

Recipe Book

Ammarah and Abdullah

December 17, 2022

Contents

<u>Protein Shake</u>	2
<u>Green Sauce</u>	3
<u>Peanut Butter Sauce</u>	4
<u>Chicken Quesadilla</u>	5

IMPACT WHEY PROTEIN

Protein Shake

Ingredients

- 1 scoop of MyProtein Impact Whey
- 5 tablespoons of olive oil
- 1 banana
- 570ml of whole fat (blue) milk

Macros

- Protein: 40g
- Fat: 80g
- Carbohydrates: 53g



3 Minutes



1150 Calories

Directions

1. Blend everything together for 10 seconds.



Green Sauce

Ingredients

- 200g of greek yogurt
- 20g of fresh basil
- A few fresh mint leaves
- 1 tsp mustard
- 10g white vinegar / lemon juice
- 15g olive oil / avacado oil
- A pinch of salt
- A few grams of black pepper
- A clove of garlic

Macros

- Protein: 22g
- Fat: 15g
- Carbohydrates: 11g



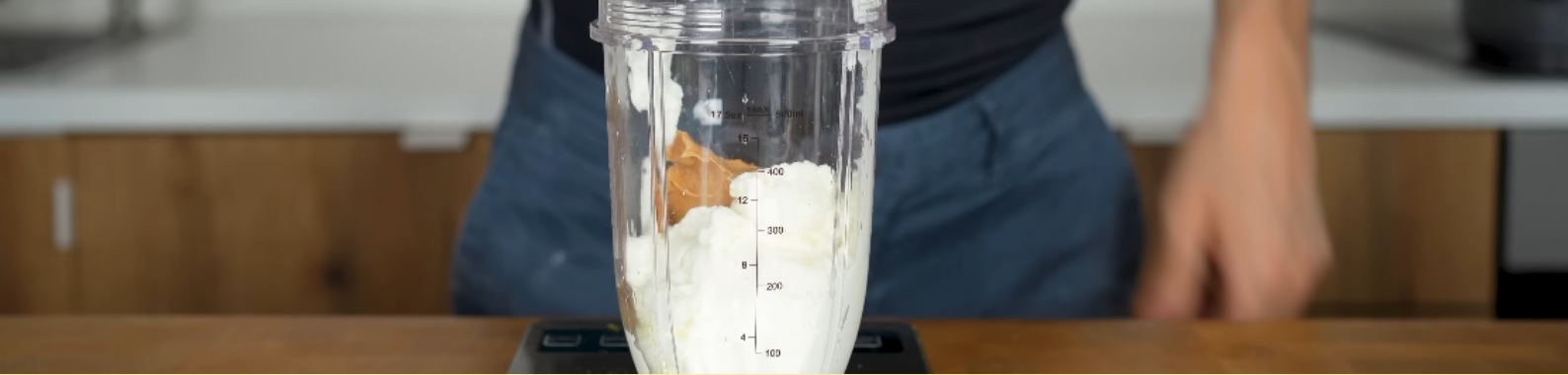
3 Minutes



259 Calories

Directions

1. Blend together for 45 seconds.



Peanut Butter Sauce

Ingredients

- 200g greek yogurt
- 20g peanut butter
- Half a lime's juice
- Pinch of salt
- Pinch of black pepper
- A few pinches of cumin
- 1 clove of garlic

Macros

- Protein: 26g
- Fat: 10g
- Carbohydrates: 12g



3 Minutes



229 Calories

Directions

1. Blend together for 45 seconds.



Chicken Quesadilla

Ingredients

- 1 small onion
- $\frac{1}{3}$ of a red bell pepper
- 100g chicken breast
- 25g low moisture mozzarella
- 1 tortilla

Macros

- Protein: 32g
- Fat: 14g
- Carbohydrates: 32g



20 Minutes



365 Calories

Directions

1. Fry the onion and red bell pepper on medium heat for 3-4 minutes.
2. Continue stirring until onion translucent with brown spots on edges.
3. Add chicken and a bit more oil so everything is evenly covered.
4. Fry for an additional 2-3 minutes.
5. Season with salt, pepper and 1/2 tsp of turmeric.
6. After 3 more minutes, the chicken will have some brown spots on the outside, add in the cheese at this point and cook for another 30 seconds.
7. Transfer into tortilla and spread the contents.
8. Put the tortilla back into the pan and add 20g of sauce into the tortilla.
9. Cook until the tortilla is nice.