Simply RP

50

RP RECIPES

by **Lori Shaw**

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FOREWORD

From Lori Shaw, Mike Israetel and Nick Shaw

Hello RP Family! We are excited to bring you the 8th RP cookbook, *Simply RP.* We've included 50 new recipes that we regularly make at the Shaw house (so, you know they're truly simple).

Just like last time, each recipe has a QR code so that you can scan a portion right into the RP app, then use the slider to adjust the portion size as you'd like.

We really hope that you love the new recipes and we can't wait to be tagged in your food pics, and to hear which one(s) are your favorites!

Thank you so much for your support of RP; it means everything to us.

Happy Meal Prepping!

From Lori, Nick and Mike

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!

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.

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.

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.

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.

(continued)

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!

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Potpie Soup

INGREDIENTS

	PROTEIN	NET CARBS	FAT
1 lb (454g) 93% lean ground beef	95	0	32
1 Tbsp (17g) dijon mustard	1	0	1
1 garlic clove, minced	0	1	0
13 oz (368g) bag frozen peas	18	36	0
1 Cup (237g) diced onions or leeks	1	11	0
1 Cup (237g) diced carrots	1	9	0
3 Tbsp (38g) spelt flour	3	14	0
3 Cups (710mL) low sodium beef broth	9	3	0
1/2 Cup (119g) chopped parsley	1	1	0
12 oz (310g) store bought turkey gravy*	3	25	0
Total recipe	132	99	33
Per portion, if divided into 6 equal portions	22	17	6

**I used McCormick's boxed gravy.*

INSTRUCTIONS

- Cook beef in a large skillet over med-high heat until browned and cooked through.
- Add mustard, garlic and a good pinch of salt.
- Stir and cook for about a minute.
- Stir in frozen peas, leeks and carrots.
- Cook for about 5 minutes.
- Stir in flour for 1 minute.
- Add broth and cook and stir for 10 more minutes.
- Add in parsley, gravy and broth.
- Stir and heat through.

Chili'ish

INGREDIENTS

	PROTEIN	NET CARBS	FAT
2 lb (908g) lean ground beef	190	0	64
1/2 cup (119g) chopped onion	1	6	0
4 stalks celery (159g), chopped	1	3	0
1 green pepper, (162g) chopped	1	5	0
5 10 oz cans (1.56g) diced tomatoes with green chiles	13	38	0
15 oz (434g) can tomato sauce	0	14	0
1 Cup (237 mL) low sodium beef broth or water	0	0	0
2.5 oz (75g) of taco or chili seasoning (typically sold in packets)	0	60	0
16 oz (455g) can chickpeas	21	56	7
16 oz (455g) can kidney beans	28	67	0
S&P to taste	0	0	0
1 Tbsp (15g) lemon juice	0	1	0
Slivers of green onion	0	0	0
Total recipe	254	249	71
Per portion, if divided into 12 equal portions	21	21	6

INSTRUCTIONS

- Fully cook, then drain the ground beef.
- Stir in onion and cook 5 minutes.
- Add all remaining ingredients, except lemon juice and bring to a boil.
- Reduce heat and simmer 1 hour.
- Stir in lemon juice and serve, topped with green onion.
- Discard the rosemary sprig before serving.

Burrito Skillet

INGREDIENTS

	PROTEIN	NET CARBS	FAT
2 lb (908g) lean ground beef	190	0	64
1 Cup (237g) diced onions	1	11	0
1 green pepper, (162g) chopped	1	5	0
1 Tbsp (13g) chili powder	0	0	0
1 tsp (4g) ground cumin	0	0	0
16 oz (455g) can kidney beans, drained and rinsed	28	67	0
1/2 Cup (118 mL) low sodium chicken broth	1	0	0
1 Cup (125g) cooked quinoa	6	27	2
fresh chopped cilantro	0	0	0
Total recipe	227	109	66
Per portion, if divided into 12 equal portions	19	9	6

INSTRUCTIONS

- Cook beef with onion and pepper over medium high heat for 5 minutes.
- Stir in spices, beans and broth and bring mixture to a boil.
- Reduce heat and simmer about 5 minutes.
- Stir in cooked quinoa, adding additional broth as needed.
- Serve topped with chopped cilantro.

Salisbury Steak

INGREDIENTS

	PROTEIN	NET CARBS	FAT
1/4 Cup (50g) finely chopped yellow cooking onion	0	3	0
1 Tbsp (13g) fresh chopped parsley	0	0	0
1 lb (454g) lean ground beef	95	0	32
1/3 Cup (37g) breadcrumbs	5	21	1
1 beaten egg	6	0	5
1 tsp (4g) salt	0	0	0
pepper, to taste	0	0	0
2 Cups (473 mL) low sodium chicken broth	7	2	0
1 Cup (202g) sliced mushrooms	2	2	0
2 Tbsp (16g) cornstarch	0	14	0
2 Tbsp (30 mL) lemon juice	0	3	0
additional chopped parsley to garnish	0	0	0
Total recipe	116	45	38
Per portion, if divided into 6 equal portions	19	8	6

INSTRUCTIONS

- Gently mix onion through pepper and form into 4 patties, less than 1” thick.
- Cook over medium heat about 10 minutes, flipping halfway through to ensure patties are browned on both sides.
- Add broth and mushrooms and bring to a boil.
- Reduce heat and simmer, covered, about 10 minutes, or until an instant read thermometer inserted in the center of the patties shows 160.
- Remove patties and keep warm.
- Bring mushroom mixture to a boil.
- Make a slurry with the cornstarch and lemon juice, then add to the skillet and stir.
- Mixture will thicken and bubble. Cook 2 more minutes.
- Serve patties with gravy spooned over top.
- Sprinkle with fresh parsley.

Beef Tinga

INGREDIENTS

	PROTEIN	NET CARBS	FAT
2 lb (908g) lean ground beef	190	0	64
Low sodium chicken broth, as needed	0	0	0
1 Cup (237g) diced onions	1	11	0
2 cloves finely minced garlic	0	2	0
1/4 Cup (60g) canned chipotle peppers in adobo sauce	0	4	2
14.28 oz can of chopped tomatoes	6	15	0
juice from 1 fresh lime (yields 1.4 fl oz)	0.2	3.5	0
Total recipe	197	36	66
Per portion, if divided into 10 equal portions	20	4	7

INSTRUCTIONS

- Cook beef and onion in a skillet over medium heat, with enough chicken broth to keep onion from burning, roughly 5 minutes, or until softened.
- Add in garlic, chipotle pepper and adobo sauce; cook and stir.
- Add in tomatoes and bring mixture to a simmer.
- Reduce heat to low and cook 20 minutes more.
- Squeeze the lime over the top.
- Serve in lettuce wraps, tortillas or buns - topped with a store-bought raw crunchy slaw mix.

