

# THE R.J.F. Cookbook

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Healthy & Simple  
Anabolic Recipes

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REMINGTON  
JAMES



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AN ANABOLIC RECIPE BOOK  
AND GUIDE FOR FAT LOSS  
AND MUSCLE GROWTH

# TABLE OF CONTENTS

## I. ABOUT & STARTING INFO

|   |          |
|---|----------|
| <i>Introduction</i>                     | <b>5</b> |
| <i>Understanding Your Calorie Needs</i> | <b>6</b> |
| <i>Calories In Vs. Calories Out</i>     | <b>7</b> |
| <i>How Often Should You Train?</i>      | <b>8</b> |
| <i>How To Use This Cookbook</i>         | <b>9</b> |

## II. BREAKFAST

|                                  |           |
|----------------------------------|-----------|
| <i>Anabolic Sausage McMuffin</i> | <b>11</b> |
| <i>Protein Oatmeal</i>           | <b>12</b> |
| <i>Anabolic French Toast</i>     | <b>13</b> |
| <i>Chocolate French Toast</i>    | <b>14</b> |
| <i>Vanilla French Toast</i>      | <b>15</b> |
| <i>Chocolate Chip Pancakes</i>   | <b>16</b> |
| <i>Zero Carb Waffle</i>          | <b>17</b> |
| <i>French Toast PB&amp;J</i>     | <b>18</b> |
| <i>Keto Pancakes</i>             | <b>19</b> |
| <i>Low Calorie French Toast</i>  | <b>20</b> |
| <i>Keto Powerhouse Coffee</i>    | <b>21</b> |

## III. LUNCH/DINNER

|                                     |           |
|-------------------------------------|-----------|
| <i>Anabolic Deep Dish Pizza</i>     | <b>23</b> |
| <i>Anabolic Pizza Burrito</i>       | <b>24</b> |
| <i>Anabolic Nachos</i>              | <b>25</b> |
| <i>Anabolic Quesadilla</i>          | <b>26</b> |
| <i>Anabolic Grilled Cheese</i>      | <b>27</b> |
| <i>Lower Calorie Grilled Cheese</i> | <b>28</b> |
| <i>Buffalo Chicken Dip</i>          | <b>29</b> |



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AN ANABOLIC RECIPE BOOK  
AND GUIDE FOR FAT LOSS  
AND MUSCLE GROWTH

# TABLE OF CONTENTS

## III. LUNCH/DINNER (CONT.)

|  |           |
|--|-----------|
| <i>Flamin Hot Chicken Salad</i>        | <b>31</b> |
| <i>Crispy Nacho Chicken Salad</i>      | <b>32</b> |
| <i>Higher Fiber Chicken Salad</i>      | <b>33</b> |
| <i>Keto Pizza</i>                      | <b>34</b> |
| <i>Anabolic Spaghetti</i>              | <b>35</b> |
| <i>Almond Crusted Chicken</i>          | <b>36</b> |
| <i>Mozzarella Sticks</i>               | <b>37</b> |
| <i>Thin Crust Pepperoni Pizza</i>      | <b>38</b> |
| <i>Thin Crust BBQ Chicken Pizza</i>    | <b>39</b> |
| <i>Philly Cheesesteak Sliders</i>      | <b>40</b> |
| <i>Zero Carb Pizza</i>                 | <b>41</b> |
| <i>Chicken &amp; Noodles</i>           | <b>42</b> |
| <i>Zero Carb Breaded Chicken</i>       | <b>43</b> |
| <i>Bacon &amp; Egg Freezer Burrito</i> | <b>44</b> |
| <i>BBQ Chicken Freezer Burrito</i>     | <b>45</b> |
| <i>Spicy Queso Freezer Burrito</i>     | <b>46</b> |
| <i>Double Smash Burger</i>             | <b>47</b> |
| <i>Anabolic Deep Dish Lasagna</i>      | <b>48</b> |
| <i>195 Calorie Pizza</i>               | <b>49</b> |
| <i>Buffalo Chicken Sandwich</i>        | <b>50</b> |
| <i>Crispy Buffalo Wings</i>            | <b>51</b> |
| <i>Anabolic PB&amp;J</i>               | <b>52</b> |
| <i>Spicy Popcorn Chicken</i>           | <b>53</b> |



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AN ANABOLIC RECIPE BOOK  
AND GUIDE FOR FAT LOSS  
AND MUSCLE GROWTH

# TABLE OF CONTENTS

|                                 |           |
|---------------------------------|-----------|
| <b>IV. DESSERTS/SHAKES</b>      |           |
| Chocolate Glazed Donuts         | <b>55</b> |
| Anabolic Ice Cream              | <b>56</b> |
| Chocolate PB Ice Cream          | <b>57</b> |
| Anabolic Brownie Bites          | <b>58</b> |
| Vanilla Protein Pudding         | <b>59</b> |
| Chocolate Protein Pudding       | <b>60</b> |
| Cookie Dough Protein Bars       | <b>61</b> |
| Anabolic Puppy Chow             | <b>62</b> |
| Protein Peanut Butter Cups      | <b>63</b> |
| Anabolic Snickerdoodle Cookies  | <b>64</b> |
| Anabolic Rice Krispies          | <b>65</b> |
| Anabolic Cinnamon Rolls         | <b>66</b> |
| Anabolic Vanilla Pudding        | <b>67</b> |
| Anabolic Chocolate Pudding      | <b>68</b> |
| Cookie Dough Protein Balls      | <b>69</b> |
| Keto Chocolate Chip Cookies     | <b>70</b> |
| Anabolic Birthday Cake Bites    | <b>71</b> |
| Anabolic Chocolate Chip Cookies | <b>72</b> |
| Anabolic Brownie Sundae         | <b>73</b> |

## IV. DISCLAIMER

|                       |           |
|-----------------------|-----------|
| <i>Important Info</i> | <b>74</b> |
|-----------------------|-----------|



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Thank you for purchasing my cookbook. Over the years I've tried countless diets, recipes, workout routines, & supplements to try and find the perfect way to stay lean. What I've come to understand after years of trial & error is that in order to succeed long term with any diet you have to enjoy what you're doing. Most diets fail because you are miserable eating bland and tasteless foods the entire time. With these recipes we can overcome that and make dieting FUN! Every recipe included within has been tested & approved by me. I hope you enjoy these recipes just as much as I do. Let's do it!!!

Remington James



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## **UNDERSTANDING CALORIE REQUIREMENTS**

Everyone is a little bit different. What I need to eat in order to lose weight is different than you. In order to figure out a good calorie range to be at you can visit TDEECalculator.net and use the calculator within. For most individuals who are only training a few times a week and doing little cardio you can use the "Sedentary" option on this site & it'll put you at a great starting point! This way you have a good baseline to begin your weight loss journey and can adjust accordingly as you observe your bodily changes. Consistency is ultimately the key to success so stay the course and you will undoubtedly see results!



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## CALORIES IN VS. CALORIES OUT

The biggest lie sold to us by the fitness community as a whole is that there are "secret diets" that are optimal for burning fat and building muscle. This is simply not the case. At the end of the day it is truly CALORIES IN vs. CALORIES OUT. If you eat less calories in a day than your body needs you will ultimately lose weight. Where macros come into play is the anabolic potential of the foods you eat. Foods high in protein are ideal since they will not only promote a leaner/more muscular body but are also more satiating. This leads to less binging & less time being hungry! Protein is also the most thermogenic macronutrient: meaning that the more protein you eat the more calories your body burns simply digesting and breaking it down into energy. This is obviously over simplified but just remember two things: as long as you eat enough protein & maintain a calorie deficit you will see results!



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## HOW OFTEN SHOULD I TRAIN?

When I approach this question with clients I always try to frame it like this: how many days a week are you willing to dedicate to this without feeling like it's taking over your life? The last thing you want to do is have this process feel like a 2nd job. If you can only train 3 days a week that's perfectly fine! There's no need to go overboard. The biggest thing here is making it a LIFESTYLE! The only thing extra training will do is allow you to build more muscle and increase your daily calorie expenditure. For example: there are 3500 calories in a pound of fat. If you don't train at all your body may only need 2000 calories a day to stay the same weight BUT if you do cardio 5x a week and train 3x a week your body now needs 2500 calories a day. The only thing that needs to be done if you are not training is to reduce your daily caloric intake to account for it! The more you train the more you get to eat!



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## HOW TO USE THIS COOKBOOK

If you read the above pages then you should have a good understanding of how many calories a day you need in order to see results. Each recipe below has more than enough protein to ensure we're hitting our minimums so all you need to focus on is your overall calories. Make some french toast for breakfast, a pizza burrito for lunch, & protein pudding for dinner! All that you have to do is keep an eye on your overall daily calories and make sure you aren't going over your limit. It's really that simple! You just have to trust the process & be consistent. Experiment with the different recipes and find your "staples" that you can go to everyday.

For me: Anabolic French Toast is my breakfast almost every single day. I always have a Crispy Nacho Chicken Salad for lunch. Dinner for me is where I change things up depending on my mood but that's my preference. You are your own person so play around with what you like and you'll soon find what fits you! Don't everthink it. You got this!!

Let's get started...

A close-up, slightly blurred photograph of a stack of golden-brown pancakes. A thick stream of dark brown maple syrup is being poured over the top pancake, cascading down the sides and pooling at the base of the stack. The background is a soft, out-of-focus light color.

# *Breakfast* **RECIPES**

# **ANABOLIC SAUSAGE MCMUFFIN**

## **INGREDIENTS:**

## **MACROS:**

|                           |          |                |       |
|---------------------------|----------|----------------|-------|
| English Muffin            | 1        | Calories:      | 447   |
| Turkey Breakfast Sausage  | 112g     | Fat:           | 19.5g |
| Liquid Egg Whites         | 100g     | Protein:       | 38g   |
| Fat Free American Cheese  | 1 Slice  | Carbohydrates: | 30g   |
| Zero Calorie Butter Spray | 1 Bottle | Fiber:         | 2g    |

## **DIRECTIONS:**

- Starting off we will take our english muffin and separate it into a top and bottom bun. Pro Tip: use a fork and poke around the outside of it all the way around. You'll easily be able to separate it this way!
- Once you have separated your english muffin hit both the top and bottom with I Can't Believe It's Not Butter spray for some added flavor!
- You can place both of your muffin halves butter side down on a skillet to add some flavor and a little crispy crunch!
- Now we take our turkey sausage and shape it into a circular patty. Once it's ready to go give it a quick fry in the skillet until it's cooked to your liking. Once you have it where you want it place a slice of fat free american cheese on top and let it melt.
- Pull your sausage patty off of the skillet and place on the bottom half of your muffin.
- Now go ahead and fry up your egg whites in the same skillet. If you have an egg circle you can make the perfect shape for a sandwich! If not just fry it in as small an area as possible.
- Place your egg whites on top of your patty and put the top of the muffin on! You are now the lucky owner of a homemade sausage egg mcmuffin sandwich! You'll be the talk of the town with these chef skills!

# PROTEIN OATMEAL

## INGREDIENTS:

## MACROS:

|                       |      |                |     |
|-----------------------|------|----------------|-----|
| Protein Powder        | 32g  | Calories:      | 456 |
| Old Fashioned Oatmeal | 60g  | Fat:           | 10g |
| PBFit/PB2 Powder      | 32g  | Protein:       | 60g |
| Nonfat Greek Yogurt   | 130g | Carbohydrates: | 57g |
| Cinnamon              | 3g   | Fiber:         | 13g |

## DIRECTIONS:

- One of the oldest recipes in the book! Quick & easy! You can really whip this up anywhere and modify it to fit your macros. Don't sleep on this one!!
- Start off by cooking your oatmeal in the microwave. Add water until it breaks the surface of the oatmeal & throw it in the microwave for around 2 minutes.
- Once your oatmeal is finished add your protein powder in & stir it up. You may need to add a little more water to this in order for it to reach the desired consistency!
- Once your protein oats are completed go ahead and add in your cinnamon, greek yogurt, & PBFit powder and stir it up once again.
- Boom! You now have a very thick and dense bowl of protein oatmeal that is loaded with flavor! This thing will fill you up with the sheer volume and fiber. Feel free to add in flavored greek yogurt and different protein powders to find your perfect flavor!

# ANABOLIC FRENCH TOAST

## INGREDIENTS:

|                        |          |
|------------------------|----------|
| Liquid Egg Whites      | 230g     |
| Whey Protein Powder    | 32g      |
| White Bread            | 4 Slices |
| Zero Calorie Sweetener | 2-4g     |
| Cinnamon               | 1-4g     |

## MACROS:

|                |     |
|----------------|-----|
| Calories:      | 468 |
| Fat:           | 4g  |
| Protein:       | 58g |
| Carbohydrates: | 50g |
| Fiber:         | 3g  |

## DIRECTIONS:

- Mix egg whites, protein powder, cinnamon, & zero calorie sweetener in a large mixing bowl & whisk it all together until blended.
- Take each slice of bread and dip into the protein mixture until each slice has absorbed a significant amount of liquid.
- Pre-heat a large skillet to medium/medium-high heat and spray with a light coating of nonstick spray
- Cook each slice of bread for around 1-3 minutes each side (cook time will vary based on the heat of your stove)
- Remove from stove and enjoy! Feel free to add zero calorie syrup to really make this recipe hit the spot!

