

# THE **BODY** TRANSFORMATION BLUEPRINT COOKBOOK

220 MACRO-FRIENDLY RECIPES & SMOOTHIES



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# INTRODUCTION



Think an effective muscle building and fat burning diet automatically has to be bland, boring and tedious to follow? Think again.

With just a bit of research and proper planning, it's perfectly possible to achieve the lean, strong and muscular physique you're after while enjoying great tasting, satisfying meals at the same time.

This detailed cookbook contains 220 delicious, macro-friendly recipes and smoothies that can be easily incorporated into your eating plan to support your bulking or cutting goals.

**(The version you're currently reading is a free sample containing 20 recipes. You can upgrade to the full version with all 220 recipes/smoothies by purchasing the complete [Body Transformation Blueprint](#).)**

Each recipe provides the full ingredient list in both imperial and metric measurements, calorie/macronutrient breakdown, and simple step-by-step instructions for preparing a wide variety of meals in the following categories:

- Breakfast
- Poultry
- Beef & Pork
- Fish & Seafood
- Snacks & Bars
- Desserts
- Vegan



- Smoothies

The recipes range from lower to higher calories and simpler to more complex ingredients and preparation, so there are plenty of options to choose from regardless of your individual goals, cooking experience and taste preferences.

Here are a few quick points to consider before getting started...

- The calories/macros for certain packaged food items will vary depending on which specific brand you're using, so if you're wanting to be as accurate as possible with your dietary tracking, make sure to check the labels on your foods and re-calculate the nutritional totals for the recipes to ensure that they're accurate.
- The overall calorie content of the recipes can be optionally reduced by selecting leaner/lower calorie variations of certain items (meats, dairy products, sauces, sweeteners etc.), replacing cooking oils with cooking sprays, or by decreasing the overall portion sizes. If you'd prefer to increase the calorie content instead, you can do the opposite of these steps.
- A complete section of vegan recipes has been included for those following a plant-based diet, and most of the other recipes that do include animal products can be modified using vegan substitutes as well.
- Any liquid base can be used for the smoothie recipes depending on your taste preference and calorie needs, whether it be regular milk, almond milk (or a another non-dairy substitute), or water.

Enjoy

# LEAN BREAKFAST BURRITO



## INGREDIENTS

- 1 9" (23cm) whole wheat tortilla
- 1 whole egg
- 1/2 cup (120ml) egg whites
- 1 large lettuce leaf
- 2 tbsp (35g) fat-free refried beans
- 1 tbsp (15g) low fat cheddar cheese, shredded
- 1/4 cup (60g) salsa

## INSTRUCTIONS

Lightly coat a medium non-stick skillet with cooking spray and place over medium heat. Place tortilla in the skillet and warm for 30 seconds, flip and warm the other side for 30 seconds. Place warmed tortilla on a small plate. Whisk egg and egg whites together, and pour into skillet and cook, stirring occasionally until set. While eggs are cooking, place lettuce leaf on the tortilla and spread the refried beans over it. Top beans with the cooked eggs, and salsa.

## NUTRITION FACTS PER SERVING

**Calories:** 363

**Protein:** 30g

**Carbs:** 36g

**Fat:** 11g

*Makes 1 Serving*

# MANGO-PINEAPPLE YOGURT BOWL



## INGREDIENTS

- 1 cup (225g) plain fat-free Greek yogurt
- 1 tbsp (7g) unsweetened coconut flakes
- 1/4 cup (45g) pineapple, diced
- 1/4 cup (45g) mango, diced
- 2 tbsp (14g) toasted walnut pieces

## INSTRUCTIONS

In a non-stick pan, toast coconut flakes over medium-high heat until golden brown. Remove and set aside. Assemble bowl by layering yogurt, pineapple chunks and mango chunks. Sprinkle with toasted coconut flakes and walnut pieces.

