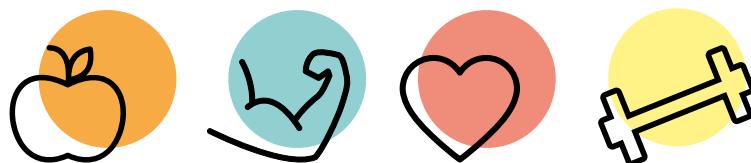


FITNESS STARTS IN THE KITCHEN



THE FELU COOKBOOK

*low calorie &
high protein recipes*

FELU

Stop making excuses – just do it!



So, you decided to take responsibility over your health, that is awesome and buying this book is already a huge step towards your goal.

Let me tell you about my personal story real quick. In 2019 I was a very lazy and overweighed person. I did 0 fitness and had the worst possible diet. From one day to another I changed my entire life. I went to the gym every single day, stopped drinking alcohol and started to have a healthier diet by rediscovering again my LOVE for cooking.

Once I discovered that you can make fun food and still lose weight I decided to create a Youtube channel and later make this book. My mission is to show you that fat loss doesn't have to be boring. You don't need to eat plain chicken and broccoli or go on a low carb diet.

You need to have a diet that is sustainable for the rest of your life so you can lose weight and keep it off FOREVER.

This cookbook will certainly be a help for you to find fun recipes that you enjoy for the rest of your life.

I wish you all the best,
Felu



DISCLAIMER

Raffaele Colonna (Felù) is neither a doctor nor a registered dietitian. The contents of this eBook should not be taken as medical advice nor is it intended to diagnose, treat, cure, or prevent any health problem. It is also not a replacement for advice of a physician. The content in this eBook is hypothetical and for entertainment purposes only.

Always consult your physician or qualified health professional on any health regarded matters. The nutritional values (macros like calories, carbohydrates, protein and fat) for each recipes on this eBook are estimates.

Be sure to do your own calculations when tracking your macros towards your diet plan and track them in your calorie tracker accordingly.

ALL CHAPTERS

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CHAPTER 1

FAQ

FAQ ABOUT THIS BOOK

PLEASE READ

HOW TO USE THIS BOOK?

Every chapter and recipe in this book is clickable, making it easy to navigate through the book and discover all the recipes.

You can also navigate back. On the right side on every recipe page is a bar. Above the bar is your way back to all chapters by clicking on THE FELU COOKBOOK. Below is the way back to all recipes in the respective chapter by clicking on the word there. No scrolling is needed in this book. A lot of recipes have a play symbol on the page that will lead you to the youtube video that shows everything if you don't understand the written directions.

WILL I AUTOMATICALLY LOSE WEIGHT WHEN EATING THE RECIPES FROM THIS BOOK?

To lose weight, you need to create a caloric deficit. No diet can guarantee this, but using my cookbook will make it more likely to achieve a caloric deficit because the recipes are lower in calories and higher in protein, which can help you feel full for longer.

ARE THE BAKING TIMES PRECISE?

No, they are heavily influenced by the size and depth of your baking dish, the material of the dish, your oven and even the altitude where you live. I have noted down the time it takes my oven to bake each recipe, but if you don't use the same size dish your baking time will alter. As a general rule of thumb. If your dish is deeper, the baking time will be shorter. And if your dish is narrower than mine, your baking time will usually increase as the heat needs more time to penetrate the mixture. So please, make sure to check your cake, if possible with a food thermometer when baking and adjust the time accordingly. My baking recipes are developed with the baking dishes that I own. If you don't have the same sizes you need to adjust the time in the oven accordingly.

WHY SOME RECIPES USE WHEY PROTEIN POWDER AND OTHERS CASEIN?

Well, whey and casein protein powder are completely different in texture and so will give a different baking result.

Whey protein powder tends to rise properly but can often be dry, since it can't hold a lot of water. On the other hand casein powder creates juicy dishes, but it doesn't rise at all when baked. That's why for some recipes it's better to use one or the other or both combined.

FAQ ABOUT THIS BOOK

PLEASE READ

I DON'T LIKE SHIRATAKI NOODLES, CAN I STILL USE THE RECIPES IN THE SHIRATAKI CHAPTER?

Yes, absolutely, you can use the exact same recipe and simply replace shirataki either with rice or with udon noodles.

You can also make the recipe with vegetables or potatoes, depending on your personal preference. Remember, when it comes to baking, there are no right or wrong answers; it's all about being creative and experimenting in the kitchen.

DO I NEED SPECIAL KITCHEN TOOLS?

What I would strongly recommend investing in, if you don't already have one, is a kitchen scale. But apart from the scale, most recipes don't need any additional kitchen tools except for a few where you need a blender. I would also suggest buying a 24cm non-stick pan with a lid. This is the perfect size to make all of the recipes in this book.

CAN I MAKE YOUR BAKING DISHES IN MY AIR FRYER?

Absolutely. You can make each and every recipe outlined in this book that needs to be baked in the oven by using an air fryer. Just subtract 20°C from the temperature I have used to bake in an air fryer.

HOW IS EVERYTHING WEIGHED OUT?

All weights and calories are measured using the raw ingredients.

WHICH OIL SHOULD I USE?

I use olive oil for everything I make and have never had a bad experience in doing so. I find using olive oil spray bottles is the easiest method! You can find them on Amazon for a reasonable price. Don't add oil without measuring it if you don't have a spraybottle, you will need way more calories than you might think.

FAQ ABOUT THIS BOOK

PLEASE READ

WHY ARE SPICES IN GRAMS AND NOT IN TEASPOONS?

Because teaspoons and tablespoons have different measurements in different countries. For example the teaspoon in the US is about 30 % bigger than in the EU. You need to measure the spices once and then you can start using teaspoons for spices going forward.

WHICH SOY SAUCE SHOULD I USE?

Personally, I would buy one light soy sauce and one low-sodium version. However, you can try my recipes with both and adjust them depending on how salty you prefer the meal. Just remember that if you add light soy sauce, never add additional salt. And if you use low-sodium soy sauce, then you might need a pinch of salt. Also, you can always swap out soy sauce with water and make it 50/50 to thin it out a bit.

WHY DO YOU HAVE ODD NUMBERS SOMETIMES LIKE 180g OF GROUND BEEF?

My recipes are developed with ingredients I can get at my local groceries. Ground beef for example gets sold in 180 g packages, if you have other sizes like 226 g or half a pound it's no big deal, just adjust the calories accordingly. Altering ingredients by 10–20 % is usually no big deal and won't destroy a recipe.

WHICH PROTEIN POWDER SHOULD I BUY?

For optimal results, it is recommended to use both a whey and a casein protein powder, but you can also consider a blend of both whey and casein. Vanilla flavor is the most versatile. If you only have access to whey, the recipes will still be effective, but may not be as good as when using a blend.

WHAT DOES GROUND BEEF 95/5 MEAN?

It means 95 % meat and 5 % fat. If you buy the regular ground beef it will have around 20 % fat and thus double the amount of calories.

WHY DOES THIS BOOK NEVER USE CHICKEN WITH SKIN LIKE ON THIGHS?

The skin of chicken contains most of the fat, so removing it can save up to 50 % of the calories. While removing the skin may alter the flavor and texture of the chicken, it is a good compromise for those looking to reduce their calorie intake while still enjoying dark meat.

HOW ARE CALORIES MEASURED?

All calories found on food labels are measured in the same way. They are the sum of the calories from the macros written underneath.

There are **3 macros** that contribute to the total calories —



CARBOHYDRATES



PROTEINS



FATS

1g = 4 calories

1g = 4 calories

1g = 9 calories

Every gram of **FAT** is measured with **9 CALORIES**, and every gram of **CARBOHYDRATE** and **PROTEIN** is measured with **4 CALORIES** each.

So, for example, if an item you buy has 10g of carbs, 5g of protein, and 3g of fat, that means the total sum of calories is 87.



FIBER PLAYS A SEPARATE ROLE WHEN IT COMES TO CALORIES.

The dietary **FIBER** found in food is in some countries measured as 0 calories and in other countries as 2 calories per gram. That's why on some food labels, you might see net carbs. They subtract the fiber from the carbohydrate, and what remains is net carbs, and get measured with four calories per gram.

That's the reason why my recipes are measured in the exact same way. I have taken all macro entries from the USDA Database and calculated the calories for all my recipes according to them.

So please keep in mind that there will be rounding errors, but that's no big deal. It's impossible to measure the exact amount of calories in each meal anyway, and as long as you take the same entry for every food item every time you eat it, you will be fine over time, even if it's not exact.

CHAPTER 2

Ingredient List

THE FELU COOKBOOK

INGREDIENT LIST

INGREDIENT LIST

PLEASE READ

These are the Ingredients that you will need and I recommend for most of my Recipes. Try to buy from Brands that have similar calories.

You can always come back to this chapter to consult the calories and ingredients required, especially if you're about to head to the grocery store. You can use this chapter to check that the item that you are buying sits within the range of calories in this list. This will make sure that you don't buy stuff that has hidden calories or contains too much sugar or oil.

DAIRY PRODUCTS	CALORIES PER 100G FOR REFERENCE	NOTES
MILK 1%	35	Full fat milk has 75 calories per 100 g
BUTTERMILK 1%	40	
GREEK YOGURT 0.2 % (FAT FREE)	55	There is also 2% fat version with 75 calories
CREAM CHEESE 0.2 % (FAT FREE)	60	The next best cream cheese has 90 calories per 100 g
AMERICAN CHEESE	60 per Slice	
SKYR PLAIN	60	
COTTAGE CHEESE 1%	65	
EVAPORATED MILK	85	
FRESH MOZZARELA FAT REDUCED	145	This is the fresh, wet mozzarella. Which is good to eat raw too.
LAUGHING COW	220	Laughing cow is also as fat reduced version available but not easily findable.
SHREDDED MOZZARELLA	300	I use mostly full-fat mozzarella, however, there is also low-fat shredded mozzarella that contains 200 calories.
WHEY PROTEIN POWDER	380 (78 g protein)	Buy a protein powder that has 24 g of protein per 120 calorie scoop.
CASEIN PROTEIN POWDER	380 (78 g protein)	Buy a protein powder that has 24 g of protein per 120 calorie scoop.

	BAKING / BREAKFAST	CALORIES PER 100G FOR REFERENCE	NOTES
BAKING POWDER & BAKING SODA	—		
SWEETENER ERYTHRITOL/ STEVIA	0		Other sweeteners are possible like aspartame, however the amount to use might vary slightly.
EGG WHITES	55		
WHOLE EGGS	150		Every large egg weighs appr. 50 g and has about 75 calories
COCOA POWDER	350		
OATS	350		
FLOUR ALL PURPOSE	350		I never buy special bread or cake flour. If you want to buy it that's fine, it has the same calories.
POWDERED PEANUTS (PB2 OR PBFIT)	400		Has more protein and less fat than Peanut butter.
PEANUT BUTTER	650		

	SIDES	CALORIES PER 100G FOR REFERENCE	NOTES
SHIRATAKI NOODLES	10		
POTATOES	77		
SWEET POTATOES	85		
UDON NOODLES	135		
INSTANT RICE	160		
SANDWICH BREAD	250		
WHEAT TORTILLA	300		300 is the calorie amount for wheat tortillas. However there are also brands that sell high-fiber low-carb tortilla with less than 200 calories per 100 g.
RAW RICE	350		
DRY PASTA	350		

 MEAT (RECOMMENDED)	CALORIES PER 100G <small>FOR REFERENCE</small>	NOTES
CHICKEN BREAST SKINLESS BONELESS	110	
TURKEY BREAST	110	
TUNA CANNED (NO OIL)	110	Tuna is also available in a can with oil. That has over 200 calories and is unnecessary.
DELI MEAT, CHICKEN OR PORK	110	
BEEF LOIN	130	
GROUND BEEF 5% FAT	130	Ground chicken and turkey are also possible options here, if they have 5% fat. Ground turkey and chicken can contain more calories than beef if they have ground more fat in it.
PORK LOIN	130	
CHICKEN THIGHS SKINLESS BONELESS	135	

 VEGETABLES (RECOMMENDED)	CALORIES PER 100G FOR REFERENCE
PAK CHOI	14
CELERY	16
CABBAGE	16
ZUCCHINI	17
TOMATO	18
BELL PEPPER	20
ASPARAGUS	20
MUSHROOMS	22
SPINACH	23
CAULIFLOWER	25
EGGPLANT	25
KOHLRABI	27
FENNEL	31
BROCCOLI	34
ONION	40
CARROT	41
BRUSSEL SPROUTS	43

	FRUITS (RECOMMENDED)	CALORIES PER 100G FOR REFERENCE
	WATERMELON	30
	STRAWBERRIES	31
	CANTALOUPE	34
	PEACH	39
	BLACKBERRIES	43
	PAPAYA	43
	NECTARINE	44
	ORANGE	47
	CHERRIES	50
	APPLE	52
	RASPBERRIES	52
	BLUEBERRIES	57
	MANGO	60
	KIWI	61
	BANANA	89
	AVOCADO	160

	CONDIMENTS & OTHER	CALORIES PER 100G FOR REFERENCE	NOTES
RICE VINEGAR	15		
SIEVED TOMATOES	35		
LOW SUGAR KETCHUP	45		
MUSTARD	60		
STOREBOUGHT TOMATO SAUCE	65		
COCONUT MILK	70		Coconut milk has less calories than cream because of less coconut than water.
SOY SAUCE LIGHT OR LOW SODIUM	100		Korean hot chili paste.
HOT SAUCE (RED)	100		Every sauce that has under 100 calories are generally good to buy. Watch out for red sauces though.
GOCHUJANG	200		
HONEY	300		
CORNSTARCH	350		
DRY GELATINE	400		
OLIVE OIL SPRAY	900		All oils have 900 calories. Bottles that say they have 0 just, make the serving small so small that they can round it down to 0.

BEST PROTEIN SOURCES

PER 100 CALORIES NOT 100 GRAMS

 PROTEIN SOURCE	GRAMS OF PROTEIN PER 100 CALORIES (NOT 100 GRAMS)
HARZER CHEESE	24
SHRIMP	24
CANNED TUNA	22
EGG WHITES	22
PROTEIN POWDER	22
TURKEY BREAST	21
COTTAGE CHEESE (0.1%)	21
CHICKEN BREAST	21
TIPIA	21
COD	20
SKYR PLAIN	18
GREEK YOGURT (0.1%)	18
CREAM CHEESE (0.1%)	18
PORK LOIN	17
BEEF LOIN	17
DELI MEAT	17
MOZZARELLA	14

SPICES (RECOMMENDED)



VEGETABLE BROTH
POWDER



ONION POWDER



GARLIC POWDER



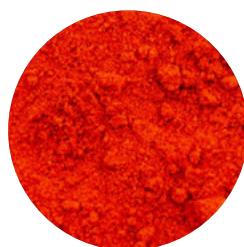
SALT



OREGANO



CUMIN



PAPRIKA



SMOKED PAPRIKA



CAYENNE PEPPER



CHILLI POWDER



TURMERIC



BLACK PEPPER

CHAPTER 3

COOKING TECHNIQUE



THE FELU COOKBOOK

COOKING TECHNIQUE

WASHING AND MARINATING MEAT TO TENDERIZE

This technique can be used for every recipe that involves stir frying meat. Alternatively skip this step and proceed with the recipe instructions.



WHAT YOU'LL NEED:

200 g	lean meat
1g	baking soda
1g	cornstarch
2g	salt
5g	soy sauce

- This technique is used by East Asian-style restaurants to make juicy and tender meat. It works well with chicken breast and lean cuts of beef like sirloin. It's not necessary for chicken thighs.
- First, cut the piece of meat into strips.
- Next, fill a bowl with cold water, and place the meat strips inside the bowl and massage the meat for around one minute.
- Now remove the meat and pop into a strainer over your sink. Press the meat in your hands and squeeze the water out. This will make sure that the marinade will be fully absorbed.
- Place the squeezed meat into a small bowl. Add baking soda, cornstarch, salt and soy sauce.
- Mix until the entire meat is covered.
- Now let it marinate for 15 minutes. This is enough time to see a difference in the texture of the meat.
- Proceed with the recipe instructions.

HOW TO COOK PASTA LIKE A PRO

This technique will give you the most concentrated pasta water that will make every sauce you make even better.



WHAT YOU'LL NEED:

100 g	dry pasta
500 g	water
A pinch	salt
A pan or small pot	

- Most people cook pasta by filling up a large pot with water, adding a pinch of salt, and turning up the heat. Once the water boils, the pasta is added and cooks for around 10 to 12 minutes. While this isn't wrong, it does waste a lot of energy, and the pasta water isn't concentrated enough to make a delicious sauce. Since starch is an emulsifier, the pasta water, when concentrated, will make your sauces thick and creamy.
- Instead, add the pasta to a cold pan and fill the pan with water until the pasta is covered. About 500 g water in a 24 cm or 9.5 inch pan will do.
- Now add a small pinch of salt and switch the heat to high.
- As the water starts to boil, stir it a couple of times so that the pasta doesn't stick together.
- As soon as the pasta water boils, turn down the heat to medium-high, so the water begins simmering. Let the pasta cook for a further 10-12 minutes.
- What you'll be left with is highly concentrated pasta water that will make every pasta dish better.
- Add the pasta water at the end of every recipe into the sauce and stir while the pan is still hot. Enjoy!

HOW TO COOK A JUICY CHICKEN BREAST

The first 3 Steps can be used for every recipe that involves Chicken Breast. Or feel free to skip this part and proceed with the recipe instructions.



WHAT YOU'LL NEED:

1	chicken breast
1.5g	salt
1	zip lock bag
A heavy item such as a pot or a pan	

1. Place the chicken breast in a zip lock bag, gently press out the air and close it.
2. Now, take something heavy like a pot or a pan, and start hitting the chicken breast, especially on the thicker side, until everything is even in terms of thickness. This helps to prevent uneven cooking.
3. Place the chicken on a plate and salt both sides evenly. Pop the chicken in the refrigerator for at least 1 hour to dry brine it. You can also prepare it the day before cooking to save yourself some time. This will make the chicken extra tender and juicy too.
4. When you're ready to follow one of my chicken recipes, grill the chicken breast and check with a food thermometer until the interior reaches 70°C or 160°F and let it rest for 1 minute. Done!

NOTES:

All 3 steps are essential to make the best possible chicken. However, you can skip the dry brining as long as you flatten the chicken breast and make sure not to overcook it by using a food thermometer throughout the cooking process.

Please note that the first 3 steps are optional for every chicken recipe in this book. And it's not mandatory to follow them, but it will help to optimize every chicken recipe you make moving forward!

HOW TO MAKE SAUCES THICK

There are 2 ways to thicken up a sauce and both work the same way:



- At the end of every sauce, you have two options to make your sauce thicker without increasing the calories of your dish
- Combine cornstarch with cold water in a glass and immediately stir to prevent clumps. Add the cornstarch slurry at the very end of a recipe to the sauce, when it's still hot, and let it simmer for around 30 seconds. It should make your sauce immediately thicker. This will be more of a sticky consistency and is perfect for Asian-style dishes!
- The other way of achieving this is to combine water with dry gelatine and add this when making the sauce and let it simmer for around 1 minute. This will make it richer and replicate a mouthful feeling, almost like long braised meat.
- Either way, just wait until the end of a recipe and decide if you need to add a thickener and try both over time so that you start to form a preference between the both.

HOW TO MELT EVERY KIND OF CHEESE

This is where you can become a food scientist.



WHAT YOU'LL NEED:

Any type of cheese that doesn't melt easily

Sodium citrate or American cheese or any type of processed cheese

When adding cheese like fat-free mozzarella on top of your next meal, try to sprinkle a tiny bit of sodium citrate on top of the cheese. This will help it to melt. You can buy sodium citrate on Amazon, or if you don't want to buy this, then you can simply purchase American cheese or any other kind of processed cheese, which will do the job because they have this ingredient integrated.

Now combine your cheese of choice with 1 slice of American cheese and add it into your meal. You'll be pleasantly surprised by how creamy it becomes. This works really well for Mac n Cheese.

