp cilantro, 1tbsp lime juice, salt and pepper and blend together in a blender.
6. To complete get 6 low cal taco tortillas (40 cal or less) and equally distribute your pollo asado and sauce. Cube 1/2 of an avocado and distribubute evenly over the top.
7. Optional, add white onion, lettuce and your favorite low cal cheese to top (adjust macros if using this option and shred in a tasty way)



462 calories



41g protein  
51g carbs  
19g fat

## Shredded Grinder (makes 1)

### *Ingredients*

- 3.6 oz. Deli turkey
- 28g turkey pepperoni
- 15g light mayo
- 3 TBSP mustard
- Salt pepper
- Peppers
- Pickled onions
- Lettuce
- Red wine vinegar
- Pickles
- low cal cheese

### *Directions*

1. This one is super simple shred fam. Take your largest cutting board and add a cup and a half of shredded lettuce.
2. Place 3.6 oz. Deli Turkey Breast over the lettuce, followed by peppers from a jar, a few dill pickles.
3. add 2 slices of tomato, salt and pepper your tomato. Add 1 slice of a low cal cheese. (I used a 40 calorie slice of swiss).
4. Optional but add a TBSP of pickled onions (you can buy, by the jar), add 28g of turkey pepperoni as well.
5. Lastly top with 15g of mayo and mustard to taste. Add 2 tbsp red wine vinegar.
6. Chop up all of your ingredients and combine.
7. To lower your calories you can roll up your ingredients into a low cal wrap. However you can use a hoagie roll. Find one that is no more than 200 calories, If you go over adjust your macros and track.



676 calories



70g protein  
31g carbs  
32g fat

## Barbacoa Quesadilla

### *Ingredients*

1 large xtreme wellness wrap  
8oz. barbacoa (del Real foods)  
56g reduced fat mozzarella  
1 slice reduced fat provolone

cilantro  
tomato paste  
chipotle peppers in adobo

### *Directions*

1. This is another incredibly delicious and easy recipe to make. Step 1, get some Del Real Foods Barbacoa. (you can find at most grocery stores). Follow the boxed directions and heat up your meat.
2. While its cooking in a pan on medium heat (which is how i Heat it up) add 15g chopped chipotle peppers for some spice as well as one tbsp of tomato paste and thoroughly mix all the ingredients together.
3. Once your barbacoa is fully cooked, add 8oz. (drained) barbacoa to the largest and lowest calorie tortilla you can find. Large extreme wellness is 80 cals. Or find something close to it!
4. Add 56g of reduced fat mozzarella and chopped cilantro (white onions optional)
5. Fold over like a Massive Taco and add one slice of low cal cheese over the top. Garnish with another sprinkle of cilantro.
6. Place in the oven and broil for 2 minutes or until all the cheese is melted.
7. Plate and enjoy, for bonus protein throw some nonfat greek yogurt on the side.



676 calories



70g protein  
31g carbs  
32g fat

## Big Mac Smash Burger

### *Ingredients*

- 1 oro wheat keto bun
- 5oz. 93/7 beef
- 1 slice reduced fat cheddar
- 1 tbsp light mayo
- 1 tbsp low cal ketchup
- **Pickles**
- **White onion**
- **shredded lettuce**

### *Directions*

1. Split up 5oz. of 93/7 beef into two 2.5 oz. patties. Roll into a ball and add Salt and pepper to your hamburger balls. If you have a gourmet burger seasoning, feel free to add that as well.
2. Get a frying pan up to medium heat, hit it with some nonstick spray (olive oil or avocado oil).
3. Add your two meatballs to the pan and carefully place one spatula over the top of each. Using an additional spatula press down on your hamburger until it reaches the desired flatness.
4. Cook burger for 2-3 mins before flipping. Cook until internal temp reaches 135 or higher and give each patty a slice of reduced fat cheddar. Cook until cheese melts and remove from the stove.
5. In the same pan add a top bun and 2 bottoms face down and at medium heat continue to toast these buns. (2 minutes tops)
6. Make your sauce by combining 1tbsp light mayo, 1tbsp low cal ketchup, 1tbsp mustard and diced onions. If you have it add a pinch of white vinegar and stir.
7. Add the sauce and patties to your buns as well as some shredded lettuce.
8. enjoy!



547 calories



58g protein  
24g fat  
34g carbs



## Creamy Chicken Fajita Burrito

Recipe Makes 4

### Ingredients

- 4 large ole extreme wellness wraps (low cal wrap)
- 1.5lb chicken breast
- Seasonings: tsp of each
- Onion powder, garlic, chipotle, taco seasoning, salt and pepper
- 30g tomato paste
- 30g chipotle in adobo powder (blended)
- 1/4 of green pepper, red pepper, white onion, red onion
- 112g reduced fat cheddar

### Cheese sauce

- 160g nonfat Greek yogurt
- Splash of almond milk
- Chipotle peppers in adobo
- Salt and pepper
- 1 serving cheesy meal booster power

### Directions

1. Place 1.5lbs of chicken breast on a cutting board and chop into thin 1 inch thick slices. Once cut, place into a large enough bowl to contain the chicken and mix in seasonings.
2. On a separate cutting board, chop your white onion, and bell peppers. (personally I like to cut them in strips) Make sure to wash your hands when switching from raw meat to veggies.
3. Add all of the above seasonings into your chicken bowl. Add your chopped veggies into same bowl and mix together.
4. In the same bowl add 30g tomato paste and 30g of chopped or blended chipotles in adobo powder and mix through veggies and chicken thoroughly.
5. Place your fajita chicken and veggies on a baking sheet after spraying with a non stick olive oil spray or avocado spray.
6. Place in the oven at 400 degrees for approximately 20 minutes. Make sure to use a meat thermometer and make sure the chicken has an internal temp of 165 or higher before removing.
7. Lets make the cheese sauce by blending 160g nonfat greek yogurt, splash of almond milk, 15g chipotles in adobo, salt and pepper, 1 scoop of cheesy meal booster (or cheese powder from a macaroni and cheese box)
8. Once blended add cooked chicken and veggies to a clean mixing bowl and add your cheese sauce. Additionally add 112g reduced fat cheddar.
9. Equally distribute your cheesy fajita mix into 4 low calorie tortillas. Roll them up and fry them on both sides in a frying pan to desired crispiness.