# CHOCOLATE FRENCH TOAST

## INGREDIENTS:

## MACROS:

|                        |          |                |     |
|------------------------|----------|----------------|-----|
| Liquid Egg Whites      | 276g     | Calories:      | 472 |
| White Bread            | 4 Slices | Fat:           | 8g  |
| Zero Calorie Sweetener | 2-4g     | Protein:       | 39g |
| Cinnamon               | 1-4g     | Carbohydrates: | 61g |
| Sugar Free Choc. Syrup | 30g      | Fiber:         | 7g  |
| Sugar Free Choc. Chips | 15g      |                |     |

## DIRECTIONS:

- Mix egg whites, sugar free chocolate syrup, cinnamon, & zero calorie sweetener in a large mixing bowl & whisk it all together until blended.
- Take each slice of bread and dip into the protein mixture until each slice has absorbed a significant amount of liquid.
- Pre-heat a large skillet to medium/medium-high heat and spray with a light coating of nonstick spray.
- Place each slice of toast on your skillet and press your chocolate chips down into each piece. Cook 2-3 minutes each side!
- Remove from stove and enjoy! Feel free to add zero calorie syrup to really make this recipe hit the spot!

# VANILLA FRENCH TOAST

## INGREDIENTS:

## MACROS:

|                        |          |                |     |
|------------------------|----------|----------------|-----|
| Liquid Egg Whites      | 184g     | Calories:      | 492 |
| White Bread            | 4 Slices | Fat:           | 4g  |
| Zero Calorie Sweetener | 2-4g     | Protein:       | 60g |
| Vanilla Extract        | 5g       | Carbohydrates: | 54g |
| Vanilla Whey Protein   | 32g      | Fiber:         | 2g  |
| Plain Greek Yogurt     | 85g      |                |     |

## DIRECTIONS:

- Mix egg whites, greek yogurt, vanilla extract, protein powder, & zero calorie sweetener in a large mixing bowl & whisk it all together until blended.
- Take each slice of bread and dip into the protein mixture until each slice has absorbed a significant amount of liquid.
- Pre-heat a large skillet to medium/medium-high heat and spray with a light coating of nonstick spray.
- Place each slice of toast on your skillet and let cook for around 2-3 minutes each side!
- Remove from stove and enjoy! Feel free to add zero calorie syrup to really make this recipe hit the spot!

# CHOCOLATE CHIP PANCAKES

## INGREDIENTS:

## MACROS:

|                        |          |                |     |
|------------------------|----------|----------------|-----|
| Chocolate Whey Protein | 32g      | Calories:      | 529 |
| Liquid Egg Whites      | 138g     | Fat:           | 9g  |
| Sugar Free Choc. Chips | 15g      | Protein:       | 49g |
| Sugar Free Choc. Syrup | 31g      | Carbohydrates: | 63g |
| White Bread            | 4 Slices | Fiber:         | 8g  |

## DIRECTIONS:

- My favorite protein pancake recipe! Anabolic chocolate flavor in every single bite!
- Start by taking a blender and tossing in your protein, egg whites, sugar free syrup, chocolate chips, & your bread.
- Blend this up for a few minutes until it becomes a batter like consistency throughout.
- Pre-heat a skillet to medium/low heat and spray with a light coating of nonstick spray.
- Slowly pour your batter into tiny little circles on your skillet and spread out with a spoon. Cook as many as you like at one time! Let each pancake cook for a few minutes on each side checking often to make sure none of them are burnt!
- And voila! Chocolate chip protein pancakes. Loaded with protein and delicious flavor! Feel free to add sugar free syrup in order to take this to a whole new level!

# ZERO CARB WAFFLE

## INGREDIENTS: MACROS:

|                     |        |                |     |
|---------------------|--------|----------------|-----|
| Pork Rinds          | .5 Cup | Calories:      | 310 |
| Large Egg           | 1      | Fat:           | 21g |
| Full Fat Mozzarella | 28g    | Protein:       | 27g |
| Salt                | 1-3g   | Carbohydrates: | 0g  |
|                     |        | Fiber:         | 0g  |

## DIRECTIONS:

- Take your pork rinds and place them in a blender or food processor. Blend them up until they're a fine powder consistency.
- Using a measuring cup we will measure out our blended pork rinds until we have half a cup.
- Now that our rinds are ready to go we will throw them in a mixing bowl along with our chicken, egg, & a little salt for flavor.
- Now we go in and mix everything up until it's all the same consistency throughout.
- As far as making the perfect "waffle" our best bet here is to buy a cheap waffle maker at your local grocery or off of Amazon. The one I have is Oster brand and I paid less than \$20 for it. Worth every penny if you use it often!
- Preheat your waffle maker to a medium high heat and spray both the top and bottom with a light coating of non-stick spray.
- Spread your batter evenly across the waffle maker. It doesn't have to be perfect since we'll be pressing down on it any lumpy parts will disperse to the outside.
- We want to let our waffle cook for around 4-6 minutes. Every waffle maker will cook a little differently so make sure you pay attention as to not burn it.
- Voila!! We now have a delicious zero carb waffle. You may think it won't be too tasty if you add syrup but trust me on this one: give it a little splash of walden farms and you won't be disappointed!

# FRENCH TOAST PB & J

## INGREDIENTS:

## MACROS:

|                           |          |                |     |
|---------------------------|----------|----------------|-----|
| Liquid Egg Whites         | 115g     | Calories:      | 502 |
| Whey Protein Powder       | 16g      | Fat:           | 6g  |
| White Bread               | 2 slices | Protein:       | 57g |
| Zero Calorie Sweetener    | 2-4g     | Carbohydrates: | 55g |
| Cinnamon                  | 1-4g     | Fiber:         | 8g  |
| Fat Free Greek Yogurt     | 85g      |                |     |
| PBFit/PB2 Powder          | 32g      |                |     |
| Sugar Free Strawberry Jam | 51g      |                |     |

## DIRECTIONS:

- Mix egg whites, protein powder, cinnamon, & zero calorie sweetener in a large mixing bowl & whisk it all together until blended.
- Take each slice of bread and dip into the protein mixture until each slice has absorbed a significant amount of liquid.
- Pre-heat a large skillet to medium/medium-high heat and spray with a light coating of nonstick spray
- Cook each slice of bread for around 1-3 minutes each side (cook time will vary based on the heat of your stove)
- Remove from stove and set off to the side.
- In a separate mixing bowl combine your PBFit powder and greek yogurt. Begin mixing these together. You may need to add a very small amount of water to reach the desired consistency. Remember: less is more here!!
- Now add both your protein peanut butter mixture & your sugar free jam to the top side of one of your slices of french toast.
- Now put the hat on it & enjoy! Once again: add some zero calorie syrup on top to really make this recipe a game changer!

# KETO PANCAKES

## INGREDIENTS:

## MACROS:

|                       |       |                |      |
|-----------------------|-------|----------------|------|
| Full Fat Cream Cheese | 112g  | Calories:      | 1053 |
| Grass Fed Butter      | 28g   | Fat:           | 85g  |
| Large Eggs            | 4     | Protein:       | 59g  |
| Protein Powder        | 32g   | Carbohydrates: | 13g  |
| Vanilla Extract       | 1 Tsp | Fiber:         | 0g   |

## DIRECTIONS:

- First you want to cut your cream cheese & butter up into small pieces and place them in a microwave safe bowl. We need to soften these ingredients up so place them in the microwave for around 30 seconds or so until they become more pliable.
- Next we want to go in & blend our partly melted butter and cream cheese together. A hand mixer or blender will make this easier but as long as we get it mixed that's all that counts!
- Now we want to crack our eggs into the same bowl that our blended cheese/butter combo is in. Once all 4 eggs are cracked in we want to go back in with our mixer and blend these all together.
- At this point our batter is a little watery and runny looking which is totally normal. We're going to add our protein powder and vanilla extract in & blend it one final time. This should thicken it up and make it just the consistency we want!
- Now we have the perfect keto pancake batter! If you've ever made pancakes before then from here on out you should be good to go! If not then what you want to do is pre-heat a large skillet to about medium heat and hit it with a quick spray of non-stick. Using a large spoon or ladle you will slowly drizzle your batter onto the skillet forming a circle. After letting one side cook for a couple minutes you'll flip the pancake and let it cook for an additional couple of minutes. Cook time may vary so just pay attention and you'll be fine!
- Once all the pancakes are finished pile them up, throw some zero calorie syrup on top, & strap on the feed bag because it's go time! Who said you have to give up the guilty pleasures on keto? Take one bite of these pancakes and you'll remember what it feels like to LIVE again!

# LOW CALORIE FRENCH TOAST

## INGREDIENTS:

|                        |          |
|------------------------|----------|
| Liquid Egg Whites      | 276g     |
| White Bread            | 4 Slices |
| Zero Calorie Sweetener | 2-4g     |
| Cinnamon               | 1-4g     |

## MACROS:

|                |     |
|----------------|-----|
| Calories:      | 371 |
| Fat:           | 3g  |
| Protein:       | 38g |
| Carbohydrates: | 48g |
| Fiber:         | 2g  |

## DIRECTIONS:

- Mix egg whites, zero calorie sweetener, & cinnamon in a large mixing bowl & whisk it all together until blended.
- Take each slice of bread and dip into the protein mixture until each slice has absorbed a significant amount of liquid.
- Pre-heat a large skillet to medium/medium-high heat and spray with a light coating of nonstick spray
- Cook each slice of bread for around 1-3 minutes each side (cook time will vary based on the heat of your stove)
- Remove from stove and enjoy! Feel free to add zero calorie syrup to really make this recipe hit the spot!

# KETO POWERHOUSE COFFEE

## INGREDIENTS: MACROS:

|               |        |                |     |
|---------------|--------|----------------|-----|
| Coffee        | 336g   | Calories:      | 259 |
| MCT Oil       | 14g    | Fat:           | 23g |
| Ghee Butter   | 8g     | Protein:       | 4g  |
| Cacao Powder  | 14g    | Carbohydrates: | 9g  |
| Pink Sea Salt | .5 Tsp | Fiber:         | 4g  |

## DIRECTIONS:

- Start your day off with a bang!! Keto powerhouse coffee was a staple for me when I was on the Keto diet. Crushed my hunger and had my brain working 100mph while I was following the Keto diet. Simple & effective!
- Start by brewing some coffee the standard way or use coldbrew if you prefer. Once your coffee is ready to go throw it in a blender.
- Now we add our MCT oil, cacao powder, ghee butter, & pink sea salt to the blender as well.
- Blend everything together until it's perfectly blended.
- Bada-Bing Bada-Boom!! You now have yourself a really special cup of joe. The perfect way to start the day for all of you fat adapted citizens out there! It may be a little thick & a little gritty BUT you'll be able to tolerate it once you're solving math problems on a chalk board like Elon Musk!

# *Anytime* **RECIPES**



# ANABOLIC DEEP DISH PIZZA

## INGREDIENTS:

## MACROS:

|                         |        |                |      |
|-------------------------|--------|----------------|------|
| White Flour             | 120g   | Calories:      | 826  |
| Fat Free Cheese         | 112g   | Fat:           | 10g  |
| Low Calorie Pasta Sauce | 224g   | Protein:       | 68g  |
| Turkey Pepperoni        | 60g    | Carbohydrates: | 116g |
| Active Dry Yeast        | 1 Pack | Fiber:         | 6g   |

## DIRECTIONS:

- This is my FAVORITE pizza recipe hands down. Want the closest thing you can get to a "dirty" pizza without all the calories? This is the one you want!
- First thing you want to do is grab a powerful blender or food processor to make your dough with. I've never tried this by hand but I can't imagine it'd go well.
- Take 90g of your white flour & your pack of active dry yeast and dump into your blender. You can also add a little bit of salt and/or oregano to this if you'd like to add a little more flavor but this isn't necessary.
- Blend all of these ingredients until they're incorporated together. Next we need to add some water to this and we need it to be warm but not boiling. Ideally having it between 110-125 degrees is the best bet but I normally just make sure my water is warm but not painfully hot.
- With our blender turned on we want to slowly pour our warm water in and let it incorporate with our yeast & flour. The active dry yeast will only activate with warm water.
- At this point you should see your dough start to form. What we want to do now is add the rest of our flour (30g) into the blender and blend it up. Once we do this you can check your dough ball to see if it's the right consistency. If it's sticky to the touch then add a little more flour to it and blend. If it's not quite a "dough" consistency then add a tiny bit of water and keep blending. This is the tricky part but really easy once you know what you're looking for.
- At this point you should have a nice little dough ball. We want to throw this in a large mixing bowl and cover with plastic wrap and let sit for about 40 minutes to let it rise.
- Once our dough has risen we can now take it out of our bowl and place on a pizza circle (or baking dish of preference) and roll out into our crust.
- Next add your pasta sauce, cheese, & turkey pepperoni to the top of the pizza and place in the oven at 400 degrees for 15-20 minutes depending on how well done you like your crust.
- Finally pull this bad boy out of the oven & enjoy! This has been a game changer for me & once you learn to make your own dough I promise this will be a guilt free staple!

