TIME TO EAT!

50

RP RECIPES

by **Lori Shaw**

NOW WITH QR CODES FOR USE WITH THE RP DIET COACH APP

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FOREWORD

From Lori Shaw, Mike Israetel and Nick Shaw

Hey RP family! We are so very happy to be bringing you a new cookbook; we know it's been longer than usual between cookbooks, and we thank you for your patience! 2020 was quite the adventure for all of us!

So many of you that enjoy the cookbooks have asked how they can be used with the app. We mulled this over many times, and we're excited for you to dig into this one - you will find a barcode for each and every recipe; all you have to do is scan that code into the app, then move the slider to increase or decrease the portion size as you'd like.

As always, thanks so much for your continued support of RP products and services. We hope that these brand new scannable recipes add to your collection of helpful and inspirational RP resources.

Happy Meal Prepping!

INGREDIENTS, EQUIPMENT AND F.A.Q.

INGREDIENTS

I have an Amazon storefront for RP Cooking, where you can find many of the ingredients (well, the less common packaged ones) and equipment I use in my cookbooks: https://www.amazon.com/shop/influencer-cc8e389a

Avocado oil mayo: I love it and use it in all kinds of ways – in sauces and drizzles, as the "glue" for bread crumb coatings, etc.. My favorite brand is Primal Kitchen – minimal ingredients and currently comes in 4 flavors (hello, chipotle lime!)

Broths: I use a LOT of low sodium broths while cooking at home – most often to allow for sautéing without oil, so that foods don't stick to your pans during cooking. It's also great to use in place of water in savory dishes. I like to cook pasta, quinoa, grits, rice and oats (savory oats are a game changer, trust me) in broth instead of water. Every grocery store sells boxed broths (usually in the soup aisle), and you'll never catch me without several cartons in my pantry.

Ceylon Cinnamon: You may not have heard of this before. There are two varieties of cinnamon readily available, and cinnamon cassia is the most common. You can find Ceylon cinnamon in my Amazon store and at Thrive Market, to name a few places. There is some research to suggest that Ceylon cinnamon has greater health benefits than the more common version, but if you don't have or can't find Ceylon, use what you have!

Coconut vinegar: This has a milder taste than other vinegars, and may provide additional health benefits, but nothing I can list with science-backed certainty. If you like experimenting, give it a try in dressings, etc.. If not, use what you have.

Dairy free Parmesan shreds: I love Follow Your Heart brand.

Dave's Killer Bread: A very popular brand of bread products that are tasty and usually very low in carbs. My local grocery sells them as well as Whole Foods, so I think it's pretty much everywhere now.

Dried spices: Let's face it, dried spices are just so much easier to use than fresh. Here are a couple of things to keep in mind when using them:

If a recipe calls for fresh herbs and you want to use dried instead, use 1/3 the amount called for. That means, if the recipe calls for 1 Tbsp fresh chopped basil, you can sub in 1 tsp of dried basil instead. Secondly, when you use ground spices, I like to put the measured amount in my palm and then rub my hands together, sort of crushing the spice as it's falling through my hands into the bowl or pan. This releases more flavor and sort of "wakes up" the spice that's been asleep in your spice rack for who knows how long. On that note, if this crushing action does not release a bigger smell from your herbs, it might be time to replace them. Note: you can't replace fresh herbs with dried in recipes like Sweet & Spicy Green Juice.

Edamame pasta: I like the Explore Cuisine brand as well as Seapoint Farms. My local grocery store sells it right on the shelf next to all other dried pasta. It is very high in protein and lower in carbs than traditional pasta.

Flours (Brown or White): These flours are made from finely ground rice, making them gluten free. You can find them at some grocery stores, or for sure at Whole Foods, Trader Joe's, or online. These options cannot be used as a 1:1 swap in all recipes, but if you google it, there are some great guides online that will offer up substitution recommendations.

Ghee: Ghee is clarified butter; the milk solids have been removed. You can make your own (google how), or buy it at your local grocery store, probably in the International foods aisle. Ghee isn't any different in macros from regular butter; it is lactose free and has a higher smoke point (you can cook with it at higher temps before risk of burning).

Gochujang chili paste: A super concentrated spicy ingredient. If you like heat, you simply must get some! You can find this on Amazon in my storefront.

Hoisin sauce: A sweet prepared Asian sauce found in the International aisle of most grocery stores. It does contain sugar, but I never use alot in recipes. The wonderful sweet flavor is amazing in sauces, and just cannot be replicated!

Lupini beans: Make sure you purchase a product that has been processed to be easy on your stomach if you're planning to use them in a dish like my hummus recipe. I love the Brami brand sea salt and vinegar flavor, which can be found on the Brami website and on Amazon. Lupini beans are SUPER high in protein with very little carbs and fat.

(continued)

Textured Vegetable Protein (TVP): This is a dry product that needs to be briefly rehydrated. It is a vegan protein option. I order it from Amazon. I like Bob's Red Mill and Hoosier Hill Farm brands.

Potato starch: A gluten free starch alternative. Bob's Red Mill's site has a great article comparing the pros and cons and giving guidance on substitutions.

Protein powders: If you don't love what you're using, I recommend trying Sprouts brand (the vegan vanilla and green tea matcha are staples for me in my daily breakfast smoothie.) I also love baking with Arbonne vegan vanilla. Evolve brand vegan shakes and powders are also a favorite. If you can have dairy (I can't), definitely try our brand partner, Ascent's offerings!

Tahini: This is ground sesame seeds to make a spoonable paste. It's a key ingredient in hummus, but it's so much more. I use it in marinades, sauces, dressings, etc.. It's great for adding that rich, savory flair to a dish.

EQUIPMENT

Air Fryer: I love the GoWise brand. I have GoWise air fryers and I use them all the time! Use code rpgowise for a discount (can't guarantee how long it will last).

Blender – high speed: There are tons on the market! I love my BlendTec. Use code RPBLEND for 20% off (while it lasts) on most BlendTec blenders.

Food Processor: I use mine all the time. I'm not tied to a brand; read reviews! I do have a 12-Cup processor and a 3-Cup mini processor in the RP Cooking Amazon storefront that are reasonably priced with great reviews if you want to check those out.

Slow Cooker: There are many on the market. I have a couple on my Amazon page. I have two and I use both regularly.

F.A.Q.

How do I scan the recipes into the app?
The RP Diet Coach app is equipped with a barcode scanner. When you are entering foods for a meal, you'll choose "Expanded" with the image of a barcode. Once you touch the code, your phone camera will become a scanner and you'll center the recipe code within the frame on your phone.

How do I adjust macros after scanning?
Simply use the slider to increase or decrease the portion size.

What if I replace an ingredient when I make the recipe?
If there is no difference in macros, you're good to go. If your ingredient swap materially changes the macros of the recipe, you would want to enter the recipe as a custom food, manually keying in the "new macros" that result from your changes. Check @llshaw1 for a step by step highlight on custom food entry.

How do I make the Air Fryer recipes if I don't have an air fryer?
If you don't have an air fryer, add 25 degrees and 5 minutes to the air fryer instructions to make the recipe in the oven instead. It's always a good idea to use a thermometer to double check that you've reached a safe internal temp for cooked meats.

Why don't more of your recipes contain onions and garlic?
I have IBS and don't tolerate onions and garlic well. Since I want to recipe test every single recipe, I can't cook with these ingredients and then eat the food, so I had to leave them out – for the most part. I also avoid gluten when I can as it can trigger an IBS flare-up. Feel free to swap these ingredients in as you like, and thanks for your understanding on this!

CONTENTS

i FOREWORD

ii INTRODUCTION

PROTEIN

FISH & SEAFOOD

1. Apricot Salmon
2. Hot Maple Lime Shrimp
3. CrabStacks
4. Sweet Pecan Fish
5. Creamy Shrimp

CHICKEN

6. Aioli Stuffed Chicken
7. Lebanese Chicken
8. Easy Cheezy Chicken Strips
9. Air Fryer Filipino Chicken
10. Rice Cake Breaded Chicken Nuggets
11. Slightly Sweet Chicken Thighs

TURKEY

12. SuperMoist Slow Cooker Shredded Turkey
13. Moroccan Turkey Stuffed Squash
14. Light and Lemony Turkey Burgers
15. Pomegranate Orange Turkey Salad
16. Shredded Turkey Salad

BEEF

17. Your New Favorite Sandwich Filling
18. Buffalo Bison Mini Meatballs
19. Lean Beef Ragu
20. Stovetop Braised Beef
21. Mediterranean Ground Beef

EGGS

22. Light As Air Frittata
23. French Toast Egg Sammy
24. Sheet Pan Egg Salad
25. Stovetop TVP & Eggs, Shakshuka Style

VEGGIES

26. Grilled Romaine
27. Brothy Potato Soup
28. Greens Topping
29. Roasted Carrot and Caramelized Onion Soup
30. Sweet & Spicy Green Juice

HEALTHY FATS

31. Fat Snacks
32. Sweet Dilly Sauce
33. Lupini Bean Hummus
34. Ranch Onion Dip
35. Chili Lime Vinaigrette

CARBS

36. Pineapple Mint Sorbet
37. White Rice Spoonbread
38. Orangey Baked Stuffed Apples
39. Blueberry Crunch
40. Maple Vinaigrette

COMPLETE MEALS

41. Edamame Spread
42. Edamame Alfredo
43. Twice Baked Protein Granola
44. Hot Cocoa and a Glazed Donut
45. Chicken Paprikash-ish
46. Bang Bang Chicken
47. Elote Corn and Tuna Salad
48. Chicken Thigh Shawarma
49. Protein Ice Cream Sandwiches
50. Edamame Pasta for One

✪ [BONUS RECIPE] Turkey Enchiladas

vi SIMPLE NUTRITION LABEL CALCULATOR

vii ACKNOWLEDGMENTS

Apricot Salmon

If you have my other cookbooks, you know I love the combo of sweet fruity flavors with fish!

To reduce fats in this recipe, reduce or eliminate the oil, and/or choose a less fatty fish. To reduce carbs, reduce the maple syrup or sub in a lower calorie sweetener if you like those.

Serve this dish with plenty of veggies and your favorite healthy carbs.

INGREDIENTS

	PROTEIN	NET CARBS	FAT
1/4 Cup (72g) reduced sugar apricot preserves*	0	28	0
1/4 Cup (80g) pure maple syrup	0	54	0
2 Tbsp (28g) canola oil	0	0	28
1 Tbsp (9g) minced garlic	1	1	0
2 lb (896g) raw skin-off salmon fillets	179	0	58
zest of one lemon - roughly 1 Tbsp (6g)	0	0	0
2 Tbsp (6g) fresh chopped lemon thyme**	0	1	0
Total recipe	180	84	86
Per portion, if divided into 9 equal portions	20	9	10

**I always have a jar of Trader Joes apricot jam in my pantry or fridge because the taste and macros are both great.*

***I grew lemon thyme in a container this past summer so I used that in the recipe, but store bought thyme will work just fine here!*

INSTRUCTIONS

- In a large sauté pan, combine preserves, maple syrup, oil, and garlic.
- Bring the mixture to medium heat, whisking to break up the preserves.
- Cover, reduce heat and simmer 3 minutes.
- Whisk again and add fish.
- Bring heat back up to medium and cook 10 minutes, or until fish flakes with a fork.
- Sprinkle lemon zest and thyme over the top.