## NUTRITION FACTS PER SERVING

**Calories:** 326

**Protein:** 26g

**Carbs:** 24g

**Fat:** 14g

*Makes 1 Serving*

# ALMOND & MAPLE PROTEIN OATMEAL



## INGREDIENTS

- 1/4 cup (30g) oats
- 1 scoop (30g) vanilla protein powder
- 1/2 cup (125ml) unsweetened almond or coconut milk
- 1/4 cup (30g) ground almonds
- 1/4 cup (40g) chopped dates
- 1 tsp maple extract (optional)

## INSTRUCTIONS

In a non-stick pot, bring milk, oats, and ground almonds to a boil. Simmer for 3-5 minutes until a thick porridge-like consistency is reached. Remove oatmeal from the heat and mix in protein powder until fully combined. Let it cool briefly, top with chopped dates and maple extract.

## NUTRITION FACTS PER SERVING

**Calories:** 598

**Protein:** 38g

**Carbs:** 62g

**Fat:** 22g

*Makes 1 Serving*

# COCONUT CINNAMON PANCAKE



## INGREDIENTS

### Pancakes:

- 4 egg whites (120ml)
- 2 tbsp (17g) coconut flour
- 1 tsp cinnamon
- 1 tsp vanilla extract

### Toppings:

- 1/2 large banana, chopped (70g)
- 1/8 cup (15g) raw walnuts
- Dash cinnamon
- 1 tsp (7g) honey

## INSTRUCTIONS

Preheat skillet on a medium/high heat. Pour all ingredients into a bowl and mix together until well combined. Cook as you would any other pancake, then top with banana, walnuts, cinnamon and honey.

## NUTRITION FACTS PER SERVING

**Calories:** 345

**Protein:** 20g



**Carbs:** 37g

**Fat:** 13g

*Makes 1 Serving*

# HONEY GLAZED BAKED GARLIC CHICKEN



## INGREDIENTS

- 2 5oz chicken breasts (140g each)
- 1 tbsp (20g) honey
- 1 tbsp balsamic vinegar
- 1 chopped shallot
- 2 minced garlic cloves
- 1/2 tsp dried basil
- 1/4 tsp pepper

## INSTRUCTIONS

Preheat oven to 375F/190C. Place chicken in a foil-lined baking pan. Add all ingredients to a measuring cup, mix until well combined and pour onto chicken. Bake for 20-25 minutes or until a thermometer reads 165F/74C at the thickest part of the chicken.

## NUTRITION FACTS PER SERVING

**Calories:** 282

**Protein:** 44g

**Carbs:** 13g

**Fat:** 6g

*Makes 2 Servings*

# CHICKEN & MUSHROOM PIZZA



## INGREDIENTS

- 6oz (170g) cooked chicken breast, cubed or shredded
- 1 12" (30cm) whole wheat thin pizza crust
- 1/8 cup (35g) spaghetti sauce
- 1/4 cup (30g) low fat mozzarella cheese, shredded
- 3 mushrooms (45g), sliced
- 1/4 cup onion (40g), chopped

## INSTRUCTIONS

Preheat oven to 425F/220C. Place pizza crust on a cookie sheet or other ovenproof pan and top with spaghetti sauce, chicken, mushrooms, onions and cheese. Bake for 8-10 minutes or until heated through.

## NUTRITION FACTS PER SERVING

**Calories:** 663

**Protein:** 44g

**Carbs:** 88g

**Fat:** 15g

*Makes 2 Servings*

# CHICKEN STRIPS w/ SWEET MUSTARD DIP



## INGREDIENTS

### Chicken Strips:

- 20oz (560g) chicken breast, sliced into strips
- 1½ cups (42g) crisp rice cereal
- ¼ cup (40g) dried minced onion
- 1 tsp salt
- ½ tsp ground red pepper
- 2 egg whites (60ml)

### Mustard Dip Ingredients:

- 1 tbsp (15g) plain fat-free Greek yogurt
- 1 tbsp (15g) Dijon mustard
- 1 packet stevia, Splenda or other 0 calorie sweetener of choice

## INSTRUCTIONS

Preheat oven to 350F/175C. Place cereal in a bag and use a rolling pin to crush into small pieces (be careful not to turn it into a powder). Place crushed cereal in a large bowl and add onion, salt, and pepper, mixing until well combined. In a separate bowl, whisk egg whites along with 1 tablespoon of water. Pat chicken dry with a paper towel and dip each piece into egg whites, allowing the excess to run off. Place chicken into cereal mixture and press down to help it stick, coating thoroughly. Spray a baking sheet with cooking spray and place chicken onto it, baking for 8-10 minutes. As chicken bakes, mix together yogurt, mustard and sweetener to make dipping sauce.