# ANABOLIC PIZZA BURRITO

## INGREDIENTS:

## MACROS:

|                     |        |                |     |
|---------------------|--------|----------------|-----|
| High Fiber Tortilla | 1 Wrap | Calories:      | 324 |
| Turkey Pepperoni    | 30g    | Fat:           | 8g  |
| Pizza Sauce         | 63g    | Protein:       | 36g |
| Fat Free Mozzarella | 56g    | Carbohydrates: | 27g |
|                     |        | Fiber:         | 14g |

## DIRECTIONS:

- Start by taking a small sheet of foil and laying it out. This will be the cover for your burrito. Make sure you spray it with non-stick spray to save on hassle later.
- Lay a tortilla out on your foil sheet and place your cheese & pepperoni in the middle.
- Next add your sauce on top & roll the burrito up. Once the burrito is rolled up wrap your foil around it.
- Place your burrito in the oven at 400 degrees for 20 minutes.
- Remove from the oven and let cool for 3-5 minutes. Enjoy this gooey & delicious burrito!

# ANABOLIC NACHOS

## INGREDIENTS:

|                           |      |
|---------------------------|------|
| Joseph's Lavash Flatbread | 2    |
| White Queso               | 60g  |
| 96% Lean Beef             | 112g |

## MACROS:

|                |     |
|----------------|-----|
| Calories:      | 496 |
| Fat:           | 16g |
| Protein:       | 50g |
| Carbohydrates: | 38g |
| Fiber:         | 8g  |

## DIRECTIONS:

- Stupid simple recipe! High volume and delicious. Skip the 2000 calorie plate of nachos and have these instead!
- Start by taking two Joseph's flatbreads & running a pizza cutter down the length of them until you have a bunch of little strips. Now stack a few strips on top of each other and keep cutting until you have a bunch of little squares. Do this to both flatbreads.
- Spread the squares out with space between them on two baking sheets & toss in the oven at 350 degrees for 6-10 minutes. Cook time varies based on how crispy you want your nachos to be!
- In a microwave safe bowl heat up your queso until it's hot. Start with 30 seconds and keep microwaving until it's how you want it!
- Cook your ground beef in a skillet on medium high heat to save on time. Feel free to season your beef however you'd like it although for me personally a little salt does the trick.
- Once your nacho squares are done in the oven pull them out and throw on a plate. Pour your queso on top and your beef on top of that & BOOM now you have a massive plate of nachos that your gains will thank you for!

# ANABOLIC QUESADILLA

## INGREDIENTS:

## MACROS:

|                           |      |                |     |
|---------------------------|------|----------------|-----|
| Joseph's Lavash Flatbread | 1    | Calories:      | 456 |
| Fat Free Mozzarella       | 112g | Fat:           | 4g  |
| Chicken Breast            | 140g | Protein:       | 78g |
| Salsa                     | 56g  | Carbohydrates: | 27g |
|                           |      | Fiber:         | 5g  |

## DIRECTIONS:

- Talk about a protein powerhouse! This thing is incredible & will totally fill you up while packing in a ton of protein and minimal calories!
- Start by laying out a Josephs flat bread on piece of foil. Makes sure you spray the foil with non-stick spray so your quesadilla doesn't stick!
- In a separate pan cook your chicken breast and set it off to the side.
- Now take your flatbread and lay your cheese out on half of it followed up by your chicken and salsa. Once you have all your fillings on the flatbread fold it over and wrap it up in your foil.
- The best way to cook this now is in a two sided grill (like a george foremean) or a panini press. Throw your foil wrapped quesadilla on your grill and press down so the heating element is touching both sides. Let this cook for around 5-8 minutes or until your cheese is fully melted.
- Once you check on your quesadilla and everything is gooey you are good to go! Now grab a fork and go to town on this delicacy!

# PIZZA QUESADILLA

## INGREDIENTS:

|                           |      |
|---------------------------|------|
| Joseph's Lavash Flatbread | 1    |
| Fat Free Mozzarella       | 112g |
| Turkey Pepperoni          | 60g  |
| Pizza Sauce               | 112g |

## MACROS:

|                |     |
|----------------|-----|
| Calories:      | 445 |
| Fat:           | 9g  |
| Protein:       | 59g |
| Carbohydrates: | 32g |
| Fiber:         | 6g  |

## DIRECTIONS:

- Gooey & Cheesy Goodness!! Crush those cravings with this BEAST of a quesadilla!
- Start by laying out a Josephs flat bread on piece of foil. Makes sure you spray the foil with non-stick spray so your quesadilla doesn't stick!
- Now take your flatbread and lay your cheese out on half of it followed up by your turkey pepperoni and sauce. Once you have all your fillings on the flatbread fold it over and wrap it up in your foil.
- The best way to cook this now is in a two sided grill (like a george foremean) or a panini press. Throw your foil wrapped quesadilla on your grill and press down so the heating element is touching both sides. Let this cook for around 5-8 minutes or until your cheese is fully melted.
- Once you check on your quesadilla and everything is gooey you are good to go! Now grab a fork and go to town on this delicacy!

# ANABOLIC GRILLED CHEESE

## INGREDIENTS:

## MACROS:

|                           |          |                |     |
|---------------------------|----------|----------------|-----|
| White Bread               | 2 Slices | Calories:      | 279 |
| Kraft Fat Free Singles    | 4 Slices | Fat:           | 3g  |
| Canadian Bacon            | 51g      | Protein:       | 30g |
| Zero Calorie Butter Spray | 1 Bottle | Carbohydrates: | 33g |
|                           |          | Fiber:         | 1g  |

## DIRECTIONS:

- An american classic with a little twist! Next time you crave a gooey grilled cheese skip the extra calories and opt for the protein packed version!
- Start by taking your two slices of bread and spraying the top and bottom sides with a through coating of I Can't Believe It's Not Butter Spray or equivalent.
- Now add two of your cheese slices to one piece of your bread and the other two to the other one.
- Preheat a skillet to medium-high heat and cook your canadian bacon until it has a nice crust to it. Canadian bacon comes pre-cooked so this isn't necessary but recommended.
- Once your canadian bacon is finished place it on your bottom bun on top of the cheese and put the other piece on top. In the same skillet you just used place your sandwich down and let it cook for 3-4 minutes. Flip it once the cheese starts to melt & let the other side cook for 3-4 minutes. Finding the right temperature for your skillet is huge! Getting the cheese to melt without burning the bread is a masters art but I have faith in you!
- Once everything is melted and gooey you can now pull this off and enjoy! Filled with protein and loaded with gooey canadian flavor! Even your grandmother would approve of this one!

# LOW CALORIE GRILLED CHEESE

## INGREDIENTS:

## MACROS:

|                           |          |                |     |
|---------------------------|----------|----------------|-----|
| White Bread               | 2 Slices | Calories:      | 220 |
| Kraft Fat Free Singles    | 4 Slices | Fat:           | 2g  |
| Zero Calorie Butter Spray | 1 Bottle | Protein:       | 20g |
|                           |          | Carbohydrates: | 32g |
|                           |          | Fiber:         | 1g  |

## DIRECTIONS:

- An american classic that is customizable to your preference! This is the simplest version so feel free to add chicken, steak, or any other protein choice to make this thing even more anabolic!
- Start by taking your two slices of bread and spraying the top and bottom sides with a through coating of I Can't Believe It's Not Butter Spray or equivalent.
- Now add your slices of cheese to the bread & close the sandwich with the butter sides facing up.
- Now, preheat your skillet to a low/medium heat and let it warm up for a few minutes. You can now place your sandwich down and let it cook 3-4 minutes on each side. Finding the perfect temperature is crucial to make sure you don't burn the bread but the cheese still melts. Make sure you're paying attention and flipping when necessary!
- Once everything is melted and gooey you can now pull this off and enjoy! Filled with protein and loaded with gooey cheesey goodness! Even your grandmother would approve of this one!

# BUFFALO CHICKEN DIP

## INGREDIENTS:

## MACROS:

|                            |        |                |      |
|----------------------------|--------|----------------|------|
| Fat Free Greek Yogurt      | 150g   | Calories:      | 1220 |
| Calorie Free Buffalo Sauce | 1 Cup  | Fat:           | 20g  |
| Fat Free Cream Cheese      | 112g   | Protein:       | 220g |
| Blue Cheese Crumbles       | 56g    | Carbohydrates: | 40g  |
| Powdered Dry Ranch         | 1 Tbsp | Fiber:         | 0g   |
| Reduced Fat Mozzarella     | 112g   |                |      |
| Chicken Breast             | 448g   |                |      |

## DIRECTIONS:

- We want to start this recipe off by cooking our chicken and then shredding it. You can either buy a Rotisserie Chicken from the grocery and shred that or cook chicken in a slow cooker and shred it afterwards. Or if you're feeling super lazy just use canned chicken breast. Once the chicken is shredded throw it in a large mixing bowl.
- Go ahead and add in your cream cheese, greek yogurt, blue cheese, mozzarella, powdered ranch, & buffalo sauce into the same bowl as your chicken.
- Once all of your ingredients are in the bowl mix everything up as thoroughly as possible until it's the same consistency throughout.
- Once your chicken dip is fully mixed we will throw it in a baking pan and place it in the oven at 350 degrees for 30 minutes.
- And here we go! High protein buffalo chicken dip without all the fat you'd find in the regular stuff. Pro Tip: regular tortilla chips are loaded with calories so instead buy a flat bread (Josephs Lavash) and cut it into little squares and bake for 8-10 minutes at 350 degrees for the perfect low calorie chips!

# FLAMIN HOT CHICKEN SALAD

## INGREDIENTS:

## MACROS:

|                      |      |                |     |
|----------------------|------|----------------|-----|
| Spinach              | 300g | Calories:      | 333 |
| Baked Hot Cheetohs   | 25g  | Fat:           | 5g  |
| Chicken Breast       | 168g | Protein:       | 42g |
| Sriracha             | 15g  | Carbohydrates: | 30g |
| Sugar Free BBQ Sauce | 30g  | Fiber:         | 8g  |
| Onion Powder         | 3g   |                |     |
| Garlic Powder        | 3g   |                |     |
| Black Pepper         | 2g   |                |     |

## DIRECTIONS:

- The ultimate hunger killer! I love this salad because it tastes incredible, takes forever to eat, & is very low calorie and filling!
- First you want to grab the largest bowl you have. I recommend a large mixing bowl. Dump your spinach in here. The weight above is equivalent to one large bag you'd find at the grocery.
- Next we want to take our onion powder, garlic powder, & black pepper and throw it in the bowl with our salad.
- Take your baked flaming hot cheetohs and break them up into little pieces. I buy the snack size bags in bulk and just use one of them myself but do it however you'd like. Once your cheetohs are broken up into small pieces throw them in the bowl!
- Now we want to cut our chicken breast up into little pieces and cook it real quick in the skillet. If you pre-heat your pan to a medium high heat this step will only take about 5 minutes. Once the chicken is finished throw it in your salad bowl.
- Now that all of our ingredients are in the salad bowl the last thing we have to do is add our Sriracha & Sugar Free BBQ sauce and we're home free! Don't sleep on this salad: I've been eating it every day for the last 3 weeks and haven't gotten tired of it yet!

# CRISPY NACHO CHICKEN SALAD

## INGREDIENTS:

## MACROS:

|                      |      |                |     |
|----------------------|------|----------------|-----|
| Spinach              | 300g | Calories:      | 424 |
| Josephs Lavash Bread | 2    | Fat:           | 7g  |
| Chicken Breast       | 168g | Protein:       | 63g |
| Sriracha             | 15g  | Carbohydrates: | 43g |
| Sugar Free BBQ Sauce | 30g  | Fiber:         | 14g |
| Onion Powder         | 3g   |                |     |
| Garlic Powder        | 3g   |                |     |
| Black Pepper         | 2g   |                |     |

## DIRECTIONS:

- This salad is my new favorite! Trust me on this one: you'll want to eat this thing every day!!
- First you want to pre-heat your oven to 350 degrees and grab two baking sheets. Take your Josephs Flat Breads and cut them into little bite sized squares and spread evenly on each of your baking sheets. Spray non-stick spray so you don't have to worry about them sticking!
- Place your flat bread bites in the oven for about 8 minutes until they're crispy. Remove & set to the side.
- Grab the largest bowl you have & dump your spinach in there. The weight above is equivalent to one large bag you'd find at the grocery.
- Next we want to take our onion powder, garlic powder, black pepper & sauces and throw them in the bowl with our salad.
- Take your crispy nachos we created and throw them on top.
- Now we want to cut our chicken breast up into little pieces and cook it real quick in the skillet. If you pre-heat your pan to a medium high heat this step will only take about 5 minutes. Once the chicken is finished throw it in your salad bowl.
- And BOOM!! You now have a crispy chicken salad that will leave you feeling completely satisfied after you eat it. Don't sleep on this one until you try it out!

# HIGHER FIBER CHICKEN SALAD

## INGREDIENTS:

## MACROS:

|                          |      |                |     |
|--------------------------|------|----------------|-----|
| Spinach                  | 300g | Calories:      | 479 |
| Low Carb High Fiber Wrap | 2    | Fat:           | 7g  |
| Chicken Breast           | 168g | Protein:       | 55g |
| Sriracha                 | 15g  | Carbohydrates: | 49g |
| Sugar Free BBQ Sauce     | 30g  | Fiber:         | 32g |
| Onion Powder             | 3g   |                |     |
| Garlic Powder            | 3g   |                |     |
| Black Pepper             | 2g   |                |     |

## DIRECTIONS:

- Do you want to hit your daily fiber intake in one salad?? Look no further than this one! Same concept as all of my high volume salads except this one is EVEN MORE filling!
- Grab the largest bowl you have & dump your spinach in there. The weight above is equivalent to one large bag you'd find at the grocery.
- Next we want to take our onion powder, garlic powder, black pepper & sauces and throw them in the bowl with our salad.
- Take both of your high fiber low carb wraps and throw them in the microwave for about 20-30 seconds.
- Take your heated tortillas and rip them into little pieces. Place all of these little pieces in your salad bowl!
- Now we want to cut our chicken breast up into little pieces and cook it real quick in the skillet. If you pre-heat your pan to a medium high heat this step will only take about 5 minutes. Once the chicken is finished throw it in your salad bowl.
- And BOOM!! You now have higher fiber chicken salad that not only be delicious but incredibly filling and satisfying! A staple in my day to day diets.