Hot Maple Lime Shrimp

INGREDIENTS

	PROTEIN	NET CARBS	FAT
2 Tbsp (40g) pure maple syrup	0	27	0
zest and juice of 1 lime, separated	1	5	0
dash of red pepper flakes, to taste	0	0	0
1/2 tsp coarse salt, plus more to taste	0	0	0
1/8 tsp dried ginger	0	0	0
1/8 tsp garlic salt	0	0	0
1/8 tsp smoked paprika	0	0	0
2 green onion tops (24g)	0	0	0
1 lb (448g) large shrimp, dried, butterflied	92	4	8
broth, as needed	0	0	0
Total recipe	93	36	8
Per portion, if divided into 5 equal portions	19	7	2

This recipe comes together quickly with a super easy sauce that we add at the end to avoid cooking off any of the flavor. Sauté the shrimp in olive oil to add fats; serve over rice for a higher carb meal.

INSTRUCTIONS

- In a 2-Cup glass measuring cup, stir together maple syrup, lime zest, and spices.
- Place in the microwave, but don't heat it just yet.
- Slice the green onion tops into long slender pieces, on the diagonal.
- Heat a nonstick pan over medium.
- Add dried shrimp, squeeze the lime over top, and cook until pink, about 5 minutes, adding broth as needed to keep from sticking.
- In the last minute of cooking, microwave the sauce for 20 seconds, and stir.
- Remove shrimp from heat and transfer to a serving bowl.
- Pour sauce over top and use a spatula to toss shrimp to coat.
- Garnish with slivered green onion tops, additional red pepper flakes, and/or coarse salt, to taste

CrabStacks

INGREDIENTS

	PROTEIN	NET CARBS	FAT
1 lb (453g) lump crabmeat, drained and picked over	90	0	2
1 egg, lightly beaten	6	0	5
1.5 tsp dried chives	0	0	0
juice and zest of 1 lemon, separated	0	4	0
1 tsp (4g) hot sauce	0	0	0
1/2 tsp salt	0	0	0
1/4 tsp pepper	0	0	0
1/2 Cup (40g) shredded unsweetened coconut	3	3	24
1/4 Cup (35g) spelt flour	4	21	1
3 Tbsp (11g) panko crumbs	1	8	0
Total recipe, 10 stacks	104	35	32
Per portion, if divided into 5 equal portions (2 stacks)	21	7	6

This is one of my favorite recipes in the book! You can try replacing the coconut with a bit more flour to eliminate most of the fat in the recipe if you're deep in a cut.

INSTRUCTIONS

- Mix egg, chives, zest of the lemon, juice of 1/2 the lemon, hot sauce, salt and pepper to combine.
- Top with crab, then coconut, flour and panko.
- Gently fold together until incorporated.
- Cover and refrigerate at least half an hour, up to a day.
- 450 oven. Grease a rimmed baking sheet.
- With wet hands, squeeze the crab mixture into 10 mounds on the prepared pan.
- Mixture will be somewhat dry; that's ok, don't be afraid to apply pressure as needed to make the mounds.
- Spray the tops with an olive oil mister.
- Bake 12-14 minutes, until lightly browned on the edges.
- Squeeze the juice of the remaining lemon half over the top before serving.

Sweet Pecan Fish

I just love a sweet crunchy piece of fish. I use yogurt here as the "glue" for a yummy sticky coating; try it any time you want to retain moisture while making a coating stick to the food. You can cut back on the nuts to reduce the fat in this dish.

INGREDIENTS

	PROTEIN	NET CARBS	FAT
1 Cup (99g) pecan halves	9	4	71
2 Tbsp (40g) pure maple syrup	0	27	0
1/2 tsp black pepper	0	0	0
2 Tbsp (28g) nonfat Greek yogurt	2	0	0
4 6oz (680g) fillets of your favorite fish*	142	0	15
4 stalks of rosemary	0	0	0
Total recipe	152	31	87
Per portion, if divided into 8 equal portions	19	4	11

**I love to use local NC triggerfish in this recipe, but any fish will do!*

INSTRUCTIONS

- 350 oven. Line a rimmed baking sheet with parchment.
- In a mini food processor, pulse the pecans, maple syrup and pepper until pecans are finely chopped and the mixture forms a sticky coating.
- Brush the 4 fillets with yogurt and place on the prepared baking sheet.
- Divide the pecan mixture between the 4 fillets.
- Press into the fish; it will not be a solid coating.
- Top each fillet with a rosemary sprig.
- Bake 15-20 minutes, or until fish flakes with a fork.
- Discard the rosemary sprig before serving.

Creamy Shrimp

There's just something about the combo of yogurt, tomato and a bit of kick that I just love about this sauce for shrimp. Sauté the shrimp in oil if you're not looking to eliminate fats; this dish is awesome over rice if you're looking to add carbs to the meal.

INGREDIENTS

	PROTEIN	NET CARBS	FAT
broth, as needed	0	0	0
1 lb (448g) shrimp, peeled and deveined	109	1	1
1/4 Cup (24g) chopped green onions	0	0	0
1.5 tsp (4.5g) minced garlic	0	1	0
1/4 Cup (60g) broth	0	0	0
1/3 Cup (82g) nonfat Greek yogurt	5	7	0
1 heirloom tomato, chopped (187g)	2	5	0
pinch of smoked paprika	0	0	0
S&P to taste	0	0	0
2 Tbsp (1g) chopped fresh dill	0	0	0
juice of 1 lemon	0	4	0
Total recipe	116	18	2
Per portion, if divided into 6 equal portions	19	3	0

INSTRUCTIONS

- Cook shrimp, green onions, and garlic 5 minutes over medium heat, adding broth as needed to keep from sticking or burning.
- Remove the shrimp and set aside.
- To the pot, add an additional 1/4 Cup broth, yogurt, tomato, and smoked paprika.
- Cook 10 minutes over medium (the sauce should coat the back of a spoon).
- Add the shrimp back, plus salt and pepper, to taste.
- Top with dill and the juice of the lemon.

Aioli Stuffed Chicken

INGREDIENTS

	PROTEIN	NET CARBS	FAT
3 lb (roughly 1350g, or 1.34kg) boneless skinless chicken breasts	312	0	14
6 Tbsp (90g) avocado oil mayo	0	0	72
2 tsp (11g) tomato paste	1	1	0
pinch paprika	0	0	0
salt and pepper, to taste	0	0	0
Total recipe	313	1	86
Per portion, if divided into 16 equal portions	20	0	5

I'm hoping this is another recipe that makes its way into your regular rotation. The mayo is a great way to add serious moisture and flavor to chicken breasts. And, it's really easy!

INSTRUCTIONS

- Line your air fryer with perforated parchment liners (or a sheet of parchment that you've poked holes in).
- Mix the avocado oil mayo, tomato paste and paprika in a small bowl.
- Slice the chicken breasts so that you can open each one like a book, leaving it attached on one of the long sides.
- Divide the avocado mayo mixture between the chicken breasts and brush on both of the open sides.
- Close the chicken breasts and use kitchen twine to tie closed in two places, about a quarter from the top and bottom.
- Carefully place the chicken in the air fryer basket in a single layer.
- It's ok if they touch, but they shouldn't overlap.
- Season the top sides with coarse sea salt and ground pepper.
- Air fry at 380 for 15 minutes. Carefully flip, season the other side and air fry at 370 for another 15 minutes.
- Use a thermometer to ensure the internal temp reaches 165.

Lebanese Chicken

INGREDIENTS

	PROTEIN	NET CARBS	FAT
3 lbs (roughly 1000g or 1kg) boneless skinless chicken thighs	264	0	54
1/3 Cup (81g) lemon juice	0	7	0
1/4 Cup (56g) canola oil	0	0	56
2 Tbsp (30g) low carb ketchup	0	4	0
1 Tbsp (16g) tomato paste	1	2	0
6 garlic cloves, fine diced	1	6	0
1 Tbsp (2g) dried oregano	0	0	0
1.5 tsp salt	0	0	0
0.5 tsp pepper	0	0	0
Total recipe	266	19	110
Per portion, if divided into 12 equal portions	22	2	9

This list of ingredients may look a bit unusual, but give it a try. The dish is super easy and makes a ton of portions so it's great for meal prep!

You can certainly try subbing in chicken breasts and using broth in place of oil if you're looking for a nonfat recipe, (though I can't vouch for the results).

You also don't have to shred the meat, but it's a great way to hold on to all of those yummy cooking juices.

This chicken is phenomenal served in warmed pitas.

INSTRUCTIONS

- 425 oven.
- Whisk to combine lemon juice through pepper.
- Add chicken thighs to a glass 13 x 9 x 2 casserole dish.
- Pour marinade over the chicken thighs and ensure thighs are coated.
- Bake 30 minutes; remove the pan, flip chicken pieces and return to the oven for another 20 minutes, or until internal temp reaches 165.
- Remove chicken thighs, shred meat, and add back to the casserole dish, tossing to coat with juices.

Easy Cheezy Chicken Strips

After making this recipe just once, you'll wonder where it's been all your life. At least that's how we feel in my house!

Super easy, you can crank out a ton of portions (it's easy to double or triple the recipe), and the flavor is going to knock your socks off!

INGREDIENTS

	PROTEIN	NET CARBS	FAT
3 large chicken breasts (roughly 767g, or 1 lb, 11 oz)	183	0	10
1 large whole egg	6	0	5
1 Cup (120g) grated parmesan cheese	39	4	29
Total recipe	227	4	44
Per portion, if divided into 11 equal portions	21	0	4

INSTRUCTIONS

- 400 oven. Line 1-2 rimmed baking sheets with foil and place a sprayed cooling rack inside each pan.
- Cut each chicken breast into 4-5 strips.
- In a large mixing bowl, beat the egg really well.
- Add in the chicken strips and use tongs to toss well, until they are thoroughly coated with the egg.
- Add half the cheese and toss again.
- Add the rest of the cheese and toss until all of the cheese sticks.
- After you've transferred all of the chicken strips to your prepared pan(s), you can distribute and pack on any moistened cheese left in the bowl. You don't want to let any go to waste!
- Bake 25 -28 minutes, or until tops are browned.

Air Fryer Filipino Chicken

INGREDIENTS

	PROTEIN	NET CARBS	FAT
1/4 Cup (60g) banana ketchup*	0	16	0
1/4 Cup (60mL) liquid coconut aminos**	6	6	0
2 Tbsp any carbonated soda or sparkling cider***	0	0	0
1 Tbsp ground pepper	0	0	0
1 Tbsp (1g) lemon juice	0	1	0
1 Tbsp (15g) lime juice	0	1	0
1/2 Tbsp (10g) maple syrup	0	7	0
2 cloves garlic, minced	0	2	0
1 tsp fine sea salt	0	0	0
pinch dried ginger	0	0	0
Total marinade	6	33	0
Reduce by 50%	3	17	0
1.5 lb (672g) boneless skinless chicken breasts	156	0	7
Total recipe	159	17	7
Per portion, if divided into 8 equal portions	20	2	1

**If you can't find banana ketchup, totally fine to sub in low carb or regular ketchup.*

***If you don't have coconut aminos, it's totally fine to sub in soy sauce or tamari sauce.*

****For the soda, all that's important is carbonation and a bit of flavor; does not have to be high carb.*

Be sure to check out all of my notes here on ingredients; you don't have to go out of your way to use exactly what I used, though it will give you more of an authentic result, which is what I was going for.

I also have conversion notes at the front of the book if you don't have an air fryer. This is a super macro friendly way to change up your same old/same old chicken breast prep, if you're looking for something new!

INSTRUCTIONS

- Combine banana ketchup through ginger in a large mixing bowl.
- Add in chicken breasts and use a rubber spatula to flip to thoroughly coat.
- Transfer chicken and marinade to a freezer bag.
- Seal and place on a dinner plate.
- Refrigerate overnight, or up to 2 days, flipping when you think of it.
- Transfer chicken breasts (allowing excess marinade to remain in the bag) to a parchment lined air fryer basket.
- Air fry at 380 degrees for 20 minutes. Flip and air fry another 15 minutes at 370 degrees, or until internal temp measures 165.
- Cut against the grain.