## NUTRITION FACTS PER SERVING

**Calories:** 319

**Protein:** 46g

**Carbs:** 18g

**Fat:** 7g

*Makes 4 Servings*



# STEAK FAJITAS



## INGREDIENTS

- 3.5oz (100g) lean steak, sliced
- 2 tsp fajita seasoning
- 1/3 medium red onion (35g), sliced
- 1/3 red or green pepper (55g), sliced
- 2 tbsp (20g) low fat cheddar cheese, shredded
- 2 tbsp (40g) salsa
- 1 whole wheat tortilla

## INSTRUCTIONS

Sprinkle 1 teaspoon of fajita seasoning onto steak slices. Coat a skillet with cooking spray and set to medium-high heat, then add the steak. Add bell pepper and onion to other half of skillet and sprinkle with the other teaspoon of seasoning. Cook until beef has reached a desired level of doneness and veggies have softened. Place beef and vegetables into tortilla and top with salsa and cheese.

## NUTRITION FACTS PER SERVING

**Calories:** 399

**Protein:** 41g

**Carbs:** 34g

**Fat:** 11g

*Makes 1 Serving*

# BEEF & VEGGIE STIR-FRY



## INGREDIENTS

- 16oz (450g) extra lean ground beef
- 3 cups (600g) cooked brown rice
- 1 cup (160g) onion, chopped
- 5 cups (455g) frozen stir-fry vegetables
- 4 tbsp low sodium soy sauce
- 1 tsp pepper
- 1 tsp garlic powder

## INSTRUCTIONS

Prepare rice according to package instructions and set aside. Spray a stovetop pan with cooking spray and set over medium-high heat. Cook ground beef for 5-8 minutes until mostly browned. Add onions, stir-fry vegetables, soy sauce, pepper and garlic powder. Cook until vegetables are no longer frozen. Place stir-fry on top of rice and serve.

## NUTRITION FACTS PER SERVING

**Calories:** 574

**Protein:** 41g

**Carbs:** 62g

**Fat:** 18g

*Makes 4 Servings*

# TACO SALAD



## INGREDIENTS

- 16oz (455g) extra lean ground beef
- 1 packet low sodium taco seasoning
- 1/2 cup (115g) plain fat-free Greek yogurt
- 1/2 cup (120g) salsa
- 2 10" whole wheat tortillas
- 1 medium onion (110g), diced
- 1 cup (240ml) water
- 1 head (470g) lettuce, shredded
- 2 tomatoes (250g), sliced
- 1 cup (120g) low fat cheddar cheese, shredded

## INSTRUCTIONS

Cook ground beef and onions in a skillet over medium-high heat until meat is browned. Stir in seasoning mix with water and bring to a boil. Cover and simmer over medium heat for 3 minutes. Combine yogurt and salsa together in a bowl and set aside. Bake tortillas for 3-5 minutes or until golden brown. In a large bowl, combine lettuce and tomatoes. Top lettuce with meat, then layer salad with cheese and small pieces of baked tortillas. Top with yogurt/salsa mixture.

## NUTRITION FACTS PER SERVING

**Calories:** 555

**Protein:** 62g

**Carbs:** 34g

**Fat:** 19g

*Makes 3 Servings*

# CRISPY TILAPIA FISH STICKS



## INGREDIENTS

- 3 4oz tilapia fillets (110g each)
- 2 whole eggs, beaten
- 1½ cups (90g) panko bread crumbs
- 1/4 cup (40g) shredded parmesan cheese
- 1 tbsp paprika
- 1/2 tsp salt
- 1/2 tsp pepper
- 1/2 tsp garlic powder

## INSTRUCTIONS

Preheat oven to 450F/230C. Cut tilapia to desired size. In one bowl, whisk eggs lightly, and in another add all dry ingredients. Place fish sticks into egg mixture first, allowing excess to drip off, and place into breadcrumb mixture. Press down firmly to coat evenly. Place each fish stick on a metal rack over a baking sheet. Bake for 10 minutes and flip, then bake for another 8 minutes.