# KETO PIZZA

## INGREDIENTS: MACROS:

|                     |      |                |      |
|---------------------|------|----------------|------|
| Full Fat Mozzarella | 336g | Calories:      | 1558 |
| Coconut Flour       | 35g  | Fat:           | 118g |
| Low Carb Marinara   | 56g  | Protein:       | 100g |
| Pepperoni           | 15g  | Carbohydrates: | 24g  |
| Cream Cheese        | 32g  | Fiber:         | 13g  |
| Large Eggs          | 2    |                |      |

## DIRECTIONS:

- First you want to grab a large microwave safe bowl and throw in your cream cheese & half of your mozzarella (168g).
- Throw these in the microwave for about 45 seconds. The goal here is to soften them up that way we can mix them together much easier. Pull them out and give them a stir after they're done cooking & throw back in for an additional 45 seconds.
- Once your cheese is melted and mixed up go ahead and throw in your coconut flour. After this crack your 2 large eggs into this same bowl. Now mix everything together as thoroughly as you can! I recommend a hand mixer for this but do your best with what you have!
- You'll know it's blended how you want it when it turns into a dough like consistency. At this point you should be able to pick it up and further mix it up by hand.
- Once you are satisfied with your dough you will place it on a pizza circle or baking sheet and flatten it out into a dough circle. Throw some parchment paper down and hit it with some non-stick spray to save yourself some cleanup later! Once you have it formed into your dough you'll want to throw it in the oven at 450 degrees for 10 minutes.
- Once you pull it out of the oven it should look almost identical to a pizza crust! Poke it a few times with a fork that way the second round in the oven doesn't cause it to bubble up.
- Go ahead and place your marinara, mozzarella, & pepperoni on the pizza. Remember: you get bonus points the prettier it looks!
- Once your pizza is fully dressed throw it back in the oven at 450 degrees for 10 more minutes!
- And now you are rolling in style! Who said the Keto diet had to be boring? Take a bite of this bad boy and reminisce about simpler times!

# ANABOLIC SPAGHETTI

## INGREDIENTS:

## MACROS:

|                       |      |                |      |
|-----------------------|------|----------------|------|
| Shirataki Noodles     | 900g | Calories:      | 1007 |
| 96/4 Lean Ground Beef | 448g | Fat:           | 39g  |
| Low Calorie Marinara  | 448g | Protein:       | 112g |
| Powdered Parmesan     | 10g  | Carbohydrates: | 52g  |
|                       |      | Fiber:         | 24g  |

## DIRECTIONS:

- Shirataki Noodles are the king of pasta! Quite literally the lowest calorie pasta noodles you can find and so easy to prepare it'll blow your mind. Let's get started!
- First we want to cook our ground beef in a skillet set to medium high heat. If you preheat your skillet this will speed up the process by quite a bit. After the beef has cooked go ahead and throw your pasta sauce in with the beef and stir it all together. Reduce heat to low and let it sit while we finish up.
- Next we will take our Shirataki Noodles and throw them in a strainer to drain off any liquid. These noodles come in a package with water in case you have never used them before. Once they are strained we'll give them a good rinse.
- We now want to bring a large pot of water to a boil and toss in our shirataki noodles. These only take 2-3 minutes to cook so make sure you set a timer!
- Once the noodles are finished go ahead and strain them one final time and pour them into a bowl. Dump your meat sauce on top of the noodles and add on your parmesan cheese.
- Presto!! We now have a MASSIVE bowl of spaghetti that's high in protein & extremely low in carbs. Honestly this is probably about 4 servings so feel free to split it into tupperware and save for later!

# ALMOND CRUSTED CHICKEN

## INGREDIENTS:

## MACROS:

|                   |       |                |      |
|-------------------|-------|----------------|------|
| Chicken Breast    | 448g  | Calories:      | 1002 |
| Almond Flour      | 88g   | Fat:           | 42g  |
| Eggs              | 2     | Protein:       | 128g |
| Liquid Egg Whites | 46g   | Carbohydrates: | 28g  |
| Seasoned Salt     | 1 Tsp | Fiber:         | 12g  |
| Garlic Powder     | 1 Tsp |                |      |

## DIRECTIONS:

- Starting off we want to grab a large mixing bowl and start making our breading. Throw your almond flour in your bowl along with your seasoned salt and garlic powder. At this point you can add any other seasonings you'd like if you are looking for a specific flavor. Mix all of these together.
- Next we want to create our egg wash by cracking our two large eggs in a bowl & adding in our egg whites. If you don't have liquid egg whites then just crack 4 large eggs into your bowl and remove two of the yolks. Whisk all of this together until your yolks are combined with the whites.
- Now we want to take our chicken and cut it into tenders if we're using chicken breasts but I highly recommend buying the actual breast tenderloins from the store because it'll save you quite a bit of time.
- Take each of your chicken tenders and dip it in your egg wash so that it's fully coated and then transfer over to our breading bowl. We want to make sure each piece of chicken is covered without any blank spots that way the finished product is extra crispy!
- Once each tender has been breaded we will place them on a baking sheet and throw them in the oven at 375 degrees for 20-25 minutes.
- And here we go! Why eat chicken breast with little to no flavor when we can feel that crunchy goodness in every bite? Give these a try and I promise you won't be disappointed!

# MOZZARELLA STICKS

## INGREDIENTS:

|                    |        |
|--------------------|--------|
| Low Fat Mozzarella |        |
| Cheese Sticks      | 2      |
| Wonton Wraps       | 1 Pack |

## MACROS:

|                |     |
|----------------|-----|
| Calories:      | 260 |
| Fat:           | 5g  |
| Protein:       | 20g |
| Carbohydrates: | 31g |
| Fiber:         | 2g  |

## DIRECTIONS:

- If you are craving a deep fried mozzarella stick but don't want any of those calories then look no further than this recipe! Stupid simple & delicious.
- Preheat your oven to 375 degrees that way it's ready to go as soon as we have our mozzarella sticks made!
- First off take your two mozzarella sticks and cut them into quarters. You'll want to cut them in half and then cut the halves down the middle. Basically you want them to be longer and not short/stubby.
- After that step you should have 8 mozzarella cheese strips. Go ahead and take your wonton wrappers and lay out one square for each mozzarella stick. The ones I buy are already the perfect size but you may need to cut them down.
- Place a mozzarella strip down on one of the wrappers and wet the edge of the wrapper with a little water so it sticks when we seal it. Now go ahead and roll it up into a cylinder shape and press down on the ends to seal it up. Take a fork and further press these ends down to lock them in place. Repeat this step for each mozzarella stick.
- Once all of your mozzarella sticks are wrapped up place them on a baking sheet and bake them at 375 degrees for 8-10 minutes.
- And boom! We have low calorie mozzarella sticks that won't break the calorie bank! Pro Tip: if you want them to be more crunch you can keep them in the oven for an additional 5 minutes or so to really make them shine!

# THIN CRUST PEPPERONI PIZZA

## INGREDIENTS:

## MACROS:

|                           |         |
|---------------------------|---------|
| Joseph's Lavash Flatbread | 1 Piece |
| Low Cal Marinara Sauce    | 112g    |
| Fat Free Mozzarella       | 84g     |
| Turkey Pepperoni          | 30g     |

|                |     |
|----------------|-----|
| Calories:      | 388 |
| Fat:           | 8g  |
| Protein:       | 49g |
| Carbohydrates: | 30g |
| Fiber:         | 5g  |

## DIRECTIONS:

- Grab a large baking sheet and lay a piece of foil down on it & spray with a light coating of non-stick spray.
- Lay your flatbread out on the pan and flatten any creases or bumps you may find.
- Add your marinara sauce on top and spread evenly across the flatbread while leaving room for crust on the outside.
- Add your fat free cheese & spread as evenly as possible.
- Next we add our turkey pepperoni to the pizza and try to make it look as pretty as possible for the gram!
- Pre-heat your oven to 350 degrees and cook the pizza anywhere from 8-13 minutes. Cook time can vary depending on whether you want a crispier or softer crust.
- Pull out of the oven, cut into slices, & enjoy this delicacy!
- \*NOTES\* You can throw the flatbread in the oven for 5 minutes or so at 350 degrees before adding topping if you want a real crispy crust!

# THIN CRUST BBQ CHICKEN PIZZA

## INGREDIENTS:

|                           |         |
|---------------------------|---------|
| Joseph's Lavash Flatbread | 1 Piece |
| Sugar Free BBQ Sauce      | 120g    |
| Fat Free Mozzarella       | 84g     |
| Chicken Breast            | 168g    |

## MACROS:

|                |     |
|----------------|-----|
| Calories:      | 444 |
| Fat:           | 4g  |
| Protein:       | 72g |
| Carbohydrates: | 30g |
| Fiber:         | 4g  |

## DIRECTIONS:

- Grab a large baking sheet and lay a piece of foil down on it & spray with a light coating of non-stick spray.
- Lay your flatbread out on the pan and flatten any creases or bumps you may find.
- Add your BBQ sauce on top and spread evenly across the flatbread while leaving room for crust on the outside.
- Add your fat free cheese & spread as evenly as possible.
- Next we add our cooked chicken breast to the pizza and try to make it look as pretty as possible for the gram!
- Pre-heat your oven to 350 degrees and cook the pizza anywhere from 8-13 minutes. Cook time can vary depending on whether you want a crispier or softer crust.
- Pull out of the oven, cut into slices, & enjoy this delicacy!
- \*NOTES\* You can throw the flatbread in the oven for 5 minutes or so at 350 degrees before adding topping if you want a real crispy crust!

# PHILLY CHEESESTEAK SLIDERS

## INGREDIENTS:

## MACROS:

|                           |          |                |      |
|---------------------------|----------|----------------|------|
| 96% Lean Ground Beef      | 896g     | Calories:      | 2980 |
| White Dinner Rolls        | 20       | Fat:           | 60g  |
| Zero Calorie Butter Spray | 1 Bottle | Protein:       | 360g |
| Fat Free Mozzarella       | 196g     | Carbohydrates: | 250g |
| Reduced Fat Pepperjack    | 189g     | Fiber:         | 16g  |

## DIRECTIONS:

- Don't let the calories fool you on this recipe! It's a game changer for a party or event. We make 20 of these sandwiches so there are plenty to go around!
- First we want to take our dinner rolls and split them in half so we have a top & bottom bun for our sandwiches. You can use a knife for this but a clever pair of hands also works. Once we do this we spray a large baking dish with non-stick spray and place just the bottom buns down in the pan.
- Next we spray the buns with a zero calorie butter spray. I personally use I Can't Believe It's Not Butter Spray and it works great! Get an even coating of spray across all of our buns.
- Next we take the entire bag of fat free mozzarella cheese and lay it down on our buns. Spread it evenly to ensure cheesy goodness in every sandwich!
- Now we want to cook our ground beef & place it on top of the cheese in our pan. You can season the beef if you'd like but this is not necessary.
- Next we add our reduced fat pepperjack slices on top of the beef we just laid down. I personally use a whole 10 pack of Sargento for this but any reduced fat brand will work!
- Now we spray the underside of each of our top buns and sit them on top.
- We now have our sandwiches created and looking pretty so it's time to throw them in the oven for around 30 minutes at 350 degrees! You can take them out of the oven at 20 minutes to add more butter spray to the top if you'd like for an added flavor burst before putting back in!
- And here we go!! We have a big high protein tray of Philly Cheesesteak Sliders that everyone is going to love! Make sure you have a spatula ready to dole out this sweet goodness!

# ZERO CARB PIZZA

## INGREDIENTS: MACROS:

|                         |      |                |     |
|-------------------------|------|----------------|-----|
| Canned Shredded Chicken | 224g | Calories:      | 599 |
| Large Egg               | 1    | Fat:           | 31g |
| Full Fat Mozzarella     | 84g  | Protein:       | 80g |
| Turkey Pepperoni        | 30g  | Carbohydrates: | 0g  |
|                         |      | Fiber:         | 0g  |

## DIRECTIONS:

- Grab a large baking sheet and lay a piece of foil down on it & spray with a light coating of non-stick spray.
- Drain the water from your canned chicken as best you can and spread it out on your baking sheet to where the pieces are not touching.
- Bake chicken at 350 degrees for 10 minutes. The goal here is to dry the chicken out a bit. It still may be a little moist afterwards but that's okay.
- In a large mixing bowl add your dried chicken, one large egg, & 42g of your cheese and mix all of it together.
- Now that we have our crust base we will set it back on the baking sheet and form it into a thin circle or whatever shape you want your crust to be.
- Pre-heat your oven to 500 degrees and cook the crust for about 10 minutes.
- Once we pull our crust out of the oven she'll be in the perfect spot to start adding the rest of our cheese and pepperoni.
- Once all of our toppings are applied we will throw the pizza back in the oven at 500 degrees for between 6-10 minutes. Cook time depends on how well you want your toppings to be cooked.
- And BOOM your zero carb pizza is now ready to enjoy!
- \*NOTES\* Feel free to use fat free cheese or regular pepperoni if you'd like. The macros will change but using fat free cheese will cut down on the overall calories!