Rice Cake Breaded Chicken Nuggets

INGREDIENTS

	PROTEIN	NET CARBS	FAT
3 large chicken breasts (roughly 767g, or 1 lb, 11 oz)	183	0	10
4 unsalted plain rice cakes (20g)	4	28	0
1 Cup (100g) grated cotija cheese	25	0	28
2 tsp (1g) dried parsley leaves	0	0	0
2 Tbsp (8g) dried basil leaves	0	0	0
2 large whole eggs	13	1	10
Total recipe	224	29	48
Per portion, if divided into 11 equal portions	20	3	4

I've been obsessed with using rice cakes in sweet dishes (with varying degrees of success – lol) for years now; they have great macros, are a "clean" food, and are a blank canvas for flavor. And, one day it hit me; why not try them in savory dishes? And that's what led me to this recipe.

With two small kids, I'm no stranger to chicken nuggets, and they loved this version!

As a busy/lazy cook – sometimes, I just add all of my chicken to a large mixing bowl, toss with the egg to coat, then add the breading right into the bowl for another toss and call it good. Way less time and mess for decent results!

INSTRUCTIONS

- 400 oven. Line 2 rimmed baking sheets with foil and place a sprayed cooling rack inside each pan.
- Cut chicken breasts into 2" nugget sized pieces; I like to use scissors for this! (I got this tip from Half Baked Harvest, and I've never been the same since - try it! I just send my scissors through the top rack of the dishwasher after, or you could hand wash really well in hot soapy water.)
- Break the rice cakes into chunks and process them in a food processor to form crumbs.
- In a wide, shallow bowl, combine rice cake crumbs, cheese, parsley, and basil.
- In a second wide, shallow bowl, beat the eggs.
- Using tongs, transfer chicken nuggets to coat in egg, then to the rice cake crumb mixture, and toss to coat.
- Transfer coated nuggets to the prepared pans.
- Bake 22-25 minutes, or until lightly browned and crunchy.

Slightly Sweet Chicken Thighs

This is my 9-year-old son's current favorite dish. But we all love it in my house! And, you probably have everything you need to make it right now. We really like the oil, and using chicken thighs in this recipe, so it's maybe not the best choice if you're looking for a nonfat protein recipe – though you're welcome to try it with boneless skinless chicken breast, and no oil!

INGREDIENTS

	PROTEIN	NET CARBS	FAT
3.75 lb (roughly 1680g or 1.7kg) boneless skinless chicken thighs	330	0	66
1/2 tsp salt	0	0	0
1/2 tsp pepper	0	0	0
2 Tbsp (30mL) olive oil	0	0	28
2 Tbsp (30g) stone ground dijon mustard	0	0	0
1/4 Cup (60mL) pure maple syrup	0	53	0
Total recipe	330	53	94
Per portion, if divided into 16 equal portions	21	3	6

INSTRUCTIONS

- 425 oven.
- Place the chicken thighs in a 13x9 glass baking dish.
- Sprinkle salt and pepper over the thighs.
- In a small mixing bowl or glass measuring cup, whisk together oil, mustard, and maple syrup.
- Drizzle over the chicken thighs - no need to toss.
- Bake 25-35 minutes, then check the internal temp of the chicken.
- If it's not yet at 165, return the pan to the oven and check again in 5 minutes.

SuperMoist Slow Cooker Shredded Turkey

I just love a tasty, easy slow cooker recipe, and this one hits all the high marks. It also happens to be my 6 year old's favorite dish from the book. She loves chicken noodle soup, and it has that vibe going. We hope you love it as much as our Emma does!

INGREDIENTS

	PROTEIN	NET CARBS	FAT
3 lb (1.36kg)) frozen turkey breast, thawed	331	0	10
6 fluid oz (170mL) apple cider	0	21	0
1/4 Cup (60mL) olive oil	0	0	56
2 Tbsp (15g) dried minced onions	0	0	0
1 Tbsp (10g) beef soup base	0	0	0
1/4 tsp onion powder	0	0	0
1/4 tsp dried parsley	0	0	0
pinch paprika	0	0	0
pinch pepper	0	0	0
Total recipe	331	21	66
Per portion, if divided into 16 equal portions	21	1	4

INSTRUCTIONS

- Stir together apple cider through pepper in your slow cooker.
- Add the thawed turkey breast.
- Cover and cook on HIGH heat for 4 hours or on LOW heat for 8 hours.
- Remove, shred the meat and return to the slow cooker.
- Toss and heat through another 10-15 minutes on HIGH heat.

Moroccan Turkey Stuffed Squash

INGREDIENTS

	PROTEIN	NET CARBS	FAT
1 large (500g) spaghetti squash	3	35	3
2 tsp (10mL) olive oil	0	0	9
salt and pepper, to taste	0	0	0
1 fennel bulb (238g), finely chopped	3	10	1
1 leek (89g), finely chopped	1	11	0
2 lb (roughly 900g) 93% lean ground turkey	169	0	62
10 oz jar mina harissa (Moroccan red pepper sauce)	0	20	0
1 tsp paprika	0	0	0
1 tsp cumin	0	0	0
1/2 tsp ceylon cinnamon	0	0	0
1/2 tsp ground ginger	0	0	0
1/2 tsp ground cloves	0	0	0
4 oz (113g) shredded mozzarella cheese	32	4	16
Total recipe	208	80	91
Per portion, if divided into 10 equal portions	21	8	9

OMG. This is so worth seeking out mina harissa, if you don't have any or have never heard of it. (You can find it at Thrive Market, Publix, and Amazon, just to name a few sources; check the international aisle of your local grocery store!).

Seriously, between the roasted squash, the amazing leek/fennel/red pepper meat sauce, and the bubbly cheese topping, this is like the winter dish of your dreams! (I'm swooning just thinking about it.) Just make it already!

INSTRUCTIONS

- 425 oven.
- Slice the ends off the spaghetti squash, then slice it in half longways.
- Rub oil on the cut sides and sprinkle lightly with salt and pepper.
- Roast, cut sides down, on a rimmed baking sheet for 45 minutes.
- Meanwhile, cook the fennel, leek, and turkey together for about 5 minutes, until no longer pink.
- Stir in the mina harissa and dried spices. Cook another 1-2 minutes.
- Pull the squash pan out of the oven and fill the squash cavities with the turkey sauce.
- Any remaining turkey sauce can be transferred to a small baking dish and nestled between the 2 squash halves.
- Top squash halves and casserole dish with mozzarella.
- Reduce the oven temp to 400 and return the tray to the oven for another 15 minutes.
- I find it easiest to remove the sauce before shredding the squash with a fork, then top with the sauce to serve.

Light and Lemony Turkey Burgers

INGREDIENTS

	PROTEIN	NET CARBS	FAT
1 lb (454g) cremini mushrooms, chopped	11	16	0
S&P to taste	0	0	0
1/4 Cup (61g) lemon juice	0	5	0
2 tsp (2g) fresh chopped thyme	0	0	0
2 tsp fresh chopped rosemary	0	0	0
2 lb (roughly 900g) 93% lean ground turkey	169	0	62
Total recipe, 16 small burgers	180	21	63
For 2 burgers	23	3	8

Those of you that have my other books know that I love using mushrooms to add meaty moisture to dishes like meatloaf.

Since turkey can be extremely dry, it's tough to do a good burger, so I used the mushroom trick here, and added in a lot of lemon juice to brighten up the flavor. I'm happy with how it turned out! I get skeeved out about undercooked turkey, so I kept the patties small here, but feel free to go bigger; just be sure to use an instant read thermometer!

INSTRUCTIONS

- In a wide nonstick sauté pan, cook mushrooms with salt and pepper over medium high heat until moisture evaporates.
- Add in lemon juice and herbs and cook another 2-3 minutes.
- Transfer to a plate, spread into a thin layer and cool about 10 minutes.
- In a mixing bowl, combine ground turkey and mushroom mixture.
- Mix lightly and form into 16 small patties.
- Grill burgers for 8-10 minutes, flipping once, until an instant read thermometer registers 165.

Pomegranate Orange Turkey Salad

If you make the super moist slow cooker shredded turkey, you just have to make this with some of the leftovers! (you could also just start with plain roasted shredded turkey breast). The flavors just work.

INGREDIENTS

	PROTEIN	NET CARBS	FAT
10.7 oz (303g) cooked Super Moist SC Shredded Turkey breast	110	7	22
1/2 Cup (70g) pomegranate arils, drained	2	15	1
1/4 Cup (70g) canned mandarin oranges, drained	0	4	0
1 oz (28g) crumbled goat cheese	5	0	7
2 Tbsp (14g) pecans, toasted and chopped	1	1	10
Total recipe	119	27	40
Per portion, if divided into 6 equal portions	20	4	7

INSTRUCTIONS

- Warm the cooked turkey to room temp, or higher.
- Pulse pomegranate arils and mandarin oranges in a food processor, just to coarsely chop. You could also skip the food processor step, and just coarse chop with a knife instead.
- Toss fruit mixture with shredded turkey.
- Top with chunks of goat cheese and crumbled pecans.

Shredded Turkey Salad

This might be another recipe where you scan the ingredients and wonder what the heck I was thinking, but if you like olives and a bit of kick, you've got to give this a try. I've had a love affair with red pepper jelly for a long time, and I like how it marries here with the sweetness of the applesauce. If you're an adventurous cook, give it a whirl.

INGREDIENTS

	PROTEIN	NET CARBS	FAT
16 oz (336g) cooked shredded turkey breast	136	0	3
3/4 Cup (100g) drained pitted kalamata olives, separated	0	7	28
3/4 Cup (183g) unsweetened applesauce	0	21	0
1/4 Cup (76g) red pepper jelly	0	48	0
2-3 Tbsp broth, as needed	0	0	0
salt and pepper to taste	0	0	0
1/4 Cup (24g) chopped green onions	0	0	0
10 Cups (360g) lettuce	0	5	0
Total recipe	136	81	31
Per portion, if divided into 7 equal portions	19	12	4

INSTRUCTIONS

- In a mini food processor, process 1/2 Cup olives, applesauce, and red pepper jelly until mostly smooth.
- Heat shredded turkey in a large sauté pan over medium heat.
- Add in the olive mixture and 2-3 Tbsp of broth until you get a nice coating for the meat, and everything is heated through.
- Season to taste with salt and pepper, add in remaining chopped olives, and top with green onions.
- Serve warm or room temp over lettuce.

Your New Favorite Sandwich Filling

INGREDIENTS

	PROTEIN	NET CARBS	FAT
16 oz (448g) ground elk	96	0	40
1 small leek (bulb portion) (52g), chopped	1	6	0
1 medium shallot (63g), chopped	2	11	0
2 tsp (10g) salt	0	0	0
1 1/2 tsp (3g) pepper	0	0	0
dash cinnamon	0	0	0
1 cooked chicken breast (236g), fine chopped	54	0	3
1/4 Cup (64g) tahini	14	10	38
1 Tbsp (15g) lemon juice	0	1	0
1/2 Cup (120mL) beef broth	1	1	0
Total recipe	168	28	81
Per portion, when divided into 8 equal portions	21	4	10

The name doesn't lie. Personally, I think this dish is A-ma-zing. You can absolutely sub in a different protein with lower fat if that's your jam.

I just love the tahini in this so I don't recommend messing with that. Every time I use tahini in a recipe, I want to use it in everything. Give it a try!

This filling is great served warm in a pita. Give it a try!