473 calories



60g protein  
35g carbs  
16g fat

## Chicken Parmesan (makes 3)

### *Ingredients*

- 3 oro wheat keto buns
- 120g panko italian bread crumbs
- 60g fat free cottage cheese
- 20g parmesan reggiano
- 2 eggs
- 100g marinara sauce
- 1 cup basil
- 2 tbsp basil paste
- 1 tbsp garlic paste
- 3 low cal slices mozzarella
- 18oz. chicken breast

### *Directions*

1. Start by dividing 18oz. of chicken into three equal portions.
2. Place your chicken into a zip lock bag and use a kitchen mallet to beat the chicken until it is 1 inch thick and even.
3. Get two bowls and whisk two eggs into one of them and add 120g italian bread crumbs into the other.
4. Dip your chicken into the whisked egg and then place in the bread crumbs. With your dry hand flip the chicken in the crumbs until it is fully covered. Complete this step for each breast.
5. Hit them with some salt and pepper and some olive oil spray before placing into the air fryer.
6. Cook at 400 degrees for approximately 20 minutes flipping at 10 mins. Use a thermometer and check to see if you are above 165 before removing.
7. Place a slice of low cal mozzarella on each breast, place onto a baking sheet and broil for 2 minutes.
8. In a blender combine 20g parmesan, 60g fat free cottage cheese, 2 tbsp basil paste, 1 cup basil leaves, 1 tbsp garlic paste, salt and pepper, splash of lemon.
9. With toasted buns add your chicken breast, 35g marinara, and 1/3 of our pesto sauce.
10. Enjoy friends



312 calories  
per burrito



32g protein  
24 carbs  
10 fat

## Creamy Pizza Protein Burritos

makes 7  
*Ingredients*

- 7 low calorie tortillas (carb balance)
- 9 slices Canadian bacon
- 10oz. 96/4 beef
- 60g turkey pepperoni
- 1 cup pizza sauce
- 62g 1/3 reduced fat cream cheese
- 120g reduced fat cheddar

### *Directions*

1. Warm up a medium sized pan to high heat. Hit the pan with a little avocado spray and place 10oz of 96/4 beef into the pan.
2. Hit that 96/4 beef with salt, pepper, garlic and italian seasoning. Approximately a tsp of each of these but feel free to add more depending on your preferences.
3. Cook the beef until no more pink is left and place the beef in a separate bowl for later.
4. On a cutting board chop up 60g of turkey pepperoni as well as 9 slices of canadian bacon or a lean ham if you have it.
5. Place your turkey pepperoni and canadian bacon back into the same nonstick pan at medium to high heat just to crisp up the edges. (2-3 minutes while stirring)
6. Add your beef back in the pan and reduce the heat to medium low, add your 120g of cheese, 60g 1/3 reduced fat cream cheese, more of the previous used seasonings, 1 cup of a lower calorie pizza sauce and stir all of the ingredients together until the cheese and cream cheese melts.
7. Evenly distribute the pizza filling into 7 low calorie tortillas
8. freeze them or refrigerate for 2-3 days.



277 calories



32g protein  
28 carbs  
13 fat



## Spicy Mcbuffins (makes 5)

### *Ingredients*

- 300g egg white
- 12.5 oz. Ground turkey or turkey sausage
- 5 slices velveeta
- 5 tbsp green Chile con queso
- 5 franz keto English muffins
- 50g reduced fat cheddar
- Salt and pepper
- Garlic and herbs

### *Directions*

1. Start out by making 5, 2.5 oz. turkey sausage patties. Add salt, pepper, garlic as well as your favorite herbs to each one.
2. On high heat in a non stick Pan (add 0 cal cooking spray) Cook these turkey patties for approximately 6 minutes on each side. Make sure internal temp reaches 165 or higher before removing
3. In a nonstick muffin tin, distribute 300g of egg white into 5 empty spaces. Make sure to spray with nonstick avocado spray or something similar.
4. Evenly distribute 50g worth of reduced fat cheddar over the egg whites.
5. Hit the egg whites with salt and pepper and place in the oven at 400 degrees for approximately 15 minutes.
6. Additionally add 5 franza keto buns halfed into the oven at 400 for 5 minutes just to give them a slight toast.
7. Lastly assemble. Bun, velveeta slices, egg patti, turkey patti, 2 tbsp of a low calorie store bought nacho cheese (35 cals) and add your jalapenos. Place the other bun on top and call it a day.
8. cover and Place in the refrigerator for 2-3 days and enjoy



560 calories



53g protein  
28 carbs  
23 fat

## Mrs. Shreds Breakfast Bowl

(3 servings)

### *Ingredients*

- 3 eggs
- 300g egg white
- 3 cups simply potato hash browns
- 1 cup mushrooms
- 60g reduced fat cheddar
- 12oz. Cubed ham.
- 5 slices center cut bacon
- Add 1 tbsp guacamole
- 40-50g n fat Greek yogurt.