CHAPTER 4

BREAKFAST

SHAKSHUKA

FILLED SAVORY
FRENCH TOAST

KOREAN SHAKSHUKA

TUNA SANDWICH

CAPRESE OMELETTE

BREAKFAST BURRITO

FRENCH TOAST

ITALIAN EGG WHITE BITES

ITALIAN EGG BITES

HUEVOS RANCHEROS

SPICY FRITTATA

PB SWEET CREPE

YOGURT POWER BOWL

PB & BANANA TORTILLA

MENEMEN

SAVORY BAKED OATS

POTATO HASH

SAVORY FILLED CREPE

GREEN SHAKSHUKA

HARISSA SOY EGGS

EGG PURGATORIO

BREAKFAST SPICY BURRITO

SPANISH TORTILLA

BIRCHER MÜSLI

MOJITO SMOOTHIE

BANANA BREAD SMOOTHIE

STRAWBERRY SMOOTHIE



SHAKSHUKA



ESTIMATED TIME: 25 MIN

*One of the most well known
Middle Eastern breakfasts,
get ready for a taste sensation
with Shakshuka.*

INGREDIENTS FOR 1 SERVING:

1	red bell pepper or 150g
1	medium onion or 50g
400 g	crushed tomatoes
3	eggs
2	cloves of garlic
3g	smoked paprika
1g	chili powder
10g	oil
Salt and black pepper	

MACROS

Whole Recipe:

Calories	492
Carbs	33
Protein	26
Fats	24



DIRECTIONS:

- Start by chopping up the red pepper and onion into bite-size pieces. Then peel and grate the garlic.
- Add oil to a pan and heat on a medium heat.
- Add the pepper and onion to the pan and let them fry gently for around 6–7 minutes until they start to caramelize.
- Add garlic and fry for 30 seconds and then add all the spices and mix until combined.
- Next comes the crushed tomatoes with a splash of water and stir everything.
- Close the lid and let everything simmer for around 10 minutes.
- Remove the lid and let the tomato sauce reduce for another 5 minutes.
- Dig 3 holes with a spoon and crack 3 eggs into the holes. Close the lid and cook the eggs for 2–3 minutes, so the yolk is still runny. Done!

NOTES:

- Add diced black olives and parsley as garnish.
- Toast two slices of french baguette in a pan and lay them in a plate as the base to this dish before adding shakshuka on top.
- You can reduce the calories by simply adding less oil, but you will get less caramelization and less flavor.
- You can swap out some of the whole eggs for egg whites only to reduce calories further. I'd recommend 50g egg whites for each whole egg removed.



WATCH VIDEO

EGG PURGATORIO



ESTIMATED TIME: 15 MIN

The Italian way of making eggs for breakfast.

INGREDIENTS FOR 1 SERVING:

3	eggs
1	medium onion or 50 g
150 g	tomato sauce
15 g	parmesan cheese
1	clove of garlic
Bunch	fresh basil
4 g	oil
Salt and black pepper	

MACROS

Whole Recipe:

Calories	355
Carbs	10
Protein	27
Fats	24



DIRECTIONS:

- Start by chopping the onion and basil into bite-sized pieces. Then, peel and grate the garlic, and grate the Parmesan cheese as well.
- Add oil to a pan and heat it over medium heat.
- Add the onion to the pan and let it fry for about 3 minutes until it starts to caramelize.
- Add the garlic and fry for 30 seconds, then add the tomato sauce with a pinch of salt and black pepper, and mix.
- As soon as the sauce begins to simmer, crack in the 3 eggs, cover with a lid, and let the eggs cook for 2-3 minutes.
- Remove the pan from the heat, sprinkle with Parmesan cheese, and then top with basil. Done!

NOTES:

- Toast two slices of french baguette in a pan and lay them in a plate as the base to this dish before adding purgatorio on top.
- You can swap out some of the whole eggs for egg whites only to reduce calories further. I'd recommend 50 g egg whites for each whole egg removed.



WATCH VIDEO

HARISSA SOY EGGS



ESTIMATED TIME: 15 MIN

Harissa is north african's answer to gochujang and its delicious.

INGREDIENTS FOR 1 SERVING:

3	eggs
1	medium onion or 50 g
250 g	potatoes
50 g	canned chickpeas
5 g	oil
25 g	soy sauce
10 g	harissa paste
5 g	honey
50 g	water
1 g	garlic powder
Black pepper	

MACROS

Whole Recipe:

Calories	582
Carbs	68
Protein	32
Fats	21



WATCH VIDEO



DIRECTIONS:

1. Start by peeling the potatoes.
2. Cut the potatoes into thick slices, then into fries and then again into bite-size cubes. 2x2cm or 1x1 inch.
3. Microwave the potatoes in a bowl for 5 min at 600W.
4. In the meantime, dice the onion. In a glass or bowl, combine soy sauce, harissa paste, honey, black pepper, garlic powder, and water. Stir these ingredients until fully mixed.
5. Set a pan on the stove over medium-high heat.
6. Pour oil into the pan, then add the microwaved potatoes. Fry them for around 3-4 minutes, stirring occasionally, until they are lightly browned.
7. Add a bit more oil, followed by the diced onions, and continue frying for another 2-3 minutes. Then, incorporate the chickpeas and keep frying for an additional minute.
8. Pour in the previously prepared sauce mixture over the potatoes. Next, carefully crack three eggs into the pan, ensuring they are evenly spaced. Cover the pan with a lid and allow the eggs to cook for 3-4 minutes until they reach your desired level of doneness.
9. Optionally, garnish with cilantro or parsley. Your dish is now ready to serve. Enjoy!

NOTES:

- You can swap out some of the whole eggs for egg whites only to reduce calories further. I'd recommend 50 g egg whites for each whole egg removed.

SPANISH TORTILLA



ESTIMATED TIME: 15 MIN

The spanish way of making eggs.

INGREDIENTS FOR 1 SERVING:

3	eggs
1	medium onion or 50 g
250 g	potatoes
8 g	olive oil
25 g	soy sauce
1 g	cayenne pepper
1 g	garlic powder
Salt and black pepper	

MACROS

Whole Recipe:

Calories	582
Carbs	68
Protein	32
Fats	21



DIRECTIONS:

1. Start by peeling the potatoes.
2. Cut the potatoes into thick slices, then into fries and then again into bite-size cubes. 2x2cm or 1x1 inch.
3. Microwave the potatoes in a bowl for 5 min at 600W.
4. In the meantime, dice the onion. Crack the eggs into a bowl and season with salt and black pepper.
5. Set a pan on the stove over medium-high heat. Pour oil into the pan, then add the microwaved potatoes and diced onions. Fry for around 3-4 minutes, stirring occasionally, until they are lightly browned.
6. Add cayenne pepper and garlic powder, then mix well. Add the eggs, switch the heat to medium, gently stir, cover with a lid, and let it cook for 3 minutes.
7. Remove the lid, place a plate on top of the pan, and carefully flip the entire tortilla. Slide it back into the pan with the uncooked side facing down, and cook for 2 more minutes.
8. Remove the spanish tortilla and enjoy!

NOTES:

- You can swap out some of the whole eggs for egg whites only to reduce calories further. I'd recommend 50 g egg whites for each whole egg removed.
- This dish tastes great with a bit of light mayo as a dip.



WATCH VIDEO

GREEN SHAKSHUKA



ESTIMATED TIME: 15 MIN

The green version of the famous Middle Eastern breakfast Shakshuka.

INGREDIENTS FOR 1 SERVING:

3	eggs
1	medium onion or 50 g
100 g	cabbage
100 g	zucchini
100 g	asparagus
1	clove of garlic
50 g	peas
25 g	feta cheese
4 g	stock powder
1 g	cumin
5 g	fresh parsley
Salt and black pepper	

MACROS

Whole Recipe:

Calories	438
Carbs	30
Protein	32
Fats	21



DIRECTIONS:

- Start by chopping up the cabbage, zucchini, asparagus, and onion. Peel and grate the garlic.
- Combine the stock powder with 50g of water and mix.
- Add oil to a pan and heat it over medium heat. Begin by frying the zucchini for 1-2 minutes with a small pinch of salt. Then add the cabbage, onion, and asparagus with another bit of oil and continue frying for 3 minutes, stirring occasionally.
- Now add the garlic, peas, cumin, and black pepper. Give everything a stir and then pour in the chicken stock. Immediately crack in 3 eggs and close the lid. Let it simmer on medium-low heat for 3 minutes until the eggs are done.
- Once the eggs are done, sprinkle crumbled feta cheese on top. Done!

NOTES:

- Add diced black olives and parsley as garnish.
- Toast two slices of french baguette in a pan and lay them in a plate as the base to this dish before adding shakshuka on top.
- You can swap out some of the whole eggs for egg whites only to reduce calories further. I'd recommend 50g egg whites for each whole egg removed.



WATCH VIDEO

HUEVOS RANCHEROS



ESTIMATED TIME: 15 MIN

*A classic mexican breakfast
that is packed with flavor.*

INGREDIENTS FOR 1 SERVING:

1	wheat tortilla (20cm or 8inch)
½	medium onion or 25g
1	big tomato or 200 g
1	egg
100 g	egg whites
1	jalapeno or 50 g
1	clove of garlic
10 g	soy sauce
50 g	deli meat
Black pepper	

MACROS

Whole Recipe:

Calories	355
Carbs	30
Protein	32
Fats	12



DIRECTIONS:

- Chop up the onion and jalapeno. Peel and grate the garlic. Chop the deli meat into small cubes.
- Halve the tomato and grate it on a box grater into a puree. Throw away the skin. You don't have to cook the tomatoes before grating.
- Heat up a pan (18 cm or 7 inches) over medium heat and add the oil. Start by frying the onion and jalapenos, stirring occasionally, for 3-4 minutes. Add a pinch of salt.
- Add a bit more oil and fry the garlic for 20 seconds. Then add the tomatoes and stir everything. Add black pepper and soy sauce and continue to simmer for 2-3 minutes until thick.
- Meanwhile, heat up the tortilla in a dry pan for 30-45 seconds on each side and then put it on a plate.
- Add oil to the pan on medium-high heat and start frying the deli meat for around 1-2 minutes until brown. Add the egg whites and immediately start stirring for around 30 seconds under constant mixing. Place the cooked egg whites on top of the tortilla.
- Add another touch of oil into the pan and crack in the egg. Cook it for 1 minute with a closed lid. Add a small pinch of salt and black pepper.
- Place the egg on top of the egg whites and then add the tomato sauce on top of the eggs. Add a bunch of chopped cilantro on top. Done!

NOTES:

- You can meal prep the tomato sauce and store it in the fridge for 2-3 days to turn this into a 5-minute breakfast.



WATCH VIDEO

FILLED SAVORY FRENCH TOAST



ESTIMATED TIME: 15 MIN

Everyone knows what French Toast is, but did you ever try to make it savory and filled with cheese? Well, say hello to this unique breakfast dish.

INGREDIENTS FOR 1 SERVING:

2	slices sandwich bread
60g	egg whites
1	egg
30g	deli meat
20g	shredded mozzarella
2g	oregano
1g	chili powder
2g	oil
Salt and black pepper	

MACROS

Whole Recipe:

Calories	347
Carbs	28
Protein	27
Fats	15



DIRECTIONS:

1. Add the egg and egg white to a bowl with seasonings and mix with a fork until everything is combined and smooth.
2. Add the bread and allow it to soak up the eggs for 20 seconds before you flip them. Flip them 3-4 times in total.
3. Add oil to a pan on medium heat and add in the bread slices. If you have leftover eggs from the soaking mixture, pour it on top of the bread now.
4. Fry both sides slowly under occasional flipping for 4-5 minutes in total until both sides have a warm golden brown color. Before you flip the first time, add another spray of oil to the pan, so both sides brown well.
5. Add the deli meat to the pan beside the bread until it's nice and crisp. Then add mozzarella on top of 1 sandwich bread. Close the lid for 30 seconds.
6. Add deli meat on top of the mozzarella. Put the other slice of bread on top and flip the entire sandwich one more time. Fry for a further 30 seconds. Done!

NOTES:

- If you prefer a lighter meal in terms of calories remove the egg yolk and use egg whites only.



WATCH VIDEO

KOREAN SHAKSHUKA



ESTIMATED TIME: 15 MIN

*This is the Korean way to make eggs.
Spicy and delicious!*

INGREDIENTS FOR 1 SERVING:

3	eggs
1	medium onion or 50 g
1	clove of garlic
15g	tomato puree
15g	gochujang
25g	soy sauce
50g	water
5g	honey
2g	oil

MACROS

Whole Recipe:

Calories	337
Carbs	25
Protein	22
Fats	17



DIRECTIONS:

1. Dice the onion, and peel and grate the garlic.
2. Weigh out the ingredients using a scale and add the tomato puree, soy sauce, gochujang, water and honey to a bowl. Mix until smooth.
3. Add the oil to a pan on medium heat. Start by frying the onions for roughly 3 minutes until they caramelize.
4. Add in the garlic and keep frying for a further 20 seconds.
5. Add the sauce to the pan and mix everything well. Allow to simmer for 30 seconds. Then crack in 3 eggs in 3 different spots.
6. Close the lid and allow it cook for 3–5 minutes or until the eggs are done but not overcooked. You're ready to serve!

NOTES:

- This Korean style breakfast tastes amazing and with 2 slices of toasted bread it's incredible.
- Top with some fresh cilantro or parsley.
- Dice half a red bell pepper and fry it in the beginning with the onion for added volume and flavor.



WATCH VIDEO

TUNA SANDWICH



ESTIMATED TIME: 10 MIN

My personal double double that is packed with protein.

INGREDIENTS FOR 1 SERVING:

150 g	canned tuna (no oil)
½	avocado or 70 g
80 g	0.2% fat cream cheese
20 g	olives
1	lemon (juice)
4	slices sandwich bread
Salt and black pepper	



MACROS

Spready only:	With 4 slices of bread:		
Calories	312	Calories	572
Carbs	10	Carbs	58
Protein	44	Protein	52
Fats	12	Fats	15

DIRECTIONS:

- Start by placing a bowl on your kitchen scales to weigh the ingredients.
- Chop up the olives.
- Drain out the tuna water and add the tuna to the bowl. Follow with cream cheese, avocado, olives, a pinch of salt and black pepper. Squeeze in the lemon juice.
- Mix everything with a fork until smooth and creamy.
- Toast 4 slices of bread in a toaster or in a pan on medium heat.
- Spread the tuna paste between the bread slices. Enjoy!

NOTES:

- You can also use the tuna paste as a dip or as a side with scrambled eggs. It's also ideal as a quesadilla topping.
- Tuna paste can be meal prepped and stored in the fridge for 1-2 days.



WATCH VIDEO

CAPRESE OMELETTE



ESTIMATED TIME: 15 MIN

The Italian way to make a high protein omelette omelette.

INGREDIENTS FOR 1 SERVING:

3	eggs
60 g	fresh mozzarella light
50 g	tomatoes
10 g	fresh basil
2 g	oil
Salt and black pepper	



MACROS

Whole Recipe:

Calories	322
Carbs	2
Protein	28
Fats	22

DIRECTIONS:

- Crack the eggs into a bowl and add a strong pinch of salt and black pepper. Mix with a fork and set it aside.
- Cut up the tomatoes and Mozzarella into thin slices. Chop up the basil.
- Add the oil to a pan on medium heat. Add eggs, and slowly push the edges of the eggs towards the middle of the pan and tilt the pan so the uncooked egg goes underneath.
- Do this for about a minute, the middle of the mixture should still be slightly raw. You should have a big egg pancake. Add the mozzarella on one-half of the eggs and close the lid. Let it cook for about a minute so the cheese melts faster.
- Remove the lid, add in tomatoes and fresh basil. Flip the side without cheese over the other side to form an omelette. Done!

NOTES:

- Be careful to not overcook the eggs.
- The entire process takes about 3 minutes.
- Do it on medium heat and not higher than that or risk burning rather than cooking.



WATCH VIDEO

BREAKFAST BURRITO



ESTIMATED TIME: 15 MIN

Burritos for breakfast will keep you full and happy until lunch.

INGREDIENTS FOR 1 SERVING:

1	wheat tortilla (25cm or 10inch)
1	egg
50 g	egg whites
½	serving of cream cheese avocado dip (See recipe)
1	slice of american cheese
1	medium onion or 50 g
50 g	deli meat
2 g	oil
Salt and black pepper	

MACROS

Whole Recipe:

Calories	510
Carbs	42
Protein	32
Fats	25



DIRECTIONS:

1. Make the avocado cream cheese dip.
2. Add the oil to a pan on medium heat.
3. Chop up the onion and the deli meat into small pieces. Start frying them in the pan for around 3 minutes.
4. Meanwhile, cut the american cheese into small pieces. Crack 1 egg on a plate and add the egg white, add a pinch of salt and black pepper and mix with a fork. Spread the cream cheese avocado dip on the tortilla.
5. As soon as the onions are caramelized and the deli meat is brown, add the eggs and the cheese and start mixing for 30 seconds.
6. Remove the eggs and add them to the avocado dip in the tortilla.
7. Roll up the tortilla into a burrito shape. I flip left and right into the middle first and then roll from the bottom upwards until it is closed.
8. Place the closed tortilla back into the dry pan and toast the side where the tortilla is closed. Then flip the tortilla to toast all 4 sides. Done!

NOTES:

- You can also add 2 whole eggs instead of 1 whole egg and one egg white. It will have 50 more calories due to the 5g of fat.



WATCH VIDEO

BREAKFAST SPICY BURRITO



ESTIMATED TIME: 15 MIN

Burritos with a bit of spice are a great way to start your day.

INGREDIENTS FOR 1 SERVING:

1	wheat tortilla (20cm or 8inch)
1	egg
50g	egg whites
100g	ground turkey
1	medium onion or 50g
15g	shredded cheddar
10g	soy sauce
5g	gochujang
5g	honey
1g	garlic powder
1g	cumin
4g	oil
Salt and black pepper	

MACROS

Whole Recipe:

Calories	489
Carbs	22
Protein	41
Fats	24



DIRECTIONS:

- Chop the onion, and in a glass, combine soy sauce, gochujang, and honey; mix well.
- Heat a pan over medium heat, add some oil, and fry the onions with a pinch of salt for 2–3 minutes.
- Then, add more oil and the turkey. Spread the meat out with a spatula. Season with cumin, garlic powder, and black pepper. After 1 minute, flip the meat and cook for another minute until it's cooked through.
- Pour in the sauce and stir to combine everything. Follow with the egg and egg whites, stirring continuously for 45–60 seconds.
- Remove the pan from the heat, and add everything to a tortilla. Roll it into a burrito, then return it to the pan to toast all sides until crisp and lightly browned. Done!

NOTES:

- You can also add 2 whole eggs instead of 1 whole egg and one egg white. It will have 50 more calories due to the 5g of fat.
- Recipe can be easily turned into a meal prep recipe. Just multiply ingredients by the number of tortillas and store the tortillas in a zip log bag and then in the freezer.



WATCH VIDEO

FRENCH TOAST



ESTIMATED TIME: 15 MIN

One of the most iconic high protein breakfast in the fitness world.

INGREDIENTS FOR 1 SERVING:

4	slices sandwich bread
100 g	skimmed milk
1	egg
150 g	egg whites
3 g	cinnamon
15 g	sweetener
100 g	skyr or 0.2 % fat greek yogurt
13 g	powdered peanuts
2 g	oil

MACROS

Whole Recipe:

Calories	542
Carbs	57
Protein	48
Fats	12



DIRECTIONS:

- Start by preheating a pan to medium heat. Not too high otherwise, the bread will burn.
- Now add the bread slices to the pan to get them slightly toasted. 1 minute each side is enough.
- Place a bowl on your kitchen scale to weigh the ingredients.
- Add the egg, egg whites, milk, cinnamon and sweetener. Mix everything with a fork for about 20 seconds.
- Remove bread from the pan and add them in the bowl. 1 slice at a time and push it down. Let it soak up the eggs for 10–15 seconds. Flip the bread and push it down again. Place the bread on a separate plate. Repeat with the remaining 3 bread slices.
- Add oil into the pan. Add as many bread slices as you can fit into the pan. You can also use 2 pans simultaneously if you make more slices of bread.
- Let the french toast fry for 1–2 minutes and flip. Keep frying for another 1–2 minutes and flip again. Repeat until you have your desired consistency and browning. It takes about 6–7 minutes in total.
- Remove the french toast and build a mighty tower. Top with skyr and 1 serving of powdered peanuts. Done!

