



PeakFitness

CARBS

Based Recipes





PeakFitness

High Carbohydrate **RECIPES**

Enjoy delicious recipes! Mix and match for every meal of the day and start improving your health and achieving your body goals in no time.



Breakfast SWEET POTATO HASH



COOKING TIME



SERVES

30 Mins

2

Nutrition:

Calories:	387
Protein:	12g
Carbs:	29g
Fats:	25g

INGREDIENTS

- 6 oz pork sausage (casings removed)
- 1 sweet potato (medium, diced into cubes)
- 3 cups kale leaves (chopped)
- 1 apple (medium, diced)
- $\frac{1}{8}$ tsp cinnamon
- $\frac{1}{4}$ tsp sea salt

DIRECTIONS

1. Cook the sausage over medium heat, breaking it up into crumbles with the back of a spoon as it cooks. Once it is cooked, remove and set aside on a plate.
2. In the same skillet, add the diced sweet potato and cook over medium-high for 1 to 2 minutes or until brown on one side. Lower the heat to medium, stir and cook for 7 to 8 more minutes or until tender and cooked through.
3. Add the kale and the apple to the sweet potato with the cinnamon and cover with a lid. Cook over medium for 1 to 2 minutes, or until the kale is wilted. Then add the sausage back to the skillet and mix until warmed through. Add sea salt to taste. Divide into bowls and enjoy!

Breakfast CHERRY LEMON SMOOTHIE



COOKING TIME



SERVES

5 Mins

1

Nutrition:

Calories:	174
Protein:	4g
Carbs:	44g
Fats:	1g

INGREDIENTS

- ½ cup cherries (pitted, fresh or frozen)
- ½ cup frozen cauliflower
- 1 banana
- 1 ½ cup water
- 1 tbsp lemon juice

DIRECTIONS

1. Place all ingredients in your blender and blend until smooth. Enjoy!



Breakfast SWEET POTATO BOWL



COOKING TIME



SERVES

3 hrs

1

Nutrition:

Calories:	311
Protein:	5g
Carbs:	51g
Fats:	11g

INGREDIENTS

- 1 sweet potato (small, cut into cubes)
- 1 cup water (cold)
- ¼ cup canned coconut milk
- ½ banana (frozen, plus additional fresh banana for optional topping)
- ½ cup frozen cauliflower
- 1 tsp maple syrup
- 1 tsp cinnamon

DIRECTIONS

1. Steam the sweet potato for 10 to 12 minutes until very tender. Transfer to a plate or small baking sheet lined with parchment and freeze for at least 3 hours or overnight until solid.
2. Add the frozen sweet potato and the remaining ingredients to a blender. Blend until very smooth.
3. Transfer the smoothie to a bowl. Top with the additional banana, if using.
4. Enjoy!

Lunch



PASTA WITH SCALLOPS



COOKING TIME



SERVES

20 Mins

2

Nutrition:

Calories:	337
Protein:	17g
Carbs:	20g
Fats:	21g

INGREDIENTS

- 8 oz scallops
- ¼ tsp sea salt (divided)
- 3 tbsps. extra virgin olive oil (divided)
- 1 sweet potato (Japanese or regular, large, spiralized into noodles)
- 2 garlic cloves (sliced thin)
- 1 tbsp nutritional yeast
- ¼ lemon (juiced, zested)
- 2 tbsps. basil leaves (sliced thin into ribbons)

DIRECTIONS

1. Place the scallops on a plate lined with a paper towel to ensure they are very dry. Season with half the sea salt.
2. Heat a cast-iron skillet over medium heat and add half of the oil. Place the scallops in the skillet and cook for three to four minutes on one side. Flip and cook for one to two more minutes, until cooked through. Remove and set aside on a plate.
3. In the same skillet, lower the heat to medium-low. Add the sweet potato noodles, garlic, and remaining oil. Cook until the sweet potato noodles have softened, about five to seven minutes. Add the nutritional yeast, lemon juice, and remaining salt. Toss to combine. Divide the noodles between dishes and top with scallops, lemon zest, and basil. Enjoy!

Lunch



SWEET POTATO WITH TURKEY



COOKING TIME



SERVES

25 Mins

2

Nutrition:

Calories:	373
Protein:	28g
Carbs:	38g
Fats:	13g

INGREDIENTS

- 2 sweet potatoes (small, peeled and cubed)
- ¼ cup chicken broth
- 1 ½ tsps. avocado oil
- 3 cups broccoli (cut into florets)
- 8 oz extra lean ground turkey
- ¼ cup red onion (finely chopped)
- 2 garlic cloves (minced)
- 1 tsp Italian seasoning

DIRECTIONS

1. Boil the sweet potatoes for seven to 10 minutes or until fork-tender. Drain the sweet potato and place them back in the pot. Add the chicken broth and avocado oil and mash until smooth.
2. Meanwhile, steam the broccoli for five to seven minutes until tender. Drain and set aside.
3. While the broccoli cooks, heat a pan over medium-high heat. Add the turkey to the pan, breaking it up as it cooks. Once it is cooked through, add the onion and garlic and cook for three to five minutes until the onions soften.
4. Add the Italian seasoning and cook for another minute.
5. To serve, divide the sweet potato, broccoli, and turkey between plates or meal prep containers. Enjoy!