Mexican Beef Enchilada Bake

INGREDIENTS

	PROTEIN	NET CARBS	FAT
2 raw ears of corn, cleaned	2	12	1
1 lb (454g) lean ground beef	95	0	32
15 oz can black beans, drained and rinsed	21	45	0
1/2 Cup (.6 oz) fresh cilantro leaves, more for garnish	0	0	0
6 oz (170g) lowfat shredded mozzarella cheese, divided	36	12	30
1.5 Cups (355 mL) enchilada sauce, divided	3	18	12
8 8" (160g) low carb tortillas	16	16	8
Total recipe	173	103	82
Per portion, if divided into 9 equal portions	19	11	9

INSTRUCTIONS

- 350° oven. Spray a 13x9x2 casserole dish with cooking spray.
- Heat a large nonstick saute pan over medium heat.
- Cook corn cobs, turning, until golden on all sides - 12-15 minutes.
- Allow cobs to cool, then slice the kernels off the cob and set aside.
- Cook beef in the same skillet until cooked through.
- Drain off any fat.
- Stir half the corn kernels, all of the beans and cilantro, 1/2 Cup enchilada sauce and half of the cheese into the skillet with the beef.
- Cover the bottom of the casserole dish with 1 Cup of enchilada sauce.
- Divide the filling among the 8 tortillas, roll up and place seam side down on top of the sauce in a single layer.
- Pour remaining enchilada sauce over the top and sprinkle with remaining corn and cheese.
- Bake 30 minutes.
- Top with more fresh chopped cilantro at serving.

Quick Beef Stir Fry

INGREDIENTS

	PROTEIN	NET CARBS	FAT
1 lb (16 oz) beef sirloin, thinly sliced	92	0	58
1 lb (456g) portabella mushrooms, sliced about 1/4" thick	10	12	2
1 Tbsp EVOO	0	0	14
large pinch of salt	0	0	0
1 Cup (200g) fresh broccoli florets	6	8	1
1 Cup (128g) thin sliced carrot	1	9	0
1/2 Cup (56g) thin sliced onion	1	5	0
1 thin sliced red pepper (163g)	2	7	1
1 green onion, (15 g) sliced on the bias into 1/2" pieces	0	1	0
1 tsp (2.8g) minced garlic	0	1	0
chicken broth, as needed	0	0	0
2 Tbsp (36g) low sodium tamari or soy sauce	4	1	0
1 tsp (2g) fresh grated ginger	0	0	0
Total recipe	115	43	75
Per portion, if divided into 6 equal portions	19	7	13

INSTRUCTIONS

- Heat oil in a large skilllet over medium-high heat.
- Cook beef and mushrooms with a pinch of salt, stirring until browned.
- Add veggies and garlic and cook about 2 minutes, adding only enough broth to keep veggies from sticking.
- Add in soy sauce, fresh ginger, and chicken broth, if needed.
- Cook until veggies are tender to your liking.

Juicy Chicken Bites

INGREDIENTS

	PROTEIN	NET CARBS	FAT
3 lb (1.36 kg) boneless skinless chicken breasts	314	0	17
2 Tbsp (34g) stone ground dijon mustard	1	1	1
6 Tbsp (90g) avocado oil mayo	0	0	72
1 Tbsp (15mL) pure maple syrup	0	13	0
1 Tbsp (15mL) honey	0	17	0
Total recipe	315	31	90
Per portion, if divided into 15 equal portions	21	2	6

INSTRUCTIONS

- 450° oven.
- Line 2 large baking sheets with parchment paper.
- In a large mixing bowl, whisk together mustard through honey.
- Use scissors to cut the chicken breasts into bite sized pieces, and add them to the mixing bowl.
- Use a spatula to fold the chicken into the mayo mixture until each piece is well coated.
- Transfer chicken pieces to the prepared pans.
- Bake 15-20 minutes, until browned on top.

Oven Baked Parmesan Chicken Burger

INGREDIENTS

	PROTEIN	NET CARBS	FAT
2 lb (907g) ground chicken	210	0	11
S&P, to taste	0	0	0
6 Tbsp (77g) shredded parmesan cheese	11	1	8
Total recipe, 6 burgers	221	1	19
Per burger	37	0	3

INSTRUCTIONS

- 375° oven.
- Use a light hand (don't overwork the meat) to form the chicken into 6 patties.
- Leave an indentation in the center of each burger.
- Place the patties in a 13x9x2 pan.
- Generously season with salt and pepper.
- Place 1 Tbsp shredded parmesan cheese into the center well of each burger.
- Bake 25 minutes.
- Remove the pan from the oven and use a slotted spatula to transfer the burgers to a grill pan or saute pan.
- There will be a lot of liquid in the pan; set aside to discard later.
- Grill or sear the burgers a minute or two on each side just to brown.

Air Fryer Rice Paper Chicken Bites

INGREDIENTS

	PROTEIN	NET CARBS	FAT
1 lb (454g) raw chicken breasts	105	0	6
S&P, to taste	0	0	0
6 lowfat mozzarella string cheese sticks (28 g each)	42	0	36
12 6” spring roll rice wrapper circles (roughly 92g)	0	54	0
cooking spray	0	0	0
Total recipe, 12 bites	147	54	42
Per chicken bite	12	5	3

INSTRUCTIONS

- Cut each cheese stick in half; set aside.
- Use kitchen shears to cut the chicken breasts into 12 pieces, roughly the size of a cheese stick half.
- Add the chicken pieces to a plate or bowl and season with salt and pepper; set aside.
- Add warm water to a wide shallow bowl, and set a cutting board in front of you for assembly.
- Soak one rice wrapper circle in warm water for a few seconds, just until it becomes pliable.
- Place the wrapper on your cutting board, place a chicken piece and a cheese stick half in the center, and wrap it as tightly as you can.
- Take a second wrap, soak until pliable, and then wrap the same package from the bottom to the top, so that the interior is completely sealed in.
- Place the packet in the air fryer basket.
- Repeat, using 2 wraps, a cheese stick half and a chicken piece for each bundle.
- Wipe excess water from your cutting board as needed.
- You should be able to squeeze all of the packets into the basket of your air fryer in a single layer.
- Spray the tops with cooking spray.
- Air fry at 400° for 15 minutes.

Pan Quesadillas

INGREDIENTS

	PROTEIN	NET CARBS	FAT
8 large (dinner plate sized) low carb wraps*	72	40	48
2.5 Cups (504g) shredded mozzarella cheese, separated	70	10	60
8 oz (227g) cooked chicken, chopped or shredded	79	0	4
Total recipe	221	50	112
Per portion, if cut into 10 equal portions	22	5	11

**I used Mission carb balance whole wheat super soft*

INSTRUCTIONS

- 450° oven.
- Spray a large rimmed baking sheet with cooking spray.
- Turn the pan so that the long side is closest to you.
- Place one wrap in the very center of the pan.
- Overlapping slightly, place one wrap to the left and one to the right of this center wrap, so that the left and right wraps are half on the tray and half hanging off the tray.
- Place 2 slightly overlapping wraps at the top of the pan, and 2 wraps at the bottom of the pan; each one should be halfway on the pan, with half hanging off.
- The entire bottom of the pan should be covered, with no tray exposed, and you should have flaps all around to fold in later.
- At this point, scatter the shredded cheese and chicken evenly over the part of the wraps that covers the tray.
- Fold in the top 2 halves and the bottom 2 halves; next, fold in the sides.
- Place the last remaining tortilla over the hole you will likely see in the center.
- Spray the top lightly with cooking spray.
- Place an equal sized baking sheet on top and press down firmly.
- Transfer the 2 pans to the oven and bake for 20 minutes.
- Remove, cool slightly, then cut into portions.
- Top with your choice of toppings - salsa, chopped lettuce, olives, jalapenos, etc.