NOTES:

- You can add blueberries to the pan and place the bread slices on top of them, so you fry them both together.
- Topping can be switched to honey or sugar-free maple syrup. Please add both on a scale. Calories add up quickly.



WATCH VIDEO

BIRCHER MÜSLI



ESTIMATED TIME: 5 MIN

*The famous breakfast from
Switzerland and it is amazing.*

INGREDIENTS FOR 1 SERVING:

50 g	oats
100 g	skimmed milk
100 g	applesauce
10 g	peanut butter
13 g	powdered peanuts
10 g	chia seeds
15 g	honey
150 g	skyr or 0.2 % fat greek yogurt

MACROS

Whole Recipe:

Calories	622
Carbs	68
Protein	38
Fats	15



DIRECTIONS:

1. Place a bowl on a scale.
2. Add all the ingredients and mix well.
3. Refrigerate overnight and enjoy!

NOTES:

- You can swap applesauce for another fruit sauce to change the flavor.
- Add 15g of sweetener if you'd like it sweeter.

ITALIAN EGG WHITE BITES



ESTIMATED TIME: 20 MIN

Small egg bites are the perfect snack during the day or they can be used as an easy breakfast when made in a big batch!

INGREDIENTS FOR 1-2 SERVINGS:

300g	egg whites
50g	tomatoes
25g	spinach
25g	shredded mozzarella
2g	garlic powder
2g	onion powder
1g	oregano
Salt and black pepper	



MACROS

Whole Recipe:

Calories	250
Carbs	8
Protein	39
Fats	6

DIRECTIONS:

1. Preheat the oven to 180°C or 350°F.
2. Chop up the tomato and spinach into very small pieces.
3. Add all the ingredients into a bowl and mix everything until combined.
4. Distribute the eggs into 6 muffin cases (Diameter 7cm or 3inch)
5. Bake the egg white bites for 15–18 minutes.
6. Remove them from the muffin tin and immediately enjoy or store in the fridge.

NOTES:

- You can get creative with the spices for different flavor combinations. Paprika, smoked paprika, turmeric, and cayenne pepper all work great.
- Change the cheese to 25g of shredded cheddar for a taste twist. This recipe will have 30 more calories with cheddar.

ITALIAN EGG BITES



ESTIMATED TIME: 20 MIN

Italian style egg bites but this time with whole eggs. Perfect for breakfast where you need more calories to get you through the day!

INGREDIENTS FOR 1-2 SERVINGS:

6	eggs
50 g	tomatoes
25 g	spinach
25 g	shredded mozzarella
2 g	garlic powder
2 g	onion powder
1 g	oregano
Salt and black pepper	

MACROS

Whole Recipe:

Calories	511
Carbs	6
Protein	42
Fats	35



DIRECTIONS:

1. Preheat the oven to 180°C or 350°F.
2. Chop up the tomato and spinach into very small pieces.
3. Add all the ingredients, except the eggs, into a bowl and mix everything until combined.
4. Distribute the vegetables/cheese mix into 6 muffin cases (Diameter 7cm or 3inch).
5. Crack 1 egg into every muffin case and whisk all of them with a fork until combined.
6. Bake the egg bites for 15–18 minutes.
7. Remove them from the muffin tin and immediately eat or store in the fridge.

NOTES:

- You can get creative with the spices for different flavor combinations. Paprika, smoked paprika, turmeric, and cayenne pepper all work great.
- Change the cheese to 25 g of shredded cheddar for a taste twist. This recipe will have 30 more calories with cheddar.

SPICY FRITTATA



ESTIMATED TIME: 30 MIN

For those days when you just fancy a bit of spice in your morning breakfast!

INGREDIENTS FOR 1 SERVING:

3	eggs
100 g	1% cottage cheese
20 g	gochujang
1	medium onion or 50 g
½	red bell pepper or 75 g
150 g	broccoli
2 g	garlic powder
2 g	oil
	black pepper

MACROS

Whole Recipe:

Calories	427
Carbs	27
Protein	39
Fats	19



WATCH VIDEO



DIRECTIONS:

- Crack the eggs into a blender. Add Gochujang, cottage cheese, and add in garlic powder and black pepper.
- Blend for 20 seconds until smooth.
- Preheat the oven to 200°C or 400°F.
- Dice the onion and pepper.
Chop up the broccoli into small pieces.
- Add 1000g of water to a pan (24cm) on high heat.
- Add in the broccoli with a pinch salt.
Let the broccoli cook for 2-3 minutes or until soft.
Then drain the water and let the broccoli sit in the sink.
- Return the pan to the stove and wipe it with a paper towel.
- Add in olive oil on a medium heat.
- Add the onion and pepper and fry them for 3-5 min or until caramelized.
- Add the broccoli back to the pan and keep frying for a further 2 mins.
- Add all vegetables to the baking dish.
I use 19x14cm or 7x5inch.
- Add the egg mixture as well.
- Stir it and bake in the preheated oven for 20 minutes.
- Eat it right away or refrigerate and eat it the next morning.

NOTES:

- This recipe can be meal prepped for 3-5 days.
- 25 g of low-moisture Mozzarella can be mixed in as well.

PB SWEET CREPE



ESTIMATED TIME: 10 MIN

Crepes are the french way to make pancakes. But this is my way to make them healthier!

INGREDIENTS FOR 1 SERVING:

50 g	all purpose flour
1	egg
100 g	skimmed milk
25 g	sweetener
18 g	powdered peanuts
Salt	



MACROS

Whole Recipe:

Calories	379
Carbs	50
Protein	23
Fats	7

DIRECTIONS:

- Place a bowl on a scale. Add in the flour, egg, milk, sweetener and a pinch of salt and whisk everything until smooth.
- Combine the powdered peanuts with a splash of water and mix with a spoon. It should become a thick but still liquidy consistency. If it is too thick, add another splash of water and keep mixing.
- Heat up a pan (24cm or 9.5 inch) to medium heat. Spray oil into the pan.
- The batter will make 3–4 crepes. Take one serving batter with a ladle and pour it into the pan.
- Start swirling around until the batter forms a round shape and covers the entire pan. It should look like a tortilla.
- Let it cook for 30–45 seconds. Try to loosen the bottom with a spatula and flip the crepe. It should be firm now, so it won't break.
- Cook under occasional flipping for 2–3 minutes in total.
- Transfer the crepe to a plate and repeat the process until the entire batter is used up.
- Roll up the crepe and drizzle the peanut butter on top of them. Done!

NOTES:

- 100 g of greek yogurt is also great on top of crepe or as a filling.



WATCH VIDEO

YOGURT POWER BOWL



ESTIMATED TIME: 5 MIN

For days where you just want protein in a simple way. Here's my simple and sweet yogurt power bowl.

INGREDIENTS FOR 1 SERVING:

300g	skyr or 0.2% fat greek yogurt
50g	blueberries
100g	strawberries
10g	honey
15g	walnuts



MACROS

Whole Recipe:

Calories	352
Carbs	35
Protein	34
Fats	11

DIRECTIONS:

1. Cut the strawberries into bite-size pieces.
2. Place a bowl on a scale and add yogurt, then berries and honey on top. Mix everything together.
3. Chop up the walnuts or break them with your hands and sprinkle on top of your yogurt bowl.
Done!

NOTES:

- Consider eating seasonally and using fruit in season to mix up this recipe.



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GREEK YOGURT POWER BOWL



ESTIMATED TIME: 5 MIN

Made in 2 minutes and packed with protein, this is a great start to your day!

INGREDIENTS FOR 1 SERVING:

300g	2% fat greek yogurt
30g	peanut butter
1g	banana
25g	honey



MACROS

Whole Recipe:

Calories	594
Carbs	64
Protein	38
Fats	21

DIRECTIONS:

1. Cut the banana into slices.
2. Place a bowl on a scale and add yogurt, then layer the peanut butter and honey on top. Mix everything together.
3. Top with the banana slices, and it's ready to enjoy!

NOTES:

- For a flavor twist, you can mix 50g of milk with 10g of instant pudding powder and add it to the bowl.



WATCH VIDEO

PB & BANANA TORTILLA



ESTIMATED TIME: 5 MIN

Ever tried sweet tortillas for breakfast? These taste amazing and so easy to prepare in the morning.

INGREDIENTS FOR 1 SERVING:

1	wheat tortilla (20cm or 8inch)
10 g	peanut butter
1	medium banana or 125 g
100 g	skyr or 0.2% fat greek yogurt



MACROS

Whole Recipe:

Calories	348
Carbs	48
Protein	20
Fats	9

DIRECTIONS:

1. Peel and slice up the banana.
2. Heat up a pan and dry fry the tortilla for 1 minute on each side until it has brown spots.
3. Remove the tortilla from the pan and place it on a plate.
4. Spread peanut butter into the middle of the tortilla. Add greek yogurt and then the sliced banana.
5. Roll up the tortilla into a burrito shape. Done!

NOTES:

- You can top the tortilla with 10 g of honey for some added sweetness.



WATCH VIDEO

MENEMEN



ESTIMATED TIME: 15 MIN

This classic turkish breakfast is something I love making on those colder days when you need something warm and delicious.

INGREDIENTS FOR 1 SERVING:

2	eggs
½	green pepper or 75 g
100 g	tomatoes
30 g	light feta cheese
5 g	oil
Salt and black pepper	

MACROS

Whole Recipe:

Calories	317
Carbs	12
Protein	21
Fats	22



DIRECTIONS:

1. Chop up the peppers into very small pieces.
2. Halve the tomato and grate them on a box grater into a puree. Throw away the skin. You don't have to cook the tomatoes before grating.
3. Crumble the feta cheese into small pieces.
4. Heat up a pan (18 cm or 7 inch) to a medium heat and add in the oil.
5. Start with frying the peppers under occasional stirring for 3–4 minutes.
6. Add in the tomatoes, a pinch of salt, black pepper and chilli flakes.
7. Keep simmering the tomatoes on medium heat for around 2 minutes.
8. Add the Feta cheese and keep stirring until the cheese has melted. This should take around a minute.
9. Crack in the eggs. Gently combine everything and keep cooking for 2 minutes until the eggs are set. Season with salt and pepper. Done!



WATCH VIDEO

NOTES:

- This breakfast is amazing with sandwich bread.
- You can add additional egg whites for extra protein.

SAVORY BAKED OATS



ESTIMATED TIME: 30 MIN

Not enough people give savory oats a try. They are amazing in combination with spices!

INGREDIENTS FOR 1 SERVING:

50 g	oats
1	medium onion or 50 g
50 g	tomatoes
15 g	spinach
1	egg
100 g	egg whites
200 g	water
4 g	vegetable broth powder
25 g	shredded mozzarella
2 g	garlic powder
2 g	cayenne pepper
½ tsp	baking powder or 3 g

MACROS

Whole Recipe:

Calories	427
Carbs	40
Protein	30
Fats	15



DIRECTIONS:

1. Chop up vegetables into small pieces.
2. Place an oven-safe bowl on a scale.
3. Add the oats and baking powder and stir until combined.
4. Add in the tomatoes, spinach, onion, eggs, egg whites, water and broth powder.
5. Add seasoning. I like to add garlic powder and cayenne pepper. If you have low-sodium broth, then add salt.
6. Whisk everything for 30 seconds or until combined.
7. Bake this in a preheated oven for 25-30 min at 180°C or 350°F.
8. Prepare the Mozzarella cheese.
9. Put the Mozzarella on top the baked oats for the last 1-2 minutes until fully melted. Done!

NOTES:

- Feel free to add a different kind of spice each time you make this dish. Cumin, turmeric work great.

POTATO HASH



ESTIMATED TIME: 20 MIN

Potatoes, eggs and ham.

*What more do you need for a
hearty breakfast?*

INGREDIENTS FOR 1 SERVING:

250 g	potatoes
1	medium onion or 50 g
100 g	deli meat
3	eggs
25 g	soy sauce
5 g	fresh parsley
7 g	oil
1 g	chili powder
Black pepper	

MACROS

Whole Recipe:

Calories	615
Carbs	58
Protein	45
Fats	24



DIRECTIONS:

- Start by cleaning and washing the potatoes, I don't peel them, but you can if you don't like the skin.
- Cut the potatoes into thick slices, then into fries and then again into bite-size cubes. 2x2cm or 1x1 inch.
- Microwave the potatoes in a bowl for 5 min at 600W.
- Dice the onion and cut the deli meat into cubes.
- Place a pan on the stove on medium-high heat. Add 5g of oil into a pan and add in the potatoes.
- Fry them for around 3-4 minutes under occasional stirring until they have some color.
- Add the onions and deli meat with another spray of oil. Keep frying under occasional stirring for a further 3-4 minutes.
- Make three holes in the potato mixture to make space for the eggs. Add a bit of oil into every hole, and then switch the heat to medium and crack in the eggs.
- Add pepper, and chilli powder over everything.
- Add soy sauce around the edges (not on top the eggs) and immediately close the lid to trap the steam. Cook until the eggs are done, 2-3 more minutes. Top with parsley or cilantro. Done!

NOTES:

- Add more spices to make this dish more interesting with flavors like cumin, turmeric or cayenne pepper.
- Add additional egg whites for more protein.



WATCH VIDEO

SAVORY FILLED CREPE



ESTIMATED TIME: 15 MIN

A French crepe but savory and filled with cheese.

INGREDIENTS FOR 1 SERVING:

50 g	all purpose flour
100 g	skimmed milk
1	egg
60 g	fresh mozzarella light
60 g	deli meat
2 g	oil
Salt and black pepper	



MACROS

Whole Recipe:

Calories	480
Carbs	44
Protein	37
Fats	15

DIRECTIONS:

- Place a bowl on a scale. Preheat a pan (24cm or 8,5 inch) on medium heat.
- Cut the Mozzarella and deli meat into small cubes.
- Add flour, egg, milk and salt to a bowl and whisk until smooth. Alternatively, add everything to a blender and mix for 15 seconds.
- Add oil to the pan.
- Add 1/3 the batter and tilt the pan around until the batter forms a round shape.
- Let the batter cook for 60–90 seconds or until the batter is set.
- Flip it every 60 seconds until you have a light golden brown color. 2–3 minutes in total.
- As soon as you've flipped, add 1/3 of the cheese and deli meat into the crepe and close one side over the other, so it looks like a Quesadilla.
- Continue to cook and flip 1 more time until the cheese starts melting nicely. You're done.
- Repeat with the rest of the batter.
It will make 3 filled crepes.

NOTES:

- You can also add the cheese and deli meat directly into the batter and cook them together.
- Swap out the whole egg for 50g egg whites to reduce calories.

MOJITO SMOOTHIE



ESTIMATED TIME: 5 MIN

This literally tastes like a mojito but it is packed with protein.

INGREDIENTS FOR 1 SERVING:

100 g	ice cubes
50 g	skimmed milk
½	avocado
170 g	skyr or 0.2% fat greek yogurt
5 g	fresh mint
20 g	sweetener
1	lime zest
½	lime juice



MACROS

Whole Recipe:

Calories	284
Carbs	14
Protein	21
Fats	18

DIRECTIONS:

1. Place a mixer on a scale.
2. Add all ingredients and blend on high for 60 seconds.
3. Pour everything into a glass and enjoy!

NOTES:

- You can also add 15g of whey protein powder for more protein.



WATCH VIDEO

BANANA BREAD SMOOTHIE



ESTIMATED TIME: 5 MIN

Ever had banana bread as a drink?

Well now you can!

INGREDIENTS FOR 1 SERVING:

100 g	ice cubes
50 g	skimmed milk
1	banana
10 g	peanut butter
13 g	powdered peanuts
20 g	sweetener
170 g	skyr or 0.2% fat greek yogurt
1g	cinnamon



DIRECTIONS:

1. Place a mixer on a scale.
2. Add all ingredients and blend on high for 60 seconds.
3. Pour everything into a glass and enjoy!

MACROS

Whole Recipe:

Calories	378
Carbs	41
Protein	28
Fats	12

NOTES:

- You can also add 15g of whey protein powder for more protein.
-



WATCH VIDEO

STRAWBERRY SMOOTHIE



ESTIMATED TIME: 15 MIN

Not your typical strawberry smoothie...

INGREDIENTS FOR 1 SERVING:

150 g	frozen strawberries
100 g	grapes
170 g	skyr or 0.2% fat greek yogurt
50 g	skimmed milk
20 g	sweetener



MACROS

Whole Recipe:

Calories	261
Carbs	37
Protein	21
Fats	5

DIRECTIONS:

1. Place a mixer on a scale.
2. Add all ingredients and blend on high for 60 seconds.
3. Pour everything into a glass and enjoy!

NOTES:

- You can also add 15g of whey protein powder for more protein.



WATCH VIDEO

CHAPTER 5

FELU

LUNCH & DINNER

BURRITO BOWL	AIR FRYER CHICKEN &	PASTA WITH
CHEESEBURGER BOWL	CRISPY POTATOES	BUTTERNUT SQUASH
FRIED RICE	CHICKEN SANDWICH	OVEN ROASTED CHICKEN
SHRIMP RISOTTO	STUFFED PEPPERS	THIGHS & VEGETABLES
15 MIN TORTILLA PIZZA	JUICY MEATBALLS	CREAMY BUFFALO
CREAMY GARLIC CHICKEN	CHILI CON CARNE	CHICKEN
CHICKEN KORMA	COD & POTATOES	CAPRESE CHICKEN
OYAKODON	BEEF QUESADILLA	TEXAS STYLE BEEF &
(JAPANESE EGGS)	CHICKEN QUESADILLA	INSTANT RICE
SPICY MAC N CHEESE	EGG WHITE QUESADILLA	PEANUT BUTTER BEEF & RICE
CAJUN CHICKEN &	CHICKEN TIKKA	SLOPPY FELU'S
LEMON RICE	SMASHED CHEESEBURGER	CAPRESE SALAD
BIBIMBAP	ONEPOT BEEF CURRY	BUTTER CHICKEN
BEEF & BROCCOLI	CHICKEN &	TERIYAKI WRAP
YAKI UDON	POTATO STIR FRY	AVO CHICKEN SANDWICH
LOMO SALTADO	ONEPOT BEEF &	CHEESY CHICKEN SAND-
UDON WITH PB 2	MUSHROOMS	WICH
CHICKEN PARM	SPICY BEEF &	AIR FRYER CHICKEN NUG-
ITALIAN CREAMY	NACHOS	GETS
BURRITO	CHICKEN TERIYAKI	BUFFALO RICE BOWL
GYRO	FILLED SPAGHETTI SQUASH	
CHICKEN SALAD	CHILLI CHEESE FRIES & BEEF	
GREEN CURRY	CRAZY MELON SALAD	
CREAMY CHICKEN & RICE	CHEESE GRITS/POLENTA	

THE FELU COOKBOOK

LUNCH & DINNER

CHAPTER 5

FELU

LUNCH & DINNER

TEMPEH CURRY (VEGAN)	BUFFALO MAC N CHEESE	OVEN ROASTED CHICKEN THIGHS & POTATOES
CHICKEN ADOBO	MARRY ME CHICKEN	HONEY GLAZED PORK TENDERLOIN
CHICKEN FAJITAS	DELI SUB	PAD SEE EW
MASSIVE SALAD	CHICKEN POKE BOWL	SWEET CHICKEN WRAP
TERIYAKI BEEF BOWL	DECOUNSTRUCTED BIG MAC	PATTY MELT
ORANGE CHICKEN	COLD MEAT PLATE	
LAHMACUN	CHILI BEEF FRIED RICE	
2 INGREDIENT PIZZA	SWEET & SOUR CHICKEN	
EGG WHITE PIZZA	CHIKEN & POTATO BOWL	
CREAMY PAPRIKA CHICKEN & RICE	CHEESY BEEF BURRITO	
PESTO CHICKEN	CHEESY CHICKEN BURRITO	
CREAMY BEEF BOWL	CHEESESTEAK SUB	
HONEY GARLIC CHICKEN	CHEESY GARLIC BREAD	
AVO CHICKEN WRAP	SPICY BEEF QUESADILLA	
SPICY BBQ BURRITO	CHICKEN STEW	
TACO SALAD	STEAK BOWL	
SLOPPY JOE	STUFFED CRUST PIZZA	
CHEESY FILLED TACO	PASTRAMI SANDWICH	
FILLED SWEET POTATO	FIVE GUYS CHEESEBURGER	
EASY PEASY STIR FRY	SPICY UDONS	
ALFREDO CHICKEN	CREAMY PB UDONS	
	CHOW MEIN	
	CAESAR SALAD	

BURRITO BOWL



ESTIMATED TIME: 20 MIN

A burrito filling is great by itself so why not just plate it up and immediately enjoy!