### *Directions*

1. Set your oven to 425 and place 5 slices of center cut bacon onto a baking dish. Bake your bacon for approximately 25 minutes on top rack or until desired crispiness.
2. Get your favorite pan to medium heat and add 1 tbsp of olive oil or a zero cal cooking spray.
3. Add 3 cups of simply potato hash browns (feel free to cut this number in half if you dont need the access calories)
4. Cook for 6-7 mins on each side until golden brown. and set to the side.
5. Whisk 3 eggs and 300g of egg white and place into the same pan at medium heat. Use salt and pepper to your desired taste buds. Cook your eggs for approximately 7-8 minutes until cooked thoroughly.
6. Add 12 oz. cubed ham (feel free to sautee ahead of time) into eggs, 60g reduced fat cheddar and your five slices of bacon. Add your cooked hash browns and mix together at medium heat. Add mushrooms, these are optional but i typically sautee these while the bacon is cooking.
7. Evenly distribute your pan into 3 equal containers.
8. Once youre ready to eat, add 40g nonfat greek yogurt, hot sauce, tbsp of guacamole for some extra flavor!
9. Shred in a tasty way.



560 calories



62g protein  
58 carbs,  
8 fat

## Chicken Al Pastor Mac N Cheese (3 servings)

### Ingredients

- 15oz chicken breast
  - MAC sauce (Blender)
  - 1/2 banza cheese packet
  - 400g fat free cottage cheese
  - 40ml fat free evaporated milk
  - 1 scoop cheesy meal booster
  - Salt and pepper and blend until smooth
  - Al pastor marinade
  - 50ml orange juice
  - Splash of lime
  - Achiote paste 2 tbsps
  - Cumin tsp
  - Oregano tsp
  - Salt and pepper tsp
  - Chili powder tsp
- Pasta 8oz. Banza protein pasta (measure dry)

### Directions

1. Preheat your oven to 400 degrees. (once meat is marinate and ready to cook)
2. Bring about 3 cups of water to a boil and cook your protein pasta for 7-8 minutes. (8oz.)
3. Make your al pastor marinade by placing 50ml of orange juice as well as all of the above herbs and spices. Feel free to increase from a tsp to a TBSP if you desire. Blend until smooth.
4. Place 3 small chicken breasts equaling 15 oz. into a zip lock bag and add your al pastor marinade. If you would like to add some chopped pineapples feel free to do so as well. Marinate for 1-2 hrs or overnight in the refrigerator.
5. Place chicken on a baking sheet (marinated and place in the oven) and bake at 400 for 22 minutes. Make sure internal temp is 165 or higher. Optional but prior to cooking feel free to sear both sides in a hot pan.
6. Once cooked, chop up your chicken into cubes on a cutting board and set to the side.
7. In a blender make your mac sauce. Blend all above ingredients under MAC SAUCE until completely smooth.
8. Add your chicken, noodles, and cheese into one bowl and mix all ingredients together.
9. Top off with some cilantro and white onion and evenly distribute into 3 servings to enjoy this week!
10. Feel free to double this recipe and make 6 servings



400 calories



50g protein  
25 carbs  
16 fat



## Quattro BLT Burger

(makes 5)

### *Ingredients*

- 12.5 oz. 96/4 beef
- Head of lettuce
- 2 large tomato
- Protein ranch
- 20 slices center cut bacon
- 5 slices velveeta
- 5 oro wheat keto buns
- Salt and pepper
- Burger seasoning (flavor bomb)

### *Directions*

1. Start out by making an optional but super necessary protein ranch or just a simple mayo will do. If you are going to make a protein ranch, blend 100g nonfat greek yogurt, 3 tbsp chives, 2tbsp green onions, 3 tbsp hidden valley ranch mix, 3 peeled garlic cloves and about 40ml evaporated fat free milk. (or just use light mayo)
2. Set your oven to 425 and cook your center cut bacon for 28 minutes, I typically flip at about 14 mins. Cook until you reach desired crispiness, checking on them often.
3. Slice your tomato thick, and chop up your lettuce.
4. Divide 12.5 oz of 96/4 beef into 5 equal patties. I like to put them on parchment paper, roll them into a ball and season well with salt, pepper, and a gourmet burger seasoning (kinders is awesome).
5. Once seasoned i use another sheet of parchment paper and flatten them as thin as i can get them before cooking them in a pan at high heat. 2-3 minutes on each side depending on thickness, internal temp needs to reach a minimum of 135.
6. Toast your buns in the oven or the pan, (oven 425 for 2-3 minutes).
7. Assemble your blt burgers, bun, sauce, 4 slices of center cut bacon, tomato, burger patty, cheese slice, lettuce, sauce and bun.
8. Enjoy with some family or friends



500 calories



40g protein  
18 fat  
42 carbs

## Lean BLT (simple one serving)

### *Ingredients*

- 2 slices sourdough
- 8 slices zero sugar center cut bacon (hempsters)
- Lettuce
- Tomato (thick like)
- Light mayo

Chipotle sauce (in da book)  
Nonfat Greek yogurt  
Fresh garlic  
Chipotle peppers  
Seasonings

### *Directions*

1. **not a ton of explanation needed in this one. Bake your center cut bacon at 425 for 28 minutes, flipping at 14 minutes or until you reach the disired crispiness.**
2. **Cut your tomatos and lettuce**
3. **Toast your bread or buns of your choice.**
4. **Assemble that baby. Light mayo on each slice of bread, 5 slices of bacon, tomato, lettuce.**
5. **sometimes you just gotta shred in a simple way friends.**