Lemon Chicken Shawarma

INGREDIENTS

	PROTEIN	NET CARBS	FAT
2 lb (907g) thin sliced boneless chicken breast	210	0	11
1/2 Cup (119 mL) lemon juice	0	10	0
1 tsp (4g) each: salt and garlic powder	0	0	0
1/2 tsp (2g) each: cumin, dried oregano, nutmeg, ceylon cinnamon, cardamom and allspice	0	0	0
1/4 tsp (1g) each: ground ginger and ancho chile powder	0	0	0
fresh dill, thyme and flat leaf parsley, chopped	0	0	0
Total recipe	210	10	11
Per portion, if divided into 10 equal portions	21	1	1

INSTRUCTIONS

- Combine lemon juice with all of the dried spices.
- Pour over thinly sliced chicken in a wide flat dish (or 13 x 9 x 2 baking dish) and marinate at room temp for 15 minutes, flipping to coat.
- Heat a grill to medium high heat.
- Remove chicken from marinade, allowing excess to drip off (marinade will burn, so you don't want any extra).
- Discard the marinade.
- Grill chicken breasts, flipping once until completely cooked through.
- Garnish with fresh chopped herbs.

Kickin' Chicken

INGREDIENTS

	PROTEIN	NET CARBS	FAT
2 lb (900g) ground chicken	208	0	11
1 12 oz. jar (360g) drained roasted red peppers, chopped	0	12	0
6 jarred peperoncini peppers (60g), chopped, with seeds	0	0	0
2 Tbsp (30g) red curry paste	0	3	0
1/2 Tbsp smoked paprika	0	0	0
1/2 tsp chili lime seasoning powder	0	0	0
Total recipe	208	15	11
Per portion, if divided into 10 equal portions	21	2	1

INSTRUCTIONS

- Cook ground chicken in a large pan on the stovetop until cooked through.
- Spoon off any excess juices.
- Stir in remaining ingredients and heat through.
- Add the chopped romaine to your serving bowl, toss with the tahini lemon mixture and add salt to taste.

Tomato Basil Balsamic Chicken

INGREDIENTS

	PROTEIN	NET CARBS	FAT
16 oz (450g) thin sliced chicken cutlets	104	0	6
S&P to taste	0	0	0
3 Tbsp (30g) whole grain flour	0	17	1
1 Tbsp (14g) oil	0	0	14
1 1/4 Cup (296 mL) low sodium chicken broth, divided	4	1	0
1/2 Cup (83g)chopped fresh tomatoes	1	2	0
1/2 Cup (56g) thin sliced onion	1	5	0
1/4 Cup (64g) white balsamic vinegar	0	11	0
3 smashed garlic cloves	1	3	0
1/4 Cup (11g) fresh chopped basil leaves, plus more for garnish	0	0	0
Total recipe	111	39	21
Per portion, if divided into 6 equal portions	18	6	4

INSTRUCTIONS

- Season the chicken with salt and pepper.
- Coat each side with flour and discard any leftover flour.
- Add oil and 1 Tbsp broth to a large skillet and heat over medium-high heat.
- Add chicken in batches and cook and turn until browned.
- Transfer to a plate and keep warm until all the chicken is cooked through.
- Add 1 Tbsp of chicken broth to the hot pan and stir in tomatoes and onion. Cook and stir until softened.
- Add vinegar and bring to a boil; cook and stir about 1 minute, until mixture thickens.
- Add in remaining chicken broth, garlic and basil and cook 8-10 minutes, or until sauce is reduced.
- Remove garlic cloves.
- Serve pan sauce over chicken with more fresh basil.

Air Fried Pork Chops

INGREDIENTS

	PROTEIN	NET CARBS	FAT
3/4 Cup (28g) frosted flakes cereal, crushed	2	24	0
2 Tbsp (7g) potato flakes	0	5	0
2 Tbsp (20g) whole grain flour	0	11	1
dash of smoked paprika	0	0	0
pinch of salt and pepper	0	0	0
1 egg	6	0	5
dash of hot sauce	0	0	0
6 boneless pork chops (1.06 kg total)	237	0	24
Total recipe	245	41	30
Per pork chop half	20	3	3

INSTRUCTIONS

- Combine cereal, flakes, flour, paprika and salt and pepper in a wide shallow bowl.
- In a second bowl, fork-whisk the egg with hot sauce and a splash of water just to thin it.
- Coat each pork chop in the egg wash, and then in the crumb mixture.
- Air fry at 380° for 10 minutes, or until internal temp reaches at least 145°.

Italian Pork Chops

INGREDIENTS

	PROTEIN	NET CARBS	FAT
2 Cups (404g) sliced mushrooms	4	4	0
a good pinch of sea salt	0	0	0
4 boneless pork chops (706g total)	158	0	16
S&P, to taste	0	0	0
1 Tbsp (3g) ground oregano	1	1	1
14.5 oz can diced tomatoes with juice (411g)	4	14	0
1/4 Cup (22g) fresh chopped basil	0	0	0
1 Tbsp (2.4g) finely chopped fresh oregano	0	0	0
Total recipe	167	20	17
Per pork chop half	21	2	2

INSTRUCTIONS

- Cook mushrooms and salt in a nonstick skillet over low heat until browned and juices have evaporated.
- Transfer to a plate.
- Heat 1 Tbsp oil in the same nonstick skillet over medium high heat.
- Season the chops with salt, pepper and oregano.
- Carefully add to the skillet and allow to cook without disturbing, 2-3 minutes per side.
- Add in tomatoes, basil and oregano and bring mixture to a boil.
- Simmer, covered, over medium-low heat until internal temps measure 145°.
- Add in the mushrooms and heat through.

LODGE

Pork Chops with Cherry Relish

INGREDIENTS

	PROTEIN	NET CARBS	FAT
2 lb (907g) center cut bone-in pork chops	168	0	72
2 tsp (2g) dried oregano	0	1	0
2 tsp (5.4g) ancho chile powder	1	1	1
1 tsp (3.1g) garlic powder	1	2	0
1 tsp (2.3g) smoked paprika	0	0	0
1 tsp (6g) salt	0	0	0
1/2 tsp (1.2g) pepper	0	0	0
15 fresh cherries (123g), pitted and chopped	1	17	0
2-3 sprigs of fresh thyme	0	0	0
Total recipe	171	21	74
Per portion, if divided into 8 equal portions	21	3	9

INSTRUCTIONS

- Preheat oven to 400°.
- Combine dry spices and press onto both sides of pork.
- Heat an oven-safe pan on the stove over high heat for 5 minutes.
- Add the chops and press with a spatula to ensure even coverage.
- Cook without moving for 3 minutes.
- Flip the chops and transfer the pan to the oven to bake for 6-10 minutes, until a thermometer inserted in the thickest part reads 145°.
- Transfer the chops to a plate and tent the plate with foil to let the meat rest for 3 minutes.
- While the meat is resting, add fresh thyme sprigs and chopped cherries to the hot pan (it doesn't need to be on a hot burner).
- The cherries will release their juices from the heat of the pan, and allow you to deglaze the pan without adding any other liquid.
- Stir until you've scraped up all of the browned bits.
- Add a pinch of salt.
- Serve the rested pork chops with cherries spooned over the top. At serving, divide the pan glaze between the apples and top with an additional cinnamon sprinkle, if desired.