INSTRUCTIONS

- Cook elk with leeks, shallots, salt, pepper, and cinnamon over medium heat until cooked through.
- Mix in the cooked, finely chopped chicken breast.
- Set the pan off the heat while you whisk lemon juice and broth into tahini in a small bowl.
- Add the tahini mixture to the protein mixture and fold to combine.

Buffalo Bison Mini Meatballs

INGREDIENTS

	PROTEIN	NET CARBS	FAT
1 egg	6	0	5
1/4 Cup (15g) panko seasoned breadcrumbs	2	9	1
1/4 Cup (24g) finely chopped green onions	0	0	0
1 tsp salt	0	0	0
1 Tbsp (15mL) canola oil	0	0	14
2 cloves garlic, finely minced, separated	0	2	0
1 lb (454g) ground bison	91	0	32
1 Cup (248) low carb buffalo wing sauce*	0	16	8
2 Tbsp (30g) rice vinegar	0	0	0
2 Tbsp (36g) low sodium Tamari sauce	4	2	0
4 Cups (roughly 400g) celery sticks	3	8	1
more chopped green onion for garnish	0	0	0
Total recipe	106	37	60
Per portion, if divided into 6 equal portions	18	6	10

**I used Noble Made brand.*

Who doesn't love mini meatballs? I predict this dish is one your whole family will enjoy. Use any wing sauce or barbecue sauce you like here if you can't find Noble Made, or prefer a different brand.

The total fat for this recipe is likely lower than what is presented - since you're going to skim off fat in the final steps of the instructions - but I didn't want to guess as to what that number would be like so I chose to leave it at 100%.

If you want to show it with lower fat in your app meal, simply use the custom food entry just as you would if you needed to sub ingredients, thereby changing the overall macros. Enjoy!

INSTRUCTIONS

- Spray a slow cooker insert with cooking spray.
- In a medium mixing bowl, lightly beat the egg. Stir in breadcrumbs, onions, salt, oil, and half the garlic.
- Add in the bison and use your hands to combine.
- Form into 24 mini meatballs and place in a single layer in the prepared slow cooker.
- Combine wing sauce, rice vinegar, Tamari, and the other half of the minced garlic.
- Pour over the mini meatballs.
- Cover and slow cook on HIGH heat for 2 hours.
- Remove meatballs with a slotted spoon. Skim off any fat.
- Serve meatballs with sauce, more green onion, and celery sticks on the side.

Lean Beef Ragu

If you haven't tried shirataki noodles or zero carb noodles before, they are worth trying (or trying again if you had a bad experience before). Just make sure to rinse them really well, and I prefer to have them only in strongly flavored sauces, like this one.

This ragu has everything I like in a red sauce – heartiness with some kick (from the gochujang), topped off with the freshness of the fennel and lemon. Use a leaner meat (like turkey) and leave off the ricotta (though it really heightens the dish) if you need to reduce the fat.

INGREDIENTS

	PROTEIN	NET CARBS	FAT
1/4 Cup (60mL) beef broth, plus more as needed	1	0	0
1 fennel bulb (238g), finely chopped	3	10	1
1 large garlic clove, smashed or minced*	0	1	0
1/2 tsp fine sea salt	0	0	0
1/2 tsp ground black pepper	0	0	0
1 lb (454g) lean ground beef	96	0	32
2.5 Tbsp (45g) gochujang chili paste	5	21	1
2 Tbsp (32g) tomato paste	1	5	0
28 oz (794g) can San Marzano diced tomatoes in juice	6	24	0
1 tsp (2g) fennel seeds	0	0	0
zest of one lemon	0	0	0
16 oz (450g) package shirataki noodles	0	4	1
10 Tbsp (155g) ricotta	10	10	18
coarse sea salt	0	0	0
Total recipe	123	75	53
Per portion, if divided into 6 equal portions	20	13	9

**If you'd like to remove the garlic after cooking, then smash a large clove and leave it whole. If you're ok with garlic remaining in the finished dish, mince the garlic before adding.*

INSTRUCTIONS

- Slice the fennel bulb into thin slices, then rough chop; reserve fronds for garnish.
- Heat a bit of beef broth in a large sauté pan over medium heat.
- When hot, add the chopped fennel. Sauté five minutes, adding additional broth as needed to keep from sticking.
- Add in the garlic, salt, pepper, and beef and cook for about six more minutes.
- Stir in gochujang, tomato paste, 1/4 Cup beef broth, canned tomatoes with juices, and fennel seeds.
- Continue cooking over medium heat, 10-12 minutes, stirring occasionally.
- While the ragu is cooking, rinse the noodles well and drain.
- In the last minute of cooking, zest the lemon over the pan.
- Cut the drained shirataki noodles with scissors into bite-sized pieces right into the sauce.
- Toss with tongs and heat through.
- Garnish with fennel fronds, dollops of ricotta, and coarse sea salt to taste.

Stovetop Braised Beef

INGREDIENTS

	PROTEIN	NET CARBS	FAT
2 lb chuck roast, cut into 2" cubes	168	0	168
2 Tbsp (24g) potato starch*	0	20	0
S&P to taste	0	0	0
2 medium shallots (56g), fine chopped	1	5	0
2.5 Cups (600g) beef broth	5	3	1
1 smashed garlic clove	0	1	0
3 Tbsp (54g) extra spicy gochujang paste	6	25	2
1 tsp (2.6g) ceylon cinnamon	0	0	0
1 tsp (4g) vanilla extract	0	1	0
handful of fresh chopped cilantro	0	0	0
Total Recipe	181	54	171
Per portion, if divided into 9 equal portions	20	6	19

**Cornstarch or arrowroot starch would also be fine to use.*

Don't hate me for including a recipe with this much fat. Not everyone is on a cut, and not everyone that buys this book is strictly counting macros; some may just be looking for new and delicious simple recipes to feed their families, and this one definitely delivers on that!

If you desire to reduce the overall fat in the dish, converting this to a 50/50 cooked chicken/beef mix will help you get there; you could also experiment with a leaner cut of roast.

INSTRUCTIONS

- On the same cutting board you used to cut the meat, toss the cubes with the potato starch.
- Let sit 15 minutes.
- Sprinkle meat with salt and pepper.
- Heat a large nonstick high sided skillet over medium high heat until hot.
- Add half the beef cubes. Don't bother them for at least one minute.
- They should be easy to turn.
- Flip and brown all sides of the meat over 2-3 minutes.
- Remove the cubes back to your cutting board and add in the remaining beef.
- Repeat the browning process, then remove to the cutting board.
- Add the shallots to the pan with just enough broth to keep them from sticking or burning; Sauté until tender.
- Add the beef back to the pan, along with the remaining ingredients, except the cilantro.
- Bring the mixture to a simmer.
- Cover and cook over low for 90 minutes.
- Top with a handful of chopped cilantro.

Mediterranean Ground Beef

INGREDIENTS

	PROTEIN	NET CARBS	FAT
broth, as needed	0	0	0
2 medium shallots (56g), fine chopped	1	5	0
2 Tbsp (14g) chopped pecans	1	1	10
2 lb (900g) 93% lean ground beef	184	0	64
pinch of salt	0	0	0
1/4 tsp pepper	0	0	0
1/4 tsp cinnamon	0	0	0
1/4 tsp allspice	0	0	0
5 roma tomatoes (450g), chopped	4	12	1
1 Cup (226g) nonfat Greek yogurt	22	9	0
1/4 Cup (60g) lemon juice	0	5	0
2 Tbsp (30mL) coconut vinegar*	0	0	0
Total recipe	212	32	75
Per portion, if divided into 10 equal portions	21	3	7

**white vinegar is also fine.*

Tired of plain old ground beef? You've got to give this flavor profile a try. If you're like my family, a dish like this offers something new and exciting and different, for minimal extra work. Totally worth it. And it makes a lot, which is a big plus. Totally fine to do a 50/50 or 100% substitution of ground turkey for the ground beef to lower the fat.

INSTRUCTIONS

- Sauté the shallots and pecans - in just enough broth to keep from sticking - until softened and fragrant.
- Add the beef and cook through.
- Carefully spoon off all excess liquid, then stir in the salt and spices.
- Cool to lukewarm, then fold in the tomatoes, yogurt, lemon juice, and vinegar.
- Season to taste.
- Leftovers are best reheated just to lukewarm.

Light As Air Frittata

INGREDIENTS

	PROTEIN	NET CARBS	FAT
3 large whole eggs	19	1	15
12 large egg whites (400g)	43	2	1
2 Tbsp (30mL) water	0	0	0
2 pinches fine sea salt, divided	0	0	0
half a medium potato (roughly 100g)	2	18	0
1 Tbsp (15mL) canola oil	0	0	14
1 medium zucchini (196g)	3	5	0
2 Tbsp (20g) chopped red onion	0	1	0
2 Tbsp (10g) grated parmesan cheese	4	0	3
fresh herbs of your choice	0	0	0
S&P, to taste	0	0	0
Total recipe	71	28	34
Per portion, if divided into 3.5 equal portions	20	8	10

Many of my recipes are on the rustic side, but this one is a bit more refined. The key is slicing the potatoes and zucchini very thinly before then cutting into bite sized pieces. This ensures both veggies get the chance to brown beautifully in a small amount of canola oil. Color equals flavor, so that's what we want here! Manipulate the cheese (add or reduce) to manage fat (try nonfat feta for added protein-yum!), and you could always increase potatoes to up the carbs, but added oil may be necessary for the same crisp result.

Bonus: it's a beautiful dish (it almost made the cover), so think about whipping this up the next time you're hosting brunch!

INSTRUCTIONS

- 350 oven.
- Lightly beat together eggs, egg whites, water, and a pinch of salt in a medium mixing bowl. Set aside.
- Keeping them separate, slice both the potato and zucchini thinly, then quarter to make bite sized pieces.
- Heat 1 Tbsp canola oil over medium-high heat in a nonstick 12 inch oven-safe skillet.
- Cook the potato in the skillet for about a minute, moving around with a wooden spoon.
- Sprinkle potatoes with your second pinch of salt.
- Reduce heat to medium and continue to cook and move the potatoes for about 3 minutes, until golden on both sides.
- Carefully transfer potatoes to a plate, leaving as much oil in the pan as you can.
- Add in zucchini pieces and red onion; cook and stir for about 3 minutes.
- Add the potatoes back to the pan.
- Pour egg mixture over top. Reduce heat to medium-low and cook for about 1 minute.
- Sprinkle parmesan cheese evenly over the top, then pop in your 350 oven for about 15 minutes.
- Give the pan a little shimmy; if the center doesn't wobble, it's ready to come out!
- Remove from the oven and turn out onto your serving dish.
- Note: the flip is optional! If you're nervous, first run a spatula around the edges and underneath for extra insurance!
- Top with fresh herbs of your choice - mint, dill, chives, thyme, basil, cilantro, etc., and more salt and pepper, if using.

French Toast Egg Sammy

So, if you're a foodie like me, you saw the video that went viral in early 2020 of this one-pan French toast egg sandwich technique, using very simple ingredients. I was fascinated when I saw it and couldn't wait to try it out – RP style, of course.

Shortly thereafter, I declared a Breakfast for Dinner night in the Shaw house, as an excuse to give the method a whirl (hint: it's really fun!) Nick confirmed that it was one of the best egg sandwiches he'd ever tried, and I was sold that it needed to be in the cookbook!

Ways to manipulate carbs and fat here include eliminating or increasing the cheese, using different bread (to increase carbs), and adding in egg whites or eggs to move the protein needle up or down.