481 calories



73g protein  
10 carbs  
24 fat

## SHRED LAB FIESTA SALAD

### *Ingredients*

- 7.5 oz. 96/4 beef
- 30g guacamole
- 28g reduced fat Mexican cheese
- 2 cups shredded lettuce
- 1/2 small tomato
- 1/4 white onion
- Taco seasoning

Chipotle garlic ranch  
259g nonfat Greek yogurt  
2-3 garlic cloves  
2 tbsp chives  
3 tbsp cilantro  
1 tbsp green onion  
1-2 tbsp ranch seasoning  
1 chipotle pepper  
1-2 tbsp lemon cracked pepper  
1 tbsp ground pepper

### *Directions*

1. Step 1, lets make the dressing.
2. Take all your above measurements and place them in a food processor and blend until completely smooth. If you're bougie like me, place in a sauce bottle with a lid. otherwise place in some tupperware and store for up to 5 days.
3. chop some white onion and sautee at medium heat over the stove in a nonstick pan with some nonstick spray. Once cooked add your 7.5 oz of 96/4 beef. Toss in the taco seasoning of your choice and the amount you wish to use. salt and pepper to taste. Chop your meat up into a ground beef, small consistency until all the pink is gone and remove from stove.
4. In a bowl add your beef, next your chopped salad, diced tomato, more white onion, 28g reduced fat cheese, 30g guacamole then your dressing. Use approximately 40-50g of the dressing to match the above macros.



415 calories



43g protein  
31 carbs  
19 fat

## deviled egg salmon wrap (makes 2)

### *Ingredients*

- Add 2 pouches of Wild Caught Smoked Salmon (Chicken of the Sea)
- 1 chopped celery stalk
- 1/4 chopped red onion
- 2 tbsp light mayo
- 3 tbsp Dijon mustard
- 2 boiled eggs
- A dash of salt and pepper
- Paprika
- Two slices of chopped precooked turkey bacon.

### *Directions*

1. step one, boil 2 eggs or more depending on how many you are making.
2. Once your eggs are boiled peel them and throw the egg shell away.
3. In a mixing bowl combine all above ingredients and mash together with a fork, dont forget to hit it with some paprika and a dash of salt and pepper to taste.
4. Split your deviled egg smoked salmon onto two different low cal tortillas. feel free to add a slice of pepper jack, and about 30g of avocado.
5. Once rolled up like a burrito I like throwing it back in a frying pan with nonstick spray, and cooking at medium heat until all sides are browned.
6. shred in a simple way, and take these suckers to go.



540 calories



40g protein  
28 carbs  
20 fat

## Bacon Garlic Steak Fries

### *Ingredients*

- 6oz. Top sirloin
- Kinders steak seasoning (I recommend it)
- 4oz. Signature select shoe string fries (only 180 cals)
- 1-2oz. Chopped fresh garlic
- 3 tbsp chives
- 1 slice chopped center cut bacon

Creamy garlic ranch  
150g nonfat Greek yogurt  
1 tbsp lemon cracked pepper  
1-2 tbsp ranch seasoning  
2tbsp chives  
2 tbsp chopped garlic  
Blend with a food processor until smooth

### *Directions*

1. Lets take tasty shreds outside and go out to the grill. Throw your seasoned up top sirloin on the grill at medium to high heat. How long it cooks really depends on the thickness of your local butchers cut. I use a meat thermometer to get the perfect cook. I shoot for 130-135 internal temp before removing.
2. In an air fryer I usually toss about half a bag of shoestring french fries in. Set it to 400, season however you'd like and cook for 15 minutes.
3. Measure out 4 oz. of shoestring french fries into a bowl. Add some chopped fresh garlic and chives.
4. (also make sure to have some cooked center cut bacon on hand if you'd like to add a chopped slice to your bowl. I highly recommend it.)
5. Add your 6 oz. of top sirloin diced into small cubes.
6. Place about 50g of your creamy garlic ranch over the top and thoroughly enjoy this one.



330 calories



45g protein  
12g fat  
10 carbs



## Pizza Tacos (makes 3)

### *Ingredients*

- |  |                          |
|--|--------------------------|
| • 3 Joseph's lavish pita (60 cal size) | 90g Canadian bacon       |
| • 6oz. 96/4 chicken                    | 60g pizza sauce          |
| • Season: Italian, garlic, salt and    | 90g fat free cheese      |
| pepper, sage, lemon pepper             | 45g reduced fat cheese 🍕 |
| • 15g turkey pepperoni                 |                          |

### *Directions*

1. Cube up 6oz. of raw chicken and add to a bowl. Add a tsp of italian, garlic, salt and pepper, sage, and lemon pepper and mix.
2. Add your chicken to a nonstick pan with nonstick spray at high heat. Cook until chicken is cooked completely. I like chopping into smaller pieces to make sure all of it is fully cooked.
3. Add 20g pizza sauce, 15g reduced fat cheese, 30g canadian bacon, 5g turkey pepperoni to each of your 3 pitas.
4. Place in the oven at 400 for 5 minutes.
5. top with powdered parmesan and some chili flakes if youd like.
6. shred in a tasty way.