Greek Turkey Burgers

INGREDIENTS

	PROTEIN	NET CARBS	FAT
Topping			
1 Tbsp (15g) chopped onion	0	1	0
1/4 Cup (33g) chopped cucumber	0	1	0
1/4 Cup (45g) chopped tomatoes	0	1	0
1 Cup (227g) nonfat unflavored Greek yogurt	21	8	0
1 Tbsp (2.4g) finely chopped fresh oregano	0	0	0
zest and juice of 1 lemon (84g)	1	5	0
S&P to taste	0	0	0
Burgers			
1/4 Cup (40g) finely chopped onion	0	3	0
1 lb (448g) 97% lean ground turkey	104	0	14
2 tbsp (6g) dried oregano	1	2	1
1/2 tsp (3g) salt	0	0	0
1/2 tsp (1.2g) pepper	0	0	0
Total recipe, 6 burgers	129	23	16
per burger, with 1/6 topping	21	4	3

INSTRUCTIONS

- Fold together all topping ingredients and refrigerate.
- Gently mix finely chopped onion, turkey, oregano and salt and pepper and form into 6 patties.
- Grill burgers until an internal thermometer registers 160°.
- Serve with yogurt veggie topping

Szechuan Turkey Zoodles

INGREDIENTS

	PROTEIN	NET CARBS	FAT
1/2 Cup (56g) thin sliced onion	1	5	0
1 green onion, (15 g) chopped	0	1	0
1 lb (448g) 97% lean ground turkey	104	0	14
2 minced garlic cloves (6g)	0	2	0
2 Tbsp (36g) low sodium Tamari or soy sauce	4	1	0
1 Tbsp (15g) rice wine vinegar	0	0	0
1/2 Tbsp (6.8g) sesame oil	0	0	7
1/2 Tbsp (11g) honey	0	9	0
1 tbsp (15g) chili garlic sauce (jarred)	1	2	0
1/2 tsp (.9g) dried ginger	0	1	0
1 tsp (6.6g) sriracha	0	1	0
pinch red pepper flakes	0	0	0
low sodium chicken broth, as needed	0	0	0
4 Cups (453g) spiralized zucchini	5	5	0
Total recipe	116	26	21
Per portion, if divided into 6 equal portions	19	4	4

INSTRUCTIONS

- Cook green and yellow onion, turkey and garlic together until turkey is cooked through.
- Remove from the pan, and reserve.
- Add in all remaining ingredients, except zoodles.
- Bring sauce to a boil, then simmer just until thickened.
- Stir turkey mixture back in.
- Gently toss in zucchini until coated with sauce.

Sloppy Turkey

INGREDIENTS

	PROTEIN	NET CARBS	FAT
1 lb (448 g) 97% lean ground turkey	104	0	14
1 red onion (94 g), chopped	1	8	0
3 cloves (9g) minced garlic	1	3	0
2 tsp (7g) cumin	1	1	1
2 tsp (5.4 g) chili powder	1	1	1
1/2 tsp (.5g) dried oregano	0	0	0
2 14.5 oz cans diced tomatoes (822g)	7	28	0
Total recipe	115	41	16
Per portion, if divided into 6 equal portions	19	7	3

INSTRUCTIONS

- Cook onion and turkey in a skillet until turkey is fully cooked.
- Stir in garlic, cumin, chili powder and oregano.
- Add tomatoes and simmer 5 minutesl
- Serve on bread of your choice, rolled in a wrap, or in bowl over shredded lettuce.

Turkey and Feta Meatloaf

INGREDIENTS

	PROTEIN	NET CARBS	FAT
1/2 Cup (113g) nonfat unflavored Greek yogurt	11	4	0
1/4 Cup (59 mL) 2% milk	2	3	1
2 eggs (100g), beaten	13	1	10
2/3 Cup (60g) finely crushed pretzels	0	0	32
1/2 Cup (81g) finely chopped yellow cooking onion	1	7	0
1 tsp (4g) dried parsley	0	0	0
1/2 tsp (2g) dried crushed basil	0	0	0
pinch of salt	0	0	0
dash of pepper	0	0	0
1.5 lbs (672g) 97% lean ground turkey	156	0	21
1 Cup (150g) crumbled feta cheese	21	6	32
3/4 Cup (180g) ketchup	3	45	1
dash of Worcestershire sauce	0	0	0
Total recipe	206	66	96
Per portion, if divided into 10 equal portions	21	7	10

INSTRUCTIONS

- 350° oven.
- In a large bowl, whisk to combine yogurt through pepper.
- Add turkey and feta and mix gently but thoroughly.
- Shape into a uniformly 3 inch thick square or rectangle (to make portioning easier) on a rimmed cookie sheet.
- Bake 1 hour.
- In a small bowl combine ketchup and Worcestershire sauce.
- Remove turkey from the oven and spread with ketchup mixture.
- Return to the oven and bake 10 more minutes, or until internal temp reaches a minimum of 160°.
- Let stand at least 10 minutes before slicing.

Braised Halibut

INGREDIENTS

	PROTEIN	NET CARBS	FAT
2 lb (859g) skinless halibut (or other firm whitefish) fillets	189	0	21
1.5 tsp (7g) salt, divided	0	0	0
pinch pepper	0	0	0
2 cloves garlic, (6g) sliced thin	0	2	0
1 Cup plus 2 Tbsp (266 mL) chicken broth, divided	2	1	0
hot sauce, optional	0	0	0
Chopped fresh dill	0	0	0
Total recipe	191	3	21
Per portion, if divided into 9 equal portions	21	0	2

INSTRUCTIONS

- Sprinkle 1 tsp salt and pinch pepper over the halibut. Set aside.
- Add 2 Tbsp chicken broth to a 12-inch nonstick skillet over medium heat.
- Add garlic and 1/2 tsp salt and cook about 1 minute.
- Add remaining 1 Cup chicken broth and bring to a boil. Cook about 4 minutes.
- Add halibut and cook until fully cooked, about 5 minutes.
- Serve drizzled with hot sauce, seasoned to taste and topped with fresh chopped dill.