INGREDIENTS

	PROTEIN	NET CARBS	FAT
1/2 Cup (122g) liquid egg whites	14	0	0
2 whole eggs	12	0	10
S&P, to taste	0	0	0
2 slices Dave's killer bread*	6	22	2
1 slice mozzarella cheese	6	1	5
Total recipe, 1 sandwich	38	23	17
For a half sandwich portion	19	12	8

**If you don't have access to this brand, sub in your favorite low carb bread.*

INSTRUCTIONS

- Whip eggs and whites together.
- Season with salt and pepper.
- Heat a nonstick skillet over medium heat.
- Add egg mixture. Add both slices of bread and quickly flip to coat in egg.
- The bread slices should be placed, one above the other in the pan.
- Allow to cook until you can loosen and flip as one piece.
- Flip, then cook another minute.
- Add the cheese slice once eggs are no longer runny.
- Fold in the edges of the egg in line with the edges of the bread.
- Close to make a sandwich and flip to brown both sides.

Sheet Pan Egg Salad

INGREDIENTS

	PROTEIN	NET CARBS	FAT
3 Cups (736g) liquid egg whites	80	0	0
1 tsp (1g) dried dill	0	0	0
1 tsp (2g) celery seeds	0	0	0
1/2 tsp salt	0	0	0
1/2 tsp pepper	0	0	0
2 Tbsp (30g) avocado mayo	0	0	24
2 Tbsp (30mL) white balsamic vinegar	0	6	0
2 Tbsp (30mL) lemon juice	0	3	0
4 tsp (20g) yellow mustard	0	0	0
1 Cup (136g) chopped dill pickles	0	5	0
dash of paprika	0	0	0
Total recipe (861g)	80	14	24
Per portion, if divided into 4 equal portions	20	3	6

You all know how much I love cooking egg whites on a sheet pan; it's a portioning dream come true. So I decided to start there, and end with a yummy, clean egg salad. I'm happy with how this came out, and I hope you'll try it.

INSTRUCTIONS

- 300 oven. Spray a rimmed sheet pan well with cooking spray.
- Pour egg whites into prepared pan and sprinkle with dill, celery seeds, salt and pepper.
- Bake 15 minutes or until set. Allow to cool completely.
- In a large mixing bowl, use a spatula to combine mayo, vinegar, lemon juice, and yellow mustard.
- Transfer the baked egg whites to a cutting board and chop to desired size.
- Add egg whites to the bowl with the mayo mixture; toss to combine. Fold in pickles.
- Sprinkle with paprika and add additional salt and pepper, to taste.
- If there is excess liquid, use a slotted spoon to transfer the egg salad to the container you'll be storing it in.

Stovetop TVP & Eggs, Shakshuka Style

INGREDIENTS

	PROTEIN	NET CARBS	FAT
2 Cups (474mL) broth or water, divided	0	0	0
1 Cup (96g) TVP (Textured Vegetable Protein)	64	0	0
4 Cups (720g) chopped tomatoes	6	19	2
1 tsp (1g) cumin	0	0	0
1 tsp (2g) paprika	0	0	0
1 tsp (6g) fine sea salt	0	0	0
ground pepper, to taste	0	0	0
4 eggs	25	2	20
fresh chopped mint, to garnish	0	0	0
coarse sea salt and more pepper, to taste	0	0	0
Total recipe	96	21	22
Per portion, if divided into 5 equal portions	19	4	4

If you like tomatoes with eggs, chances are you've tried Shakshuka before. I love the dish, but it's tough to squeeze in enough protein without going overboard on fats. Enter TVP!

I really got to know how to use TVP when I was writing RP Vegan, and it really helps up the protein here. Your goal with the liquid is to cook the TVP, but you'll need to cook out most of the moisture before you add the eggs. And don't skimp on the mint; I'm a huge fan of mint with eggs!

INSTRUCTIONS

- In a large sauté pan, heat 1 Cup broth or water over medium heat.
- When hot, add the TVP and stir well; cook 1-2 minutes.
- Once liquid has been incorporated, add tomatoes over the top.
- Sprinkle spices, salt, and pepper over the tomatoes.
- Add in the remaining cup of broth or water; Cook and stir over medium for about 10 minutes.
- Add more liquid as needed, just enough to prevent sticking.
- Your goal is for most, but not all, of the liquid to be absorbed over the 10 minutes cook time.
- Pull the pan off the heat and use the back of a soup ladle or large spoon to make 4 indents in the mixture.
- Note: If the indents fill up with liquid, you're not ready for this step yet; return the pan to the heat until more liquid is absorbed.
- Carefully crack the eggs into the indents.
- Return the pan to medium heat, cover, and cook until eggs are set, but not hard, about 5 minutes.
- Top with fresh mint, coarse sea salt, and pepper, to taste.

Grilled Romaine

INGREDIENTS

	PROTEIN	NET CARBS	FAT
3 romaine hearts (12 oz, 340g)	4	4	1
1 Tbsp (15mL) olive oil	0	0	14
coarse sea salt, to taste	0	0	0
juice of 1 lemon (47g)	0	4	0
1 Tbsp (14g) tahini	3	2	9
Total recipe	7	10	24
Per portion, if divided into 6 equal portions	1	2	4

As recipes go, this couldn't be much simpler, but if you've never tried grilled romaine before, I highly encourage it. It seems strange that hot leafy greens would turn out well, but believe me, they're spectacular. I took advantage of the savory zing from my friends tahini and lemon here to take this simple dish up a notch.

INSTRUCTIONS

- Slice the romaine hearts in half lengthwise, cutting through the core.
- This will hold nearly all of the leaves together.
- Wash well and dry well.
- Spray both sides of the romaine hearts with olive oil using an olive oil mister.
- Heat a sprayed large 2-burner stovetop grill (or outdoor grill) over medium high heat.
- Once hot, add the romaine heart halves, cut side down.
- Press gently and grill about 4 minutes; you should have nice grill marks.
- While romaine is grilling, squeeze the lemon into a small bowl, and combine with the tahini.
- Flip romaine and cook another 3 minutes or so.
- Remove from the heat and let cool for a couple of minutes.
- Transfer to a cutting board and rough chop into bite sized pieces, discarding the tough end of the core.
- Add the chopped romaine to your serving bowl, toss with the tahini lemon mixture and add salt to taste.

Brothy Potato Soup

I love potato soup, and I named this "brothy" so that you'd know it's not at all like the creamy version. This is a very simple, very potato-y, very comforting hot soup option that works great as a healthy carb. You can use your favorite broth for half or more of the water if you choose.

INGREDIENTS

	PROTEIN	NET CARBS	FAT
2 medium onions (220g total), diced	2	17	0
low sodium broth, as needed	0	0	0
salt, to taste	0	0	0
2 medium parsnips (177g), diced	2	23	1
3 medium stalks of celery (120g), diced	1	2	0
2 cloves garlic, finely chopped	0	2	0
1.5 tsp Italian seasoning	0	0	0
2 lb yukon gold potatoes, peeled, cut into bite sized pieces	12	121	0
5 Cups water	0	0	0
1/4 Cup cilantro leaves, chopped	0	0	0
more salt, to taste	0	0	0
Total recipe	18	166	1
Per portion, if divided into 10 equal portions	2	17	0

INSTRUCTIONS

- In a large stockpot, cook onions and a big pinch of salt over med-high heat, about 8 minutes, stirring regularly.
- Add in splashes of broth, as needed, to avoid sticking or burning.
- Add in the diced parsnips, celery, and garlic and cook and stir another 5 minutes, continuing to add more broth as needed.
- Add in Italian seasoning, potato chunks, and water and bring to a boil.
- Reduce to a bubbly simmer, add another healthy pinch of salt, and allow to simmer about 15 minutes.
- Once you can easily get a fork through the largest potato chunk, use a potato masher to mash some, but not all of the potatoes.
- After another 5 minutes of cooking, stir in the cilantro and add more salt to taste.

Greens Topping

INGREDIENTS

	PROTEIN	NET CARBS	FAT
your favorite greens	0	0	0
your favorite herbs	0	0	0
1 Tbsp (15g) red wine vinegar	0	0	0
2 tsp stone ground mustard	0	0	0
1 Tbsp (14g) jarred roasted red peppers, chopped	0	2	0
dash of hot sauce	0	0	0
lots of coarse sea salt and ground pepper	0	0	0
Total recipe	0	2	0
Per portion, if divided into 3 equal portions	0	0	0

This was the first recipe I created for the cookbook. I just really wanted to come up with a universal topping with zero macros, something I could keep in the fridge to dollop on everything from proteins to veggies to carbs. This concoction fits the bill for me. It's a great basic concept, perfect for personalizing by changing up the herbs, and amounts of vinegar, mustard, hot sauce, etc.. The possibilities are endless, so have fun!

INSTRUCTIONS

- Combine all ingredients (filling your food processor with greens and herbs) and process to make a spoonable topping for protein.

Roasted Carrot and Caramelized Onion Soup

INGREDIENTS

	PROTEIN	NET CARBS	FAT
1 yellow onion (110g), thickly sliced	1	8	0
1 Tbsp (15mL) EVOO	0	0	14
1 garlic clove, skin off, smashed	0	1	0
1 sprig of fresh thyme	0	0	0
S&P, to taste	0	0	0
2 lb (896g) carrots, peeled and cut into 2-inch chunks	10	60	3
2 Tbsp (30mL) malt vinegar	0	0	0
1 tsp (2g) whole fennel seeds	0	0	0
1 tsp salt	0	0	0
4 C (900g) vegetable broth	0	12	0
juice of 1/2 a lemon	0	2	0
1/4 Cup (57g) nonfat Greek yogurt	6	2	0
more salt, to taste	0	0	0
ceylon cinnamon, optional	0	0	0
Total recipe	17	85	17
Per portion, if divided into 10 equal portions	2	9	2

I love the idea of caramelizing veggies in the oven with only minimal oil. It's a pretty easy way to coax out a lot of flavor with minimal hands-on prep.

I also have a major thing for pureed soups, so this one just hits all of the right Fall and Winter soup notes for me. As with most soups, you also get a lot of bang for your buck with the number of portions!

INSTRUCTIONS

- 375 oven.
- On a rimmed baking sheet, toss the onion, EVOO, smashed garlic clove, thyme, and salt and pepper.
- On a second rimmed sheet, toss the carrot chunks with vinegar, fennel seeds, and salt.
- Cover both pans tightly with foil and bake 30 minutes.
- Remove pans from the oven, discard the foil and use a spatula or wooden spoon to loosen the veggies.
- Combine everything onto one pan.
- Return the pan to the oven for another 30 minutes, tossing every 10 minutes.
- Transfer roasted veggies to a large stockpot and add the vegetable broth and juice of 1/2 lemon.
- Bring to a simmer over medium-high heat.
- Reduce to an easy simmer for 15 minutes.
- Add in the Greek yogurt and puree either with a stick blender or by carefully transferring to a blender.
- Thin with additional broth if a thinner soup is desired.
- Add a dash or two of cinnamon; season to taste with additional salt.

Sweet & Spicy Green Juice

INGREDIENTS

	PROTEIN	NET CARBS	FAT
1 Cup (16g) fresh cilantro leaves	0	0	0
1 Cup (88g) fresh mint leaves	3	1	1
1/2 Cup (120mL) mango juice*	3	14	0
2 Tbsp (30g) fresh lime juice	0	2	0
1/4 tsp ground ginger	0	0	0
small pinch of salt	0	0	0
water, as needed	0	0	0
Total recipe, 1 portion	7	18	1

**I like Ceres brand.*

INSTRUCTIONS

- Combine everything in a blender and blend until very smooth.
- Add water, as needed, to reach desired consistency.

I'd put this green juice up there against anything you'd buy at your local juice shop. It's a terrific way to use up herbs and sneak in a ton of healthy green stuff all in one sitting.

It's totally your call on whether or not you labor to take the leaves off the stems; I don't have enough patience for that, so I puree everything together, but the flavor is more intense that way, so it's totally your call. The mango juice is there purely to offset the earthiness with sweetness; feel free to experiment with other sweet add-in options that appeal to you.