860 calories



83g protein  
89 carbs,  
16 fat

## Gym Freak 3.0 (one big pizza)

### *Ingredients*

- 130g nonfat Greek
- 100g self rising flour
- 63g pizza sauce
- 70g fat free cheese
- 15g turkey pepperoni
- 3 slices Canadian bacon
- 2 slices center cut bacon
- White onion
- Favorite seasonings
- 3oz. 93/7 beef

### *Directions*

1. Lets make the dough yall! start out by mixing 130g nonfat greek yogurt and 100g self rising flour into a large mixing bowl. Mix with a spoon until everything becomes called up, flaky and dry.
2. Place some flour on your hands and start balling up the dough by compressing it together with your hands. (need help, see video)
3. Once you make your dough ball (have oven set to 425).
4. Place dough ball on parchment paper. I like to hit the parchment paper with some nonstick spray prior to rolling out to keep it from sticking.
5. Put a drizzle of flour on your rolling pin and roll out to the largest possible dough size. Feel free to make a circle or a square like mine.
6. Once rolled out, hit it with salt, pepper and oregano and place in the over for 10 minutes at the above temperature.
7. While its baking, cook up 3 oz. of low fat beef. Add oregano, garlic, salt and pepper to your beef and chop it and cook until no pink is left.
8. Lastly remove your pizza dough before it burns, and top it with all above seasonings starting with pizza sauce first.
9. Put it back in the oven at 425 for 5 minutes or until desired cheese melt!
10. Enjoy. I suggest, cutting in half, eat half now, other half later. (what did tasty do? he ate it all at once)



217 calories



24g protein,  
16 carbs  
5 fat



## Creamy Enchilada Burrito Dippers (6 servings)

### *Ingredients*

- 16oz. Chicken breast
- 8 teaspoons taco seasoning
- Salt & Pepper (to taste)
- $\frac{1}{2}$  cup refried beans (lowfat or no fat)
- 30g  $\frac{1}{3}$  reduced fat cream cheese
- 100g reduced fat cheddar
- 6 low calorie tortillas (mission carb balance)
- Enchilada Sauce  $\frac{1}{2}$  cup for dipping
- Rotel diced tomato and green chiles (can)

### *Directions*

1. Preheat oven to 400 degrees
2. Spray a baking sheet with olive oil spray or avocado spray
3. Add 16. Oz. of chicken breast and season with the above seasonings
4. Place in the oven and bake at 400 for 22 minutes or until original temperature reaches 165 or higher.
5. In a separate bowl, using two forks shred your chicken. (you can also through your chicken breast in a slow cooker for 6 hours with the seasonings for a more hands off approach.)
6. Heat up a nonstick pan to medium, sprayed with olive oil or avocado spray and add your shredded chicken to it. Crisp up the edges for 2-3 minutes.
7. In the pan add  $\frac{1}{2}$  cup of lowfat beans, 30g reduced fat cream cheese, 50g reduced fat cheddar, 5 Tbsp of your canned diced tomatoes/green chiles, as well as cilantro.
8. Cook in that pan stirring all the ingredients together until the cream cheese and cheese melts and combines with all of your meat.
9. Dish out your enchilada mix into a bowl and measure into grams. Divide your grams by 6 and this will be the amount you add to each tortilla.
10. Add to 6 tortillas, roll them up, place on a baking sheet. Add 50g reduced fat cheddar over the top, some more cilantro and bake at 350 for 5 minutes.
11. Get some enchilada sauce and get to dipping



415 calories



48g protein  
20g fat  
32 carbs



## Creamy Buffalo Pizza Dippers (makes 6)

### Ingredients

- |  |   |
|--|---|
| • 6 low calorie tortillas (mission carb balance) | <b>70g 1/3 reduced fat cream cheese</b> |
| • 12 oz. grilled chicken                         | <b>120g reduced fat cheddar</b>         |
| • 60g turkey pepperoni                           | <b>3 tbsp chopped chives</b>            |
| • 1/2 cup franks red hot buffalo sauce           | <b>garlic seasoning to taste</b>        |

### Directions

1. Pre prep 12oz. of Chicken breakfast any way you like. I like grilling it outdoors with some basic seasonings like salt, pepper and paprika to have it on hand for different meals. Make sure your chicken reaches 165 internally before chopping it up.
2. Put a pan on medium heat, hit it with nonstick spray and add in your pre cooked chicken cubed, add in 60g turkey pepperoni, 1/2 to 1 cup of franks red hot buffalo sauce, 70g of your reduced fat cream cheese, and 120g reduced fat cheddar.
3. Add in a quarter cup of water and cover your pan with a lid for 2-3 minutes or until you see the cheese and cream cheese begin to melt.
4. Stir in some chives and your favorite seasonings to taste.
5. Place into a bowl and measure the weight on a digital food scale.
6. Evenly disperse your pizza filling onto 6 tortillas. Roll them up, and Enjoy!
7. Refrigerate for 1-2 days and then freeze if you haven't consumed them.



**492 calories**



**56g protein  
24g fat  
8g carbs**

## buffalo chicken bacon bagels (4 servings)

### *Ingredients*

- 4 everything bagels (royo brand, or lowcal)
  - 8 slices center cut bacon
  - 11 oz. grilled chicken
  - 60g reduced fat cheddar
- 4 slices thin sliced provolone**  
**58g 1/3 reduced fat cream cheese**  
**1/2 cup franks red hot buffalo sauce**

### *Directions*

1. **Pre heat oven to 425 degrees**
2. Place 8 slices of center cut bacon on a baking dish with nonstick spray (avocado spray)
3. Bake your bacon for 25 minutes, flipping at 12 minutes until your bacon reaches desired crispiness
4. Toast 4 royo brand bagels or use whatever lower cal bages you can find. Low calorie toasted bread can also work find here.
5. In one pan combine pre grilled chicken (11oz.) chopped, 60g reduced fat cheddar, 58g low cal cream cheese and half cup franks red hot buffalo sauce.
6. Cook all these ingredients at medium heat, stirring often until all ingredients are combined and brought to a simmer.
7. Add chives, and evenly dish out into 4 bagels or sandwiches. Add 2 slices bacon per sandwich and a thin slice of provolone. thin sliced provolone is 40 cals per slice.
8. Refrigerate for 2-3 days in sealed tupperware and enjoy! I like microwaving them for 30-40 seconds then air frying at 375 for 1 minute the next day.