Smoky Shrimp

INGREDIENTS

	PROTEIN	NET CARBS	FAT
2 lb (907g) raw jumbo shrimp	207	14	15
1 7.5 oz can (212g) chipotle peppers in adobo sauce	0	14	7
2 Tbsp (30g) avocado oil mayo	0	0	24
1.5 Tbsp (3g) fresh chopped sage	0	1	0
2 garlic cloves (6g)	0	2	0
1/2 Tbsp (22g) lime juice	0	2	0
1 tsp (2.3g) smoked paprika	0	0	0
1 tsp (2.8g) cumin	0	0	0
pinch salt	0	0	0
Total recipe	208	33	47
Per portion, if divided into 10 equal portions	21	3	5

INSTRUCTIONS

- 400° oven.
- Combine chipotle peppers through salt in a food processor and process until smooth.
- Add shrimp to a 13x9x2 pan and top with sauce.
- Fold until shrimp is well coated.
- Bake 15-20 minutes.

Creamy Cod

INGREDIENTS

	PROTEIN	NET CARBS	FAT
1 clove garlic (3g), grated	0	1	0
3 Cups (494g) fresh chopped tomatoes	4	13	1
handul (10g) of fresh basil leaves*	0	0	0
pinch of salt	0	0	0
1 shallot (43g), chopped	1	6	0
vegetable broth, as needed	0	0	0
1 can (418g) creamed style corn	7	49	2
1 sprig of fresh thyme	0	0	0
1 lb (453g) cod, cut into 4 chunks	103	0	4
S&P, to taste	0	0	0
Total recipe	116	69	7
Per portion, if divided into 6 equal portions	19	11	1

**I prefer to tear the basil leaves into larger pieces, but feel free to chop if you prefer smaller pieces.*

INSTRUCTIONS

- Combine garlic, fresh chopped tomatoes and basil with salt in a bowl.
- Gently toss to combine and set aside.
- Saute shallot in a large saute pan in a tiny bit of vegetable broth for about 1 minute.
- Add in the creamed corn, thyme sprig and broth - as needed to thin slightly - and bring mixture to a gentle simmer.
- Remove the thyme sprig and discard. Keep corn mixture warm.
- Meanwhile, season the cod with salt and pepper and cook until lightly browned and cooked through.
- You can grill, air fry or saute in a pan on the stovetop; fish will flake with a fork when fully cooked.
- To serve, divide the creamed corn among plates, top with fish then tomato mixture.

Easy Gumbo

INGREDIENTS

	PROTEIN	NET CARBS	FAT
chicken broth, as needed	0	0	0
1 onion (94g), chopped	1	8	0
pinch of salt	0	0	0
2 Cups (120g) low sodium chicken broth	2	2	1
1 Cup (200g) cooked lentils	20	30	1
1 Cup (252g) canned lima beans	12	22	0
2 bay leaves	0	0	0
3 Cups (372g) chopped raw zucchini	5	9	1
1 lb (453g) raw shrimp	104	7	8
S&P to taste	0	0	0
Total recipe	144	78	11
Per portion, if divided into 7 equal portions	21	11	2

INSTRUCTIONS

- Saute onion in a stockpot with a bit of chicken broth and salt until onion is softened, but not browned.
- Add in broth, lentils, beans and bay leaves and bring to a simmer, adding more broth as needed for your desired consistency.
- Add zucchini and shrimp and simmer until shrimp is cooked through (it will change in color from grayish to pink or opaque).
- Discard bay leaves, season to taste and serve.

Garlic Shrimp

INGREDIENTS

	PROTEIN	NET CARBS	FAT
4 garlic cloves (12g), grated or chopped finely	1	4	0
pinch of crushed red pepper	0	0	0
dash of smoked paprika	0	0	0
low sodium chicken broth, as needed	0	0	0
1 lb (453g) raw peeled shrimp, tails off	104	7	8
2 Tbsp (88g) lime juice - fresh or jarred	0	7	0
S&P to taste	0	0	0
fresh chopped cilantro	0	0	0
more crushed red pepper, optional	0	0	0
Total recipe	104	18	8
Per portion, if divided into 5 equal portions	21	4	2

INSTRUCTIONS

- Add garlic, red pepper and smoked paprika to a skillet.
- Add just enough chicken broth to keep garlic from burning, and saute over med heat until garlic just starts to brown.
- Increase heat to medium-high and add shrimp; cook until color changes to pink - 2 or 3 minutes.
- Add in lime juice and salt and pepper.
- Remove from heat and toss in fresh cilantro.
- Sprinkle with more crushed red pepper if you like it extra spicy!

Ceviche

INGREDIENTS

	PROTEIN	NET CARBS	FAT
2 lb (907g) firm white fish, like cod	162	0	6
3 Cups (711 mL) lime juice*	0	0	0
1 handful fresh cilantro, chopped	0	0	0
1 chopped red onion (94g), divided	1	8	0
1 jalapeno (14g), finely chopped	0	1	0
1 finely chopped English cucumber (200g)	1	6	0
1 clove garlic (3g), grated	0	1	0
fresh cilantro leaves, for serving	0	0	0
1 avocado (200g), cubed	4	4	29
Total recipe	169	20	36
Per portion, if divided into 8 equal portions	21	3	4

**Note that most of this is poured off later.*

INSTRUCTIONS

- Cut fish into small (1/2") pieces.
- Combine fish, lime juice, chopped cilantro and 2/3 of the chopped onion in a glass bowl.
- Note: the fish should be covered or floating in lime juice, so add more juice, as needed.
- Cover and refrigerate for about 4 hours. Test doneness by cutting open a cube of fish.
- It should not appear raw inside.
- Pour through a colander to drain the fish.
- Transfer to a new bowl and add in the rest of the chopped red onion, jalapeno, cucumber, garlic and cilantro.
- Top with avocado cubes
- Return the pan to the oven for another 15 minutes.

Coconut Fish Sticks

INGREDIENTS

	PROTEIN	NET CARBS	FAT
1 lb (453g) firm white fish, like cod, cut into strips	81	0	3
Fine sea salt, to taste	0	0	0
1/3 Cup (30g) whole grain flour	4	19	1
2 egg whites (66g)	7	1	0
1 Cup (80g) shredded coconut, iunsweetened	5	0	53
1/2 Cup (83g) chopped fresh pineapple	1	10	0
1 tsp chopped fresh dill	0	0	0
1 Tbsp (15g) lime juice	0	1	0
Total recipe	98	31	58
Per portion, if divided into 5 equal portions	20	6	12

INSTRUCTIONS

- Pat the fish dry and sprinkle with salt.
- Use separate shallow bowls for the flour, egg whites and coconut.
- Dip each fish strip in the flour, then egg white, and lastly shredded coconut.
- Air fry in a single layer at 400° for 10 minutes. Flip and air fry 5 more minutes.
- Top with chopped pineapple, dill and a squeeze of lime juice.

Celery Soup

INGREDIENTS

	PROTEIN	NET CARBS	FAT
2 1/2 lb celery (1.12 KG), cut into 2” chunks	8	21	2
1 Cup 2% milk (240 mL)	8	12	5
3/4 Cup (180 mL) half and half	3	6	18
8-10 whole thyme sprigs, plus chopped thyme leaves to garnish	0	0	0
1 tsp salt	0	0	0
big pinch black pepper	0	0	0
1/4 Cup (34g) crumbled blue cheese	7	1	10
Total recipe	26	40	35
Per portion, if divided into 6 equal portions	7	10	9

INSTRUCTIONS

- Tie thyme sprigs together with kitchen twine (makes it easier to remove them later).
- Add celery through thyme sprigs to a large stockpot.
- Bring mixture to a simmer; cover and cook over medium heat, stirring occasionally, until celery is very soft.
- Reduce heat as needed so that you keep a very gentle simmer.
- Remove from the heat, discard the thyme sprigs and stir in salt and pepper.
- Add in blue cheese.
- Puree with a stick blender.
- Garnish with fresh chopped thyme.