# CHICKEN & NOODLES

## INGREDIENTS: MACROS:

|                    |         |                |      |
|--------------------|---------|----------------|------|
| Chicken Breast     | 224g    | Calories:      | 3801 |
| Frozen Egg Noodles | 896g    | Fat:           | 77g  |
| Chicken Broth      | 3 Cans  | Protein:       | 192g |
| Cream Of Chicken   | 2 Cans  | Carbohydrates: | 585g |
| Cream Of Mushroom  | 1 Can   | Fiber:         | 8g   |
| Onion Powder       | 2 Tsp   |                |      |
| Garlic Powder      | 1/2 Tsp |                |      |
| Seasoned Salt      | 1 Tsp   |                |      |

## DIRECTIONS:

- One of my favorite recipes! If you want to feed an entire family with wholesome goodness then look no further!
- In a large pot add in your chicken broth, cream of chicken, cream of mushroom, onion powder, garlic powder, & seasoned salt. Stir all of these together and bring to a boil.
- While we're waiting on our broth to heat up we will cut our chicken up into little bite size pieces. In a separate pan toss in your chicken & cook on high heat until it's done.
- Once your chicken is finished throw it into your pot with the broth and continue bringing to a boil.
- Once your broth is boiling go ahead and dump your frozen egg noodles in. I usually buy two 16oz packs of Reames Frozen Egg Noodles in the blue bag. This is my favorite brand but use whatever you like!
- After adding the noodles the pot will stop boiling so we want to bring it back up to a boil. Make sure you give it a good stir and that all the noodles are submerged.
- Once it returns to a boil you want to reduce the heat to medium/low and let it cook for an additional 20-30 minutes. The longer it cooks the thicker your broth will be!
- And voila! You now have a big heaping pile of chicken and noodles. Throw it on top of some mashed potatoes for the ultimate comfort food!

# ZERO CARB BREADED CHICKEN

## INGREDIENTS:

## MACROS:

|                            |      |                |     |
|----------------------------|------|----------------|-----|
| Chicken Breast Tenderloins | 224g | Calories:      | 647 |
| Large Egg                  | 2    | Fat:           | 31g |
| Pork Rinds                 | 112g | Protein:       | 92g |
|                            |      | Carbohydrates: | 0g  |
|                            |      | Fiber:         | 0g  |

## DIRECTIONS:

- Take your pork rinds and place them in a blender or food processor. Blend them up until they're a fine powder consistency.
- Now that our rinds are ready to go we will throw them in a separate bowl by themselves to use later.
- If you buy your chicken breast already in tenderloin form then you don't have much trimming to do. I go along the outside of each tender & trim off any white pieces I see. This step is optional but in my opinion nothing ruins a meal like hitting a piece of bone.
- Once our tenders are trimmed and set aside we will break both of our eggs into a small bowl and whisk them until the yolk is completely dissolved into the mix.
- Now it's time to bread these tenders. Take one chicken tender at a time and dip it into our egg wash. After it is fully coated we will then dip it into our pork rinds. The goal here is to fully bread each tender without missing any spots.
- After all of our tenders are breaded we can either cook them in the oven or the air fryer. Either way works fine although I've found the air fryer makes them crispier!
- Cook at 350 degrees for about 15 minutes.
- Boom!! Now we have zero carb fried chicken tenders! Combine these with a zero calorie hot sauce and you'll really be thanking me!

# BACON & EGG FREEZER BURRITO

## INGREDIENTS:

## MACROS:

|                        |      |                |     |
|------------------------|------|----------------|-----|
| Large Burrito Tortilla | 1    | Calories:      | 565 |
| Liquid Egg Whites      | 138g | Fat:           | 16g |
| Large Whole Eggs       | 2    | Protein:       | 60g |
| Canadian Bacon         | 84g  | Carbohydrates: | 39g |
| Fat Free Mozzarella    | 56g  | Fiber:         | 3g  |

## DIRECTIONS:

- The ultimate breakfast burrito! You can cook these in bulk and freeze them to throw in the oven or microwave to eat later on! Perfect for grab and go!
- First we want to lay out a piece of foil and spray it with non-stick spray & lay our tortilla out on top of that. This way when we cook it later it doesn't stick to the foil.
- Now we combine our 2 eggs & egg whites in a bowl and whisk them together. Scramble in a skillet on high heat & season with salt + garlic powder.
- Lay your cooked eggs down on your tortilla.
- Next we'll do a quick skillet fry of our canadian bacon to give it a little color. Canadian bacon has already been cooked so this isn't necessary if you are short on time.
- Once our bacon is finished lay it down in your burrito on top of the eggs.
- After that you will add your fat free mozzarella! Now you will attempt to wrap your burrito. If you don't know how to properly do it I suggest watching a Youtube video on it lol I'm not kidding.
- Once your burrito is rolled you'll wrap the foil up around it and you're good to either freeze it to cook later, refrigerate it, or throw it in the oven immediately!
- If you are cooking right away then you'll throw it in the oven at 350 degrees for about 20 minutes. If you are cooking from frozen you'll need around 45 minutes of cooking time from frozen so make sure you plan ahead or thaw it out in advance!
- These burritos are perfect! Spend a Sunday prepping out a weeks worth and your breakfast routine will be changed for the better!

# BBQ CHICKEN FREEZER BURRITO

## INGREDIENTS:

Large Burrito Tortilla  
Chicken Breast  
Sugar Free BBQ Sauce  
Fat Free Cheddar

1  
224g  
30g  
56g

## MACROS:

Calories: 510  
Fat: 9.5g  
Protein: 69g  
Carbohydrates: 38g  
Fiber: 3g

## DIRECTIONS:

- The ultimate lunch burrito! You can cook these in bulk and freeze them to throw in the oven or microwave to eat later on! Perfect for grab and go!
- First we want to lay out a piece of foil and spray it with non-stick spray & lay our tortilla out on top of that. This way when we cook it later it doesn't stick to the foil.
- Now we want to let our skillet preheat on medium high heat. Doing this will ensure our chicken cooks fast and develops a nice crust to it.
- Next we want to take our chicken and cut it up into little bite size pieces.
- Throw your chicken in the pre-heated skillet and let it cook for 3 minutes on each side. Once it's done cooking I like to use my spatula and split the pieces down the middle into smaller pieces and move around the pan for added flavor.
- Now we take our chicken and lay it out on our tortilla. After we do this we add our cheddar cheese and BBQ sauce on top.
- Now you will attempt to wrap your burrito. If you don't know how to properly do it I suggest watching a Youtube video on it lol I'm not kidding.
- Once your burrito is rolled you'll wrap the foil up around it and you're good to either freeze it to cook later, refrigerate it, or throw it in the oven immediately!
- If you are cooking right away then you'll throw it in the oven at 350 degrees for about 20 minutes. If you are cooking from frozen you'll need around 45 minutes of cooking time from frozen so make sure you plan ahead or thaw it out in advance!
- Now we have a perfect, macro friendly, & gooey burrito that is perfect to eat anytime! Don't take my word for it: make yourself a batch and experience the joy for yourself!

# SPICY QUESO FREEZER BURRITO

## INGREDIENTS:

|                        |      |
|------------------------|------|
| Large Burrito Tortilla | 1    |
| 93% Lean Ground Beef   | 168g |
| Hot Salsa              | 60g  |
| White Queso            | 30g  |

## MACROS:

|                |       |
|----------------|-------|
| Calories:      | 555   |
| Fat:           | 22.5g |
| Protein:       | 41.5g |
| Carbohydrates: | 44g   |
| Fiber:         | 3g    |

## DIRECTIONS:

- The ultimate beef burrito! You can cook these in bulk and freeze them to throw in the oven or microwave to eat later on! Perfect for grab and go!
- First we want to lay out a piece of foil and spray it with non-stick spray & lay our tortilla out on top of that. This way when we cook it later it doesn't stick to the foil.
- Now we want to let our skillet preheat on medium high heat. Our beef will cook way faster this way and the faster we get this done the sooner we get to eat!
- Throw your beef in the pre-heated skillet and let it brown. Obviously you can cook it to your preference but keep in mind it'll cook a little extra when you throw it in the oven so you don't need to torch it.
- Now take your cooked beef and lay it out on your tortilla. Go ahead and place your queso and salsa on top.
- Now you will attempt to wrap your burrito. If you don't know how to properly do it I suggest watching a Youtube video on it lol I'm not kidding.
- Once your burrito is rolled you'll wrap the foil up around it and you're good to either freeze it to cook later, refrigerate it, or throw it in the oven immediately!
- If you are cooking right away then you'll throw it in the oven at 350 degrees for about 20 minutes. If you are cooking from frozen you'll need around 45 minutes of cooking time from frozen so make sure you plan ahead or thaw it out in advance!
- Now we have a spicy & cheesy high protein burrito that anyone will love! This is probably one of my favorite freezer burritos due to how the queso & salsa combine in the oven. Seriously, it's a game changer!

# DOUBLE SMASH BURGER

## INGREDIENTS: MACROS:

|                           |          |                |       |
|---------------------------|----------|----------------|-------|
| 96% Lean Ground Beef      | 224g     | Calories:      | 675   |
| Low Calorie Bun           | 1        | Fat:           | 23.5g |
| Turkey Bacon              | 42g      | Protein:       | 76g   |
| Fat Free American Cheese  | 2 Slices | Carbohydrates: | 40g   |
| Zero Calorie Butter Spray | 1 Bottle | Fiber:         | 4g    |
| Light Mayo                | 8g       |                |       |
| Sriracha                  | 5g       |                |       |

## DIRECTIONS:

- First we want to season our lean beef. There isn't a whole lot of natural flavor so we have to add it in ourselves. I like to use garlic powder, onion powder, and sea salt personally but this step is not necessary.
- After we season our beef we want to patty our burgers and form them into a thick patty. Don't make them completely flat because we will smash them later.
- Take both your bottom and top bun and spray the underside with I Can't Believe It's Not Butter Spray & brown them for a couple minutes in the skillet!
- In a separate bowl we'll mix up both our light mayo & sriracha to create a secret sauce for this burger that will add a nice kick! Once mixed set to the side.
- In a large preheated pan we will spray a light coating of non-stick spray and throw our burgers in there. Using a spatula (or two) you want to smash each patty down as flat as you can get it in the pan in order to make it as thin as possible.
- Let each side cook for around 2-4 minutes depending on how well done you like your burger. Once it's cooked you will place a slice of fat free american cheese on each patty and let it melt.
- Now pull the patties off & place onto your bun. We are now good to throw our turkey bacon in the same skillet & let it cook through. Should only take a few minutes on each side to get it nice and crispy.
- Now we remove our turkey bacon & place it on top of our two patties & then add a thick layer of our sauce to the underside of our top bun before placing it on top.
- And here we go!! You have an epic high protein smash burger that won't slow you down like you were hit with a tranquilizer dart!

# ANABOLIC DEEP DISH LASAGNA

## INGREDIENTS:

## MACROS:

|                            |       |
|----------------------------|-------|
| 96% Lean Ground Beef       | 896g  |
| Low Calorie Pasta Sauce    | 1 Jar |
| 1% Fat Cottage Cheese      | 680g  |
| Fat Free Mozzarella        | 392g  |
| Plain Greek Yogurt         | 300g  |
| Spinach                    | 150g  |
| Oven Ready Lasagna Noodles | 6     |

|                |      |
|----------------|------|
| Calories:      | 3230 |
| Fat:           | 60g  |
| Protein:       | 427g |
| Carbohydrates: | 221g |
| Fiber:         | 10g  |

## DIRECTIONS:

- Start off by grabbing a large baking dish and spraying the inside with non-stick cooking spray.
- Now we want to brown our ground beef in a large pan. Once it's browned we'll reduce the heat to simmering and add in our whole jar of pasta sauce. We'll let this simmer for 5-10 minutes while we prepare the rest of the ingredients.
- Next we combine our cottage cheese and greek yogurt in a bowl and mix it thoroughly. Once finished set aside.
- Go ahead and cook down your spinach at this time and place off to the side. Spinach is not necessary in this recipe but if you want a few extra vitamins then toss her in!
- Now that we have all of our ingredients prepped we can start layering this lasagna. First step will be to add a beef layer to the bottom of the pan. We won't be using all of it so make sure you save some for later!
- Next we will add 3 of our Oven Ready Lasagna Noodles (Skinner Brand) on top of the beef. After this you'll take half of our cottage cheese/greek yogurt mix and spread it out on top of these noodles.
- Next we'll take half of our mozzarella cheese & lay it on top of that. If you're using spinach you will lay it out on top of your cheese.
- Add another layer of beef and on top of that place the rest of your lasagna noodles.
- Now we add the rest of our cottage cheese/greek yogurt mixture followed by the rest of our mozzarella and the rest of our beef.
- Bake at 350 degrees uncovered for 30 minutes.
- And BOOM!! Our Anabolic Lasagna is done! Enjoy this cheesy & gooey goodness with the whole family!