312 calories



30g protein  
21g fat  
6g carbs

## Steak & Cheese Breakfast Tacos (makes 6)

### *Ingredients*

**^6 low calorie flour taco tortillas**  
**8 oz. Sirloin Tip Steak**  
**5 slices Center Cut Bacon**  
**10 eggs**  
**80g reduced fat Cheddar**  
**6 tbsp nacho cheese store bought**

**Optional Ingredients:**  
**Hot sauce, pico de gallo, cilantro**

### *Directions*

1. Season 8oz. of Sirloin Tip with salt, pepper, taco seasoning and garlic seasoning.
2. Cook your sirloin in a nonstick pan with avocado Spray on medium to high heat for 3-4 minutes per side (depending on thickness). Cook until the internal temp reaches 140 or higher.
3. On a cutting Board Dice your steak up into quarter sized cubes and toss into a bowl.
4. Whisk together 10 eggs and scramble those eggs in a nonstick pan with avocado spray. This should take about 10 minutes with you occasionally stirring your eggs with your spatula.
5. Once cooked, add your eggs in a bowl to your steak.
6. Add 80g reduced fat cheddar and 6 tbsp of nacho cheese to that bowl.
7. Optional but add cilantro and hot sauce for extra flavor enhancement.
8. Stir all of your ingredients than equally distribute your Taco filling into 6 taco tortillas. (I use 45 calorie mission brand tortillas).
9. Next Fry on both sides in a pan at medium heat until the tortilla gets golden brown.
10. Place in a sealed container, refrigerate and reheat for 2-3 days. Or enjoy them when you make them!



568 calories



57g protein  
40 carbs  
20 fat

### Garlic Steak Alfredo Mac 4 servings

#### *Ingredients*

- 24oz. Top Round Steak
- 8 ounces Banza Macaroni noodles
- 200ml fat free fairlife
- 60g fat free mozzarella
- 6 garlic cloves
- white onion
- 100g 1/3 reduced fat cream cheese
- seasonings: Salt, pepper, onion powder, garlic, and steak seasoning.

#### *Directions*

1. Boil 2-3 cups of water and once the water is boiling add 8oz. of Banza protein macaroni pasta. Cook for 5-7 minutes.
2. Chop 6 cloves of garlic, a handful of chives, and dice up 1/2 a white onion
3. Cube up 24oz. of your top round steak, add into a bowl and hit it with a tbsp of salt, pepper, onion powder, garlic and steak seasoning.
4. Get a pan to medium heat, hit it with avocado spray and cook your Top Round. Cook until the edges are browned and the internal temp is 135 or higher, add chives and 1/2 your chopped garlic and cook until the garlic combines with your steak
5. Place your steak in a separate dish.
6. In the same pan (at medium heat) hit it with avocado spray, Toss in your white onions, the rest of your garlic and sautee 2-3 mins
7. Then add 200ml of fat free fairlife, 100g reduced fat cream cheese, 60g fat free mozzarella, and cook until it reaches a simmer, all while stirring all of the ingredients together.
8. Once the ingredients melt together add 1/2 cup of pasta water and stir.
9. Dish your pasta, steak and sauce into 4 equal servings and enjoy.
10. Top it with a little parmesan, and salt and pepper



343 calories



42g protein  
33 carbs  
13 fat

## Chicken Bacon Ranch Burrito (5 servings)

### *Ingredients*

- 17oz. chicken breast
  - 3 tbsp siete taco seasoning
  - Cilantro
  - 5 slices center cut bacon
- 5 mission carb balance tortilla (110 cal)  
80g reduced fat cheddar

### Sauce:

150g nonfat greek yogurt,  
onion powder  
ranch seasoning,  
20g chipotle adobo pepper,  
lime, 4 garlic cloves, cilantro

### *Directions*

1. Season 17 oz. of chicken breast with salt and pepper and your favorite taco seasoning.
2. Next Cook your chicken on high heat in a nonstick pan (use avocado spray). Cook until internal temperature reaches 165 or higher. Dice and place chicken in a large mixing bowl
3. In the same pan, Pan fry 5 slices of center cut bacon, chop and add to the bowl.
4. Now lets make the sauce. in a good processor combine, 150g nonfat greek yogurt, tsp onion powder, tbsp ranch, 20g chipotle adobo pepper, splash of lime juice, 4 garlic cloves, cilantro and a dash of salt and pepper and blend until smooth.
5. Add your sauce to the mixing bowl with the chicken and bacon.
6. Add 80g reduced fat cheddar and mix all of the ingredients together.
7. Dish out 5 equal portions of your burrito filling onto 5 tortillas and enjoy.
8. (refrigerated and reheat for 2-3 days before discarding)