Blue Cheese Mushroom Tortizza

INGREDIENTS

	PROTEIN	NET CARBS	FAT
8 oz (226g) mixed sliced mushrooms	7	5	1
1/4 Cup (50g) chopped green onion tops	1	1	0
1.5 Tbsp (21g) EVOO, separated	0	0	21
1.5 Tbsp (3g) chopped fresh sage	0	1	0
2 cloves garlic (6g), grated	0	2	0
1/2 Tbsp (7.5g) lime juice	0	0	0
1/2 tsp Italian seasoning	0	0	0
pinch crushed red pepper	0	0	0
pinch salt	0	0	0
1/4 Cup (34g) crumbled blue cheese	7	1	10
2 large plate sized tortillas	6	40	8
Total recipe, 2 tortizzas	21	50	40
Per tortizza	11	25	20

INSTRUCTIONS

- 450° oven.
- Mix mushrooms, green onions and 1 Tbsp oil on a rimmed baking sheet and roast 12-15 minutes, until tender and starting to brown.
- Remove and cool slightly.
- In a small bowl, combine 1/2 Tbsp oil plus herbs through salt in a small mixing bowl.
- Place each tortilla on a flat (no rim) cookie sheet.
- Brush with herbed oil mixture, then top with roasted mushrooms, onions and blue cheese.
- Bake at 400° for 10 minutes.
- Broil for a few seconds, if desired.

Salt and Vinegar Sweet Potatoes

INGREDIENTS

	PROTEIN	NET CARBS	FAT
32 oz. (907g) container of diced sweet potatoes	14	155	1
4 Tbsp (59 mL) rice vinegar	0	0	0
fine sea salt, to taste	0	0	0
Total recipe	14	155	1
Per portion, if divided into 7 equal portions	2	22	0

INSTRUCTIONS

- 400° oven.
- In a large mixing bowl, toss sweet potato chunks with rice vinegar.
- Spread in an even layer on a large rimmed baking sheet.
- Salt heavily (potatoes absorb a lot more salt than you will actually taste.)
- Bake 30 minutes.
- Remove pan from the oven, increase heat to 425°.
- Give the potatoes a stir; if they give a lot of resistance, skip the stirring until later.
- Salt the potatoes again, and return the pan to the 425° oven.
- Check after 10 minutes.
- Continue to bake until potatoes are cooked to your liking.

Squash and Carrot Soup

INGREDIENTS

	PROTEIN	NET CARBS	FAT
32 oz low sodium chicken broth	8	4	0
1 yellow cooking onion (115g), diced	1	10	0
6 oz (170g) diced celery	1	3	0
16 oz (454g) carrots, crinkle cut or cut into coins	4	31	1
52 oz (1472g) cubed raw butternut squash, microwaved 5 minutes to soften	15	143	2
4 pitted medjool dates (100g)	2	68	0
1/2 tsp ground nutmeg	0	0	0
Chopped fresh sage	0	0	0
Total recipe	31	259	3
Per portion, if divided into 10 equal portions	3	26	0

INSTRUCTIONS

- Saute onion, celery and carrots in broth as needed, until fork tender.
- Add in microwaved squash cubes, pitted dates and all remaining broth.
- Bring to a boil, then reduce heat and simmer a minimum of 30 minutes.
- Use an immersion or stick blender to puree the soup right in the soup pot.
- If you don't have an immersion blender, carefully transfer soup in batches to a blender and puree.
- Top with fresh chopped sage.
- If you can afford the macros, I like to top a bowl of this soup with 1 Tbsp heavy cream (C0.5 / F1.5) just before eating.

Gazpacho

INGREDIENTS

	PROTEIN	NET CARBS	FAT
1 lb (450g) seedless cucumber, peeled and chopped	3	7	1
2 lb (908g) your favorite tomatoes, chopped	8	25	2
1 red bell pepper, seeded and chopped	1	5	0
1 clove minced garlic	0	0	0
1/4 Cup (40g) chopped red onion	0	3	0
2 Tbsp (1 fluid oz) tomato juice or water (more, as needed)	0	0	0
2 Tbsp (1 fluid oz) red wine vinegar	0	0	0
handful each: fresh basil leaves, fresh cilantro sprigs, optional	0	0	0
1 tsp salt	0	0	0
pepper, to taste	0	0	0
Total recipe	12	40	3
Per portion, if divided into 2 equal portions	6	20	1

INSTRUCTIONS

- Puree all ingredients (in batches if necessary) in a blender.
- Cover and chill at least half a day before serving.
- Garnish with more chopped veggies, fresh herbs and a dash of hot sauce, if desired.

Lori's AM Green Smoothie

INGREDIENTS

	PROTEIN	NET CARBS	FAT
1 Cup (240 mL) unsweetened vanilla soy milk	7	1	4
1 Cup (240 mL) unsweetened vanilla almond milk	1	0	3
1 9 oz (255g) bag baby spinach leaves	7	4	1
1 medium banana	1	24	0
1 scoop vanilla protein powder	20	2	3
1 tsp (7g) local honey	0	6	0
Vitamin add-ins - I use:			
1 portion Four Sigmatic THINK Focus blend	0	0	0
1 portion Four Sigmatic DEFEND Mushroom Blend	0	0	0
1 tsp matcha green tea powder	0	1	0
1000 mcg liquid vitamin B12	0	0	0
Total recipe, 1 smoothie	37	37	10
Per portion, if divided into 2 equal portions	18	19	5

INSTRUCTIONS

- Combine everything in a blender (if your blender is on the smaller side, you may want to blend the spinach and milks first, then add the rest).
- Blend until smooth.

Egg and Bean Breakfast Bowl

INGREDIENTS

	PROTEIN	NET CARBS	FAT
15 oz. can black beans	38	64	2
4 whole eggs	25	2	19
4 egg whites	14	1	2
S&P to taste	0	0	0
handful of fresh chopped mint	0	0	0
1/4 Cup sour cream	2	2	10
chopped green onion, to garnish	0	0	0
Total recipe	79	68	34
Per portion, if divided into 4 equal portions	20	17	8

INSTRUCTIONS

- Reserve 1 Tbsp of black bean juice, then drain and rinse beans.
- Beat eggs, egg whites and reserved black bean juice together with salt and pepper in a small bowl.
- Cook eggs in a nonstick skillet over medium heat until set, 3-5 minutes.
- For maximum fluffiness, I like to alternate shaking the pan and folding over the eggs as they cook.
- Once cooked, top with fresh mint and fold in.
- Meanwhile, heat beans in the microwave or in a small skillet until heated through.
- To serve, layer eggs with beans. Top each portion with one Tbsp of sour cream and chopped green onions.