# 195 CALORIE PIZZA

## INGREDIENTS:

## MACROS:

|                         |      |                |     |
|-------------------------|------|----------------|-----|
| Coconut Flour           | 7g   | Calories:      | 590 |
| Fat Free Mozzarella     | 28g  | Fat:           | 3g  |
| Garlic Powder           | 1g   | Protein:       | 31g |
| Liquid Egg Whites       | 138g | Carbohydrates: | 11g |
| Turkey Pepperoni        | 15g  | Fiber:         | 4g  |
| Low Calorie Pasta Sauce | 56g  |                |     |

## DIRECTIONS:

- In a mixing bowl you will add in your coconut flour, egg whites, & garlic powder. Whisk all of this together until thoroughly combined.
- Now, we want to preheat a small skillet (roughly the size we want our pizza crust to be) on medium high heat and dump our egg/flour mixture into it. We want to cover and let cook for roughly 5 minutes before flipping it and letting it cook for an additional 5 minutes. We want it to cook and harden up but also not get burnt so pay attention to it.
- Now we will remove our crust and place it on a plate. We will now add our pasta sauce, cheese, & turkey pepperoni.
- After we have our pizza fully built we can throw it in the oven at 350 degrees for roughly 8 minutes to let the toppings melt. If you want it to be a little crispier you can throw it in the air fryer at 400 degrees for 5 minutes. Either way will work just fine!
- And boom! We now have the lowest calorie pizza you will find anywhere. The overall texture will vary from that of a regular pizza but it gets the job done in a pinch. Feel free to throw a little oregano on top for some extra zest!

# BUFFALO CHICKEN SANDWICH

## INGREDIENTS:

## MACROS:

|                            |      |                |       |
|----------------------------|------|----------------|-------|
| Chicken Tenderloins        | 224g | Calories:      | 590   |
| Low Calorie Bun            | 1    | Fat:           | 13.5g |
| Coconut Flour              | 56g  | Protein:       | 58g   |
| Paprika                    | 3-5g | Carbohydrates: | 59g   |
| Crushed Red Peppers        | 2-3g | Fiber:         | 12g   |
| Sea Salt                   | 2g   |                |       |
| Zero Calorie Buffalo Sauce | 50g  |                |       |
| Liquid Egg Whites          | 184g |                |       |

## DIRECTIONS:

- We will be using chicken breast tenderloins for this recipe so they're already cut into strips! If you don't have these just take a chicken breast and cut it long ways until you form the desired amount of strips.
- In a large mixing bowl we want to create our batter. Toss in your coconut flour, paprika, crushed red peppers, & sea salt and mix together.
- In a separate bowl dump your egg whites in. This will be our egg wash that will moisten the outside of our strips so the batter sticks to it.
- Now we take each chicken tender & dip into our egg wash. After it's thoroughly coated we will place it in our batter and make sure we cover the entirety of each strip.
- Now we can either air fry our tenders or bake them. In an air fryer you will fry them at 400 degrees for around 20 minutes. In the oven you will cook them at 425 degrees anywhere from 20-25 minutes. Any extra breading you have feel free to sprinkle on top!
- While these are cooking you will take a large mixing bowl and place a good amount of our buffalo sauce in there.
- Once we pull our chicken out of the air fryer/oven we will place each tender in the buffalo sauce & let it soak up all that flavor. As you finish each tender you will place it on your bun.
- Once all the tenders are complete & you put the hat on it you will now have an epic buffalo chicken sandwich that will make all of your neighbors envious! Rejoice in the power of spicy chicken and behold the powers concealed within!

# CRISPY BUFFALO WINGS

## INGREDIENTS:

|                            |        |
|----------------------------|--------|
| Mini Party Chicken Wings   | 896g   |
| Baking Powder              | 1 Tbsp |
| Zero Calorie Buffalo Sauce | 112g   |

## MACROS:

|                |     |
|----------------|-----|
| Calories:      | 440 |
| Fat:           | 30g |
| Protein:       | 40g |
| Carbohydrates: | 0g  |
| Fiber:         | 0g  |

## DIRECTIONS:

- Remove your wings from the packaging and pat each of them dry with a paper towel. You want to be thorough here because the less moisture that's locked into the skin the crispier they're gonna be!
- After all of your wings have been dried we will transfer them into a large mixing bowl and add our baking powder into the bowl as well.
- Mix all of your wings up with the baking powder to ensure you get an even coating on the outside of every wing. This baking powder will leave no taste but really help that skin crisp up!
- We have the choice to use either an Air Fryer or an Oven here to cook these wings. As always an Air Fryer will provide the crispiest result but they'll still be crunchy and delicious in the oven!
- Bake at 450 degrees (on convection mode if you have it) for 30-40 minutes. The longer you cook the crispier they'll be! If air frying you'll use 400 degrees at 25 minutes. Make sure you spray whatever surface you cook on with non-stick spray because wings have a tendency to stick.
- Once removed from the oven/air fryer you will let sit for a few minutes to cool.
- In a large mixing bowl you will add your sauce of choice & toss the wings in it!
- Now you get to enjoy crispy buffalo wings with none of the carbs or deep fried fat! Don't forget the paper towels!

# ANABOLIC PB & J

## INGREDIENTS: MACROS:

|                           |          |                |     |
|---------------------------|----------|----------------|-----|
| White Bread               | 2 Slices | Calories:      | 562 |
| Peanut Butter             | 32g      | Fat:           | 18g |
| Plain Greek Yogurt        | 150g     | Protein:       | 51g |
| Sugar Free Strawberry Jam | 51g      | Carbohydrates: | 49g |
| Protein Powder            | 32g      | Fiber:         | 9g  |

## DIRECTIONS:

- This recipe is stupid simple and ready in just a few minutes! First off take your two slices of bread & place them on a plate.
- In a small mixing bowl you will add in your peanut butter, greek yogurt, & protein powder and begin mixing them together. I recommend vanilla or peanut butter flavored protein powder for this recipe but honestly it all tastes good!
- Once your protein peanut butter is mixed up go ahead and add it to one slice of your bread. There will be quite a bit here but trust me, it's delicious so you won't mind the extra!
- Now you want to add your sugar free strawberry jam to the other slice of bread. Attempt to spread it as evenly as possible.
- Now you just slap the two pieces together and you have yourself a truly exquisite work of art! High in protein & ready to jump start your anabolic rodeo! Go get em cowboy (Or cowgirl)!
- \*NOTES\* If you want to cut down on the overall calories you can swap out the peanut butter for PBFit/PB2 powder and use the same 32g measurement. You'll get more protein this way and less fat. The taste difference isn't very noticeable and you'll drop around 100 calories!

# SPICY POPCORN CHICKEN

## INGREDIENTS:

## MACROS:

|                |         |                |      |
|----------------|---------|----------------|------|
| Chicken Breast | 448g    | Calories:      | 704  |
| Garlic Powder  | 1 Tsp   | Fat:           | 2g   |
| Paprika        | 1 Tsp   | Protein:       | 108g |
| Ground Mustard | 1 Tsp   | Carbohydrates: | 69g  |
| Black Pepper   | 1 Tsp   | Fiber:         | 3g   |
| Kosher Salt    | 1/4 Tsp |                |      |
| Corn Flakes    | 80g     |                |      |
| Honey          | 1 Tbsp  |                |      |

## DIRECTIONS:

- On a cutting board take your chicken breast and cut it up into little bite size pieces. Once this is done set it to the side.
- In a small bowl go ahead and combine your garlic powder, paprika, ground mustard, black pepper, & kosher salt. Mix until thoroughly combined.
- Take your corn flakes and throw them in a zip lock bag and pound them out a bit to create our breading. It doesn't have to be a powder but you want little flaky delicious chunks.
- Now, in a large mixing bowl throw in your chicken pieces & add the honey + the spices from earlier. Mix all of this up until each piece is thoroughly coated.
- After this is done you can now throw in your corn flakes and mix until all of your chicken pieces have a nice corn flake breading on them. If you don't use all of the corn flakes you can lay them on top of your pieces when it's time to cook.
- Grab a large baking sheet and place a piece of foil down. I recommend also adding a wire baking rack to help cook underneath but this is not necessary. Spray whichever surface you plan to use with non-stick spray.
- Place your chicken pieces on your baking sheet allowing each piece to have space around it. You don't want any of them touching.
- Bake at 400 degrees for about 13-15 minutes. Remove when finished and you'll have a delicious high protein meal!

# Dessert RECIPES



# CHOCOLATE GLAZED DONUTS

## INGREDIENTS:

## MACROS:

|                             |       |                |     |
|-----------------------------|-------|----------------|-----|
| All Purpose Flour           | 30g   | Calories:      | 600 |
| Protein Powder              | 64g   | Fat:           | 4g  |
| Liquid Egg Whites           | 92g   | Protein:       | 70g |
| Canned Pumpkin              | 120g  | Carbohydrates: | 71g |
| Sugar Free Sweetener        | 15g   | Fiber:         | 12g |
| Apple Sauce                 | 15g   |                |     |
| Baking Powder               | 1 Tsp |                |     |
| Unsweetened Cocoa<br>Powder | 15g   |                |     |
| Fat Free Cream Cheese       | 32g   |                |     |
| Sugar Free Choc. Syrup      | 15g   |                |     |

## DIRECTIONS:

- Grab a large mixing bowl & mix together your flour, 32g protein powder (save other half for icing), egg whites, canned pumpkin, sugar free sweetener, apple sauce, baking powder, & unsweetened cocoa until thoroughly combined.
- Spray a 6 donut baking pan with nonstick spray and fill each donut mold evenly with our batter.
- Preheat your oven to 350 degrees & bake for 15 minutes.
- While baking grab a second bowl and mix together your other 32g of protein powder, sugar free chocolate syrup, & fat free cream cheese until thoroughly combined. It may look like it's not mixing at first but she'll come together you just gotta trust her!
- Pull donuts out of the oven and let cool for a few minutes before removing from pan.
- Dip donuts in your icing & voila!! You have created a masterpiece. Enjoy!!

# ANABOLIC ICE CREAM

## INGREDIENTS:

|                     |      |
|---------------------|------|
| Protein Powder      | 32g  |
| Frozen Strawberries | 140g |
| Xanthan Gum         | 5g   |

## MACROS:

|                |     |
|----------------|-----|
| Calories:      | 185 |
| Fat:           | 1g  |
| Protein:       | 26g |
| Carbohydrates: | 18g |
| Fiber:         | 8g  |

## DIRECTIONS:

- This is a high volume recipe that will satisfy those cravings without having to slam a tub of Ben & Jerry's. Grab some Xanthan gum on Amazon or Ebay and I promise it'll be worth every penny!
- Start by taking a blender and tossing in your protein, frozen berries, & xanthan gum. Throw in around a cup of crushed ice as well.
- Blend this up for a few minutes until it expands in your blender and triples or quadruples in size. The xanthan gum will make it really puff up so be prepared!
- You may need to add a little more ice or liquid to it but this probably won't be necessary. Toss in some water or unsweetened almond milk if needed!
- Let's do it!! Scrape your protein ice cream into a bowl and enjoy! Very high volume and oddly filling. You almost have to try this yourself to appreciate what happens when you blend this up. Feel free to use any combination of protein powder flavor or berries to get the desired taste! Enjoy!!

# CHOC. PB ICE CREAM

## INGREDIENTS:

## MACROS:

|                         |        |                |     |
|-------------------------|--------|----------------|-----|
| Choc. Protein Powder    | 48g    | Calories:      | 328 |
| Frozen Strawberries     | 112g   | Fat:           | 4g  |
| Xanthan Gum             | 5g     | Protein:       | 45g |
| PBFit Powder            | 16g    | Carbohydrates: | 28g |
| Sugar Free Choc. Syrup  | 30g    | Fiber:         | 10g |
| Unsweetened Almond Milk | .3 Cup |                |     |

## DIRECTIONS:

- Another Protein Ice Cream Recipe! You will eat this with a spoon & it'll crush any ice cream cravings you have!
- Start by taking a blender and tossing in all of your ingredients. Throw in around a cup of crushed ice as well.
- Blend this up for a few minutes until it expands in your blender and triples or quadruples in size. The xanthan gum will make it really puff up so be prepared!
- You may need to add a little more ice or liquid to it but this probably won't be necessary.
- Let's do it!! Scrape your protein ice cream into a bowl and enjoy! Very high volume and oddly filling. You almost have to try this yourself to appreciate what happens when you blend this up. Feel free to use any combination of protein powder flavor or berries to get the desired taste! Enjoy!!

# ANABOLIC BROWNIE BITES

## INGREDIENTS:

## MACROS:

|                        |      |                |     |
|------------------------|------|----------------|-----|
| Canned Pumpkin         | 244g | Calories:      | 497 |
| Whey Protein Powder    | 60g  | Fat:           | 5g  |
| Sugar Free Choc. Syrup | 50g  | Protein:       | 54g |
| Vitafiber Sweetener    | 15g  | Carbohydrates: | 59g |
| Unsweetened Cocoa      | 20g  | Fiber:         | 29g |

## DIRECTIONS:

- Mix every one of your ingredients together in a large mixing bowl or blender until thoroughly combined.
- Spray a mini-muffin baking pan with non-stick spray and fill each muffin mold 2/3 of the way up with your batter.
- Pre-heat your oven to 350 degrees & bake your brownie bites for 15-18 minutes.
- Pull out when finished and let cool for around 5 minutes before enjoying! Feel free to add some sugar free chocolate syrup on top of these to make them even more gooey and delicious!