Fat Snacks

What else would I call these? I feel like fat bombs have a bad rep, but this "granola-ish" version is maybe a different way to get your healthy fats in. Give it a go when you're bored with your regular go-to's.

INGREDIENTS

	PROTEIN	NET CARBS	FAT
5 Tbsp (80g) unsalted almond butter	15	5	40
1 Tbsp (6g) unsweetened cocoa powder	1	1	2
1 Tbsp (5g) unsweetened ground coconut	0	1	3
pinch of salt	0	0	0
28g plain mini rice cakes	3	14	4
coconut oil spray	0	0	0
Total recipe	19	21	48
Per portion, if divided into 5 equal portions	4	4	10

INSTRUCTIONS

- In a small mixing bowl, stir together almond butter, cocoa powder, coconut, and salt.
- Process rice cakes to coarse crumbs or crumble by hand and fold into the almond butter mixture.
- Press to cover the bottom of an 8" square glass baking dish.
- The mixture will not stick together as if you were making a granola bar.
- Spray the top with a fine mist of coconut oil spray and place in the freezer to set.
- These won't be able to be cut into bars; there may be some chunks, but mostly, it will look more like granola.
- I keep mine in the freezer so that it stays crunchy. It doesn't need to be thawed before eating.

Sweet Dilly Sauce

INGREDIENTS

	PROTEIN	NET CARBS	FAT
1 Cup (140g) frozen pineapple chunks	1	16	0
2 Tbsp (30mL) lime juice	0	2	0
1/2 tsp salt	0	0	0
1 tsp cayenne	0	0	0
1/2 tsp pepper	0	0	0
1 Cup (240g) avocado oil mayo	0	0	192
1 Cup (18g) chopped dill	0	1	0
1 Tbsp (8.5g) canned diced jalapenos	0	0	0
Total recipe, approximately 2 Cups	1	19	192
Per portion, if divided into 32 equal portions	0	1	6

INSTRUCTIONS

- In a food processor, process pineapple through pepper.
- Add the mayo to a small mixing bowl; fold in the pineapple mixture, dill and jalapenos.

If we're on the topic of things I couldn't stop eating while recipe testing, this stuff is near the top of the list! I know it looks like an odd combo of ingredients, but please tell me you'll try it.

It's this addicting blend of sweet, and tart, and creamy, and spicy. I put this creamy goodness on everything! I love avocado oil mayo (you can probably glean that from flipping through this book), and this was intended as a healthy fat recipe, so that's what accounts for the fat here. If you'd rather decrease fat in this recipe, with the side impact of adding a few carbs, you could always try a 50% to 100% substitute of Greek yogurt for the mayo. It won't be as creamy or rich, but I won't blame you for trying it!

Lupini Bean Hummus

INGREDIENTS

	PROTEIN	NET CARBS	FAT
16 oz (250g) Brami brand lupini beans	63	0	9
1/4 C (60mL) lemon juice	0	5	0
1/4 C (60mL) well-stirred tahini	12	4	38
3 Tbsp (45mL) extra virgin olive oil	0	0	42
1/2 tsp cumin	0	0	0
salt, to taste	0	0	0
dash paprika	0	0	0
1/2 Cup (120mL) water, more as needed	0	0	0
fresh chopped mint, to garnish	0	0	0
Total recipe	75	9	89
Per portion, if divided into 8 equal portions	9	1	11

INSTRUCTIONS

- In a food processor, process lemon juice, tahini, olive oil, cumin, salt, and paprika for about 30 seconds.
- Scrape sides and repeat.
- Add half the lupini beans and process, scraping sides as needed, until fairly smooth.
- Add in the rest of the beans and 1/2 Cup water.
- Process until very smooth, adding more water as needed.
- Top with more paprika and chopped mint to taste.

PSA: this is a recipe where the ingredient brand really matters! You definitely want to be working with the ready to eat kind of lupini beans. I'm told that if you eat the kind that isn't ready to eat, you could be in for some fairly serious digestion distress so try and find the Brami brand! (You can find it in the RP Cooking Amazon storefront and at Thrive Market online.)

Since I created my recipe, Brami actually came out with their own hummus (but the macros aren't as good as mine!)

Ok, now that that's out of the way, I just have to say that I couldn't stop eating this stuff once I perfected the recipe! It was my go-to nighttime snack for awhile; I'd just sit there on my couch eating it by the spoonful! It's THAT good.

Ranch Onion Dip

INGREDIENTS

	PROTEIN	NET CARBS	FAT
16 oz (453g) 5% milkfat Greek yogurt	40	13	24
2 Tbsp (30g) avocado oil mayo	0	0	24
18.7 g package of fresh dill	0	0	0
18.7 g package of fresh chives	0	0	0
2 Tbsp (15g) dried minced onions	0	0	0
1 Tbsp (2g) dried parsley	0	0	0
1/4 tsp garlic powder	0	0	0
1/4 tsp chili powder	0	0	0
1/4 tsp salt	0	0	0
Total recipe, makes over 2 Cups	40	13	48
Per portion, if divided into 5 equal portions	8	3	10

I'm from the Midwest. Ranch dip – now, I'm not talking about ranch dressing, I'm talking about the refrigerated, super thick ranch dip in the short fat containers - was a love of mine as a kid. I thought I was being so healthy dipping my carrots and celery in there!

In any case, now that I know what's what, I decided to try and recreate that experience, but with better ingredients than I grew up with. I'm happy to say that this is a satisfying replacement. For some reason, I loved it so much more on day 1 of making it, so maybe consider putting this out at your next party – or halving the recipe, if it's just for you.

INSTRUCTIONS

- Combine everything in a food processor and process until herbs are finely minced.
- Taste and adjust seasonings to your preferences.
- Serve with fresh veggies or pretzel sticks!

Chili Lime Vinaigrette

I often get asked about homemade dressings that can work with RP, so I wanted to include one here for you. It's very basic, and is a great recipe to tweak to your own taste preferences.

Pro tip: The recipe includes a spice, an acid, a sweetness and a saltiness, along with the olive oil. Follow that general guideline with your own dressing concoction and you can't go wrong!

INGREDIENTS

	PROTEIN	NET CARBS	FAT
3 Tbsp (135mL) good tasting EVOO	0	0	42
3 Tbsp (90mL) lime juice	0	4	0
1.5 tsp chili powder	0	0	0
1 tsp (7g) pure maple syrup	0	5	0
1/4 tsp fine sea salt	0	0	0
Total recipe	0	8	42
Per portion, if divided into 4 equal portions	0	2	11

INSTRUCTIONS

- Add everything to a bottle or jar with a tight fitting lid.
- Shake well.
- Season to taste.

Pineapple Mint Sorbet

INGREDIENTS

	PROTEIN	NET CARBS	FAT
1 Cup (140g) frozen pineapple chunks	1	16	0
1/4 Cup (60mL) 2% milk	2	3	1
1/4 tsp orange zest	0	0	0
dash cinnamon	0	0	0
leaves from 2 sprigs fresh mint, finely chopped	0	0	0
Total recipe, one portion	3	19	1

This recipe just couldn't be easier. And it's so refreshing! This is NOT your average healthy carb, trust me! Or don't trust me – make it yourself and you'll see! Just be prepared; whoever is in the kitchen with you when you make this is going to want a bite (or the whole thing)!

INSTRUCTIONS

- Add all ingredients to a food processor.
- Pulse 10-20 times, until broken down; Scrape down the sides.
- Process constantly for 2 minutes to incorporate air, scraping sides halfway through.
- Scoop and serve!

White Rice Spoonbread

I know many families have a medical need, or just a preference for avoiding gluten, so I'm happy to include this delicious gluten free bread recipe for you to try!

Spoonbread is somewhere between cornbread and bread pudding in consistency; you're encouraged to just spoon it out of the baking dish!

Play around with the baking time; at one hour, I could turn it out onto a cooling rack without it falling apart; if you're going for more of the bread pudding consistency, maybe take it out before one hour.

Bottom line; if you're a bread lover like me, definitely try this one for family dinner; I think it will be a hit.

INGREDIENTS

	PROTEIN	NET CARBS	FAT
3/4 Cup (120g) white rice flour	6	93	2
1 tsp salt	0	0	0
1 Cup (237g) boiling water	0	0	0
3 Tbsp (42g) avocado oil	0	0	42
2 large eggs, beaten	13	1	10
1 Cup (240mL) unsweetened coconut milk	1	1	3
2 tsp (8g) baking powder	0	2	0
Total recipe	20	97	57
Per portion, if divided into 5 equal portions	4	19	11

INSTRUCTIONS

- 350 oven.
- Spray a 1.5 qt casserole dish with cooking spray.
- Combine white rice flour and salt. Gradually whisk in boiling water.
- Once all lumps are gone, stir in the oil.
- Cool about 5 minutes.
- Whisk in coconut milk, eggs, and baking powder.
- Whisk well by hand, or mix thoroughly with a handheld mixer.
- Transfer to prepared dish and bake about 1 hour, until set and no longer jiggly in the center.
- Cool on a wire rack about 15 minutes before turning out to finish cooling on the rack.

Orangey Baked Stuffed Apples

INGREDIENTS

	PROTEIN	NET CARBS	FAT
6 large firm (250-300 g each) apples* (like Granny Smith)	3	130	1
3 Tbsp (19g) pecans halves	2	1	13
3 Tbsp (15g) old fashioned oats	2	8	1
3 Tbsp (15g) unsweetened coconut flakes	1	2	6
3 Tbsp (30g) unsweetened dried cranberries**	0	4	0
1/2 tsp ceylon cinnamon, plus more for garnish	0	0	0
zest of one orange	0	1	0
large pinch salt	0	0	0
3 Tbsp (42g) ghee, separated	0	0	42
2 Tbsp (40g) pure maple syrup	0	27	0
2 Tbsp (30mL) apple cider	0	4	0
3/4 Cup (180mL) apple cider	0	23	0
Total recipe, 6 apples	8	198	63
Per portion = one apple half	1	17	5

**macros based on the weight of the apple, after it has been peeled and skinned*

***If you can't find these locally, you can find them in our RP Cooking Amazon storefront.*

Orange you glad I didn't say banana? (Sorry, I couldn't resist.) If you love apple crisp, apple pie, apple turnovers, etc., you owe it to yourself to try this recipe. That filling is epic, and the glaze is the perfect finish.

INSTRUCTIONS

- Toast pecans on a parchment lined baking sheet in a 300 oven for 7-8 minutes; you will smell them when they're done.
- Set aside to cool slightly, then coarse-chop them, or break them with your hands into roughly sized pieces.
- Increase the oven temp to 375 and set a rack in the middle.
- Mix oats, pecans, coconut, cranberries, cinnamon, orange zest, and salt in a small mixing bowl.
- Stir in 2 Tbsp ghee, maple syrup, and 2 Tbsp cider, until dry ingredients are evenly moistened. Set aside.
- Peel the apples.
- Cut a thin slice off the bottom of each apple, if needed, to ensure they will stand evenly.
- Cut a 1/2 inch cap off of each apple and reserve. Carefully core the apple without cutting through.
- Melt remaining Tbsp of ghee over medium heat in an oven safe skillet; I like to use cast iron.
- Add apples, stem side down, and cook until golden.
- Carefully flip, reduce heat to low and spoon in filling. Top with reserved caps.
- Carefully add 3/4 Cup apple cider to the skillet, then pop in the oven for 40-45 minutes, until apples are easily pierced with a fork.
- At serving, divide the pan glaze between the apples and top with an additional cinnamon sprinkle, if desired.