455 calories



52g protein  
38g carbs  
14g fat

## Chick N Out Burger (makes 4)

### *Ingredients*

- |   |   |
|---|---|
| • <b>24oz. chicken breast</b>                       | <b>4 oro wheat keto buns (80 cal or less)</b> |
| • <b>80g crushed corn flakes</b>                    | <b>1 tomato</b>                               |
| • <b>tsp baking powder</b>                          | <b>white onion</b>                            |
| • <b>4 tbsp nashville hot chicken<br/>seasoing.</b> | <b>pickles</b>                                |
|   | <b>lettuce</b>                                |

### *Directions*

1. First lets make our In n Out fakeaway sauce. Combine 60g light mayo, 2 tbsp relish, 20g light ketchup, 15g mustard, paprika and a splash of white vinegar. mix together with a spoon.
2. Next cover your chicken with plastic wrap and use a mallet to thin the chicken out, or use a knife to thin the chicken. No more than an inch thick. Then slice into 4 equal portions.
3. Whisk 2 eggs in a bowl and add a splash of pickle juice. In a separate station add 80g of corn flakes, as well as your above seasonings and a tsp of baking powder. Mix ingredients together.
4. With your wet hand, dip chicken into egg wash, then set onto corn flakes. With your dry hand flip your chicken until its fully coated. Repeat this process for all four.
5. Hit your coated breasts with salt and pepper and place in the air fryer for 400 degrees for 22-25 minutes. (internal temp needs to hit 165 or higher)
6. Toast your buns and assemble your sandwiches.
7. Go bun, sauce, tomato, lettuce, patty, cheese, onion, sauce bun.
8. Enjoy!



490 calories



44g protein  
38g carbs  
30g fat

## Ham breakfast hot pockets (5 servings)

### *Ingredients*

- |                                    |                           |
|------------------------------------|---------------------------|
| • 11 eggs                          | 10 tbsp. nacho cheese     |
| • 5 mission carb balance tortillas | white onion               |
| • 175g reduced fat cheese          | green and red bell pepper |
| • 10oz. fricks Ham                 | salt and pepper           |
| • Chives                           |                           |

### *Directions*

1. Start by cubing up 10 oz. of lean ham and cook in a pan and medium heat with avocado spray until the edges brown. Set cubed ham to the side.
2. Dice all veggies and sautee in a pan at medium heat with avocado spray
3. Whisk together 11 eggs, than make 5 equal sized flat omelets.
4. Place each omelet in a tortilla with 35g reduced fat cheddar, 2tbsp of nacho cheese and an equal portion of ham and sauteed veggies.
5. Roll them up, and fry in a pan until edges are golden brown.
6. Enjoy!



374 calories



52g protein  
10g carbs  
5g fat

## one pan protein nachos (3 servings, Filling only)

### *Ingredients*

- |                               |                               |
|-------------------------------|-------------------------------|
| • 16oz. 96/4 beef             | 1/2 cup low fat refried beans |
| • 50g reduced fat cheddar     | 1/2 cup water                 |
| • 2 tbsp green diced chiles   | 1/2 cup diced tomato          |
| • 2 tbsp taco seasoning       | salt and pepper to taste      |
| • 2 tbsp chile lime seasoning | cilantro                      |
- Quest Chips (add 140 cal, 19g protein)

### *Directions*

1. In a bowl, add 16 oz. of 96/4 raw beef. In that bowl add salt, pepper, 2 tbsp taco seasoning and 2 tbsp chile lime seasoning. Hand mix the seasonings thoroughly
2. Take a large pan, hit it with a nonstick cooking spray and heat it up for 2 minutes at medium heat over the stove
3. Add your beef and cook for 5-6 minutes, chopping it into small pieces. Once you no longer see any pink add your other ingredients.
4. Add 50g reduced fat cheddar, green chiles, diced tomato (canned) 1/2 cup lowfat refried beans and stir all the ingredients together for 5-6 minutes until the cheese and beans are combined with the beef.
5. Dish this into three different servings and feel free to add nonfat greek yogurt as a sour cream replacement and use a low calorie chip. I use quest chips, nacho flavor or loaded taco.
6. Enjoy!

# Pepper “Jacked” Chicken Bacon Burritos (8 servings)



468 calories



50g protein



21g fat



33g carbs



## Ingredients

- 32oz. chicken breast
- 8 carb balance mission tortilla
- 200g reduced fat cheddar
- 200g reduced fat mozzarella
- 4 tbsp green chiles (canned)
- 14 slices center cut bacon
- taco seasoning (season to your taste)
- salt
- pepper

## Directions

1. Measure 32oz. of raw, skinless chicken breast, chop into small cubes, Season with taco seasoning, garlic seasoning, salt and pepper.
2. Heat up a nonstick pan to medium-high heat. Hit the pan with avocado spray and pour your raw chicken breast into the pan.
3. Cook for 5-6 minutes on high heat and flip for another 5-6 minutes. Make sure chicken is cooked through thoroughly by chopping up pieces with your spatula and investigation.
4. Pre heat oven to 400 degrees, add 14 slices of center cut bacon to a baking sheet and cook for 25-30 mins or until desired crispiness (check often, each oven may vary)
5. Once your bacon is cooked, chopped into small squares and add to a bowl. In that same bowl add your cooked chicken, 200g reduced fat cheddar, 200g reduced fat mozzarella, 4-5 tbsp canned green chiles and mix together.
6. Equally distribute burrito filling onto 8 carb balance or low calorie tortillas, roll them up and bake them on a baking sheet at 400 for 10 minutes.
7. Let them cool, wrap in tin foil and either freeze or refrigerate for 2-3 days.