# VANILLA PROTEIN PUDDING

## INGREDIENTS:

## MACROS:

|                         |        |                |     |
|-------------------------|--------|----------------|-----|
| Vanilla Whey Protein    | 32g    | Calories:      | 230 |
| Frozen Strawberries     | 112g   | Fat:           | 2g  |
| Xanthan Gum             | 5g     | Protein:       | 33g |
| Non-Fat Greek Yogurt    | 85g    | Carbohydrates: | 20g |
| Vanilla Extract         | 5g     | Fiber:         | 6g  |
| Unsweetened Almond Milk | .3 Cup |                |     |

## DIRECTIONS:

- So much volume here that you'll be supremely full afterwards. Perfect late night snack OR eat this before you go to dinner to avoid binging.
- Start by taking a blender and tossing in your protein, frozen berries, xanthan gum, greek yogurt, vanilla extract, & vanilla almond milk. Throw in around a cup of crushed ice as well.
- Blend this up for a few minutes until it expands in your blender and triples or quadruples in size. The xanthan gum will make it really puff up so be prepared!
- You may need to add a little more ice or liquid to it but this probably won't be necessary. Toss in some extra ice if needed!
- Let's do it!! Scrape your protein pudding into a bowl OR eat straight from the blender! Very high volume and oddly filling. You almost have to try this yourself to appreciate what happens when you blend this up. Feel free to use any combination of protein powder flavor or berries to get the desired taste! Enjoy!!

# CHOCOLATE PROTEIN PUDDING

## INGREDIENTS:

## MACROS:

|                         |        |                |     |
|-------------------------|--------|----------------|-----|
| Chocolate Whey Protein  | 32g    | Calories:      | 287 |
| Frozen Strawberries     | 112g   | Fat:           | 7g  |
| Xanthan Gum             | 5g     | Protein:       | 26g |
| Sugar Free Choc. Chips  | 15g    | Carbohydrates: | 30g |
| Sugar Free Choc. Syrup  | 31g    | Fiber:         | 11g |
| Unsweetened Almond Milk | .3 Cup |                |     |

## DIRECTIONS:

- So much volume here that you'll be supremely full afterwards. Perfect late night snack OR eat this before you go to dinner to avoid binging.
- Start by taking a blender and tossing in your protein, frozen berries, xanthan gum, sugar free syrup, chocolate chips, & vanilla almond milk. Throw in around a cup of crushed ice as well.
- Blend this up for a few minutes until it expands in your blender and triples or quadruples in size. The xanthan gum will make it really puff up so be prepared!
- You may need to add a little more ice or liquid to it but this probably won't be necessary. Toss in some extra ice if needed!
- Let's do it!! Scrape your protein pudding into a bowl OR eat straight from the blender! Very high volume and oddly filling. You almost have to try this yourself to appreciate what happens when you blend this up. Feel free to use any combination of protein powder flavor or berries to get the desired taste! Enjoy!!

# COOKIE DOUGH PROTEIN BARS

## INGREDIENTS:

## MACROS:

|                        |        |                |      |
|------------------------|--------|----------------|------|
| Sunflower Butter       | 128g   | Calories:      | 2165 |
| Liquid Egg Whites      | 184g   | Fat:           | 85g  |
| Vitafiber Sweetener    | 30g    | Protein:       | 202g |
| Vanilla Extract        | 1 Tsp  | Carbohydrates: | 148g |
| Protein Powder         | 186g   | Fiber:         | 53g  |
| Oat Flour              | 80g    |                |      |
| Salt                   | .5 Tsp |                |      |
| Sugar Free Choc. Chips | 30g    |                |      |

## DIRECTIONS:

- These are a guilty pleasure! Seriously, one of my greatest inventions. Split the recipe into as many bars as you'd like! I prefer 8 myself for the perfect macros.
  - Start by grabbing a large mixing bowl or food processor bowl/blender and add in your sunflower butter.
  - Go ahead and add in your egg whites, vitafiber (can use truvia or splenda as alternative), vanilla extract, protein powder, salt, & sugar free chocolate chips.
  - When it comes to Oat Flour you can either buy it at your grocery OR take old fashioned oat meal and blend it up into a fine powder. I prefer the latter myself. Once your oats are blended go ahead and add those in as well.
  - Now that everything is in our mixing bowl it's time to get it blended up. We want to blend these up to the best of our ability so I recommend a hand mixer, stand mixer, or blender as opposed to doing this by hand although as a last resort you can do this. Blend everything until it's thoroughly combined.
  - Now that we have our thick protein batter we want to lay a piece of parchment paper down in a small square baking dish and place all of our batter in there. Use a spatula or whatever you have available to flatten it out evenly all over. Doesn't have to be perfect but it'll look prettier at the end if you do!
  - Place your tray in the fridge once it's flattened out and let it sit for a minimum of 3 hours (overnight works best) to let the batter firm up.
  - Now just remove the bars from the fridge after they have chilled for a bit and cut into squares! I recommend wrapping each bar in parchment paper and placing in the freezer because the texture is perfect and they'll last forever!
- Enjoy these tasty high protein bars!

# ANABOLIC PUPPY CHOW

## INGREDIENTS:

## MACROS:

|                        |     |                |     |
|------------------------|-----|----------------|-----|
| Natural Peanut Butter  | 32g | Calories:      | 550 |
| Rice Chex Cereal       | 60g | Fat:           | 23g |
| PBFit/PB2 Powder       | 16g | Protein:       | 27g |
| Protein Powder         | 30g | Carbohydrates: | 68g |
| Zero Calorie Sweetener | 10g | Fiber:         | 4g  |
| Sugar Free Choc. Chips | 15g |                |     |

## DIRECTIONS:

- Start by grabbing a microwave safe bowl and adding in your peanut butter and chocolate chips.
- We want to melt this down into a liquid consistency so start with 30 seconds in the microwave and once it's done pull it out and stir it up. If it's not fully melted give it another 15-30 seconds until you can fully stir both ingredients together.
- Once your peanut butter and chocolate are melted and mixed together you can now add in your rice chex cereal. Start with half of your rice chex and mix them up with your peanut butter chocolate trying to fully coat each piece of cereal. Once the first half is done throw in the second half and do the same thing.
- In a separate bowl we want to mix up our protein powder, zero calorie sweetener, & PBFit/PB2 powder and stir it all together.
- Now what we want to do is take our chex mix that is coated in peanut butter chocolate and toss it in our powder until each piece has a nice powder coat on top. If done correctly you shouldn't even see the peanut butter chocolate underneath. Repeat this step until every piece of our cereal is covered!
- And BOOM! We now have a delicious snack that is high in protein & is perfectly delicious. You really can't go wrong with these & I guarantee if you made them for someone and didn't tell them that they were healthy no one would be any the wiser!

# PROTEIN PEANUT BUTTER CUPS

## INGREDIENTS:

## MACROS:

|                         |        |
|-------------------------|--------|
| Natural Peanut Butter   | 80g    |
| Unsweetened Almond Milk | 2 Tbsp |
| Coconut Oil             | 5g     |
| Protein Powder          | 120g   |
| Zero Calorie Sweetener  | 10g    |
| Sugar Free Choc. Chips  | 60g    |

|                |      |
|----------------|------|
| Calories:      | 1605 |
| Fat:           | 69g  |
| Protein:       | 174g |
| Carbohydrates: | 72g  |
| Fiber:         | 8g   |

## DIRECTIONS:

- Another super simple recipe! It seems complicated by the sound of it but trust me it's not!
- Start by grabbing a large mixing bowl & placing your peanut butter, almond milk, protein powder, and sweetener all in.
- Now that everything is in our mixing bowl it's time to get it blended up. We want to blend these up to the best of our ability so I recommend a hand mixer, stand mixer, or blender as opposed to doing this by hand although as a last resort you can do this. Blend everything until it's thoroughly combined.
- Once our batter is fully formed we want to place it inside of our protein cup molds. What works best for this is using either muffin/cupcake containers but this isn't necessary unless you want a similar shape to traditional peanut butter cups. Place 6 of these in the slots on a muffin baking sheet and fill each one evenly with our peanut butter mixture. Once this is done you can set off to the side.
- Now we need to create our chocolate top! In a microwave safe bowl we'll add in our coconut oil & our chocolate chips. What we want to do here is melt our chocolate down into a liquid so we'll toss our bowl in the microwave for 30 seconds. Pull it out and check on it and if it needs more time throw it back in for another 30 seconds. Once your chocolate and coconut oil have melted give it a nice stir until it's mixed up.
- Now all we do is take our liquid chocolate and evenly disperse it on top of our peanut butter cups. After each cup has been filled you can either place in the fridge for a few hours or in the freezer for 30 minutes before digging in! Another guilty pleasure food that will be a hit with the whole family!

# **ANABOLIC SNICKERDOODLE COOKIES**

## **INGREDIENTS:**

## **MACROS:**

|                        |        |                |     |
|------------------------|--------|----------------|-----|
| Protein Powder         | 60g    | Calories:      | 752 |
| Zero Calorie Sweetener | 20g    | Fat:           | 24g |
| Coconut Flour          | 52g    | Protein:       | 56g |
| Baking Powder          | 1 Tsp  | Carbohydrates: | 78g |
| Sugar Free Syrup       | 40g    | Fiber:         | 16g |
| Cream Of Tartar        | .5 Tsp |                |     |
| Large Egg              | 1      |                |     |
| Cinnamon               | 3g     |                |     |
| Coconut Oil            | 14g    |                |     |
| Vanilla Extract        | 1 Tsp  |                |     |
| Xantham Gum            | 5g     |                |     |

## **DIRECTIONS:**

- In a large mixing bowl go ahead and throw all of your ingredients in one by one making sure we're weighing everything out to ensure we get the right consistency batter for these cookies.
- Now that everything is in our mixing bowl it's time to get it blended up. We want to blend these up to the best of our ability so I recommend a hand mixer, stand mixer, or blender as opposed to doing this by hand although as a last resort you can do this. Blend everything until it's thoroughly combined.
- You may need a little more liquid at this point if your batter isn't quite wet enough and still has some dry spots so if needed add a little more water or sugar free syrup to your mixture.
- Now we want to grab a baking sheet and hit it with some non stick spray. We will form our cookies up into dough balls and place them on our sheet making sure we have at least a couple inches between each cookie. Bake these at 325 degrees for 10-12 minutes. Cook time can vary depending on how many cookies you are making.
- Once your cookies are done we have one final step! In a mixing bowl go ahead and throw in cinnamon and zero calorie sweetener and mix it up. This will be the powder coating on the outside of each cookie. Take each cookie and toss it in the cinnamon sugar mix until it has a nice sparkly coating!
- Boom!! You now have a batch of snickerdoodle cookies that will not only taste amazing but satisfy that sweets craving without going overboard on the sugar!  
Enjoy!!

# ANABOLIC RICE KRISPIES

## INGREDIENTS:

## MACROS:

|                       |      |                |      |
|-----------------------|------|----------------|------|
| Crispy Rice Cereal    | 100g | Calories:      | 1643 |
| Sugar Free Syrup      | 140g | Fat:           | 75g  |
| Natural Peanut Butter | 140g | Protein:       | 88g  |
| Protein Powder        | 60g  | Carbohydrates: | 154g |
|                       |      | Fiber:         | 11g  |

## DIRECTIONS:

- Start this one off by grabbing a large mixing bowl and throwing all of your ingredients in it. Make sure we're weighing everything out that way we have the right consistency to form these up!
- Once everything is thoroughly mixed you'll want to grab a small baking dish & evenly spread our rice krispy mixture throughout the whole pan. The more level this is the more accurate the calories will be for each bar.
- Now we want to place our baking dish in the fridge for a minimum of 4 hours. For the best results I recommend doing this overnight to really make sure all the ingredients bind together.
- After these have spent some time in the fridge we can now cut them into squares and serve immediately!  
My preferred method is to wrap each one in parchment paper and throw it in the freezer. They last forever this way and I think when they're frozen they have a much better flavor!

# PROTEIN CINNAMON ROLLS

## INGREDIENTS:

## MACROS:

|                       |      |                |      |
|-----------------------|------|----------------|------|
| Kodiak Pancake Mix    | 212g | Calories:      | 1188 |
| Nonfat Greek Yogurt   | 187g | Fat:           | 20g  |
| Light Butter          | 28g  | Protein:       | 84g  |
| Cinnamon              | 1-3g | Carbohydrates: | 168g |
| Sugar Free Sweetener  | 28g  | Fiber:         | 20g  |
| Fat Free Cream Cheese | 112g |                |      |

## DIRECTIONS:

- Grab a large mixing bowl & mix together your pancake mix & greek yogurt until you create a dough ball.
- Using a cutting board or another flat surface you will now roll out your dough ball using a rolling pin. Make sure you spray both your pin & surface with non-stick spray to avoid sticking. The goal is to roll it out into one big rectangle.
- Place your butter in a small microwave safe bowl and microwave until it's melted. This may only take 10 seconds or so just be careful you don't overcook it! Once it's melted go ahead and add your cinnamon to it and mix until thoroughly combined.
- Now, using a small brush or spoon you will apply this filling mixture to the top of our rolled out dough. Evenly distribute throughout.
- Once our dough has been coated we will cut it into 8 long strips making sure to keep them all around the same size.
- Once our strips are made we will slowly roll them up into rolls. Similar to a fruit roll up! They may not look perfect but I promise when they're done no one is gonna care!
- Place each of your cinnamon rolls on a baking sheet making sure they're evenly spaced apart. Spray non-stick spray before placing them on the tray to ensure they don't stick.
- Preheat your oven to 350 degrees & bake for 12 minutes.
- While waiting on these to finish cooking we can create our icing. In a mixing bowl combine our sugar free sweetener & fat free cream cheese. Mix these together until it creates a smooth whipped icing.
- Once you pull the cinnamon rolls out of the oven you will coat them evenly with icing & enjoy!
- \*NOTES\* The calories above are for the entire recipe. If you want to calculate per cinnamon roll just take the above values and divide by 8!