INGREDIENTS FOR 1 SERVING:

200 g	skinless, boneless chicken thighs
2g	onion powder
2g	garlic powder
2g	paprika
50 g	raw rice
125 g	water
6g	curry powder
1.5g	cayenne pepper
½	avocado or 70g
30 g	0.2% fat cream cheese
15g	Jalapeno hot sauce
2g	oil
Salt and black pepper	

MACROS

Whole Recipe:

Calories	627
Carbs	50
Protein	49
Fats	27



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DIRECTIONS:

1. Add the chicken thighs to a baking sheet.
2. Add oil on top of the chicken.
3. Mix salt, onion powder, garlic powder, paprika and black pepper in a small container. And sprinkle seasoning on top of all the chicken thighs and rub them with your hands until well coated.
4. Bake the chicken in the oven for 20 minutes at 200°C or 400°F.
5. Add the rice with curry powder, cayenne pepper and a pinch of salt in a pot (18cm or 7inch diameter). Pour in water and close the lid.
6. Pop it on the stove on high heat until it starts boiling.
7. Turn down the heat and let it simmer for 12–15 minutes.
8. Add avocado and cream cheese to a bowl. Add Jalapeno hot sauce. Add a pinch of salt and black pepper, and now smash everything together with a fork until smooth.
9. Once everything is ready, add chicken with rice on a plate and top it with the avocado dip.

NOTES:

- Don't worry about overbaking the chicken thighs, as they tend to take a lot longer to turn dry than a chicken breast would.

CHEESEBURGER BOWL



ESTIMATED TIME: 20 MIN

An alternative way to enjoy a succulent burger. Here's a deconstructed cheesburger in a bowl.

INGREDIENTS FOR 1 SERVING:

180 g	ground beef 95/5
50 g	raw rice
125 g	water
1	slice american cheese
1	medium onion or 50g
30 g	pickles
30 g	roman lettuce
2 g	oil
Salt and black pepper	

SAUCE:

10 g	light mayo or miracle whip
5 g	mustard
10 g	ketchup
10 g	pickle water
Salt and black pepper	

MACROS

Whole Recipe:

Calories	538
Carbs	51
Protein	50
Fats	1



DIRECTIONS:

1. Add the rice with a pinch of salt to a pot (18cm or 7inch diameter). Pour in the water and close the lid.
2. Place it on a stove on high heat until it starts boiling. Turn down the heat to low and let it simmer for 12–15 minutes.
3. Mix all sauce ingredients in a small glass until smooth.
4. Chop up the onion, lettuce and pickles into bitesize pieces.
5. Add oil to a pan on medium-high heat. Add the ground beef and fry on each side for 1 minute. Season well with salt and pepper.
6. Add onion and mix everything together. Keep frying for another minute or two.
7. Cover the beef with american cheese and stir everything so the cheese is covered and can melt easily.
8. Add the rice to a bowl. Cover with beef & cheese mixture. Add pickles and lettuce on the edges and pour sauce on top.



WATCH VIDEO

NOTES:

- Calories will vary if you use light mayo instead of miracle whip. You can also try the sauce with greek yogurt or cream cheese instead of miracle whip.

STEAK BOWL



ESTIMATED TIME: 20 MIN

My take on a poke style steak bowl.

INGREDIENTS FOR 1 SERVING:

180g	top sirloin
60g	raw rice
125g	water
100g	cucumber
1/2	avocado or 60g
70g	frozen peas
1/2	lime juice
4g	oil
Bunch	fresh cilantro
1g	smoked paprika
1g	garlic powder
0.5g	cayenne pepper
Salt and black pepper	

SAUCE:

20g	ketchup
10g	mustard
10g	vinegar
10g	honey
5g	soy sauce
Salt and black pepper	

MACROS

Whole Recipe:

Calories	748
Carbs	81
Protein	53
Fats	25



DIRECTIONS:

1. Add the rice with a pinch of salt to a pot (18cm or 7inch diameter). Pour in the water and close the lid.
2. Place it on a stove on high heat until it starts boiling. Turn down the heat to low and let it simmer for 12–15 minutes.
3. Mix all sauce ingredients in a small glass until smooth.
4. Slice the steak into bite-sized cubes and add them to a bowl. Then add oil, garlic powder, smoked paprika, cayenne pepper, black pepper, and a pinch of salt.
5. Peel the avocado and slice it, and peel the cucumber and cut it into smaller pieces as well.
6. Heat a pan over medium heat and fry the beef for 2–3 minutes, stirring occasionally, until it has browned but is still pink inside. Add the frozen peas and keep stirring for 30 seconds, then remove the pan from the heat.
7. In a bowl, mix the cooked rice with chopped cilantro and lime juice. Top with the beef, avocado, cucumber, and drizzle the sauce on top. Done

NOTES:

- Can be made with chicken breast instead.



WATCH VIDEO

FRIED RICE



ESTIMATED TIME: 25 MIN

One of the most iconic rice dishes but made low in calories and packed with protein.

INGREDIENTS FOR 1 SERVING:

1	chicken breast or 180 g
50g	raw rice
1	egg
1	red bell pepper or 150 g
1	medium onion or 50 g
1	carrot or 100 g
50g	peas
1	clove of garlic
1	piece of fresh ginger (thumb size)
25g	soy sauce
4g	oil
Black pepper	

MACROS

Whole Recipe:

Calories	627
Carbs	68
Protein	58
Fats	14



DIRECTIONS:

1. Rinse the rice under cold water to remove excess starch. Add rice with 125g of water and a pinch of salt into a pot (18cm or 7inch diameter).
2. Put the pot on a stove on high heat. As soon the water starts to boil, reduce the heat to low, close the lid and let it simmer for 12–15 minutes.
3. Cut chicken breast, onion, pepper and carrot into bite size pieces.
4. Preheat a pan to medium–high heat, and add 2g of oil before adding the chicken.
5. Fry chicken on both sides for 60 seconds. Remove it from the pan and place on a plate even if the chicken is not fully cooked.
6. Add 2g of oil again to the same pan. Add in carrot, onion and pepper and fry under occasional stirring for 3–5 minutes.
7. Add in garlic and ginger and keep frying for 20 seconds.
8. Add cooked rice to the pan and stir everything. Keep frying for another 1–2 minutes.
9. Now add the egg and keep frying for a further minute.
10. Next comes the peas with black pepper. Mix everything together.
11. Add the chicken back to the pan with soy sauce and keep frying for 30 seconds until the chicken is hot again. Done!

NOTES:

- After cooking, let the rice sit in the hot pot to remove all the liquid. This will help make the rice less clumpy.
- If you have left over rice the recipe works even better.



WATCH VIDEO

CHILLI BEEF FRIED RICE



ESTIMATED TIME: 25 MIN

*Spicy, savory and with a ton
of protein!*

INGREDIENTS FOR 1 SERVING:

180 g	ground beef 95/5
60 g	raw rice
1	red bell pepper or 150 g
1	medium onion or 50 g
100 g	peas frozen
2	clove of garlic
1	piece of fresh ginger (thumb size)
25 g	pickled jalapenos
25 g	soy sauce
10 g	hoisin
1 g	chili powder
1 g	paprika
4 g	oil
Black pepper	

MACROS

Whole Recipe:

Calories	667
Carbs	86
Protein	55
Fats	12



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DIRECTIONS:

- Rinse the rice under cold water to remove excess starch. Add rice with 125g of water and a pinch of salt into a pot.
- Put the pot on a stove on high heat. As soon the water starts to boil, reduce the heat to low, close the lid and let it simmer for 12–15 minutes.
- Chop the jalapeños, bell pepper, and onion. Peel and grate the garlic and ginger. In a glass, mix together soy sauce and hoisin sauce.
- Add 2g of oil to a pan over medium heat. Add the onion and bell pepper with a pinch of salt, frying the vegetables for 3 minutes while occasionally stirring.
- Push the vegetables to one side of the pan, add a bit more oil, and then add the beef. Try to separate it with a spatula and let it fry for 1 minute.
- Add chili powder, paprika, jalapeños, garlic, ginger, and peas. Stir everything together and continue frying for another minute.
- Now, add in the cooked rice and the sauce. Stir until all the rice is evenly coated with the sauce. Done!

NOTES:

- After cooking, let the rice sit in the hot pot to remove all the liquid. This will help make the rice less clumpy.
- If you have left over rice the recipe works even better.
- You can also use 125g instant rice for this recipe.

SHRIMP RISOTTO



ESTIMATED TIME: 20 MIN

Italian style risotto and thanks to the added shrimp, this is also full of protein.

INGREDIENTS FOR 1 SERVING:

200 g	frozen shrimp
50 g	raw rice
1	medium onion or 50 g
2	cloves of garlic
10 g	tomato puree
100 g	crushed tomatoes
200 g	water
10 g	vegetable or fish broth powder
150 g	peas
5 g	fresh parsley
2 g	oil
Salt and black pepper	

MACROS

Whole Recipe:

Calories	593
Carbs	68
Protein	56
Fats	9



DIRECTIONS:

1. Dice the onion. Add the water and broth powder to a glass and mix until combined.
2. Add oil to a pan on medium heat and add the onion. Fry them for around 3 minutes or until translucent.
3. Add the rice and fry for a further 2 minutes.
4. Add garlic and tomato puree and keep frying for about 20 seconds.
5. Add the crushed tomatoes, broth, and black pepper and mix everything well.
6. Close the lid and let it simmer for 12–15 minutes or until the rice is almost done.
7. Turn the heat to medium-high and add in the frozen prawns. Keep cooking for 2–3 minutes until the prawns are cooked, and the rice is done.
8. Add the peas at the very end and give everything a stir and keep cooking for another 30 seconds.
9. Turn the heat off, and add a bunch of parsley on top. Done!

NOTES:

- I use Arborio rice for this recipe. If you use long-grain rice like Jasmine or Basmati, the cooking time will be reduced by a couple of minutes.
- You can also thaw the prawns overnight, so they cook faster, but it's not necessary. I tend to always add them frozen.



WATCH VIDEO

15 MIN TORTILLA PIZZA



ESTIMATED TIME: 15 MIN

If you want pizza and you want it now - this recipe is for you!

INGREDIENTS FOR 1 SERVING:

1	wheat tortilla (25cm or 10inch)
50g	shredded mozzarella
50g	deli meat
100g	storebought tomato sauce
1g	oregano
2g	oil
Salt and black pepper	



MACROS

Whole Recipe:

Calories	419
Carbs	38
Protein	24
Fats	20

DIRECTIONS:

1. Heat up a cast iron pan on medium-high. Add oil to the pan.
2. Add a tortilla and let it cook for 2 minutes until the bottom gets color.
3. Spread the tomato sauce, deli meat and Mozzarella on top.
4. Season with salt, pepper, and oregano.
5. Put the cast iron pan under the broiler on top a baking sheet for 2-3 minutes until the cheese starts to become brown and bubbly.
6. Remove the homemade pizza and enjoy!

NOTES:

- You can change up the toppings and use tuna with onions or a vegetarian pizza for more volume!



WATCH VIDEO

2 INGREDIENT PIZZA



ESTIMATED TIME: 15 MIN

Turn the 2 ingredient dough into speedy delicious pizza!

INGREDIENTS FOR 1 SERVING:

1 serving	2 ingredient dough (see recipe)
50g	shredded mozzarella
50g	deli meat
60g	storebought tomato sauce
1g	oregano
2g	oil
Salt and black pepper	



MACROS

Whole Recipe:

Calories	475
Carbs	52
Protein	34
Fats	16

DIRECTIONS:

- Start by making 1 serving of 2-ingredient dough.
- Add a bit of oil to a pan (25cm/10 inches) and place the dough ball in it. Now, shape the dough into a round pizza by pressing it down and pushing out the edges.
- Turn the heat to medium and cook the bottom of the dough for 3–4 minutes. Then, flip the dough and cook for another 2–3 minutes.
- Next, spread the tomato sauce on top, followed by the deli meat, and finally the cheese.
- Put the pizza under the broiler for 1 minute until the cheese is fully melted. Done!

NOTES:

- You can change up the toppings and use tuna with onions or a vegetarian pizza for more volume!



WATCH VIDEO

STUFFED CRUST PIZZA



ESTIMATED TIME: 20 MIN

Turn the 2 ingredient dough into a stuffed crust pizza!

INGREDIENTS FOR 1 SERVING:

80g	flour
80g	skyr or 0.2% fat greek yogurt
20g	shredded mozzarella
4	cheese sticks or 80g
60g	storebought tomato sauce
1g	oregano
1/4 tsp	baking powder or 1g
2g	oil
Salt and black pepper	



MACROS

Whole Recipe:

Calories	685
Carbs	69
Protein	41
Fats	27



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DIRECTIONS:

- Start by combining flour, baking powder, and salt in a bowl. Then add skyr and mix everything with your hands until you form a dough ball. You will likely need to knead the dough for 2 minutes. Then set it aside
- Cut 3 cheese sticks into 2 cm or 1-inch pieces. Finely chop the 4th cheese stick.
- Take a baking sheet, spray some oil on it, and spread the oil with your hands. Place the dough ball on the sheet and slowly press it down to form a round pizza shape.
- Lay the larger cheese stick pieces around the edges, leaving a bit of space between them. Roll the edges of the dough towards the center over the cheese sticks to form a stuffed crust.
- Add tomato sauce to the middle of the dough, and season with salt, black pepper, and oregano. Then add the finely chopped 4th cheese stick and the shredded mozzarella.
- Bake in the oven at 220°C or 420°F for 15–20 minutes. Done!

NOTES:

- You can change up the toppings and use tuna with onions or a vegetarian pizza for more volume!

EGG WHITE PIZZA



ESTIMATED TIME: 15 MIN

*The protein packed pizza that
is made out of eggs.*

INGREDIENTS FOR 1 SERVING:

70g	egg whites
70g	skyr
30g	flour
50g	shredded mozzarella
50g	deli meat
60g	storebought tomato sauce
1g	oregano
1g	garlic powder
1g	onion powder
2g	oil
Salt and black pepper	

MACROS

Whole Recipe:

Calories	445
Carbs	39
Protein	41
Fats	16



DIRECTIONS:

1. Place a bowl on a scale and add flour, garlic powder, onion powder, and salt. Mix them together.
2. Then, add skyr and egg whites to the bowl and mix until smooth.
3. Add oil to a pan (25cm/10 inches) on medium heat and pour in the batter. Immediately start tilting and shaking the pan until you achieve a round pizza shape.
4. Close the lid and let it cook for 3 minutes. Then, flip the pizza dough every minute until both sides have a nice brown color, for a total of 5 minutes.
5. Next, spread the tomato sauce on top, followed by the deli meat, and finally the cheese.
6. Put the pizza under the broiler for 1 minute until the cheese is fully melted. Done!

NOTES:

- You can change up the toppings and use tuna with onions or a vegetarian pizza for more volume!



WATCH VIDEO

CREAMY GARLIC CHICKEN



ESTIMATED TIME: 10 MIN

*Garlic chicken has got to be one
the best comfort foods, and with this
recipe, you can have it every day.*

INGREDIENTS FOR 1 SERVING:

1	chicken breast or 180 g
250 g	mushrooms
150 g	water
1	laughing Cow wedge
3	cloves of garlic
8 g	vegetable broth powder
2 g	cornstarch
4 g	oil
Salt and black pepper	

MACROS

Whole Recipe:

Calories	353
Carbs	16
Protein	49
Fats	14



DIRECTIONS:

1. Slice the mushrooms into bitesize pieces.
2. Cut the chicken breast into strips.
3. Peel and grate the garlic cloves.
4. Add the water, broth, and starch into a small glass and mix until combined.
5. Start by adding the mushrooms to a dry pan on medium heat and add 50 g of water. Let it simmer without a lid until the water has evaporated and the mushrooms have collapsed.
6. Now add oil and fry them under occasional stirring until brown, around 4–5 minutes.
7. Push mushrooms to the side of the pan, and add another touch of oil and fry the chicken for 1–1:30 minutes on each side until they get color.
8. Add in grated garlic for 30 seconds. Add in the sauce and let it simmer for 2 minutes until it thickens.
9. Now add in the cheese wedge and press it down with a spatula and combine everything slowly for 1 minute until creamy. Done!

NOTES:

- Chicken is fantastic with some rice.
- I add hot jalapeno sauce at the end to add a spicy kick.



WATCH VIDEO

CHICKEN KORMA



ESTIMATED TIME: 20 MIN

Indian cuisine has so many healthy and unknown gems to try. Chicken Korma in my opinion is certainly one of those delicious gems!

INGREDIENTS FOR 1 SERVING:

200 g	skinless, boneless chicken thighs
300g	frozen veggie mix
2	cloves of garlic
1	piece of fresh ginger (thumb size)
1	medium onion or 50 g
2g	turmeric
1g	chili powder
2g	paprika
1g	cumin
150 g	low fat coconut milk
100 g	plain yogurt
2g	oil
Salt and black pepper	

MACROS

Whole Recipe:

Calories	590
Carbs	46
Protein	48
Fats	22



WATCH VIDEO



DIRECTIONS:

1. Cut the chicken thighs into strips, and dice the onion.
2. Peel and grate the garlic and ginger.
3. Mix the turmeric, chili, paprika, cumin, salt, and pepper in a small bowl.
4. Mix the yogurt and coconut milk in a glass.
5. Add oil to a pan on medium heat.
6. Add in the onion and fry them for 3 minutes until the onion caramelizes.
7. Add in the chicken and keep frying them on each side for around 1 minute or until brown.
8. Add the garlic and ginger and mix everything well. Keep frying for another 20 seconds.
9. Add the spices and combine everything. Add in the coconut yogurt mixture and stir everything. Add salt and pepper to taste.
10. Close the lid and let it simmer for around 10 minutes until thick.
11. Turn the heat to high, and add the frozen veggies and cook them for 2 minutes. Done!

NOTES:

- Taste great on 50g of rice. That will add 175 calories.
- You can dice 250 g of potatoes into tiny pieces and add them in when you add the yogurt mixture and let them simmer until done.

SWEET & SOUR CHICKEN



ESTIMATED TIME: 20 MIN

The classic chinese dish but packed with protein!

INGREDIENTS FOR 1 SERVING:

180g	skinless, boneless chicken thighs
60g	raw rice
2	cloves of garlic
1	piece of fresh ginger (thumb size)
1	medium onion or 50g
1	red bell pepper or 150g
20g	soy sauce
50g	juice of canned pineapple
15g	kethup
15g	rice vinegar
2g	cornstarch
2g	oil
1g	garlic powder
Salt and black pepper	

MACROS

Whole Recipe:

Calories	643
Carbs	84
Protein	44
Fats	16



WATCH VIDEO



DIRECTIONS:

- Start by adding rice and 125g of water to a pot with a pinch of salt.
- Put the stove on high heat, and as soon as the water starts to boil, turn the heat down to low, close the lid and let it simmer for 12–15 min.
- Cut the chicken thighs into large pieces and season with salt, black pepper, and garlic powder
- Chop the onion and bell pepper. Peel and grate the garlic and ginger.
- Heat oil in a pan over medium-high heat and fry the chicken for 1 minute on each side to add some color.
- Add the onion and bell pepper, frying for 3 minutes until the onion starts to caramelize.
- Add the garlic and ginger, mixing everything well. Continue to fry for another 20 seconds.
- Now, add the sauce and stir for 30 seconds until it thickens. To serve, plate the rice and top it with the sweet & sour chicken. Enjoy!