# Bang Bang Chicken Bites

(4 servings)



274 calories



27g protein



10g fat



16g carbs



## Ingredients

- 16oz. chicken breast (cubed)
- 50g corn flakes
- salt, pepper, garlic powder
- 4 slices center cut bacon

## BANG BANG SAUCE

- 2 tbsp franks red hot sweet chili
- 100g light mayo (or Greek Yogurt)
- Chili flakes
- 2-3 tbsp sriracha
- 1 tbsp honey (optional)

## Directions

1. Pre heat oven to 400 degrees and place 4 slices of center cut bacon on a baking sheet. Bake for 30 mins or until desired crispiness.
2. Measure out 50g crushed corn flakes into a bowl, and in a separate bowl crack and whisk 2 eggs.
3. Take 16oz. chicken breast, and dice into small cubes.
4. With one hand dip your chicken into the egg wash. With that same hand, hold up your dipped chicken until the excess egg cascades back into bowl.
5. Drop those chicken cubes into your crushed corn flakes. With your dry hand or a spoon, fully coat your chicken and place to the side. Repeat until all of your chicken is coated.
6. Hit your coated chicken with salt, pepper and avocado oil spray
7. Place in the air fryer for 20 minutes at 400 degrees F. Shake it up at 10 minutes, then continue until cooked through at 165 degrees or higher.
8. Make bang bang sauce by combining 100g light mayo, 2tbsp franks red hot sweet chili, 2-3 tbsp sriracha, lemon juice, and chili flakes.
9. Toss your finished crispy chicken bits in the sauce and add your chopped up, and finished center cut bacon. Enjoy.

# Chicken Bacon Ranch Fries (3 servings)



428 calories



46g protein



15g fat



20g carbs



## Ingredients

- 7.75oz. shoestring fries
  - 16 oz. chicken breast
  - 56g reduced fat cheddar
  - 5 slices center cut bacon
- seasonings (use your discretion)  
garlic salt, garlic powder, paprika,  
onion powder

## Protein Ranch

- 200g nonfat greek yogurt
- 40ml fat free fairlife milk
- 4 garlic cloves
- 1tsp onion powder
- 1tsp salt, pepper
- 3 tbsp ranch seasoning

## Directions

1. Measure out 7.75 oz. of shoestring fries. Place in a bowl, and add your favorite seasonings or the seasonings above. Place in air fryer for 400 for 15-16 minutes or until desired crispiness
2. Measure out 16oz. chicken breast and season to your liking using the above seasonings. Place in the air fryer at 400 degrees for 20 minutes or pan fry. (internal temp 165 or higher)
3. Either pan fry 5 slices of center cut bacon or bake in the oven on a baking sheet at 400 degrees for 30 minutes (or until desired crispiness)
4. Once your ingredients are cooked, add them all onto one baking sheet starting with your fries. Add your chicken (dice first), center cut bacon (also diced) and 56g reduced fat cheddar.
5. Broil for 2-3 minutes.
6. Add your protein ranch (see above ingredients, blend together and use however much you'd like, just keep track.)
7. Enjoy.

# Buffalo Ranch Snack Wraps (4 servings)



252 calories



28g protein



8g fat



13g carbs



## Ingredients

- 16oz. chicken breast
- 4 mission carb balance tortillas
- 35g corn flakes
- garlic paste
- tomato
- romain lettuce
- mustard
- seasonings: garlic, salt, pepper, paprika, cayenne pepper
- protein ranch (above recipe)

## Directions

1. Cut 16oz. chicken breast into 4 equal sized strips
2. Dip each strip into an egg wash, then fully coat in your corn flakes. (37g in total)
3. Once coated, hit them with cayenne pepper as well as the above seasonings, then hit with avocado oil spray
4. Place in the air fryer at 400 for 20 minutes (flip at 10 minutes). Cook until chicken reaches 165 or high internal temperature.
5. Dip tenders in franks red hot buffalo sauce and place back into air fryer at 400 for 1-2 mins.
6. slice your tomato and romaine lettuce
7. Assemble your wraps. tortilla, tomato, lettuce, chicken strip, and drizzle with protein ranch (above recipe) or light mayo.

# In N OUT style GRILLED CHEESE (4 servings)



441 calories



63g protein



23g carbs



16g fat



## Ingredients

- 4 oro wheat keto buns (low calorie)
- 24oz. 96/4 beef
- 4 slices velveeta
- lettuce
- tomato
- white onion

Copy cat burger sauce:

- 4 tbsp light mayo
- 2 tbsp zero sugar ketchup
- 1-2 tbsp mustard
- 2 tbsp sweet relish
- 1 tbsp white vinegar
- 1 tsp onion powder
- 1tsp paprika

## Directions

1. Chop your favorite burger veggies. For me its romaine lettuce, tomato and white onions.
2. Next make your burger sauce. Mix together all ingredients under Copy Cat burger sauce above.
3. Then get 24oz. raw 96/4 beef and separate into 8, 3 oz. balls.  
Roll the balls in your favorite seasonings, then flatten them out into half inch thick patties. (onto parchment paper)
4. On a grill or your favorite non stick pan. Cook these burgers at medium-high heat until they reach 135 or higher.
5. In another Pan Sautee one chopped white onion (season w/salt and pepper)
6. Once everything is cooked and your cheese to each 4 out of 8 patties and assemble your burger. Flip both buns upside down with patty, onions and cheese in the center.
7. Grill bread on both sides.
8. At this point you can assemble with your sauce and additional toppings or leave plain, refrigerate the burgers as well as your ingredients and eat over a 2-3 day period.