# ANABOLIC VANILLA PUDDING

## INGREDIENTS:

## MACROS:

|                         |          |                |     |
|-------------------------|----------|----------------|-----|
| Vanilla Whey Protein    | 32g      | Calories:      | 481 |
| White Bread             | 4 Slices | Fat:           | 5g  |
| Xanthan Gum             | 5g       | Protein:       | 49g |
| Non-Fat Greek Yogurt    | 170g     | Carbohydrates: | 60g |
| Vanilla Extract         | 5g       | Fiber:         | 7g  |
| Unsweetened Almond Milk | .3 Cup   |                |     |

## DIRECTIONS:

- Vanilla protein pudding with even more protein, carbs, & muscle building potential!
- Start by taking a blender and tossing in your protein, white bread, xanthan gum, greek yogurt, vanilla extract, & vanilla almond milk. Throw in around a cup of crushed ice as well.
- Blend this up for a few minutes until it expands in your blender and triples or quadruples in size. The xanthan gum will make it really puff up so be prepared!
- You may need to add a little more ice or liquid to it but this probably won't be necessary. Toss in some extra ice if needed!
- And here we go!! Rich vanilla flavor with enough volume to bring Dwayne Johnson to his knees. Trust me, you're gonna love this one!!

# **ANABOLIC CHOCOLATE PUDDING**

## **INGREDIENTS:**

## **MACROS:**

|                        |          |                |     |
|------------------------|----------|----------------|-----|
| Chocolate Whey Protein | 32g      | Calories:      | 545 |
| Liquid Egg Whites      | 138g     | Fat:           | 9g  |
| Xanthan Gum            | 5g       | Protein:       | 49g |
| Sugar Free Choc. Chips | 15g      | Carbohydrates: | 67g |
| Sugar Free Choc. Syrup | 31g      | Fiber:         | 8g  |
| White Bread            | 4 Slices |                |     |

## **DIRECTIONS:**

- Chocolate Pudding on Steroids! Are you trying to build muscle & eat something delicious at the same time? Look no further than this!
- Start by taking a blender and tossing in your protein, egg whites, xanthan gum, sugar free syrup, chocolate chips, & your bread. Throw in around a cup of crushed ice as well.
- Blend this up for a few minutes until it expands in your blender and triples or quadruples in size. The xanthan gum will make it really puff up so be prepared!
- You may need to add a little more ice or liquid to it but this probably won't be necessary. Toss in some extra ice if needed!
- And BOOM! Simple & easy. This is my favorite tasting protein pudding that I make. It's higher calorie BUT has 49g of protein and will leave you feeling absolutely stuffed afterwards. You will love this one!

# COOKIE DOUGH PROTEIN BALLS

## INGREDIENTS:

## MACROS:

|                         |        |                |      |
|-------------------------|--------|----------------|------|
| Sunflower Butter        | 128g   | Calories:      | 1440 |
| Sugar Free Maple Syrup  | 40g    | Fat:           | 96g  |
| Unsweetened Almond Milk | 1 Tbsp | Protein:       | 60g  |
| Cinnamon                | 3g     | Carbohydrates: | 84g  |
| Protein Powder          | 32g    | Fiber:         | 24g  |
| Almond Flour            | 44g    |                |      |
| Salt                    | .5 Tsp |                |      |
| Sugar Free Choc. Chips  | 30g    |                |      |

## DIRECTIONS:

- This recipe is super simple! Anyone can whip this together in no time and end up with delicious bite sized cookie dough balls! A perfect treat you can bring to the next holiday get together!
- Start by grabbing a large mixing bowl & placing every one of your ingredients in it. Weighing everything here is crucial to ensure we have the desired consistency once we mix everything together. Too much liquid and they'll be runny!
- Now that everything is in our mixing bowl it's time to get it blended up. We want to blend these up to the best of our ability so I recommend a hand mixer, stand mixer, or blender as opposed to doing this by hand although as a last resort you can do this. Blend everything until it's thoroughly combined.
- Once your batter is fully blended now is the time to roll these up into tiny little balls. The amount of balls you make will determine the calories in each one. However many you end up with just divide the macros above by that number. Sit these on a tray lined with parchment paper as you complete them.
- Once you have all your balls rolled up and formed go ahead and place your tray in the fridge and let it sit for a minimum of 4 hours (overnight works best).
- Now just remove the balls from the fridge after they have chilled for a bit and you're good to go! Throw them in a tupperware container or freeze them to eat later! These are a guilty pleasure of mine so I warn you ahead of time: be careful because next thing you know you'll have eaten the whole recipe!

# KETO CHOCOLATE CHIP COOKIES

## INGREDIENTS: MACROS:

|                        |         |                |     |
|------------------------|---------|----------------|-----|
| Coconut Oil            | 28g     | Calories:      | 948 |
| Large Egg              | 1       | Fat:           | 84g |
| Almond Flour           | 84g     | Protein:       | 24g |
| Baking Powder          | .25 Tsp | Carbohydrates: | 24g |
| Vanilla Extract        | 1 Tsp   | Fiber:         | 24g |
| Stevia                 | 28g     |                |     |
| Baking Soda            | .5 Tsp  |                |     |
| Sugar Free Choc. Chips | 30g     |                |     |

## DIRECTIONS:

- In a large mixing bowl add your almond flour, stevia, baking soda, baking powder, & salt. Go ahead and mix all of these together until thoroughly combined.
- In a separate bowl crack your egg and beat it until the yolk and egg white are blended together. Once this is done add your egg in with the dry ingredients.
- Next we want to take our coconut oil and put it in the microwave for 10-15 seconds until it's melted. Once it's melted thoroughly we'll add it in with our dry ingredients.
- Finally we will add our chocolate chips and vanilla extract into our mixing bowl along with everything else.
- Now that everything is in our mixing bowl it's time to get it blended up. We want to blend these up to the best of our ability so I recommend a hand mixer, stand mixer, or blender as opposed to doing this by hand although as a last resort you can do this. Blend everything until it's thoroughly combined.
- At this point we should have a batter that greatly resembles cookie dough. What we now want to do is pull out a large baking sheet and line it with a piece of parchment paper. Hit it with a quick spray of non-stick spray before placing any of your cookies on top of it. Create little dough balls and place them on your baking sheet with enough space between them so they won't expand and hit each other during cooking.
- Now we want to bake these at 325 degrees for 15-18 minutes. Cook time can vary depending on how many cookies you are making.
- Boom!! You now have a batch of chocolate chip cookies that won't break the carbohydrate bank! Almost a net zero carb cookie that you won't feel guilty about eating! Enjoy!!

# **ANABOLIC BIRTHDAY CAKE BITES**

## **INGREDIENTS:**

## **MACROS:**

|                         |      |                |     |
|-------------------------|------|----------------|-----|
| Coconut Flour           | 14g  | Calories:      | 335 |
| Egg Whites              | 184g | Fat:           | 3g  |
| Unsweetened Apple Sauce | 112g | Protein:       | 47g |
| Baking Soda             | 3g   | Carbohydrates: | 30g |
| Rainbow Sprinkles       | 10g  | Fiber:         | 9g  |
| Protein Powder          | 32g  |                |     |
| Zero Calorie Sweetener  | 5g   |                |     |

## **DIRECTIONS:**

- This is a great snack recipe & is STUPID SIMPLE!! Ready in around 15 minutes & they're perfect if you eat them fresh, out of the fridge, or out of a meal prep container later on in the day! You're gonna love this one!
- First step is to mix every single one of your ingredients in a large mixing bowl. Make sure you mix this up to the best of your ability that way all the sweetness is spread into every single bite!
- Now that you have a liquid batter you want to take a mini-muffin tin & spray it down with non-stick spray that way it's easy to remove your bites once they're finished.
- Using a spoon you will evenly fill each of your molds with the batter we just created. I typically use a 24 muffin tray myself so you may have batter leftover if you use a smaller one!
- Once each mold is filled all we do is throw this in the oven at 350 Degrees for around 10-12 minutes!!
- Once you pull these out of the oven let them cool for a few minutes and you're good to go! These things are perfect to snack on or to prep in advance and use as a meal since they keep so well in tupperware and don't require re-heating! Close your eyes while you eat these and pretend you're blowing out your birthday candles!  
Makes them taste better I swear!

# **ANABOLIC CHOCOLATE CHIP COOKIES**

## **INGREDIENTS:**

## **MACROS:**

|                        |      |                |      |
|------------------------|------|----------------|------|
| Coconut Flour          | 28g  | Calories:      | 892  |
| Egg Whites             | 92g  | Fat:           | 20g  |
| White Flour            | 30g  | Protein:       | 101g |
| Baking Soda            | 6g   | Carbohydrates: | 77g  |
| Protein Powder         | 62g  | Fiber:         | 29g  |
| PBFit/PB2 Powder       | 32g  |                |      |
| Zero Calorie Sweetener | 10g  |                |      |
| Sugar Free Syrup       | 40g  |                |      |
| Fat Free Greek Yogurt  | 170g |                |      |
| Vanilla Extract        | 10g  |                |      |
| Sugar Free Choc. Chips | 30g  |                |      |

## **DIRECTIONS:**

- My FAVORITE Chocolate Chip Cookie Recipe! Make the whole batch and divide the calories by the amount of cookies you make. 9 cookies = 100 Calories a cookie! 18 Cookies = 50!
- First step is to mix every single one of your ingredients in a large mixing bowl. Make sure you mix this up to the best of your ability that way all the sweetness is spread into every single bite!
- Once your batter has been mixed thoroughly throw it in the fridge for 15 minutes to firm up a little more before we form into our dough.
- Grab a large baking sheet & spray with non-stick cooking spray.
- Using an ice cream scoop, large spoon, or your hands go ahead and form the dough into as many cookies as you'd like! The more cookies present the more cookies you'll "feel" like you're eating. Make sure all cookies are at least 2-3 inches apart from each other.
- Place in the oven at 350 Degrees for between 6-8 minutes. The KEY to making these perfect is to pull out at 6 and test the firmness. If a fork goes straight in then give it another 60 seconds. You want these out of there as soon as they firm up for the best results!!
- Voila! Perfect Anabolic Cookies. Freeze, Fridge, or Eat Right Away! There's no wrong way when it comes to these bad boys!

# ANABOLIC BROWNIE SUNDAE

## INGREDIENTS:

## MACROS:

|                        |      |                |     |
|------------------------|------|----------------|-----|
| Canned Pumpkin         | 183g | Calories:      | 560 |
| Coconut Flour          | 14g  | Fat:           | 8g  |
| Chocolate Whey Protein | 62g  | Protein:       | 60g |
| Unsweet. Cocoa Powder  | 10g  | Carbohydrates: | 62g |
| Sugar Free Choc. Syrup | 40g  | Fiber:         | 22g |
| Baking Soda            | 3g   |                |     |
| Zero Calorie Sweetener | 5g   |                |     |
| Halo Top Ice Cream     | 85g  |                |     |

## DIRECTIONS:

- The HOLY GRAIL of dessert recipes! Not only will this satisfy any sweet tooth but you'll be completely stuffed afterwards. Perfect to prep out for days in advance or tupperware up and freeze to eat later!
- What you want to do is add every single one of your ingredients to a large mixing bowl. The only ingredient we don't add is the Halo Top Vanilla Ice Cream since we throw that on top at the end!
- Once all of the ingredients are in your mixing bowl go ahead and whisk this for 2-3 minutes until it's the same consistency throughout.
- Now we'll take a square shaped baking tray and spray it with some non-stick cooking spray. Feel free to lay foil or parchment paper down for less clean up.
- Spoon your batter into your pan & spread evenly from corner to corner with a spoon. The thinner your layer the quicker it'll cook. The thicker it is the more gooey it'll be on the inside.
- Now we want to throw this in the oven at 350 Degrees anywhere from 10-13 minutes. For me I like to go closer to 10 because it's got a much better texture BUT if you want it to be more like cake then cook it the full 13 minutes.
- Once it's done pull it out and top with your Halo Top Ice Cream! I use Vanilla personally because it has the best macros but you can mix & match with whatever flavor you'd like! You are going to adore this thing, I promise you that!!



# \*DISCLAIMER\*

Although weight loss & building muscle are not inherently complicated processes understand that even if you follow the recipes included in this book you may not see results. All macro calculations and calories are estimations & anytime you swap out for different brands you run the risk of affecting the nutritional composition of any included recipe. I recommend if you are unable to find the exact ingredients I use to go ahead and track with MyFitnessPal and make sure any tweaks you make still fit within your daily calorie budget!

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