Blueberry Crunch

INGREDIENTS

	PROTEIN	NET CARBS	FAT
1 pint (296g) fresh blueberries	2	36	1
1 Tbsp (12g) sugar	0	12	0
1 Tbsp (8g) all purpose flour	1	6	0
1/2 Tbsp (8g) lemon juice	0	1	0
pinch salt	0	0	0
leaves from a sprig of lemon thyme*	0	0	0
1.9 oz box of prebaked phyllo shells	7	28	7
more salt, cinnamon and thyme, optional	0	0	0
Total recipe	10	83	8
Per portion, if divided into 4 equal portions	3	21	2

** regular thyme is fine if you can't find lemon thyme.*

I love love love cobblers and crisps. There's just something about the freshness of the warm fruit with that sweet crunchy topping. I wanted to give you all that same experience, but with great macros.

I pretty much always have phyllo shells in my freezer or cupboard, and I couldn't think of a more macro friendly way to give us that crunch. It's such a simple topping, it kind of feels like cheating, but I think it really works here.

If you're not trying to keep fat low, a drizzle of melted coconut oil or ghee over top of the crunched up shells would be really tasty here.

INSTRUCTIONS

- Preheat oven to 375.
- In a small round baking dish (1 qt), combine blueberries with sugar, flour, lemon juice, salt and thyme leaves.
- Stir until dry ingredients are evenly moistened.
- Bake 20 minutes.
- Remove from the oven and reduce heat to 350.
- Crumble the phyllo shells over the top, and return to the oven for 3-5 minutes, just to warm and crisp up the topping.
- Serve garnished with additional thyme, a dash of cinnamon, and a pinch of salt, to taste.

Maple Vinaigrette

Another quick and easy dressing option, but this one is fat free! What's not to love?

INGREDIENTS

	PROTEIN	NET CARBS	FAT
1 Cup (255g) white balsamic vinegar	0	48	0
2 Tbsp (40g) pure maple syrup	0	24	0
2 Tbsp (31g) whole grain mustard	0	0	0
2 Tbsp (31g) lemon juice	0	2	0
1.5 tsp pepper	0	0	0
Total recipe, roughly 22 Tbsp	0	74	0
Per portion, if divided into 8 equal portions (roughly 3 Tbsp each)	0	9	0

INSTRUCTIONS

- Whisk everything together in a 2 Cup glass measuring cup.
- Store refrigerated.

Edamame Spread

INGREDIENTS

	PROTEIN	NET CARBS	FAT
16 oz frozen shelled edamame beans	44	38	16
1.5 Tbsp (2g) fresh chopped mint	0	0	0
1/2 tsp (1g) lemon zest	0	0	0
pinch of coarse sea salt	0	0	0
1/4 Cup (61g) lemon juice	0	5	0
1/3 Cup (27g) shredded parmesan cheese	13	1	9
pinch of pepper	0	0	0
Total recipe	58	45	25
Per portion, if divided into 3 equal portions	19	15	8

I love edamame for a perfect meatless protein option. This is a fun spread for sandwiches or crackers.

INSTRUCTIONS

- Cook edamame per package directions.
- Chop together the mint, zest and coarse sea salt.
- In a food processor, pulse the mint mixture, lemon juice, half the cheese, and half the cooked edamame to form a paste.
- Add in the rest of the edamame and pulse to a chunky texture.
- Stir in remaining cheese and sprinkle with pepper.

Edamame Alfredo

Y'all can thank me later for this recipe. It is that good. I'm telling you; edamame fettuccine is a pasta loving dieter's DREAM. High protein, very pasta-like texture, etc. And then you coat it in a buttery, creamy, cheesy sauce, and you'll be pinching yourself while eating this and looking at the macros. Make this one of the first recipes you make! The edamame fettuccine is sold right along with the other dried boxed pastas, in most grocery stores these days.

INGREDIENTS

	PROTEIN	NET CARBS	FAT
7.05 oz (200g) box of dried edamame fettuccine	84	31.5	10.5
2 Tbsp (28g) ghee	0	0	28
1/2 Cup (113g) 5% Greek yogurt	10	3	6
dash garlic powder	0	0	0
1 Cup (120g) grated parm , separated	48	0	36
Total recipe	142	35	81
Per portion, if divided into 8 equal portions	20	5	12

INSTRUCTIONS

- Cook pasta according to box directions, drain, reserving some of the water.
- In a saucepan over low heat, warm the ghee and yogurt with garlic powder.
- Add half the cheese to the serving bowl.
- Pour the yogurt mixture over.
- Add the cooked pasta and toss just 3 or 4 times.
- Add in the remaining parmesan cheese.
- Toss well, thinning with pasta water as needed.

Twice Baked Protein Granola

INGREDIENTS

	PROTEIN	NET CARBS	FAT
1 Cup (240mL) unsweetened almond milk	1	1	3
1/4 Cup (60mL) pure maple syrup	0	53	0
1/2 Tbsp (6g) pure vanilla extract	0	0	0
1 tsp ceylon cinnamon	0	0	0
1/2 tsp fine sea salt	0	0	0
2 Tbsp (28g) canola oil	0	0	28
1.5 Cups (120g) old fashioned oats	15	69	8
3 scoops vanilla protein powder, divided	90	9	9
Total recipe	106	132	47
Per portion, if divided into 6 equal portions	18	22	8

I love granola, but store-bought varieties are often full of fat and carbs.

I knew I wanted high protein, but to keep fat and carbs in check with this recipe, and working with protein powder can be tricky. The 2-step cooking/baking process may appear time consuming, but it's key to retaining the crispiness, which will last for a few days, if the granola is stored in an airtight container.

It's also easy to increase fats by adding nuts with the oats, or carbs by stirring in raisins or other dried fruits after granola is fully baked and cooled. Give it a shot and see what you think; It makes for a great on-the-go meal!

INSTRUCTIONS

- 350 oven. Line a large rimmed sheet with parchment paper.
- In a small bowl, whisk to combine milk through sea salt until smooth. Set aside.
- In a large mixing bowl, add half the protein powder, and set aside.
- Heat canola oil in a wide sauté pan over medium heat.
- Add oats and cook, stirring constantly with a wooden spoon, for about 5 minutes.
- Pull the pan off the heat.
- Whisk remaining protein powder into the almond milk mixture.
- Return the sauté pan over medium heat and stir in the protein powder mixture.
- Continue cooking and stirring over the heat for about 3 minutes.
- Pull the pan off the heat and allow to cool for 5 minutes.
- Turn the oat/protein mixture into the prepared mixing bowl containing the rest of the protein powder.
- Use a wooden spatula to break up larger bits and stir the mixture until the dry protein powder has mostly been incorporated.
- Transfer the mixture to the prepared parchment lined sheet, pressing down with your hands, and allow to cool.
- Once the mixture has cooled, add it to your 350 oven and bake for 15 minutes.
- Turn off the oven and leave the mixture in for around an hour, or until pieces are dry and crispy.

Hot Cocoa and a Glazed Donut

INGREDIENTS

	PROTEIN	NET CARBS	FAT
5 Tbsp (38g) unbleached flour	5	28	1
5 Tbsp (26g) vanilla protein powder	13	8	2
2 tsp (4g) pumpkin pie spice	0	0	0
3/4 tsp baking powder	0	0	0
1/4 tsp baking soda	0	0	0
1/2 tsp salt	0	0	0
5 Tbsp (77g) canned 100% pure pumpkin	1	4	0
5 Tbsp (70g) mashed banana	1	14	0
2.5 Tbsp (35g) canola oil	0	0	35
1 egg	6	0	5
1.5 Tbsp (22g) cold brew concentrate*	0	1	0
3/4 tsp vanilla	0	0	0
5 Tbsp (56g) non-dairy caramel chips, separated	0	43	14
1 Tbsp (14g) non-dairy butter	0	0	11
Total recipe, 6 donuts	25	98	67
Per donut	4	14	11
1/2 scoop chocolate whey protein powder	13	1	1
1 Cup (240mL) vanilla unsweetened almond milk	1	0	3
3/4 Cup (180mL) water	0	0	0
1 tsp (1g) unsweetened cocoa powder	0	0	0
Protein hot chocolate and one donut	18	15	14

**I used Grady's brand.*

Did you ever think you could consider hot cocoa and a glazed donut as a complete, macro friendly meal? Well, now you can! And it's a caramel glazed donut to boot! OMG!

Of course you can sub in whatever type of chips you'd like; I avoid dairy, and I love the non-dairy caramel chips I had at home, and to me, it was the perfect complement to the pumpkin spice. This recipe is worth the prep time, I assure you!

INSTRUCTIONS

- 375 oven. Spray a donut pan with cooking spray or Baker's Joy.
- In a small bowl, whisk to combine flour through salt.
- In a second small bowl, whisk to combine pumpkin through vanilla.
- Add wet ingredients to dry ingredients and mix just to moisten any dry pockets.
- Transfer the mixture to a freezer bag or pastry bag, snip off a corner, and pipe into the prepared donut pan.
- Bake 10-15 minutes, until light golden brown and firm to the touch. Cool 2 minutes in the pan before turning out onto a wire cooling rack.
- Chop 1 Tbsp caramel chips; reserve.
- Microwave the remaining 1/4 Cup caramel chips and butter in a small bowl for 20 seconds. Stir and repeat.
- Continue stirring until the butter is fully incorporated and the glaze is thick and uniform in texture.
- Use a spoon to coat the tops of the donuts with the caramel glaze. Sprinkle with chopped caramel chips.
- For the hot cocoa, combine all ingredients in a small saucepan and heat over medium, stirring constantly, until heated through.

Chicken Paprikash-ish

Chicken Paprikash was one of the first recipes I learned to make in cooking school; it's a classic Hungarian chicken dish, made with loads of paprika. This may be a departure from the classic version, but it's still hearty, simple and satisfying, so called "peasant food" at its finest!

INGREDIENTS

	PROTEIN	NET CARBS	FAT
1 lb (450g) boneless skinless chicken breasts	104	0	5
S&P, to taste	0	0	0
1 Tbsp (14g) canola oil	0	0	14
broth, as needed	0	0	0
8 oz (224g) mushrooms, sliced	6	8	1
1/4 Cup (61g) canned crushed tomatoes	1	5	0
4 tsp (9g) Hungarian paprika	0	0	0
1/4 tsp crushed red pepper	0	0	0
1/2 Cup (60g) light sour cream	4	8	10
fresh chopped cilantro or parsley	0	0	0
Total recipe	115	21	30
Per portion, if divided into 6 equal portions	19	4	5

INSTRUCTIONS

- Slice through the chicken breasts so that they open like a book, then cut through to separate completely.
- Season generously with salt and pepper.
- Heat 1 Tbsp oil in a large sauté pan over medium heat.
- Cook chicken, turning once, until browned, 5 minutes or so per side.
- Transfer to a plate and keep warm.
- Cook mushrooms, adding broth as needed to keep from sticking, about 5 minutes.
- Add tomatoes, paprika, and crushed red pepper and cook another 5 minutes.
- Add sour cream to the sauté pan and cook another 2-3 minutes.
- Add chicken back in and heat through a minute or two until chicken is fully cooked - to 165 internal temp.
- Garnish with chopped herbs.

Bang Bang Chicken

INGREDIENTS

	PROTEIN	NET CARBS	FAT
1/3 Cup (80mL) almond milk	0	0	1
1 egg (half macros as not all will be used)	3	0	3
1 lb (454g) thin sliced boneless skinless chicken breast	104	0	5
1/4 Cup (40g) brown rice flour	3	31	1
1/4 Cup (48g) potato starch	0	40	0
1/2 tsp fine sea salt	0	0	0
1/2 tsp ground pepper	0	0	0
3 Tbsp (45g) avocado mayo	0	0	36
2 Tbsp (30mL) pure maple syrup	0	26	0
2 Tbsp (39g) hoisin sauce	0	20	0
1 tsp (5g) gochujang paste	0	3	0
Total recipe	110	120	45
Per portion, if divided into 5 equal portions	22	24	9

True Bang Bang Chicken is shredded chicken with a sesame sauce. I don't use sesame in this sauce, but I have to believe it's even better than the traditional version.