Baked Egg Yolks

INGREDIENTS

	PROTEIN	NET CARBS	FAT
12 oz nonfat ground turkey	84	0	2
1 tsp ground sage	0	0	0
1 dozen egg yolks	32	7	54
2 tsp baking powder	0	5	0
2 tsp water	0	0	0
S&P, to taste	0	0	0
Total Recipe	116	12	56
Per portion, if divided into 6 equal portions	19	2	9

INSTRUCTIONS

- 325° oven.
- Cook turkey with dried sage, and allow mixture to cool.
- Beat the egg yolks and baking powder with an electric mixer until thick and creamy.
- Fold in water and then lightly but thoroughly fold in cooked ground turkey.
- Pour mixture into a 8 inch cake pan lined with wax paper.
- Bake 15 minutes in a water bath (cake pan set inside of a bigger pan, then water added to come halfway up the sides of the egg pan).
- Remove egg pan from the large pan and cool on a cooling rack for 10 minutes.
- Season to taste with S&P.

Scrambled Egg with Asparagus

INGREDIENTS

	PROTEIN	NET CARBS	FAT
low sodium chicken broth, as needed	0	0	0
10 oz (285g) pencil asparagus, trimmed and cut into bite sized pieces	6	5	0
1/4 Cup (36g) finely diced red pepper	0	2	0
1/2 tsp grated lemon zest	0	0	0
pinch of salt and pepper	0	0	0
4 large eggs, slightly beaten with a splash of water	25	1	19
fresh chopped dill	0	0	0
Total recipe	32	8	20
Per portion, if divided into 2 equal portions	16	4	10

INSTRUCTIONS

- Heat chicken broth over medium heat.
- Add the asparagus and saute 2-3 minutes.
- Add in red pepper, lemon zest, salt and pepper and continue cooking another minute.
- Add in the beaten eggs mixed with water.
- Reduce heat and cook, stirring, until eggs are cooked.
- Sprinkle with fresh chopped dill.

Summer Refresher

INGREDIENTS

	PROTEIN	NET CARBS	FAT
2 low calorie sports drinks* (437mL each)	0	36	0
2 packets (1.6g) zero calorie sweetener**	0	1	0
2 12 oz (355 mL) cans Fresca or similar sparkling soda water	0	2	0
Total recipe	0	39	0
Per portion, if divided into 4 equal portions	0	10	0

**I use Body Armor Lyte brand.*

*** I use True Lemon brand*

INSTRUCTIONS

- Add sports drinks and sweetener to a pitcher.
- Stir or whisk until dissolved.
- Stir in the sparkling soda water.
- Store refrigerated.

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Cucumber Pineapple Aqua Fresca

INGREDIENTS

	PROTEIN	NET CARBS	FAT
3/4 Cup (100g) peeled chopped cucumber	1	2	0
1/2 Cup (82g) frozen pineapple chunks	0	10	0
1 tsp (5 mL) lime juice	0	0	0
handful fresh mint leaves	0	0	0
salt, optional	0	0	0
Total recipe	1	11	0

INSTRUCTIONS

- Combine and blend.
- Sprinkle with salt, if using

Watermelon Blueberry Splash

INGREDIENTS

	PROTEIN	NET CARBS	FAT
2 Cups (304g) watermelon chunks, seeded	2	22	0
1 Cup (140g) frozen wild blueberries	0	14	0
1/4 Cup (35g) frozen pineapple chunks	0	4	0
1 tsp lime juice	0	0	0
1 Tbsp fresh basil leaves	0	0	0
Total recipe	2	40	0
Per portion, if divided into 2 equal portions	1	20	0

INSTRUCTIONS

- Blend everything together until smooth.

Peaches N Cream

INGREDIENTS

	PROTEIN	NET CARBS	FAT
3 Cups (710 g) frozen sliced peaches	4	48	0
2 (26 g) Tbsp sugar	0	24	0
1/2 Cup (118 g) Greek yogurt	11	3	2
2 tsp (10 mL) fresh lemon juice	0	1	0
1 tsp (5 mL) vanilla extract	0	1	0
1 Tbsp (13g) chopped fresh mint	0	0	0
Total recipe	15	77	2
Per portion, if divided into 4 equal portions	4	19	1

INSTRUCTIONS

- Add the first 5 ingredients to a food processor and process until smoth.
- Stir in the chopped mint.

Cold Brew Addiction

INGREDIENTS

	PROTEIN	NET CARBS	FAT
1 Cup (237 mL) unsweetened cold brew coffee - non concentrate	0	0	0
1 Tbsp (15 mL) heavy cream	0	0	5
1 Tbsp (15 mL) unsweetened soy milk	0	0	0
1/4 tsp (3g) vanilla bean powder*	0	0	0
pinch of salt	0	0	0
sprinkle of cinnamon	0	0	0
5g ready-whip whipped cream	0	1	1
Total recipe, one portion	0	1	6

** You can find vanilla bean powder online if you can't find it locally!*

INSTRUCTIONS

- Whisk everything together and pour over ice.

Autumn Cookies

INGREDIENTS

	PROTEIN	NET CARBS	FAT
1 15 oz (425g) can 100% pure pumpkin	4	25	2
3 Tbsp (45 mL) pure maple syrup	0	40	0
2 Tbsp (26g) unsweetened applesauce	0	3	0
1 tsp (4g) salt	0	0	0
1/2 tsp (2g) nutmeg	0	0	0
1/2 tsp (2g) cinnamon	0	0	0
4.25 (1 kg) Cups quick oats	43	196	26
1/2 Cup (118g) chopped raisins	2	55	0
1/2 Cup (118g) chopped unsweetened dried cranberries	0	12	0
Total recipe, 32 cookies	48	330	28
Per cookie	2	10	1

INSTRUCTIONS

- 350° oven. Line 2 cookie sheets with parchment.
- Stir pumpkin and maple syrup in a mixing bowl.
- Add in remaining ingredients and stir to combine.
- Using your hands, squeeze dough into flattened cookie discs with rounded edges.
- Bake 15 minutes, flip, and bake another 10 or until set.
- Remove sheets and let cookies cool on the pan for a couple of minutes before transferring to a cooling rack to cool completely.
- Store in an airtight container; add a slice of soft bread to the container if the cookies get too hard. These freeze well too.
- Top with fresh mint, coarse sea salt, and pepper, to taste.