NOTES:

- Add gochujang to the sauce for some heat.
- You can add 50g of canned pineapple to the finished dish. That tastes great here.

OYAKODON (JAPANESE EGGS)



ESTIMATED TIME: 20 MIN

If you want to try chicken and eggs in a different way here you go. Try your hand at this classic Japanese meal!

INGREDIENTS FOR 1 SERVING:

1	chicken breast or 180g
50g	raw rice
1	medium onion or 50g
2	eggs

SAUCE:

5g	dashi powder (Alternatively vegetable broth powder)
25g	soy sauce
15g	mirin
50g	water

MACROS

Whole Recipe:

Calories	598
Carbs	60
Protein	60
Fats	15



DIRECTIONS:

- Add 125g of water to a pot (18cm or 7inch diameter) with the rice and a pinch salt.
- Put the pot on the stove on high heat. As soon the water starts to boil, reduce the heat to low, close the lid and let it simmer for 12–15 minutes.
- Cut the chicken breast into strips. Dice the onion, and add all sauce ingredients into a glass and combine.
- Add the chicken and onions to a 18cm or 7-inch pan. Add in the sauce as well.
- Put the pan on a stove on medium and let it simmer for 5–8 minutes, depending on your chicken size.
- Crack 2 eggs into a small bowl and scramble them. Add salt and pepper.
- As soon the chicken is almost cooked through, add in the eggs without mixing. Close the lid and let it simmer on medium-low heat for 3–5 minutes.
- Add the rice to a bowl, and top with the chicken egg mixture. Done!



WATCH VIDEO

SPICY MAC N CHEESE



ESTIMATED TIME: 15 MIN

The ultimate comfort dish but this time spicy and with a lot of protein!

INGREDIENTS FOR 1 SERVING:

100 g	dry pasta
60 g	fresh mozzarella light
1	slice american cheese
15 g	gochujang
50 g	evaporated milk
Salt and black pepper	



MACROS

Whole Recipe:

Calories	584
Carbs	85
Protein	30
Fats	14

DIRECTIONS:

1. Cut the american cheese and mozzarella into small pieces.
2. Add evaporated milk and gochujang to a glass and mix until smooth.
3. Add the pasta to a cold pan (I use a 24cm or 9,5 inch pan). Place the pan on top of your stove and cover it with cold water until the pasta is covered. This should take around 500 g.
4. Add a small pinch of salt.
5. Switch the heat to high and immediately start stirring the pasta every 20 seconds for the first 2 minutes.
6. Once the water is boiling, turn the heat to medium-high and cook pasta al dente.
7. In the pan should be a bit of pasta water left. You can remove most of it in a separate glass. But don't throw it away yet!
8. Add in the pan the cheese and gochujang and turn the heat to low. Slowly let everything melt into a thick cheese sauce. Add the pasta water back to the pan if it's too thick. Keep slowly cooking for 2 minutes until fully melted. Done!

NOTES:

- This pasta technique can be used for every pasta dish you make. The pasta water will be highly concentrated in starch, which will make every sauce better.
- You can add garlic and onion powder to the sauce for more flavor.



WATCH VIDEO

BUFFALO MAC N CHEESE



ESTIMATED TIME: 15 MIN

*Another mac n cheese recipe but
this time buffalo style.*

INGREDIENTS FOR 1 SERVING:

60g	dry pasta
1	chicken breast or 180 g
1g	garlic powder
1g	onion powder
1g	cayenne pepper
1g	smoked paprika
4g	oil
1 serving	3 ingredient cheese sauce (see recipe)
Salt and black pepper	

MACROS

Whole Recipe:

Calories	619
Carbs	50
Protein	54
Fats	21



DIRECTIONS:

1. Add pasta to a pot filled with water and a small pinch of salt. Place the pot on the stove, set to high heat. As soon as it starts to boil, reduce the heat to medium-high and let it simmer until the pasta is al dente, typically about 12 minutes.
2. While the pasta is cooking, cut the chicken into thin strips and place them in a bowl. Add oil, onion powder, garlic powder, cayenne pepper, smoked paprika, black pepper and mix the chicken evenly.
3. Mix the 3 ingredients cheese sauce in a small bowl.
4. Put a pan (24cm/9.5inch) on the stove on medium-high heat and fry the chicken for 60–90 seconds on each side just until they turn brown in color.
5. Turn off the heat. Add the previously prepared cheese sauce to the chicken in the pan, mixing it in for about 30 seconds until you achieve a creamy consistency.
6. Once the pasta is cooked, reserve some of the pasta water and then drain the rest. Add the drained pasta to the pan with chicken and sauce, combining everything thoroughly. If the sauce appears too thick, add a little evaporated milk or some of the reserved pasta water to adjust.



WATCH VIDEO

NOTES:

- You can add onions and red bell peppers to increase the volume. Fry them in the pan for 3–5 minutes before adding the chicken.

CAJUN CHICKEN & LEMON RICE



ESTIMATED TIME: 20 MIN

Cajun spice mix is amazing especially in combination with creamy chicken.

INGREDIENTS FOR 1 SERVING:

1	chicken breast or 180 g
50g	raw rice
125g	water
1	lemongrass stem (optional)
1	medium onion or 50g
1	red bell pepper or 150g
100g	evaporated milk
1	laughing cow wedge
4g	cajun seasoning
4g	oil
Salt and black pepper	

MACROS

Whole Recipe:

Calories	575
Carbs	61
Protein	51
Fats	14



DIRECTIONS:

1. Cut the lemongrass stem into 3-4 pieces. Smash with the flat part of your knife, so it cracks a bit.
2. Add the lemongrass, rice, and 125g water to a pot (18cm or 7inch diameter) with a pinch salt.
3. Put on the stove on a high heat. Wait until the water starts to boil, before turning down the heat to low. Close the lid and let it simmer for 12-15 mins.
4. While the rice is cooking, chop up the onion and pepper into equal bite-sized pieces.
5. Cut the chicken into strips. Add 2g of oil on the chicken and spread the Cajun seasoning on top. Mix with your hands so that the seasoning coats the entire chicken.
6. Put a pan (24cm/9,5inch) on the stove on medium-high heat and fry the chicken for 60-90 seconds on each side just until they turn brown in color.
7. Remove the chicken from the pan, add 2g of oil to the pan, turn the heat down to medium and fry the onion and pepper for 4-5 minutes until caramelized.
8. Add the chicken back to the pan along with the milk and laughing cow wedge. Mix everything with a spatula, smashing the cheese wedge, so it gets incorporated into the sauce. Simmer for 1 more minute.
9. Add rice into a bowl and add the cajun chicken on top. Done!



WATCH VIDEO

CHICKEN & POTATO BOWL



ESTIMATED TIME: 20 MIN

This chicken bowl has so many flavours and they all work perfectly.

INGREDIENTS FOR 1 SERVING:

1	chicken breast or 180 g
250 g	potatoes
1	medium onion or 50 g
1	red bell pepper or 150 g
20g	mint sauce (see recipe)
1g	cayenne pepper
1g	smoked paprika
6g	oil
Salt and black pepper	



DIRECTIONS:

1. Peel and Cut the potatoes into thick slices, then into fries and then again into bite-size cubes. 2x2cm or 1x1 inch.
2. Microwave the potatoes in a bowl for 5 min at 600W.
3. Chop the onion and bell pepper. Cut the chicken into thin strips. Prepare the mint sauce and store it in a squeeze bottle.
4. Heat a 24cm (9.5 inch) pan over medium-high heat. Fry the microwaved potatoes in a bit of oil with a pinch of salt for 3–4 minutes, stirring occasionally.
5. Push the potatoes to one side of the pan, add a bit more oil, then add the vegetables with another pinch of salt. Continue frying everything for an additional 2–3 minutes.
6. Push everything to the side, add a bit more oil, and then add the chicken. Use a spatula to separate the chicken pieces for maximum browning.
7. Season with salt, black pepper, smoked paprika, and garlic powder. Let the chicken fry for one minute on one side before flipping and mixing everything in the pan. Allow the chicken to cook through for another minute, then remove the pan from the heat.
8. Transfer everything into a bowl. Add 20g of mint sauce on top and mix well. Enjoy your meal!

MACROS

Whole Recipe:

Calories	565
Carbs	66
Protein	47
Fats	11

MARRY ME CHICKEN



ESTIMATED TIME: 20 MIN

A viral recipe that is actually quite good and also easy to make.

INGREDIENTS FOR 1 SERVING:

1	chicken breast or 180 g
250 g	potatoes
200 g	tomatoes
50 g	chicken stock
50 g	evaporated milk
3	cloves of garlic
1g	garlic powder
1g	chili flakes
1g	oregano
4 g	oil
Salt and black pepper	

MACROS

Whole Recipe:

Calories	558
Carbs	61
Protein	49
Fats	12



DIRECTIONS:

- Start by peeling and cutting potatoes into cubes. Put them into a pot with water and salt and let them simmer for 12–15 minutes.
- Next, place the chicken into a zip-lock bag and pound it with a heavy object, like a pan, to flatten it. Remove the chicken from the bag, and season it with salt, black pepper, oregano, and garlic powder. Peel and grate the garlic.
- Set a 24cm (9.5-inch) pan on the stove over medium-high heat. Fry the chicken, flipping it every 60–90 seconds, until it's cooked through—about 4–5 minutes. Then, remove the chicken from the pan.
- Add oil to the same pan, and sauté the garlic for 20–30 seconds. Next, add the tomatoes and a splash of water, cover with a lid, and let it simmer for 2–3 minutes.
- Press the tomatoes down to release their juices. Season with salt, pepper, and chili flakes, and give it a good stir.
- Pour in the chicken stock and evaporated milk, letting it all simmer for another 1–2 minutes.
- Return the chicken to the pan to reheat it.
- To serve, plate the potatoes and top them with the chicken and sauce. Done!

NOTES:

- This recipe typically calls for sun-dried tomatoes, but I find it tastes much better with fresh ones. However, feel free to experiment with sun-dried tomatoes if you prefer; the rest of the recipe remains the same.



WATCH VIDEO

HONEY GARLIC CHICKEN



ESTIMATED TIME: 15 MIN

Honey and soy sauce on chicken tastes absolutely incredible!

INGREDIENTS FOR 1 SERVING:

1	chicken breast or 180 g
125 g	instant rice
200 g	zucchini
1	medium onion or 50 g
2	cloves of garlic
20g	soy sauce
15g	honey
5g	balsamic vinegar creme
1g	cornstarch
1g	garlic powder
0.5g	chili powder
4g	oil
Black pepper, chili flakes	

MACROS

Whole Recipe:

Calories	582
Carbs	66
Protein	49
Fats	13



DIRECTIONS:

1. Cut chicken into thin strips, add chili powder, garlic powder, and black pepper on top and mix. Dice the zucchini and the onion. Peel and grate the garlic.
2. Combine in a glass soy sauce, honey, balsamic vinegar, black pepper, some chili flakes, and cornstarch. Mix until combined.
3. Add oil to a pan (24cm/9,5inch) on medium heat, add the zucchini with a pinch of salt. Fry the zucchini for 2 minutes.
4. Add another bit of oil and add in the onions and keep frying for another 2 minutes.
5. Push the vegetables aside and add some more oil. Now go in with the chicken and separate it with a spatula.
6. After 1 minute flip the chicken, let the other side fry for another minute. Add a bit more oil and now add the minced garlic and fry it for 15 seconds.
7. Add instant rice with the sauce and combine everything for 30 seconds until rice is hot. Done!

NOTES:

- Recipe can be made with 60g (weighted raw) jasmine rice.



WATCH VIDEO

BIBIMBAP



ESTIMATED TIME: 20 MIN

A classic Korean lunch that is delicious and also highly versatile.

INGREDIENTS FOR 1 SERVING:

1	chicken breast or 180 g
150 g	pak choi
½	red bell pepper or 75 g
1	carrot or 100 g
1	medium onion or 50 g
50 g	raw rice
6 g	oil

SAUCE:

15 g	gochujang
15 g	soy sauce
10 g	rice vinegar
black pepper	
optional:	grated garlic + fresh ginger

MACROS

Whole Recipe:

Calories	544
Carbs	69
Protein	51
Fats	10



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DIRECTIONS:

- Start by adding rice and 125g of water to a pot with a pinch of salt.
- Put the stove on high heat, and as soon as the water starts to boil, turn the heat down to low, close the lid and let it simmer for 12–15 min.
- In the meantime, chop up all the vegetables into equal bite-sized pieces.
- Cut chicken breast into strips.
- Add all sauce ingredients to a glass and mix until combined, this should take 20 seconds.
- Put a pan (28cm or 11 inch) on the stove on medium heat and add in 6g of oil. Add in all the vegetables, salt and pepper and fry them for 7–8 min until caramelized.
- Push the veggies to the side to make space for the chicken. Add in 2g of oil and fry the chicken on both sides for 60–90 seconds until done.
- Add rice as a layer in a bowl. The chicken goes into the middle on top of the rice and the vegetables around the chicken. Drizzle the sauce on everything. Done!

NOTES:

- Vegetables can be swapped out for anything you like. Pickled veggies are amazing in combination with the sauce.
- If you have a smaller pan, first fry the chicken, remove it and fry the veggies and at the end, add in the chicken just to reheat it.

BEEF & BROCCOLI



ESTIMATED TIME: 20 MIN

Beef & broccoli not only looks great but also has so many different flavours that will all work together like a charm.

INGREDIENTS FOR 1 SERVING:

200 g	lean cut beef (sirloin)
200 g	broccoli
2	cloves of garlic
1	piece of fresh ginger (thumb size)
2g	cornstarch
2g	oil

SAUCE:

20g	soy sauce
10g	oyster sauce
10g	rice vinegar
5g	Hoisin
Chili flakes	

MACROS

Whole Recipe:

Calories	385
Carbs	23
Protein	50
Fats	12



WATCH VIDEO



DIRECTIONS:

- Start with the washing and marinating first if you choose to do it (go to the chapter "Washing and Marinating Meat to Tenderize"). Otherwise, just cut the meat into strips.
- Chop up the broccoli florets and cut them into equal bitesize pieces.
- Peel and grate garlic and ginger.
- Add all sauce ingredients to a glass and mix until combined.
- Prepare a small glass with 50g water, add 2g of cornstarch, and mix, so there are no clumps.
- Add broccoli to a pan (24cm/9,5inch) and cover with cold water until submerged. Cook the broccoli florets on a stove on medium-high for 2-3 minutes to get them soft.
- Rinse the broccoli and wipe the pan with a paper towel and add in the beef. If you don't marinate the beef, you need to add a bit of oil to the pan.
- Fry the beef for 1 minute on each side so it gets color.
- Remove the beef, add oil to the pan and fry the broccoli for 1-2 min, so they have a crunchy exterior with a soft interior.
- Add back the beef and the grated garlic and ginger. Fry them for 20 seconds.
- Add soy sauce and half of the cornstarch slurry and let it simmer until thick, around 1 minute. Add more slurry if the sauce is too thin. Done!

NOTES:

- The recipe is great in itself but even better on rice. 50g will add 175 calories.

YAKI UDON



ESTIMATED TIME: 20 MIN

Udon noodles are my go to meal when I crave noodles and I want an East Asian style dish. Yaki Udon is the perfect beginner meal to try.

INGREDIENTS FOR 1 SERVING:

180 g	ground beef 95/5
200 g	udon noodles
250 g	mushrooms
1	carrot or 100g
1	medium onion or 50g
4 g	oil
2 g	cornstarch

SAUCE:

20 g	rice vinegar
20 g	soy sauce
10 g	oyster sauce
10 g	hoisin
optional:	chili flakes

MACROS

Whole Recipe:

Calories	665
Carbs	86
Protein	55
Fats	12



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DIRECTIONS:

1. Chop all vegetables into bite-sized pieces.
2. Add all sauce ingredients to a small glass and mix until combined. Prepare a slurry with 50g water and 2g cornstarch, mix to prevent clumps.
3. Add 2g of oil into a pan (24cm/9,5inch) on medium-high heat and fry the ground beef for 2 minutes, stirring occasionally.
4. Remove the beef from the pan and add mushrooms with 50g of water. Let it sauté until the mushrooms collapse, 4–5 minutes. Add rest of oil and keep frying until mushrooms get color, around 4–5 minutes.
5. Meanwhile, fill up a pot with water and set it on a stove on medium-high heat. Don't add the noodles yet.
6. Add all remaining vegetables into the pan with mushrooms and keep frying for 2–3 minutes.
7. Add udon noodles with a pinch of salt into boiling water. The noodles need 3 minutes.
8. As soon noodles are ready, transfer them into the pan with the ground beef. Add in the sauce with a bit of the slurry and mix until combined and the sauce is thick. Done!

NOTES:

- The sauce can be changed as long as you stick to East Asian flavors. Try to experiment with Mirin or Gochujang.
- Recipe is great with chicken breast instead of beef or pak choi instead of carrots.

PAD SEE EW



ESTIMATED TIME: 20 MIN

This is another classic thai dish but it is higher in protein and lower in calories.

INGREDIENTS FOR 1 SERVING:

1	chicken breast or 180g
60 g	rice noodles
150 g	broccoli
1	red bell pepper or 150g
1	medium onion or 50g
1	clove of garlic
1	egg
6 g	oil
Salt and black pepper	

SAUCE:

20g	light soy sauce
20g	dark soy sauce
10g	oyster sauce
5g	honey
5g	rice vinegar

MACROS

Whole Recipe:

Calories	729
Carbs	84
Protein	61
Fats	17



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DIRECTIONS:

- Chop all vegetables into bite-sized pieces. Grate the clove of garlic. Slice the chicken breast into thin pieces.
- Add all sauce ingredients to a small glass and mix until combined.
- Fill a pot with salted water and bring to a boil. Add the broccoli and cook for 3 minutes on high heat. Then, remove the broccoli and add the noodles, letting them simmer for 12–15 minutes.
- Heat 3g of oil in a 24 cm (9.5-inch) pan over medium-high heat. Add the chicken and fry for 2 minutes, stirring occasionally.
- Remove the chicken from the pan and add a bit more oil. Add the onions and bell pepper, seasoning with salt and black pepper, and sauté for 3 minutes.
- Add the cooked broccoli and fry for another 2 minutes. Then, add the grated garlic and stir for 15 seconds.
- Crack in the eggs and give them a quick stir before adding the sauce and the cooked, drained noodles.
- Let everything simmer for 1 minute, then add the chicken back in and cook for 1 more minute. Done!

NOTES:

- The sauce can be changed as long as you stick to East Asian flavors. Try to experiment with Mirin or Gochujang.
- This recipe also works well with ground beef instead of chicken.

LOMO SALTADO



ESTIMATED TIME: 30 MIN

The Peruvian classic that is inspired by Chinese cuisine. Great flavor guaranteed.

INGREDIENTS FOR 1 SERVING:

150 g	lean cut beef (sirloin)
300 g	potatoes
1	red bell pepper or 150 g
40 g	Jalapeno
1	medium onion or 50 g
1	carrot or 100 g
150 g	tomatoes
2	cloves of garlic
25 g	soy sauce
2 g	oil
Salt and black pepper	

MACROS

Whole Recipe:

Calories	576
Carbs	85
Protein	44
Fats	7



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DIRECTIONS:

- Start with the washing and marinating first if you choose to do it (see the How to Tenderize Lean Beef chapter). Otherwise, just cut the meat into strips.
- Clean the potatoes with cold water, I don't peel them. Cut the potatoes into fries. Add them to a baking dish, add oil, and a pinch of salt and mix everything with your hands.
- Bake the potatoes for 30 min at 200°C or 400°F. Flip them halfway through with a spatula. You can also use an air fryer for the potatoes.
- Chop up all vegetables into equal bite-size pieces. Peel and grate the garlic.
- Add the beef to a pan (24cm/9.5inch) on medium-high heat. If you don't marinate the beef, you need to add a bit of oil to the pan.
- Fry the meat for 60 seconds on both sides until they get color.
- Remove the beef, and add all vegetables except the tomatoes into the pan. You might need to add another touch oil. Fry this under occasional stirring for 7-10 minutes on medium heat.
- Add in garlic for 15 seconds, and then add in the tomatoes. Add in black pepper, close the lid and let the tomatoes simmer for another 3 minutes.
- Add in the sauce and the beef and let everything cook for 1 more minute. If you haven't marinated the meat, then you might need to add a bit of starch slurry (mix 50g cold water with 2g corn-starch in a bowl and start adding half in the pan).
- Potatoes should be ready, so put them on a plate and cover everything with your beef, veggies, and sauce. Top with cilantro or parsley. Done!