Lunch



TURKEY & CABBAGE STRI FRY



COOKING TIME



SERVES

20 Mins

3

Nutrition:

Calories:	365
Protein:	32g
Carbs:	22g
Fats:	17g

INGREDIENTS

- 1 lb extra lean ground turkey
- 1 tbsp coconut oil
- 8 cups green cabbage (thinly sliced)
- 1 carrot (large, julienned)
- ¼ cup water
- ¼ cup coconut aminos
- 1 lime (juiced, plus more for garnish)
- 3 garlic cloves (minced)
- 1 tbsp ginger (fresh, minced or grated)
- ½ cup cilantro (chopped)

DIRECTIONS

1. Heat a large skillet with a tight-fitting lid over medium-high heat. Leave the lid off and add the turkey, breaking it up with a wooden spoon as it cooks.
2. Once it is cooked through, drain any excess drippings from the pan and set the turkey aside.
3. To the same skillet, add the oil. Once warm, add the cabbage and carrot. Stir to coat in the oil and sauté for a minute. Add the water then cover with the lid. Cook for 4 to 5 minutes or until the cabbage wilts down and carrot is just tender.
4. Meanwhile, in a small mixing bowl combine the coconut aminos, lime juice, garlic and ginger. Set aside. Add the cooked turkey back to the skillet and stir to mix. Add the coconut aminos mixture and stir to combine everything. Cook for another 2 to 3 minutes to allow the flavors to develop. Stir in the cilantro. Divide evenly between plates and serve with lime wedges, if using. Enjoy!

Dinner

SHRIMP & VEGGIE CURRY



COOKING TIME



SERVES

20 Mins

2

Nutrition:

Calories:	477
Protein:	38g
Carbs:	16g
Fats:	29g

INGREDIENTS

- 1 tbsp coconut oil
- ½ yellow onion (chopped)
- 2 garlic cloves (minced)
- 1 tbsp ginger (fresh, minced or grated)
- 2 tsps. turmeric
- ½ tsp sea salt
- ¼ tsp cinnamon
- 1 cup canned coconut milk (full fat)
- ½ cup water
- 1 carrot (peeled, sliced)
- 1 zucchini (sliced)
- 12 oz shrimp (peeled, deveined)
- 1 tbsp lime juice (optional)

DIRECTIONS

1. In a large pot, heat the oil over medium-high heat. Add the onion, garlic and ginger and cook for about 5 minutes until the onion has softened. Add the turmeric, salt and cinnamon and stir to combine.
2. Stir in the coconut milk and water and bring to a gentle boil then add the carrots. Stir often and let the carrots cook for 5 to 7 minutes until just tender.
3. Add the zucchini and the shrimp. Continue to stir often and cook for another 3 to 5 minutes or until the shrimp are cooked through and zucchini is just tender. Stir in the lime juice, if using. Divide between plates & enjoy!

Dinner

BEEF AND VEGGIE STEW



Peak Fitness



COOKING TIME



SERVES

1 Hour

4

Nutrition:

Calories:	304
Protein:	31g
Carbs:	22g
Fats:	11g

INGREDIENTS

- 1 tsp avocado oil
- 1 lb stewing beef (diced into cubes)
- 16 fl oz bone broth
- ½ tsp sea salt (divided)
- ½ cup pureed pumpkin
- 1 tbsp apple cider vinegar
- 2 garlic cloves (minced)
- 2 parsnip (peeled, chopped)
- 5 white button mushrooms (halved)
- 1 yellow onion (medium, sliced in large chunks)
- 1 tsp thyme (dried)

DIRECTIONS

1. Turn your pressure cooker to sauté mode and add the avocado oil. Season the beef with half of the sea salt. Add it to the pressure cooker and brown on all sides, working in batches if necessary.
2. Turn off the sauté mode and add all other ingredients, including the remaining salt. Stir to combine. Put the lid on the pressure cooker and change to meat/stew mode. Cook for 35 minutes and then do a quick release. Serve and enjoy!

Dinner

CITRUS GLAZED SALMON



COOKING TIME



SERVES

25 Mins

2

Nutrition:

Calories:	310
Protein:	25g
Carbs:	22g
Fats:	14g

INGREDIENTS

- 8 oz salmon fillet
- 1 tbsp extra virgin olive oil (divided)
- ¼ tsp sea salt (divided)
- 5 stalks green onion (chopped, divided)
- 1 ½ cups shiitake mushrooms (stems removed, sliced)
- 1 tbsp orange juice
- 1 ½ tbsp coconut aminos
- 1 lime (juiced, zested)

DIRECTIONS

1. Preheat the oven to 350°F (177°C). Place the salmon in an oven-safe baking dish and drizzle with half of the extra virgin olive oil and season with half the sea salt. Bake for 13 to 16 minutes, until cooked through and flaky.
2. In a skillet over medium-high heat, add the remaining extra virgin olive oil. Add half of the green onions, mushrooms and the remaining sea salt. Cook for 5 to 6 minutes, until the mushrooms and green onion are lightly browned and cooked through.
3. In a small bowl, whisk together the orange juice, coconut aminos, lime juice and zest. Add the salmon to a platter along with the mushroom mixture and remaining raw green onions. Drizzle the sauce over top. Serve and enjoy!

Thank You!

LET'S STAY IN TOUCH

Thank you for joining us on this carb-fueled journey in the "Guide to Carbohydrates." I hope the information and insights shared have empowered you to make smarter choices as you work toward a healthier lifestyle.

Remember, this is just the beginning. Stay connected for more tips, recipes, and resources to energize your fitness goals. Your dedication to well-being is truly inspiring. Here's to a balanced future and a healthier, stronger you powered by smart carb choices!

Stay tuned for exciting updates, and don't hesitate to reach out. Wishing you continued success on your fitness journey!



**CHECK OUT HOW WE CAN HELP
YOU REACH YOUR GOALS!**



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