I experimented with this recipe one evening, after the kids had gone to bed, and long after we had all eaten dinner. I'm not going to lie; Nick and I sat down and ate this entire dish that night. It is just so darn good. It's my favorite dish in the book, and just had to be the cover.

And if you don't have an air fryer, it really doesn't matter how you get the chicken crispy. Just get it crispy on the stovetop or in your oven, and then proceed from there. It's the sauce that makes that crispy chicken truly sing. You'll see what I mean when you make it.

INSTRUCTIONS

- Mist or rub your air fryer basket with olive oil to prevent the chicken from sticking.
- In a mixing bowl, use a fork to beat the egg with the milk.
- Use kitchen scissors to cut the chicken breasts into small cubes and add to the milk mixture.
- Let the chicken soak while you preheat your air fryer at 380 for 10 minutes.
- Meanwhile, combine brown rice flour, potato starch, salt, and pepper in a second bowl.
- Use a large slotted spoon to transfer the chicken pieces to the flour mixture.
- Toss lightly to coat.
- Add the chicken to the air fryer and separate into a single layer as much as you can.
- Air fry at 380 for 10 minutes. Gently separate chicken pieces, toss and return to air fry at 380 for 7 more minutes.
- While the chicken is cooking make your sauce; whisk together mayo through gochujang in a 2 Cup glass measuring cup.
- Turn the crispy chicken out into a large mixing bowl; pour the sauce over top and toss with a spatula until thoroughly coated.
- Serve over steamed or broth-sautéed veggies of your choice!

Elote Corn and Tuna Salad

Step aside, tired old basic tuna salad; you've been replaced with something exciting! Something spicy and smoky and cheesy and super flavorful. Oh, and the macros are pretty tight as well. It's nothing personal, bland gray tuna salad; it's just time for a change.

INGREDIENTS

	PROTEIN	NET CARBS	FAT
14.4 oz (408g) bag frozen corn kernels	14	54	7
1/2 tsp smoked paprika	0	0	0
1/2 tsp garlic powder	0	0	0
1/4 tsp ground chipotle pepper	0	0	0
1 seeded jalapeno (14g), finely chopped	0	1	0
1/4 Cup (13g) finely chopped red onion	0	4	0
1/2 Cup (50g) crumbled cotija cheese	12	0	14
small handful (15g) chopped cilantro	0	0	0
2 Tbsp (28g) Greek yogurt	3	1	0
2 Tbsp (30g) nonfat sour cream	2	3	0
1/2 tsp chili powder	0	0	0
juice and zest of one lime	0	4	0
salt and pepper, to taste	0	0	0
3 cans (12 oz, 339g) albacore tuna in water, drained	87	0	3
Total recipe	118	66	24
Per portion, if divided into 6 equal portions	20	11	4

INSTRUCTIONS

- 400 oven, line a rimmed baking sheet with foil.
- Place corn on the sheet and sprinkle with paprika, garlic powder, and chipotle pepper. Add in the chopped jalapeno.
- Spread evenly and roast 30-40 minutes, stirring occasionally.
- Allow to cool slightly.
- In a mixing bowl, combine all remaining ingredients, except tuna.
- Fold in tuna and corn mixture, until thoroughly combined.

Chicken Thigh Shawarma

INGREDIENTS

	PROTEIN	NET CARBS	FAT
3 lbs (1344g) boneless skinless chicken thighs	264	0	53
1 medium yellow onion (110g), sliced	1	8	0
3 small shallots (30g), sliced	1	5	0
2 dried bay leaves, whole	0	0	0
1 tsp salt	0	0	0
1/2 tsp cinnamon	0	0	0
1/8 tsp ground cloves	0	0	0
1/8 tsp ground nutmeg	0	0	0
1/8 tsp allspice	0	0	0
1/8 tsp ground black pepper	0	0	0
1 whole lemon	0	0	0
1/4 Cup (60mL) coconut vinegar	0	0	0
2 crushed garlic cloves	0	1	0
Total recipe	267	18	53
Per portion, if divided into 13 equal portions	21	1	4

Ok, so this obviously isn't true shawarma, which is a Middle Eastern dish where meat is cut into thin slices, stacked in a cone shape, and roasted on a vertical rotisserie. But it's a really easy and tasty alternative!

And, just think, if you put in the prep work on this, you're rewarded with lots of portions! And you could easily double the recipe if you wanted to have two pans in the oven. And just look at those macros!

INSTRUCTIONS

- In a 13x9x2 glass baking dish, spread the onions and shallots over the bottom.
- Add the bay leaves: sprinkle with salt and spices.
- Cut the lemon in half, remove any visible seeds, then squeeze the juice through your fingers over the onions. Discard the seeds.
- Place the lemon skin halves in the pan as well and add in the vinegar and crushed garlic.
- Place the thighs in the pan and turn with your hands to coat.
- Cover and refrigerate overnight.
- Remove the cover and bake at 400 for 30 minutes.
- Remove the pan, discard the lemons, transfer the chicken thighs to a cutting board and chop.
- Add the meat back to the pan with the onions and stir to combine.
- Return the pan to the oven for another 15 minutes.

Protein Ice Cream Sandwiches

Well, no surprise here: Nick loved recipe testing this one! It's a fun recipe, probably for a time when you're maybe on Maintenance, definitely not when you're deep in a cut. All you need is a protein shake on the side to turn this into an indulgent sweet treat that doubles as a meal.

INGREDIENTS

	PROTEIN	NET CARBS	FAT
Bakers Joy flour/oil spray	0	0	0
1/2 chocolate cake mix* (216g)	10	170	8
1/2 Cup (114g) nonfat Greek yogurt	12	4	0
1/4 Cup (60mL) water	0	0	0
1/3 tsp baking powder	0	0	0
3 pints (1.4L total) of protein ice cream**	60	120	24
Total recipe	82	294	32
Per square, if divided into 14 equal squares	6	21	2

**I used Betty Crocker Super Moist Chocolate Fudge cake mix.*

*** I used Enlightened brand vanilla bean protein ice cream.*

INSTRUCTIONS

- Preheat oven to 350. Spray two 9" square cake pans with Bakers Joy, and line with a layer of parchment with overhang on 2 sides.
- Using a hand mixer, mix the cake mix, 1/2 Cup yogurt, water, and baking powder until smooth.
- Move the ice cream pints to the refrigerator to soften for 30 minutes.
- Divide cake batter between the 2 pans and press a layer of parchment on top of the batter.
- Bake 15 minutes, or until no longer gooey in the centers. Cool 15 minutes in pans.
- Leave one cake layer in the cake pan and spread the ice cream evenly over the cake.
- Turn the second cake layer out and invert over the ice cream layer; press to make sure it sticks.
- Cover the whole thing with foil and freeze around 12 hours.
- Remove from the freezer and use the parchment overhang to transfer to a cutting board.
- Use a large sharp knife to cut into 14 portions.

Edamame Pasta for One

I threw this together for myself one night and thought it was good enough to be included in the cookbook. After all, I know many of you are just like me – you need something quick and easy – shortcuts are always welcome! – but you also want interesting taste and texture. At just 4 main ingredients, and straight from the grocery store with minimal prep, this recipe is for you!

INGREDIENTS

	PROTEIN	NET CARBS	FAT
4.5 oz raw broccoli slaw	3	6	0
broth or water, as needed	0	0	0
40g uncooked edamame fettuccine	17	6	2
1/8 Cup (34g) store bought marinara	0	1	3
15 g dairy free parmesan shreds	0	4	3
Total recipe	20	17	8

INSTRUCTIONS

- Bring a small pot of water to a boil for the pasta.
- Meanwhile, cook broccoli slaw in broth or water in a wide skillet, just until softened.
- When the pasta water is ready, add the edamame pasta, cover the pot, turn off the heat and set a timer for 4 minutes.
- Drain the pasta and add it into the saucepan with the broccoli slaw.
- Add the marinara and cheese and mix with tongs to coat and heat through.

BONUS

BONUS RECIPE FROM RENAISSANCE KITCHEN

Turkey Enchiladas

INGREDIENTS

	PROTEIN	NET CARBS	FAT
1 lb lean ground turkey	96		8
1 Cup chopped onion	2	12	
1 Cup chopped green bell pepper	1	4	
3 Cups fresh spinach	3	1	
8 large whole grain wraps	40	152	16
1 12 oz. can enchilada sauce		24	
2 Cups shredded 2% Mexican cheese, divided	56	8	48
1 Cup veggies-only chunky salsa		7	
1 Cup chopped tomatoes	1	4	
1 Cup shredded lettuce	1	1	
handful of cilantro			
Total recipe	212	214	73
Per Portion, if divided into 10 equal portions	21	21	7

The single most popular RP cookbook recipe of all time! With your modifications, you should be able to knock out protein, fats, carbs and veggies here. Find a whole grain wrap that gives you the carbs you need - there are so many options out there. This is a great recipe that the kids can help assemble!

INSTRUCTIONS

- Cook the ground turkey with chopped onion and green pepper, adding in spinach in the last minute of cooking.
- Pour the whole can of enchilada sauce into a wide shallow bowl.
- Dip each wrap in the enchilada sauce – you want to reserve as much sauce as possible in the dipping bowl, so use your fingers to scrape off excess after dipping.
- Lay each wrap down on a plate, and spoon in 1/8 the cooked turkey with veggies.
- Sprinkle with 1/8 Cup cheese.
- Roll up and place seam side down in a greased 13x9x2 pan. (You'll need to pack them in tight, but in a single layer!)
- Pour any remaining enchilada sauce over and sprinkle with remaining 1 Cup cheese.
- Bake at 375 for 20-30 min. Cool slightly.
- Top with salsa, chopped tomatoes, shredded lettuce and cilantro.

SIMPLE NUTRITION LABEL CALCULATOR

Here's how to figure out, in 2 easy steps, how much of a healthy fat (in this example), by weight, gives you the amount of fat you need for your meal or recipe. Use this if the serving size, as listed on the label, isn't quite what you need.

3 Numbers you'll need to start	
1. You'll know the grams of fat you need for your meal or recipe	A
2. Locate the grams of fat in the serving size - from the food label	B
3. Locate the number of grams (by weight) per serving - from the food label	C

2 Easy Calculations	
1. Divide the number of fat grams you need by the amt of fat in the serving size.	A/B = D
D is your multiplier to use to get the portion you need for your meal or recipe.	
2. Muliply D x C (your multiplier by the weight of the serving size, per the food label.)	D x C = your answer

You've calculated the amt of grams (by weight) of that food that will give you the amt of fat you need!

**Works for protein, carbs and fats - just remember that if your food has other countable macros, you'll need to apply your multiplier (D) to all of the macros in the food.*

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Thanks to the Shaw fam for recipe testing.

Thank you to the RP app team for bringing this exciting scanning option idea to life – you all rock!

And finally, thank you, reader, for buying this book! We are so excited to incorporate QR code scanning since you all have been asking for it since the app came out. If you find this helpful, we'll plan to release recipes with codes regularly!

I hope you enjoy these 50 new recipes; the Bang Bang Chicken, shown on the cover, and the Edamame Alfredo, are probably my two favorite recipes from this new book, so maybe try one of those first!

You know I'm always thinking of RP recipes, so let's keep expanding your arsenal of nourishing, delicious recipes together!

– Lori

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