NOTES:

- Beef can be swapped out for chicken breast or lean pork.
- Potatoes can be swapped out for rice.

UDON WITH PB 2



ESTIMATED TIME: 15 MIN

Not enough people try to add peanut butter to savory meals.

You will be amazed how good it actually taste.

INGREDIENTS FOR 1 SERVING:

200g	udon noodles
1	chicken breast or 180 g
1	medium onion or 50g
2g	oil

SAUCE:

20g	soy sauce
10g	rice vinegar
10g	mirin
13g	powdered peanuts
30g	water

MACROS

Whole Recipe:

Calories	604
Carbs	76
Protein	57
Fats	10



DIRECTIONS:

1. Chop up the onion and cut the chicken into strips.
2. Add all sauce ingredients into a small bowl and mix until smooth.
3. Fill up a pot with water and turn on the heat on high.
4. Add oil to a pan (24cm/9,5inch) and fry the chicken on one side for 60 seconds on medium-high.
5. After a minute, add onion to the pan and flip the chicken. Add a pinch of salt and pepper. Add udon noodles to the pot that should be boiling by now.
6. Add the sauce to the pan with chicken and stir on medium-low heat until the Udon noodles are ready. 2-3 minutes.
7. Transfer the Udon noodles to a pan and mix everything. Done!

NOTES:

- The sauce can be changed as long as you stick with East Asian style ingredients. Try to experiment with hoisin or gochujang.



WATCH VIDEO

SPICY UDONS



ESTIMATED TIME: 15 MIN

Udon noodles are some of the most satisfying noodles to eat.

INGREDIENTS FOR 1 SERVING:

200 g	udon noodles
180 g	ground beef 95/5
1	pak choi or 150 g
1	medium onion or 50 g
1g	cumin
1g	garlic powder
5g	oil
Salt and black pepper	

SAUCE:

20 g	light mayo
5g	honey
10g	gochujang

MACROS

Whole Recipe:

Calories	663
Carbs	69
Protein	52
Fats	21



DIRECTIONS:

- Chop the onion and pak choi. Add all the sauce ingredients into a small bowl and mix until smooth.
- Fill a pot with water and turn the heat to high. As soon as the water starts to boil, add the noodles, give them a gentle shake, and let them cook for 3 minutes. Then drain the water and let the noodles sit in the sink.
- Add oil to a pan (24 cm/9.5 inches) and fry the vegetables with a pinch of salt for 3 minutes.
- Push the vegetables to the side, add a bit more oil, and add the beef. Try to separate the beef with a spatula for maximum browning.
- Add the seasonings and flip the meat. After 1 minute, give everything a good stir and add the noodles.
- Remove the pan from the heat, add the sauce, and give everything a final stir. Done!



WATCH VIDEO

CREAMY PB UDONS



ESTIMATED TIME: 15 MIN

Udon noodles are some of the most satisfying noodles to eat.

INGREDIENTS FOR 1 SERVING:

200 g	udon noodles
180 g	ground beef 95/5
1	pak choi or 150 g
1	medium onion or 50 g
1g	cumin
1g	garlic powder
5g	oil
Salt and black pepper	

SAUCE:

20 g	light mayo
5g	honey
10 g	peanut butter

MACROS

Whole Recipe:

Calories	703
Carbs	64
Protein	55
Fats	23



DIRECTIONS:

1. Chop the onion and pak choi. Add all the sauce ingredients into a small bowl and mix until smooth.
2. Fill a pot with water and turn the heat to high. As soon as the water starts to boil, add the noodles, give them a gentle shake, and let them cook for 3 minutes. Then drain the water and let the noodles sit in the sink.
3. Add oil to a pan (24 cm/9.5 inches) and fry the vegetables with a pinch of salt for 3 minutes.
4. Push the vegetables to the side, add a bit more oil, and add the beef. Try to separate the beef with a spatula for maximum browning.
5. Add the seasonings and flip the meat. After 1 minute, give everything a good stir and add the noodles.
6. Remove the pan from the heat, add the sauce, and give everything a final stir. Done!



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CHOW MEIN



ESTIMATED TIME: 15 MIN

*A classic chinese dish but
with a ton of protein!*

INGREDIENTS FOR 1 SERVING:

60g	chow mein noodles dry
1	chicken breast or 180 g
1	medium onion or 50g
1	red bell pepper or 150 g
150 g	asparagus
20 g	soy sauce
20 g	oyster sauce
10 g	honey
1g	cornstarch
1g	garlic powder
6g	oil
Salt and black pepper	

MACROS

Whole Recipe:

Calories	653
Carbs	83
Protein	55
Fats	12



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DIRECTIONS:

- Chop up the vegetables and cut the chicken into strips. Add soy sauce, oyster sauce, honey, and cornstarch into a small bowl and mix until smooth.
- Fill a pot with water and turn the heat on high. Add the noodles and let them cook for 10-12 minutes.
- Add oil to a pan (24cm/9.5 inches) and fry the vegetables with a pinch of salt for 3 minutes on medium-high heat.
- Push the vegetables to the side, add a bit more oil, and then the chicken. Add a pinch of salt, black pepper, and garlic powder. After one minute, flip the chicken and let it brown for another minute.
- Give everything a good stir.
- Drain the noodles and add them with the sauce into the pan. Give everything another stir, and you're done!

NOTES:

- The sauce can be changed as long as you stick with East Asian style ingredients. Try to experiment with hoisin or gochujang.

CHICKEN PARM



ESTIMATED TIME: 20 MIN

One of the most delicious chicken meals that with the right technique can be turned in a low calorie high protein meal.

INGREDIENTS FOR 1 SERVING:

1	chicken breast or 180g
10g	panko bread crumbs
5g	all purpose flour
30g	egg whites
50g	storebought tomato sauce
50g	fresh mozzarella light
2g	onion powder
2g	garlic powder
Salt and black pepper	

MACROS

Whole Recipe:

Calories	377
Carbs	16
Protein	55
Fats	11



DIRECTIONS:

- Start with dry brining the chicken breast if you choose to (see chapter on Brining chicken)
- For 1 serving, I use only 1 plate. Put it on a scale.
- Add flour to the plate and then the chicken. Cover the entire chicken.
- Add egg whites to the plate. Coat the chicken with it. Last is to add panko to the same plate and again cover the chicken.
- Add the coated chicken breast on top of parchment paper on a baking sheet and bake it in the oven for 12-15 minutes, depending on the thickness the chicken breast. Use a thermometer to be safe (72°C or 160°F should be aimed for). Alternatively use the air fryer.
- In the meantime, cut the mozzarella into small pieces and prepare the sauce. I don't bother making my own for one serving because you will need only 50g of sauce.
- Remove the chicken from the oven. Spread sauce on top the chicken, so the surface is fully covered (only the top side of the chicken). Add mozzarella on top and then bake it again under the broiler for 2-3 minutes until the cheese has melted.

NOTES:

- You can use shredded mozzarella if you can't find the fresh, wet version. In that case, use 30g only.



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ITALIAN CREAMY BURRITO



ESTIMATED TIME: 20 MIN

Burritos but made like an italian.

Not traditional but evenly delicious.

INGREDIENTS FOR 1 SERVING:

2	wheat tortillas (20cm or 8inch)
200g	ground beef 95/5
1	medium onion or 50g
100g	storebought tomato sauce
1	laughing cow wedge
30g	gouda fat reduced
2	cloves of garlic
2g	oil
	Salt and black pepper

MACROS

Whole Recipe:

Calories	698
Carbs	48
Protein	52
Fats	27



DIRECTIONS:

1. Chop up the onion into small pieces. Peel and grate garlic.
2. Add oil into the pan (24cm/9,5inch) on medium-high heat. Add the onion and fry for 3 minutes, then add ground beef and fry both for another 1-2 minutes under occasional stirring until beef has some color. Add a pinch of salt and black pepper.
3. Add in garlic and fry for 20 seconds.
4. Add tomato sauce and mix everything, so all the meat is red.
5. Add the laughing cow wedge, turn the heat to medium-low and mix the cheese slowly into the sauce by pressing it down with a spatula for around 1 minute.
6. Once the sauce is creamy, add in the gouda cheese and melt it in for around 30 seconds.
7. Add another pan to the stove. Dry cook the tortillas for 30 seconds on each side on medium-high. Add some salt to them.
8. Assemble burritos by laying half the meat mixture into one tortilla. I just roll them like a cigar, but you can also lay both sides left and right towards the middle and then roll it into a closed burrito shape. Done!

NOTES:

- The recipe can also be divided in half for a smaller serving, apart from the laughing low wedge.



WATCH VIDEO

SWEET CHICKEN WRAP



ESTIMATED TIME: 20 MIN

Try wrapping fruit in a chicken wrap.

I promise you will love it.

INGREDIENTS FOR 1 SERVING:

1	wheat tortilla (25cm or 10inch)
1	chicken breast or 180g
2	figs or 100g
½	avocado or 60g
1	serving mint sauce or 15g
1g	cayenne pepper
1g	garlic powder
6g	oil
Salt and black pepper	

MACROS

Whole Recipe:

Calories	516
Carbs	48
Protein	44
Fats	16



DIRECTIONS:

1. Slice the chicken into bite-sized pieces. Prepare the mint sauce and store it in a squeeze bottle; it will last in the fridge for up to one week.
2. Add oil to a 24 cm (9.5-inch) pan over medium-high heat. Add the chicken and fry it for 1 minute on each side. Season with salt, black pepper, garlic powder, and cayenne pepper just before removing it from the pan.
3. Spread the figs on a tortilla, add 15g of sauce on top, and then layer the cooked chicken.
4. Roll up the tortilla and place it back in the hot pan, toasting all four sides until crispy and golden brown. Done!

NOTES:

- The recipe can also be meal prepped and stored in the fridge for 3–5 days.

CHEESY BEEF BURRITO



ESTIMATED TIME: 15 MIN

The cheesy burrito that is filled with cheesy and creamy goodness.

INGREDIENTS FOR 1 SERVING:

1	wheat tortillas (25cm or 10inch)
100 g	ground beef 95/5
½	medium onion or 25g
75 g	cottage cheese
25 g	evaporated milk
25 g	cheddar
5 g	gochujang
1 g	garlic powder
1 g	onion powder
0.5 g	cayenne pepper
0.5 g	paprika
4 g	oil
Salt and black pepper	

MACROS

Whole Recipe:

Calories	517
Carbs	41
Protein	42
Fats	22



DIRECTIONS:

- Place a blender on the scale and add cottage cheese, evaporated milk, cheddar cheese, gochujang, garlic powder, onion powder, paprika, cayenne pepper, and a pinch of salt and black pepper. Blend for 60 seconds.
- Next, chop up the onion.
- Then, add oil to a 24 cm (9.5 inch) pan over medium-high heat. Add the onion and fry for 3 minutes, then add the ground beef. Continue frying both for another 1-2 minutes, stirring occasionally, until the beef gets some color. Add a pinch of salt and black pepper.
- Remove the pan from the heat and stir in the cheese sauce for about 1 minute until it becomes creamy.
- Transfer the mixture to a tortilla and roll it into a burrito shape. Place the burrito back in the pan and toast on all 4 sides for 30 seconds each. Done!

NOTES:

- This recipe can also be prepared for meal prep. Simply multiply the ingredients by 2 or more. Allow the beef to cool down completely before rolling it into the tortilla, as steam can make the burrito soggy in the fridge.



WATCH VIDEO

CHEESY CHICKEN BURRITO



ESTIMATED TIME: 15 MIN

Another cheese burrito but this one is with buffalo chicken.

INGREDIENTS FOR 1 SERVING:

2	wheat tortillas (20cm or 8inch)
½	chicken breast or 120g
40g	evaporated milk
25g	cheddar
1g	cornstarch
10g	hot sauce
1g	garlic powder
1g	onion powder
0.5g	cayenne pepper
0.5g	paprika
2g	oil
Salt and black pepper	

MACROS

Whole Recipe:

Calories	442
Carbs	38
Protein	34
Fats	17



DIRECTIONS:

1. Slice chicken into thin strips, then place them in a bowl. Add oil, garlic powder, onion powder, cayenne pepper, paprika, and a pinch of salt and black pepper. Mix with tongs until everything is evenly coated.
2. In another bowl, combine cheddar cheese, cornstarch, evaporated milk, and hot sauce. Mix well.
3. Heat oil in a 24 cm (9.5 inch) pan over medium-high heat. Add the chicken and fry for 2 minutes, flipping it after 1 minute, until the chicken is cooked through and has a nice color. Then remove the pan from the heat.
4. Pour the cheese sauce into the pan with the chicken and mix until it turns into a creamy and gooey texture.
5. Transfer the mixture to a tortilla and roll it into a burrito shape. Place the burrito back in the pan and toast on all 4 sides for 30 seconds each. Done!

NOTES:

- This recipe can also be prepared for meal prep. Simply multiply the ingredients by 2 or more. Allow the chicken to cool down completely before rolling it into the tortilla, as steam can make the burrito soggy in the fridge.



WATCH VIDEO

PATTY MELT



ESTIMATED TIME: 10 MIN

An easy way to make a burger.

INGREDIENTS FOR 1 SERVING:

2	sandwich bread slices
100 g	ground beef 95/5
1	medium onion or 50 g
1	slice american cheese
4 g	oil
Salt and black pepper	



DIRECTIONS:

1. Form a burger patty with the ground beef and dice the onion.
2. Heat oil in a 24 cm (9.5-inch) pan over medium-high heat. Add the sandwich bread and toast on one side, then remove it and place a cheese slice on top of the toasted side.
3. Add more oil to the pan and fry the patty for 1–2 minutes on each side. Season with salt and black pepper.
4. Once the burger is cooked, place it on top of the sandwich bread with cheese.
5. Add oil to the pan, then add the diced onions with a pinch of salt and a splash of water. Stir occasionally over medium heat until the water has evaporated. Repeat by adding another splash of water and cook until evaporated, repeating this process three more times.
6. Place the cooked onions on top of the burger patty. Close the sandwich and add it back to the pan, toasting the remaining sides until golden brown. Done!

MACROS

Whole Recipe:

Calories	418
Carbs	32
Protein	34
Fats	20



WATCH VIDEO

AVO CHICKEN WRAP



ESTIMATED TIME: 15 MIN

A burrito with a fresh kick and a ton of protein.

INGREDIENTS FOR 1 SERVING:

1	wheat tortilla (20cm or 8inch)
½	chicken breast or 120g
1	medium onion or 50g
20g	tomatoes
20g	lettuce
15g	shredded mozzarella
60g	avocado cream cheese dip (see recipe)
1g	garlic powder
0.5g	cumin
0.5g	cayenne pepper
5g	oil
Salt and black pepper	

MACROS

Whole Recipe:

Calories	483
Carbs	41
Protein	34
Fats	22



DIRECTIONS:

- Chop up onions, tomatoes, and lettuce. Prepare the avocado cream cheese dip. Slice the chicken breast into thin pieces and season with salt, pepper, garlic powder, cumin, and cayenne pepper. Mix the chicken until it's thoroughly seasoned.
- Add oil into the pan (24cm/9.5inch) on medium heat. Add the onion and fry for 2-3 minutes, then add some more oil and add the chicken. Fry the chicken for 1-2 minutes on each side.
- Spread the avo dip onto the tortilla, followed up by the chicken. Then add lettuce, tomatoes, and mozzarella cheese on top and roll it into a burrito shape.
- Add burrito back into the pan and toast all 4 sides for 30 seconds each. Done!

NOTES:

- The recipe can also be made with a large tortilla if it doesn't fit into your medium tortilla.



WATCH VIDEO

SPICY BBQ BURRITO



ESTIMATED TIME: 15 MIN

The korean style bbq burrito.

INGREDIENTS FOR 1 SERVING:

1	wheat tortilla (20cm or 8inch)
120 g	sirloin steak
1	medium onion or 50 g
100 g	cabbage
20 g	soy sauce
10 g	gochujang
1 g	cornstarch
5 g	honey
25 g	cream cheese
1 g	garlic powder
4 g	oil
Black pepper	

MACROS

Whole Recipe:

Calories	460
Carbs	51
Protein	34
Fats	26



DIRECTIONS:

1. Slice the beef into thin strips. Optional marinate it like in the chapter „Washing and marinating meat to tenderize“. If not then proceed with the recipe.
2. Chop up onion and cabbage. Combine in a glass soy sauce, gochujang, cornstarch, and honey.
3. Add oil into the pan (24cm/9,5inch) on medium heat. Add the onion and the cabbage with a small pinch of salt and fry for 4-5 minutes.
4. Make space in the pan, add oil and then the beef. Separate the beef and fry one side for 1 minute. Season with black pepper and garlic powder.
5. Flip the beef and fry the other side for 1 more minute.
6. Give everything a stir before adding the sauce with a splash of water and let it simmer for 30 seconds until thick.
7. Spread the cream cheese on the tortilla, followed up by the beef mixture and roll into a burrito shape.
8. Give the pan a clean up and place burrito back to the pan. Toast all 4 sides for 30 seconds each, done!

NOTES:

- You can also add more spices like cumin or onion powder.
- Reduce the gochujang if it's too spicy.



WATCH VIDEO

GYRO



ESTIMATED TIME: 25 MIN

*The Greek way of making a burrito.
Different flavor but equally delicious.*

INGREDIENTS FOR 1 SERVING:

200g	skinless, boneless chicken thighs
1	medium onion or 50g
50g	tomatoes
50g	greek yogurt 0.2% fat
½	lemon (juice)
1	clove of garlic
4g	olive oil
5g	chopped dill
2g	garlic powder
1g	oregano
Pita bread storebought or 2 ingredient dough (see recipe)	
Salt and black pepper	

MACROS

Whole Recipe:

Calories	558
Carbs	54
Protein	44
Fats	19



DIRECTIONS:

- Preheat the oven to 200°C or 400°F
- Add oil on both sides of the chicken thigh. Add salt, pepper, garlic powder, and oregano and cover the entire thigh.
- Add chicken to a baking sheet and bake in the oven for 20 minutes. Alternatively use air fryer.
- In the meantime, make 1 serving of two-ingredient dough naan bread (see chapter) or prepare a store-bought pita.
- Peel and grate the garlic. Combine Greek yogurt, olive oil, lemon juice, salt, chopped dill, and grated garlic in a glass and mix until smooth.
- Dice the tomatoes and onion.
- If you have a store-bought pita, then heat it up in a pan.
- Lay the pita/naan on a plate. Spread yogurt sauce in the middle. Add tomatoes and onions on top.
- Remove the chicken thigh from the oven and cut it into small chunks. Lay them on top of the tomatoes and onions. Close the gyro, and you're done!



WATCH VIDEO

NOTES:

- If you buy a pita, try to shoot for 200 calories max.
- Chicken thighs can be swapped out for pork or chicken breast, but then I would fry them in a pan instead of baking them.

TERIYAKI WRAP



ESTIMATED TIME: 20 MIN

The Japanese way of making a healthy gyro.