Tofu Chili

INGREDIENTS

	PROTEIN	NET CARBS	FAT
1/2 Cup (81g) chopped yellow cooking onion	1	7	0
1/3 Cup (100g) chopped celery	0	1	0
1/2 green pepper, chopped	1	2	0
low sodium vegetable broth, as needed	0	0	0
14.5 oz. (423g) can stewed tomatoes	4	25	0
10 oz can (312g) diced tomatoes with green chiles	3	8	0
15 oz can (425g) tomato sauce	0	14	0
1/2 Cup (120 mL) vegetable broth	0	1	0
16 oz can (455g) cooked kidney beans	28	67	0
1 tsp (2.6g) cinnamon	0	0	0
pinch pepper	0	0	0
salt, to taste	0	0	0
2 14 oz (795g) blocks extra firm tofu	81	18	41
2 Tbsp (30 mL) hot sauce	0	0	0
2 Tbsp (30 mL) water	0	0	0
2 Tbsp (30 mL) white vinegar	0	0	0
2 Tbsp (15g) chili powder	0	0	0
2 tsp (5g) each garlic powder, cumin	0	0	0
1.5 Tbsp (22 mL) olive or canola oil	0	0	21
Total recipe	116	140	62
Per portion, if divided into 6 equal portions	19	23	10

INSTRUCTIONS

- Saute onion, celery and green pepper in vegetable broth for about 5 minutes.
- Add tomatoes and tomato sauce, more broth, beans and seasonings. Bring to a boil, then reduce heat and simmer 1 hour.
- Meanwhile, drain and squeeze tofu dry.
- Add the tofu, in bite size torn pieces to a large mixing bowl.
- Stir in the hot sauce through cumin.
- Heat olive or canola oil in a large saute pan over medium high heat.
- Add tofu and cook 8-10 minutes, breaking up large chunks, until crumbled and browned.
- Add in vegetable broth, as needed, to keep from sticking and burning.
- Stir browned tofu into the chili.
- Garnish with fresh herbs.

LE CREUSET

Quick Tofu Skillet

INGREDIENTS

	PROTEIN	NET CARBS	FAT
1 14 oz (398g) package firm tofu	41	9	20
1 Tbsp (7.5g) cornstarch	0	7	0
1 Tbsp (15 mL) avocado oil	0	0	14
1 minced garlic clove	0	1	0
1 inch piece of fresh ginger (2g), finely chopped	0	0	0
1 red chili pepper, seeds removed	1	3	0
1 sliced red bell pepper (115g)	1	5	0
1/2 Cup (61g) carrot slivers	1	4	0
1/2 Cup (38g) chopped baby bok choy	1	0	0
1/4 Cup (59 mL) low sodium soy sauce	1	5	0
1 Tbsp (18.5g) gochujang paste	1	8	1
2 green or spring onions, chopped	0	1	0
Total recipe	45	43	36
Per portion, if divided into 2 equal portions	23	22	18

INSTRUCTIONS

- Drain tofu, cut into cubes and press again to try and remove more moisture.
- Toss with cornstarch and saute in hot oil until golden.
- Remove to a paper towel to drain.
- To the hot pan, add garlic, pepper, carrots and baby bok choy.
- Saute until carrots are crisp tender.
- Add soy sauce and gochujang paste and cook one minute.
- Add in the tofu and heat through.
- Top with fresh chopped green onions.

Crispy Tofu

INGREDIENTS

	PROTEIN	NET CARBS	FAT
1 block (398g) extra firm tofu	41	9	21
2 Tbsp (30 mL) soy sauce	1	3	0
1 Tbsp (7.5g) cornstarch	0	7	0
Total recipe	41	19	21
Per portion, if divided into 2 equal portions	21	9	10

INSTRUCTIONS

- Drain the water from the tofu package and using paper towels or a towel, gently squeeze out as much moisture as you can.
- Slice the tofu brick horizontally into 3 equal "sheets" of tofu. Then stack the sheets and cut the stack into 15 cubes.
- (You'll end up with a total of 45 cubes.)
- Wrap in several layers of paper towels.
- Set the wrapped tofu on a paper towel lined plate, place another layer of paper towels on top.
- Place another plate on top of the paper towel layer, then top with your heaviest pan.
- Allow to sit while the oven preheats to 400°.
- Line a jelly roll pan (rimmed baked sheet) with parchment paper to prevent sticking.
- When the oven is ready, transfer the drained tofu cubes to a mixing bowl.
- Add the soy sauce to the bowl and gently toss until the cubes are saturated.
- Next, add the starch and gently toss with a spatula until the cubes don't have any powdery spots on them.
- Transfer the cubes to your prepared pan and bake 30 minutes.

Creamy Mustard Dressing

INGREDIENTS

	PROTEIN	NET CARBS	FAT
1/2 Cup (113g) nonfat plain Greek yogurt	12	3	0
1/2 Cup (120mL) nonfat milk	4	7	0
1 ripe avocado	3	3	21
fresh herbs*	0	0	0
1.5 Tbsp (22.5 g) stone ground dijon mustard	0	0	0
1 Tbsp (15 mL) rice vinegar	0	0	0
1/2 Tbsp (7.5 mL) lemon juice	0	1	0
1 tsp worcestershire sauce	0	1	0
pinch salt and pepper	0	0	0
Total recipe, approx. 1.25 Cups / 20 Tbsp (310g)	19	14	21
Per 2 Tbsp portion	2	1	2

**I start with the leaves from 1 sprig of each: tarragon, mint and rosemary, and adjust according to taste.*

INSTRUCTIONS

- Combine all ingredients in a blender and process until smooth.
- Season to taste with salt and pepper.

Cilantro Balsamic Vin

INGREDIENTS

	PROTEIN	NET CARBS	FAT
2/3 Cup (158 mL) balsamic vinegar	1	29	0
1/2 Cup (8.5g) fresh cilantro	0	0	0
2 cloves minced garlic	0	2	0
1 fresh fig (50g)	0	8	0
1 tsp (5.3g) Dijon mustard	0	0	0
pinch salt and pepper	0	0	0
Total recipe, approx 1 1/3 Cups	2	39	0
Per Tbsp (15 mL)	0	2	0

INSTRUCTIONS

- Whir together in a blender.
- Refrigerate at least one hour to allow the flavors to meld.
- Strain, if desired.
- Store chilled

Vegan Sour Cream

INGREDIENTS

	PROTEIN	NET CARBS	FAT
14 oz pkg (396g) silken tofu	29	8	8
3 Tbsp (45 mL) white vinegar	0	0	0
salt, to taste	0	0	0
Total recipe	29	8	8
Per portion, if divided into 4 equal portions	7	2	2

INSTRUCTIONS

- Process tofu and vinegar in a food processor until creamy.
- Season to taste with salt.

Holy Pea-Amole

INGREDIENTS

	PROTEIN	NET CARBS	FAT
1-2 garlic cloves	0	2	0
coarse sea salt	0	0	0
2 Cups (267g) frozen peas, thawed	15	24	0
1/4 Cup (59 mL) lime juice	0	5	0
1 tsp (2.5g) chili powder	0	0	0
1-2 handfuls fresh chopped cilantro	1	0	0
dash of hot sauce, optional	0	0	0
Total recipe	16	31	0
Per portion, if divided into 2 equal portions	8	15	0

INSTRUCTIONS

- Chop the garlic with the salt. Use the side of a chef's knife to press/slide over the garlic and salt, ultimately making a garlic paste.
- Process garlic paste plus peas through chili powder in a food processor.
- Stir in cilantro and hot sauce, if using.

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. Multiply D x C (your multiplier by the weight of the serving size, per the food label.)	D x C = youranswer

You've calculated the amt of grams (by weight) of that food that will give you the amount 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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And finally, thank you, reader, for buying this book! We hope you love the recipes!

Happy Meal Prepping!

– Lori

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