## NUTRITION FACTS PER SERVING

**Calories:** 334

**Protein:** 39g

**Carbs:** 22g

**Fat:** 10g



*Makes 3 Servings*

# BAKED POTATO W/ CREAMY TUNA



## INGREDIENTS

- 3.5oz (100g) canned tuna, drained
- 1 small baked potato (140g)
- 1/2 avocado (100g)
- 1/2 red pepper (85g), finely sliced
- 1/4 cup (30g) low fat cheddar cheese, shredded
- 1 tbsp lemon juice
- Ground black pepper

## INSTRUCTIONS

Drain tuna and mash it in a bowl. Mix in avocado and other ingredients until well combined. Serve topped on a baked potato.

## NUTRITION FACTS PER SERVING

**Calories:** 514

**Protein:** 33g

**Carbs:** 46g

**Fat:** 22g

*Makes 1 Serving*

# CURRY SHRIMP ON RICE



## INGREDIENTS

- 17.5oz (490g) large shrimp
- 2 cups (400g) cooked rice
- 1/8 tsp oregano
- 1/4 tsp salt
- 1/8 tsp curry powder
- 1/8 tsp cayenne pepper
- 1 medium (125g) tomato, sliced
- Salt and pepper to taste

## INSTRUCTIONS

Prepare rice according to package instructions and then sprinkle with oregano and salt. Sprinkle shrimp with curry powder and cayenne pepper. Sauté shrimp in skillet over medium heat and then serve with rice and sliced tomatoes.

## NUTRITION FACTS PER SERVING

**Calories:** 233

**Protein:** 32g

**Carbs:** 24g

**Fat:** 1g

*Makes 4 Servings*

# SALMON POKE BOWL w/ SRIRACHA MAYO



## INGREDIENTS

### Bowl:

- 10oz (280g) sushi-grade salmon, diced into 1/2 inch cubes
- 2 cups (400g) cooked brown rice
- 1/2 cup (125g) edamame
- 3/4 avocado (150g)
- 1/3 cup (33g) green onion, chopped
- 2 tsp sesame seeds

### Sauce:

- 3 tbsp (45g) low fat mayonnaise
- 1½ tbsp low sodium soy sauce
- 1½ tbsp sriracha
- 1/2 tsp ginger, pureed
- 2 tbsp lime juice

## INSTRUCTIONS

Cook rice according to package instructions and set aside. Slice up salmon into small half-inch cubes and place in a bowl. Add edamame, green onions and avocado. Pour sauce over everything and gently fold to coat. Serve poke over the rice and top with sesame seeds.

## NUTRITION FACTS PER SERVING

**Calories:** 807

**Protein:** 45g

**Carbs:** 69g

**Fat:** 39g

*Makes 2 Servings*



# CHOCOLATE CHIP COOKIE DOUGH PROTEIN BARS



## INGREDIENTS

- 1 scoop (30g) vanilla protein powder
- 2 tbsp (30g) natural peanut butter
- 1 tsp agave syrup or honey
- 2 tsp water
- 1 square (10g) dark chocolate, chopped
- 1/2 tbsp (4g) coconut flour

## INSTRUCTIONS

Using a spatula, mix all above ingredients together except for water. Add water one teaspoon at a time until a doughy consistency is achieved. Shape into 4 small bars and place in fridge for a couple of hours or until firm.

## NUTRITION FACTS PER SERVING

**Calories:** 110

**Protein:** 8g

**Carbs:** 6g

**Fat:** 6g

*Makes 4 Servings*

# PROTEIN POPCORN BALLS



## INGREDIENTS

- 13 cups (140g) popped popcorn
- 2 scoops (60g) protein powder (*any flavor of choice*)
- 4 tbsp (60g) chunky natural peanut butter
- 2 cups (480ml) water
- 1/2 cup (15g) Cheerios

## INSTRUCTIONS

Cover a cookie sheet with a layer of foil or parchment paper. In a large mixing bowl, combine protein powder and water. Add popcorn, and slowly mix until popcorn is evenly coated with protein glaze. Warm peanut butter in microwave for about 10 seconds. Gently fold peanut butter and Cheerios into popcorn mixture. The popcorn will not stay completely puffed, so mix slowly carefully to keep it as fluffy as possible. Spoon mixture onto cookie sheet, and form into balls. Place in fridge to set.