INGREDIENTS FOR 1 SERVING:

½	chicken breast or 120 g
1	medium onion or 50 g
20 g	0.2 % fat cream cheese
½	bell pepper or 75 g
20 g	soy sauce
10 g	rice vinegar
10 g	honey
2 g	cornstarch
4 g	oil
Pita bread storebought or 2 ingredient dough (see recipe)	
Salt and black pepper	



MACROS

Whole Recipe:

Calories	495
Carbs	65
Protein	43
Fats	7



WATCH VIDEO

DIRECTIONS:

- Start by making 1 serving of two-ingredient dough naan bread (see chapter) or prepare a store-bought pita.
- Cut the chicken breast into bite-size pieces. Then, optionally, marinade the chicken (see the chapter on washing and marinating meat).
- Chop up the onion and bell pepper into small bite-size pieces. Mix in a glass of soy sauce, honey, cornstarch, and rice vinegar.
- Add oil to a pan on medium heat and start by frying the onion and bell pepper for 3 minutes under occasional stirring. Add a pinch of salt.
- Push the vegetables to the side of the pan, add a bit of oil, and add in the chicken. Fry the chicken under occasional stirring for 2 minutes.
- Add in the sauce, mix everything, and let it simmer for just 30 seconds until sauce is thick.
- Add cream cheese as a bottom layer on the naan bread. Then add the teriyaki chicken on top and fold the wrap. Done!

NOTES:

- If you buy a pita, try to shoot for 200 calories max.
- If the sauce isn't thick enough when cooking add a bit of starch slurry. It consists of 50g water and 2g cornstarch mixed in a glass.

DELI SUB



ESTIMATED TIME: 10 MIN

Deli subs are actually great for weight loss if you do some simple tweaks.

INGREDIENTS FOR 1 SERVING:

120 g	french baguette
65 g	fresh mozzarella light
100 g	deli meat
50 g	tomatoes
50 g	lettuce
50 g	pickles
1 serving	spicy mayo (see recipe)
Salt and black pepper	



DIRECTIONS:

- Start by cutting the baguette in half and scooping out the soft part of the bread to save about half the calories.
- Next, prepare the spicy mayo. Chop the lettuce, tomatoes, pickles, and mozzarella.
- Lay one half of the baguette on a piece of parchment paper and spread the mayo over it as the base. Add your choice of deli meat, followed by the mozzarella. Next, layer the chopped vegetables, sprinkle a bit of salt for taste, and then place the other half of the baguette on top.
- Roll the entire sandwich in the parchment paper, done!

MACROS

Whole Recipe:

Calories	475
Carbs	41
Protein	43
Fats	14

NOTES:

- The soft part of the bread can be baked in the oven to make croutons, or you can place it in a zip-lock bag and use it to feed the birds outside your house.
- Try different meat combinations, most of them work great.



WATCH VIDEO

PASTRAMI SANDWICH



ESTIMATED TIME: 10 MIN

This is a great high protein sandwich and it's made with pastrami.

INGREDIENTS FOR 1 SERVING:

2	english muffins
70g	pickles
100g	pastrami
100g	0.2 % fat cream cheese
5g	honey
1g	paprika
1g	garlic powder
Salt and black pepper	



DIRECTIONS:

1. Combine cream cheese, honey, paprika, garlic powder, and a pinch of salt in a bowl. Cut the pickles into small slices.
2. Place the muffins in an air fryer or in the oven at 200°C or 400°F for 2–3 minutes until they become brown and crispy.
3. Spread the cream cheese mixture on the bottom halves of the muffins. Top each with pastrami, pickles, and more of the cream cheese mixture. Place the other halves of the muffins on top. Done!

MACROS

Whole Recipe:

Calories	450
Carbs	59
Protein	42
Fats	4

NOTES:

- Try different meat combinations like turkey or chicken, most of them work great.

CHEESESTEAK SUB



ESTIMATED TIME: 10 MIN

*Steak and cheese in a sandwich, who
deosn't like that?!*

INGREDIENTS FOR 1 SERVING:

120 g	french baguette
150 g	top sirloin
1	medium onion or 50 g
30 g	cheddar
30 g	evaporated milk
1g	cornstarch
0.5g	garlic powder
Salt and black pepper	



DIRECTIONS:

- Start by cutting the baguette in half and scooping out the soft part of the bread to save about half the calories.
- Next, slice the beef into very fine strips. For easier cutting, place the steak in the freezer for 30 minutes beforehand.
- Add to a bowl cheddar, cornstarch, and evaporated milk and mix. Chop up the onion.
- Heat oil in a pan over medium heat and begin frying the onion for 3 minutes, stirring occasionally. Add a pinch of salt.
- Then, push the onion to the side of the pan, add a bit more oil, and add the beef. Fry the beef for 45–60 seconds on each side. Season with salt, black pepper, and garlic powder.
- Turn off the heat and add the cheese. Continue stirring until the cheese melts and the mixture becomes gooey.
- Finally, transfer the beef onto the baguette and enjoy!

MACROS

Whole Recipe:

Calories	613
Carbs	43
Protein	51
Fats	27



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NOTES:

- The soft part of the bread can be baked in the oven to make croutons, or you can place it in a zip-lock bag and use it to feed the birds outside your house.

CHEESY GARLIC BREAD



ESTIMATED TIME: 25 MIN

Bread, filled with garlic and cheese and packed with protein.

INGREDIENTS FOR 4 SERVINGS:

100 g	all purpose flour
100 g	skyr or 0.2 % fat greek yogurt
10 g	honey
1g	onion powder
1g	garlic powder
½ tsp	baking powder or 3 g
50 g	deli meat
100 g	shredded mozzarella
10 g	olive oil
2	cloves of garlic
Bunch	fresh parsley
Salt	

MACROS

Whole Recipe:	One bread:		
Calories	900	Calories	225
Carbs	92	Carbs	23
Protein	60	Protein	15
Fats	32	Fats	8



WATCH VIDEO



DIRECTIONS:

- In a bowl, combine flour, garlic powder, onion powder, baking powder, and a pinch of salt. Mix these ingredients. Then, add skyr and honey, and knead with your hands until you form a dough ball.
- In a small bowl, add olive oil. Grate the garlic into the bowl, chop the parsley, and add it as well. Mix until combined.
- Chop the deli meat into fine pieces.
- Cut the dough ball into four equal pieces. Lay a large piece of parchment paper on your board, drizzle some oil on it, and spread the oil around with your hand. Place the dough balls on the parchment paper and press them flat to form small tortilla shapes.
- Fill each tortilla with an equal amount of cheese and meat. Then fold one side of each tortilla over to create four small calzones.
- Place the calzones in a pan over medium heat and cook on both sides with a closed lid for 2–3 minutes until they turn golden brown.
- Now, spread the infused olive oil on top of all the calzones in the pan and continue frying for another 30 seconds. Done!

NOTES:

- You can store the calzones in the freezer for up to 3 months.

CHICKEN SALAD



ESTIMATED TIME: 15 MIN

Sometimes you just want a fresh salad with some protein. In this case, this is the perfect recipe for these moments.

INGREDIENTS FOR 1 SERVING:

1	chicken breast or 180 g
100 g	cucumber
100 g	tomatoes
1	roman lettuce or 150 g
120 g	canned corn
1	medium onion or 50 g

SAUCE:

50 g	skyr or 0.2 % fat greek yogurt
6 g	powered peanuts
10 g	balsamic vinegar
2 g	olive oil
20 g	water
Salt and black pepper	

MACROS

Whole Recipe:

Calories	486
Carbs	47
Protein	58
Fats	9



WATCH VIDEO



DIRECTIONS:

- Chop all vegetables into bite-sized pieces. Cut the chicken into strips.
- Add all sauce ingredients into a small glass and mix until smooth.
- Place a bowl on a scale. Add all vegetables except the onion.
- Add 1 spray of oil to a pan (24cm/9,5inch) on medium-high.
- Add chicken strips and fry on one side for 1 minute until they get color.
- Add onions to the pan and flip the chicken. Make sure the onions touch the pan. Keep frying for another 90 seconds until cooked through.
- Add the chicken and onions to bowl. Drizzle with the sauce.
- Mix everything. Done!

NOTES:

- Feel free to switch vegetables. Red bell pepper, carrots, and avocado work really well with this recipe.

MASSIVE SALAD



ESTIMATED TIME: 15 MIN

This is the salad to end hunger!

INGREDIENTS FOR 1 SERVING:

200 g	skinless, boneless chicken thighs
100 g	cucumber
100 g	tomatoes
60 g	Spinach
2	roman lettuce or 300 g
20 g	light feta cheese
50 g	avocado
1	medium onion or 50 g
0.5 g	oregano
1 g	garlic powder
Salt and black pepper	

SAUCE:

60 g	skyr or 0.2 % fat greek yogurt
5 g	mustard
2 g	olive oil
1 g	garlic powder
½	lemon (juice)
Bunch	dill
Salt and black pepper	

MACROS

Whole Recipe:

Calories	546
Carbs	35
Protein	57
Fats	20



DIRECTIONS:

- Add salt, black pepper, oregano, and garlic powder on both sides of the chicken, and then air fry them at 200°C or 400°F for 12 minutes.
- Add all sauce ingredients into a glass and mix until smooth.
- Chop up all the vegetables, feta, and avocado into bite-size pieces.
- Prepare a massive bowl. Add the sauce and vegetables, and mix everything. Now, add the avocado and cheese and mix again. Lastly, top the salad with the air-fried chicken. Done!

NOTES:

- Feel free to switch vegetables. Red bell pepper, carrots, and olives work really well with this recipe.
- One serving of 2-ingredient naan bread tastes great with this salad



WATCH VIDEO

CAESAR SALAD



ESTIMATED TIME: 15 MIN

Caesar salad is a refreshing meal especially during the summer.

INGREDIENTS FOR 1 SERVING:

1	chicken breast or 180 g
150 g	cucumber
100 g	tomatoes
2	roman lettuce or 300 g
20 g	parmesan cheese
4 g	olive oil
Salt and black pepper	



SAUCE:

50 g	skyr or 0.2 % fat greek yogurt
20 g	light mayo
10 g	mustard
1 g	garlic powder
½	lemon (juice)
Salt and black pepper	

DIRECTIONS:

- Add all the sauce ingredients into a large bowl and mix well.
- Chop all the vegetables and the Parmesan cheese, then add them to the bowl and combine everything.
- Cut the chicken into strips. Fry them in a bit of oil with salt and black pepper over medium heat for 3 minutes, then add them on top of the salad. Done!

MACROS

Whole Recipe:

Calories	514
Carbs	33
Protein	51
Fats	20

NOTES:

- Feel free to switch vegetables. Red bell pepper, carrots, and olives work really well with this recipe.
- One serving of 2-ingredient naan bread tastes great with this salad



WATCH VIDEO

TACO SALAD



ESTIMATED TIME: 20 MIN

Taco meat is amazing even eaten cold

INGREDIENTS FOR 1 SERVING:

200 g	taco meat (see recipe)
1	roman lettuce or 150 g
100 g	cucumber
100 g	tomatoes
40 g	tzatziki (see recipe)
50 g	canned corn

MACROS

Whole Recipe:

Calories	514
Carbs	35
Protein	58
Fats	16



DIRECTIONS:

1. Make the taco meat and the tzatziki if not already meal prep'd
2. Chop up all vegetables.
3. Put the vegetables to a bowl. Top with the cold taco meat, the tzatziki and the corn. Done!

NOTES:

- Feel free to switch vegetables. Red bell pepper, carrots, and olives work really well with this recipe.

GREEN CURRY



ESTIMATED TIME: 20 MIN

Curry is super underrated in my opinion. And it is perfect with chicken and rice and will add a ton of flavor without too many calories.

INGREDIENTS FOR 1 SERVING:

1	chicken breast or 180 g
50g	raw rice
125g	water
250g	frozen wok vegetables
20g	green curry paste
100g	coconut milk
½	lime (juice)
5g	chicken stock powder
5g	oil

MACROS

Whole Recipe:

Calories	674
Carbs	69
Protein	56
Fats	20



DIRECTIONS:

1. Add water to the rice in a pot (18cm or 7inch diameter) with a pinch of salt. Place it on a stove on high heat.
2. As soon the water starts to boil, reduce the heat to low, close the lid and let it simmer for 12–15 minutes.
3. Cut the chicken into strips. And mix 100 g of water with 1 tsp chicken stock in a glass.
4. Add oil into a pan (24cm/9,5inch) on medium-high heat and add in the curry paste. Fry it for 30 seconds.
5. Add chicken stock and coconut milk to a pot and let it simmer for 1 minute.
6. Turn the heat to high, add the frozen vegetables, close the lid and wait until it starts to simmer again. This will take 2 minutes because of the frozen vegetables.
7. Turn down the heat to medium-low and add in the chicken. Let it simmer for around 4–5 minutes until the chicken is done.
8. Squeeze lime juice into the curry.
Put rice into a bowl and add the curry on top. Done!



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CREAMY CHICKEN & RICE



ESTIMATED TIME: 20 MIN

Chicken & rice is a classic meal.

This recipe is for when you want it spicy but also creamy!

INGREDIENTS FOR 1 SERVING:

1	chicken breast or 180 g
50g	raw rice
125 g	water
1	medium onion or 50 g
2	cloves of garlic
1	laughing cow wedge
10g	gochujang
2g	cornstarch
2g	oil

MACROS

Whole Recipe:

Calories	494
Carbs	56
Protein	48
Fats	11



DIRECTIONS:

1. Add water and the rice to a pot (18cm or 7inch diameter) with a pinch of salt. Place it on a stove on high heat.
2. As soon the water starts to boil, reduce the heat to low, close the lid and let it simmer for 12–15 minutes.
3. Cut the chicken into strips. Dice the onion, and peel and grate the garlic cloves. Add gochujang with 100 g water and cornstarch into a small glass and mix until combined.
4. Preheat a pan (24cm/9,5inch) on medium-high and add oil to it. Start with frying the chicken on one side for 1 minute. Add in onions, salt, and pepper, and flip the chicken. Make sure that the onions touch the pan surface.
5. Keep frying for another 1–2 minutes.
6. Add water with Gochujang and keep cooking for another minute.
7. Turn the heat down to medium-low, add in the cheese wedge and incorporate that into the sauce with a spatula, pressing it down until the sauce turns creamy and smooth.
8. Add rice to a bowl. Top with creamy chicken. Done!

NOTES:

- To add volume, I would recommend adding carrots and red bell pepper. Fry it before adding the chicken for 2–3 minutes or remove the chicken and fry the vegetables after and add the chicken back once the veggies are soft.



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AIR FRYER CHICKEN & CRISPY POTATOES



ESTIMATED TIME: 35 MIN

Once you make these potatoes for the first time, you'll never go back to eating normal potatoes.

INGREDIENTS FOR 1 SERVING:

1	chicken breast or 180g
350 g	mealy potatoes
2 g	garlic powder
2 g	cayenne pepper
½ tsp	baking soda or 3 g
2000 g	water
4 g	oil
Salt and black pepper	

MACROS

Whole Recipe:

Calories	497
Carbs	61
Protein	46
Fats	9



DIRECTIONS:

1. Clean the potatoes and peel them, in this case peeling them will make it crunchier. Then cut them into chunks.
2. Prepare the chicken as described in the chapter "How to tenderize chicken breast".
3. Add the water to a pot and bring to a boil. Add baking soda and a couple of teaspoons salt. Add in the potatoes and let them simmer for 10 minutes.
4. Rinse the potatoes and add them to a bowl.
5. Add oil and black pepper. Shake the bowl for around 30 seconds, so the surface of the potatoes starts to break, and the surface of the bowl gets coated with a slurry.
6. Bake the potatoes in the air fryer at 180°C or 350°F for 15 minutes.
7. After 15 minutes, flip the potatoes and keep baking them for another 15 minutes.
8. Add salt, pepper, garlic powder, and cayenne pepper to a glass and mix.
9. Add 2g of oil to the chicken breast and cover it with garlic powder and cayenne pepper.
10. Add chicken to the air fryer for the last 10-12 minutes. If you don't have space for everything in your air fryer you can fry the chicken in a pan or bake it in the oven.
11. Use a food thermometer to prevent overbaking the chicken.
12. Add everything to a plate. Done!



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NOTES:

- Avocado Greek yogurt dip is perfect as a dipping sauce for this recipe.

CHICKEN SANDWICH



ESTIMATED TIME: 20 MIN

Chicken sandwiches can be made macro-friendly and still delicious. Here is a recipe to prove it.

INGREDIENTS FOR 1 SERVING:

1	brioche bun (200 Calories)
120 g	skinless, boneless chicken thighs
1	slice american cheese
2 g	garlic powder
1	serving ranch sauce (see recipe)
2 g	oil
	Salt and black pepper

MACROS

Whole Recipe:

Calories	481
Carbs	44
Protein	34
Fats	21



DIRECTIONS:

1. Add oil to the chicken thigh and cover the entire chicken with salt, pepper, and garlic powder.
2. Place the chicken in the oven for 12–15 min at 180°C or 350°F.
3. Add all sauce ingredients into a glass and mix until smooth.
4. Add oil to a pan (24cm/9,5inch) and switch the heat to medium-high. Cut the buns open and add them to the pan to give them a slight toast. 15–20 seconds should be enough. Be cautious not to burn them.
5. Cut toppings that you would like to add to your bun, such as tomatoes, onions, or lettuce.
6. As soon as the chicken is done, remove it from the oven, and cut it in half. Add cheese on top of 1 half thigh and add the other half on top to melt the cheese.
7. Add half the sauce on the bottom side of the bun. And add chicken, then toppings, then the rest of the sauce, and then the top bun. Done!

NOTES:

- Alternatively use the air fryer for the chicken thigh. sauce for some sweetness.



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AVO CHICKEN SANDWICH



ESTIMATED TIME: 20 MIN

Another chicken sandwich but with burrito style flavors.

INGREDIENTS FOR 1 SERVING:

1 120 g	brioche bun (200 Calories) skinless, boneless chicken thighs
½ 30 g	avocado or 70 g 0.2 % fat cream cheese
10 g	hot sauce
15 g	shredded mozzarella
1g	garlic powder
1g	onion powder
0.5g	chili powder
1g	smoked paprika
Salt and black pepper	

MACROS

Whole Recipe:

Calories	573
Carbs	36
Protein	36
Fats	30



DIRECTIONS:

1. Add oil to the chicken thighs and cover the entire chicken with salt, onion powder, chili powder, smoked paprika, and garlic powder. Place the chicken in the oven for 12–15 minutes at 180°C or 350°F.
2. In a small glass, add avocado, cream cheese, hot sauce, salt, black pepper, and garlic powder. Mix with a fork until it becomes a mush.
3. Toast the bun in a pan with a bit of oil for 30–45 seconds until golden brown.
4. Place the bun on a plate. Add half of the avocado spread, then add the chicken that should be done by now, followed by the mozzarella cheese, and lastly, the other half of the avocado spread. Top with the other half of the bun. Done!



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NOTES:

- Alternatively use the air fryer for the chicken thigh.
- You can also add lime juice instead of hot sauce to the avo spread.

CHEESY CHICKEN SANDWICH



ESTIMATED TIME: 20 MIN

A chicken sandwich with a ton of cheese that is packed with protein.

INGREDIENTS FOR 1 SERVING:

1	brioche bun (200 Calories)
120 g	skinless, boneless chicken thighs
10 g	onion
15 g	lettuce
15 g	tomato
1 g	garlic powder
0.5 g	oregano
1	serving quick cheese sauce (see recipe)
Salt and black pepper	

MACROS

Whole Recipe:

Calories	476
Carbs	40
Protein	38
Fats	19



DIRECTIONS:

1. Add oil to the chicken thighs and cover the entire chicken with salt, black pepper, garlic powder, and oregano. Place the chicken in the oven for 12–15 minutes at 180°C or 350°F.
2. Chop up lettuce and cut one slice of tomato and one slice of onion.
3. Make the cheese sauce in a blender, using the recipe.
4. Toast the bun in a pan with a bit of oil for 30–45 seconds until golden brown.
5. Add two tablespoons of cheese sauce, then add the lettuce, tomato, and onion. Next, add the chicken and another two tablespoons of cheese-sauce. Top with the other half of the bun. Done!



WATCH VIDEO

SLOPPY JOE



ESTIMATED TIME: 20 MIN

Sloppy joe is a great sandwich and tastes incredible with tzatziki!