## NUTRITION FACTS PER SERVING

**Calories:** 216

**Protein:** 14g

**Carbs:** 22g

**Fat:** 8g

*Makes 6 Servings*

# CHOCOLATE CHIP MINT PROTEIN ICE CREAM



## INGREDIENTS

- 2 scoops (60g) chocolate protein powder
- 4 medium bananas (480g), sliced and frozen ahead of time
- 1/4 cup (60ml) unsweetened almond milk
- 1/8 tsp peppermint or mint extract
- 2 tbsp (15g) cocoa powder
- 1/4 cup (40g) chocolate chips

## INSTRUCTIONS

Place all ingredients in a large food processor or blender until mixture is light and fluffy. Line a bread tin with parchment paper, pour mixture in and smoothen out with a rubber spatula. Sprinkle on chocolate chips and then freeze for about one hour.

## NUTRITION FACTS PER SERVING

**Calories:** 502

**Protein:** 29g

**Carbs:** 74g

**Fat:** 10g

*Makes 2 Servings*

# PEANUT BUTTER PROTEIN COOKIES



## INGREDIENTS

- 3/4 cup (190g) natural peanut butter, softened
- 2 egg whites (60ml)
- 3/4 cup (20g) stevia or other 0 calorie sweetener of choice
- 1 scoop (30g) vanilla protein powder
- 1 tsp cinnamon

## INSTRUCTIONS

Preheat oven to 350F/180C. Place ingredients into bowl and stir well. Spray non-stick cooking spray onto a baking sheet. Shape dough into round cookies and bake for about 10 minutes.

## NUTRITION FACTS PER SERVING

**Calories:** 146

**Protein:** 9g

**Carbs:** 5g

**Fat:** 10g

*Makes 10 Servings*

# PROTEIN BANANA SPLIT



## INGREDIENTS

- 1 medium banana (120g)
- 3/4 cup (170g) plain fat-free Greek yogurt
- 1/2 scoop (15g) vanilla protein powder
- 1 strawberry, chopped
- 1/4 cup (35g) blueberries
- 1 tbsp (7g) granola
- 1 tbsp (10g) dark chocolate chips

## INSTRUCTIONS

Slice banana in half lengthwise and lay both sides in a bowl or on a plate. Mix together protein and Greek yogurt until well combined and spoon on top of the banana slices. Top bananas and protein mixture with berries, granola, and chocolate chips.

## NUTRITION FACTS PER SERVING

**Calories:** 412

**Protein:** 34g

**Carbs:** 51g

**Fat:** 8g

*Makes 1 Serving*



# FRUIT & HONEY CRUNCHY YOGURT BOWL



## INGREDIENTS

- 1 scoop (30g) protein powder (*any flavor of choice*)
- 3/4 cup (170g) plain fat-free Greek yogurt
- 1 tbsp (20g) honey
- 1/2 cup (75g) blueberries
- 1/2 cup (75g) strawberries
- 3½ tbsp (25g) granola

## INSTRUCTIONS

Add protein powder to yogurt and stir to combine. Mix in berries and granola, and top with honey.

## NUTRITION FACTS PER SERVING

**Calories:** 497

**Protein:** 46g

**Carbs:** 58g

**Fat:** 9g

*Makes 1 Serving*

# UPGRADE TO THE COMPLETE COOKBOOK

You can upgrade to the full 220 recipe & smoothie book by purchasing the complete [Body Transformation Blueprint](#) system.

The Blueprint is my fully structured, step-by-step muscle building and fat loss guide that contains ALL of the most effective strategies I've learned in over 15 years of dedicated fitness research, coaching and training experience.

It cuts straight through all the fads and gimmicks that prevent most trainees from getting the results they're after, and lays out a detailed yet easy-to-follow plan that covers the entire physique transformation process from A to Z with routines for beginners, intermediates and more advanced.

The custom program you're currently following is a great way to lay the foundation during the initial stages of your fitness journey, and then once you're ready to take your results to the next level you can get upgrade to the full Body Transformation Blueprint to ramp things up even further...

## THE BODY TRANSFORMATION BLUEPRINT



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