INGREDIENTS FOR 1 SERVING:

1	brioche bun (200 Calories)
150 g	taco meat (see recipe)
20 g	tzatziki (see recipe)
2 g	oil



DIRECTIONS:

1. Make the taco meat and the tzatziki if not already meal prep'd. If you meal prep'd already then microwave taco meat for 2–3 minutes.
2. Add oil to a pan on medium heat. Rotate the bun while toasting for even browning.
3. Remove bun and add tzatziki as a base and then your prep'd taco meat. Top with the bun. Done!

MACROS

Whole Recipe:

Calories	461
Carbs	40
Protein	42
Fats	18



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STUFFED PEPPERS



ESTIMATED TIME: 35 MIN

Stuffed bell peppers are great for meal prep and also very easy to make.

INGREDIENTS FOR 1 SERVING:

2	medium to large bell peppers
200 g	ground beef 95/5
50 g	egg whites
50 g	buttermilk
1	medium onion or 50 g
2	cloves of garlic
1	slice sandwich bread
30 g	gouda fat reduced
5 g	dry gelatine
2 g	paprika
2 g	cayenne pepper
Salt and black pepper	

MACROS

Whole Recipe:

Calories	600
Carbs	38
Protein	59
Fats	17



DIRECTIONS:

1. Dice the onion, peel, and grate the garlic. Cut peppers in halves and remove the inner core, so they look like a halved boat. Add buttermilk with gelatine into a glass and mix.
2. Cut the slice of bread into small cubes.
3. Preheat oven to 180°C or 350°F.
4. Place a bowl on a scale.
5. Add in beef, onions, garlic, bread, buttermilk, egg white, gouda cheese, and seasoning.
6. Mix everything with your hand until you have a giant meatball.
7. Stuff all four pepper boats with meat and add them to a baking dish.
8. Bake them in the oven for 25 – 35 minutes. Done!

NOTES:

- You can add more seasonings like cumin or paprika.
- You can make more and meal prep them. They last in the fridge for 2-3 days.

JUICY MEATBALLS



ESTIMATED TIME: 20 MIN

There are meatballs and then there are juicy meatballs. Once you've made this recipe, you'll know what I'm talking about!

INGREDIENTS FOR 1 SERVING:

180g	ground beef 95/5
1	slice sandwich bread
½	medium onion or 25g
25g	egg whites
50g	buttermilk
9g	dry gelatine
5g	parsley
2g	chili powder
2g	paprika
Salt and black pepper	

MACROS

Whole Recipe:

Calories	386
Carbs	16
Protein	53
Fats	10



DIRECTIONS:

- Preheat the oven to 180°C or 350°F.
- Add buttermilk and gelatine into a glass and mix until combined. Set it aside.
- Dice the onion into very small pieces. Peel and grate garlic. Remove the crust from the bread and cut it into small cubes. Chop up parsley.
- Place the bowl on a scale. Add in beef, egg whites, garlic, onions, bread, parsley, seasonings, and buttermilk.
- Mix everything with your hands until it becomes one humongous meatball.
- To check the seasoning, take a small piece of the meat and place it into a microwave-safe container. Microwave the meat on high for 15 seconds and taste it. Add seasoning to raw meatballs if needed.
- Spray oil into a baking dish. Form small meatballs and place them into the dish. The size is a personal preference. Bigger balls will take longer to bake.
- Once the entire meat is formed into small balls, place the baking dish into the oven and bake for 15–18 minutes.
- You can immediately eat them or add oil to a pan on high heat and add meatballs. Fry them for 1 minute to develop extra browning on the outside. Done!

NOTES:

- You can add 25g of grated Parmesan for extra flavor. It will add 100 extra calories.
- Meatballs can be meal-prepped and last in the fridge for 3–4 days.



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CHILI CON CARNE



ESTIMATED TIME: 25 MIN

Chili is perfect during cold winter days where you just want comfort food and relax.

INGREDIENTS FOR 1-2 SERVINGS:

180 g	ground beef 95/5
240 g	canned kidney beans
400 g	crushed tomatoes
1	medium onion or 50 g
1	red bell pepper or 150 g
2	cloves of garlic
2 g	cumin
3 g	chili powder
5 g	cocoa powder
250 g	water
4 g	chicken broth
9 g	dry gelatine
Salt and black pepper	

MACROS

Whole Recipe:

Calories	739
Carbs	82
Protein	69
Fats	16



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DIRECTIONS:

1. Chop up onions and paprika into bite-size pieces. Peel and grate garlic. Drain the kidney beans.
2. Add water with broth powder and gelatine into a glass and mix until combined.
3. Add oil to a pan (24cm/9.5inch) on medium heat and fry the onions and pepper for 4–5 minutes until they start caramelizing.
4. Add the ground beef and fry on medium-high heat for additional 3–4 minutes until the beef starts to get color.
5. Add in garlic, and keep frying.
6. Now add in crushed tomatoes and broth, and stir until smooth.
7. Next add salt, pepper, cumin, chili, and cocoa powder. Mix everything, close the lid and let it simmer on medium heat for 15 minutes.
8. Remove the lid and if the chili is not thick enough, let it simmer for another 5 minutes, so more liquid is evaporated. Done!

NOTES:

- Chili is amazing for meal prepping. It lasts for 3–4 days. Adjust the recipe to make more servings by multiplying by 2.
- Chili can become a gel when cooled down because of the gelatin. It will dissolve immediately as soon as it gets reheated, so don't worry.

COD & POTATOES



ESTIMATED TIME: 20 MIN

A Portuguese meal that is made with cod - one of best sources protein from the sea.

INGREDIENTS FOR 1 SERVING:

1	cod fillet or 200 g
250 g	mealy potatoes
2	eggs
1	medium onion or 50 g
6g	oil
Salt and black pepper	



MACROS

Whole Recipe:

Calories	573
Carbs	49
Protein	53
Fats	17

DIRECTIONS:

1. Cut potatoes into small cubes.
2. Add them into a microwave-safe container and microwave them for 5–6 min at 600W.
3. Cut cod into bitesize pieces.
4. Crack eggs, and add them into a separate bowl with salt and pepper. Whisk them with a fork.
5. Add oil to a pan (24cm/9.5inch) on medium-high heat. Add in the potatoes and fry for 5–6 min.
6. Add the onion with another bit of oil and keep frying for another 3 minutes.
7. Add cod into the pan, add salt and pepper and keep frying until cod is cooked through, it should take 3–5 minutes.
8. As soon as the cod is soft, mash the cod and mix it with the potatoes and onion, so it becomes one mixture.
9. Add the whole eggs and combine everything until the eggs are cooked.
10. Transfer everything to a plate. Done!

NOTES:

- If you don't have a microwave, the potatoes need 15 min in total in the pan before adding onions on medium-low.



WATCH VIDEO

BEEF QUESADILLA



ESTIMATED TIME: 20 MIN

*Quesadillas all day every day,
this time with beef.*

INGREDIENTS FOR 1 SERVING:

1	wheat tortilla (20cm or 8inch)
100 g	ground beef 95/5
1	medium onion or 50 g
50 g	tomatoes
25 g	shredded mozzarella
25 g	pickled jalapeno
20 g	mint sauce (see chapter)
2 g	oil
Salt and black pepper	



MACROS

Whole Recipe:

Calories	370
Carbs	31
Protein	29
Fats	15

DIRECTIONS:

1. Chop up all vegetables into small pieces.
2. Place a pan (24cm/9.5inch) on the stove on medium-high heat with 2g of oil.
3. Start with frying the onion for 2-3 minutes.
4. Add the beef and keep frying for another 2 minutes under occasional stirring. Try to separate the beef with a spatula.
5. Add in tomatoes and jalapenos and fry them for 1-2 minutes—season with salt and pepper.
6. Lay the tortilla on a plate beside the pan.
7. Add Mozzarella to the pan and combine everything until the cheese is melted. This will take about 30 seconds.
8. Transfer the meat to the tortilla you prepared. Take the tortilla and put it back into the pan, bottom side down.
9. Add the mint sauce on top of the meat.
10. Flip one side of the tortilla on top of the other to form a quesadilla, and press it down gently with your spatula.
11. Salt the outside of the tortilla and fry both sides for about 30 seconds. Done!

NOTES:

- You can swap out the sauce for something else you like, like ketchup or sriracha.



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SPICY BEEF QUESADILLA



ESTIMATED TIME: 20 MIN

*Quesadillas all day every day,
this time with some heat.*

INGREDIENTS FOR 1 SERVING:

1	wheat tortilla (25cm or 10inch)
180 g	ground beef 95/5
1	medium onion or 50g
1	egg
25g	shredded mozzarella
20g	soy sauce
5g	honey
10g	gochujang
1g	cumin
1g	garlic powder
4g	oil
Black pepper	

MACROS

Whole Recipe:

Calories	654
Carbs	44
Protein	62
Fats	30



DIRECTIONS:

- Chop up the onion into small pieces. Add to a glass soy sauce, gochujang, and honey and mix.
- Place a pan (25cm/10inch) on the stove on medium-high heat.
- Start with frying the onion in a bit of oil for 2-3 minutes.
- Add the beef with another touch of oil and keep frying for another 2 minutes under occasional stirring. Try to separate the beef with a spatula.
- Add in cumin and garlic powder and toast the spices for 30 seconds.
- Add the sauce and mix everything, then crack in the egg and immediately add the cheese. Give everything a stir and then lay the tortilla on top of the meat and cheese mixture.
- Place a plate on top of the tortilla and flip the pan. Lay the tortilla with the other side back to the pan.
- Flip one side of the tortilla on top of the other to form a quesadilla, and press it down gently with your spatula.
- Salt the outside of the tortilla and fry both sides for about 30 seconds. Done!

NOTES:

- This recipe has a different technique to build the quesadilla, you can also stick to the technique of the recipe before.

CHICKEN QUESADILLA



ESTIMATED TIME: 20 MIN

*Quesadillas all day every day,
this time with chicken.*

INGREDIENTS FOR 1 SERVING:

1	wheat tortilla (20cm or 8inch)
½	chicken breast or 100 g
1	medium onion or 50 g
½	red bell pepper or 75 g
25g	shredded mozzarella
20g	peanut butter sauce (See recipe)
2g	oil
	Salt and black pepper



MACROS

Whole Recipe:

Calories	365
Carbs	32
Protein	32
Fats	14

DIRECTIONS:

1. Chop up all vegetables into small pieces.
2. Cut chicken into bite-size pieces.
3. Add oil into a pan (24cm/9,5inch) on medium-high heat and add in the onion and the pepper. Fry them for 3-4 minutes.
4. Add in the chicken and an optional 1g of turmeric and chili powder, season with salt and pepper.
5. Keep frying for a further 2 minutes until the chicken is cooked through.
6. Add Mozzarella to the pan and combine everything until the cheese is melted.
7. Transfer the meat to the tortilla you prepared. Take the tortilla and put it back into the pan, bottom side down.
8. Add the sauce on top of the meat.
9. Flip one side of the tortilla on top of the other to form a quesadilla, and press it down gently with your spatula. Salt the outside of the tortilla and fry both sides for about 30 seconds. Done!



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NOTES:

- You can use other spices like smoked paprika, chili or cumin.

EGG WHITE QUESADILLA



ESTIMATED TIME: 20 MIN

If you've been craving a quesadillas but don't fancy a meaty dish, this recipe is for you!

INGREDIENTS FOR 1 SERVING:

1	wheat tortilla (20cm or 8inch)
100 g	egg whites
1	medium onion or 50 g
150 g	pak choi
1	slice american cheese
30 g	cream cheese 0.2 % fat
½	avocado or 70 g
½	lime (juice)
2 g	garlic powder
2 g	oil
Salt and black pepper	

MACROS

Whole Recipe:

Calories	398
Carbs	39
Protein	25
Fats	19



DIRECTIONS:

1. Chop up all vegetables into small pieces. Cut the american cheese into small pieces as well.
2. Add avocado, cheese, lime juice, salt, pepper and garlic powder into a bowl. Mash it with a fork until smooth.
3. Spread the avocado mix on the tortilla as a layer.
4. Add oil into a pan (24cm/9,5inch) on medium-high heat and fry the onion and pak choi for 3-4 minutes.
5. Add salt and pepper and mix.
6. Now add the egg whites and immediately follow with the cheese. Spread everything out nicely with a spatula for 30 seconds.
7. Transfer the egg on top of the tortilla and avocado and spread the eggs with a spatula. Put the tortilla back into the pan.
8. Flip one side of the tortilla on top of the other to form a quesadilla, and press it down gently with your spatula. Salt the outside of the tortilla and fry both sides for about 30 seconds or until you have a nice color. Done!

NOTES:

- You can add 25g shredded Mozzarella if you don't like american cheese.
- You can add another sauce to save calories. My mint sauce (see chapter) works best.



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CHEESY FILLED TACO



ESTIMATED TIME: 20 MIN

This is a great taco filled with cheese and a ton of protein!

INGREDIENTS FOR 1 SERVING:

1	tortilla (20cm or 8inch)
150 g	taco meat (see recipe)
30 g	shredded mozzarella
2 g	oil



MACROS

Whole Recipe:

Calories	471
Carbs	32
Protein	46
Fats	22

DIRECTIONS:

1. Make the taco meat if not already meal prep'd. If you meal prep'd already then microwave taco meat for 2-3 minutes.
2. Add oil to a pan (24cm/9,5inch) on medium heat, add the tortilla and let one side brown for 1-2 minutes.
3. Flip the tortilla and add the shredded mozzarella cheese and immediately the microwaved taco meat.
4. Wait until the other side of the tortilla is brown as well and form a taco. Done!

NOTES:

5. You can add cheddar or american cheese if you don't like mozzarella cheese.
6. Use wheat tortilla instead of corn if you don't like corn tortillas.

CHICKEN TIKKA



ESTIMATED TIME: 20 MIN

Chicken tikka is one the most popular dishes in India.

This recipe has been tweaked slightly to reduce the calories without reducing flavor.

INGREDIENTS FOR 1 SERVING:

1	chicken breast or 180 g
400 g	crushed tomatoes
100 g	plain yogurt
100 g	3% fat evaporated milk
1	medium onion or 50 g
4	cloves of garlic
1	piece of fresh ginger (thumb size)
1g	coriander
1g	chili powder
2g	turmeric
2g	paprika
½	lemon (juice)
2g	oil
Salt and black pepper	

MACROS

Whole Recipe:

Calories	501
Carbs	49
Protein	55
Fats	13



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DIRECTIONS:

1. Peel and grate garlic and ginger.
2. Mix all spices in a small container.
3. Place a bowl on a scale. Add in yogurt and half of the spices. 2 grated cloves of garlic, and 1 piece of minced ginger.
4. Add a pinch of salt. Squeeze in the lemon juice and mix until combined.
5. Cut the chicken into 3-4 pieces and add it into the bowl and cover the chicken with the marinade. Cover the bowl and let it marinate in the fridge for 1-4 hours.
6. Chop up the onion.
7. Place a pan on the stove on medium-high heat and add in the chicken breast. Fry each side for around 1 minute.
8. Remove the chicken, add in oil and add in the onions. Fry them for 3-5 minutes and then add in the remaining garlic and ginger and keep frying for 30 seconds.
9. Add remaining spices, mix everything together including the crushed tomatoes. Stir it and let it simmer on medium heat for 10 minutes.
10. Add evaporated milk and mix until the color changes to a warm orange.
11. Add in the chicken again and let it simmer until the chicken is cooked through. This should take about 3-4 more minutes. Done!

NOTES:

- This tastes great with white fluffy rice.
- Chicken breast can be swapped out for thighs.

SMASHED CHEESEBURGER



ESTIMATED TIME: 10 MIN

Once you've tried the smashburger technique you will never eat a normal burger ever in your life - sorry.

INGREDIENTS FOR 1 SERVING:

1	brioche bun (200 calories)
180 g	ground beef 95/5
1	slice american cheese
1	medium onion or 50 g
2	pieces parchment paper - 15x15cm or 6x6inch
2g	oil
Salt and black pepper	

SAUCE:

20g	ketchup
20g	Greek yogurt
20g	pickled cucumber
10g	pickle water

MACROS

Whole Recipe:

Calories	547
Carbs	40
Protein	48
Fats	22



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DIRECTIONS:

- Chop up the onion into small pieces. Mix all the sauce ingredients together in a small bowl.
- Form 2 balls out of the beef. 90g each. Salt and pepper both.
- In a big pan, cast iron works best, add 2g of oil on medium-high heat. Start with frying the onions for 1-2 minutes.
- Now heat up the pan to high and add both beef balls. Place 1 parchment paper over each beef ball. Take a spatula and something heavy like a glass bottle and press both patties down. The parchment paper will prevent the beef from sticking to the spatula. You can press the patty down with the spatula only, but something heavy will help on top of the spatula.
- Fry 1 side of the beef for 30-45 seconds, and flip the beef by scraping the bottom of the patty. If it sticks, you've done it right!
- Place a slice of american cheese on top of 1 patty after flipping.
- Add a little splash of water to the side of the pan and close the lid. The steam will help melt the cheese.
- Add both sides of the bun to the pan and toast them for 15 seconds.
- Assemble burger. With the first bun, add sauce, then patties, then the onion, then again sauce and top the bun. Done!

NOTES:

- A cast iron pan will work best and will develop a nice crust on the patty.
- You can also swap out Greek yogurt in the sauce for light Mayo. It will be 50 calories more but will be tastier.

FIVE GUYS CHEESEBURGER



ESTIMATED TIME: 10 MIN

The Five Guys Burger is an absolute iconic burger. Now You can have it

INGREDIENTS FOR 1 SERVING:

1	brioche bun (200 calories)
180 g	ground beef 95/5
1	slice american cheese
1/2	medium onion or 25g
2	pieces parchment paper - 15x15cm or 6x6inch
30 g	pickles
50 g	tomaotes
15 g	ketchup
15 g	light mayo
2 g	oil
Salt and black pepper	



DIRECTIONS:

1. Chop up the onion into small pieces. Cut tomatoes and pickles into small pieces.
2. Form 2 balls out of the beef. 90g each. Salt and pepper both.
3. In a big pan, cast iron works best, add 2g of oil on medium-high heat. Start with frying the onions for 1-2 minutes.
4. Now heat up the pan to high and add both beef balls. Place 1 parchment paper over each beef ball. Take a spatula and something heavy like a glass bottle and press both patties down. The parchment paper will prevent the beef from sticking to the spatula. You can press the patty down with the spatula only, but something heavy will help on top of the spatula.
5. Fry 1 side of the beef for 30-45 seconds, and flip the beef by scraping the bottom of the patty. If it sticks, you've done it right!
6. Place a slice of american cheese on top of 1 patty after flipping.
7. Add a little splash of water to the side of the pan and close the lid. The steam will help melt the cheese.
8. Add both sides of the bun to the pan and toast them for 15 seconds.
9. Assemble burger. With the first bun, add sauce, then onions, then patties, then tomatoes and pickles, then again sauce and top the bun. Done!

MACROS

Whole Recipe:

Calories	551
Carbs	41
Protein	48
Fats	22



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NOTES:

- A cast iron pan will work best and will develop a nice crust on the patty.

ONEPOT BEEF CURRY



ESTIMATED TIME: 20 MIN

Another Indian inspired meal but this one can be made in one pot and is packed with protein.

INGREDIENTS FOR 1 SERVING:

180 g	ground beef 95/5
50 g	raw rice
250 g	mushrooms
1	medium onion or 50 g
2	cloves of garlic
200 g	water
5 g	vegetable broth
6 g	curry powder
4 g	oil
Salt and black pepper	

optional:

9 g	dry gelatine
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MACROS

Whole Recipe:

Calories	572
Carbs	60
Protein	54
Fats	15



DIRECTIONS:

1. Dice onion, peel and grate garlic, and cut mushrooms into bite-size pieces. Mix water with broth powder and optional gelatine in a glass.
2. Add mushrooms with 50g of water into a pan (24cm/9,5inch) on medium-high heat. Let it saute until mushrooms collapse, 3–4 minutes.
3. Add 2g of oil and keep frying until mushrooms get color, around 4–5 minutes.
4. Make space in the pan and add 2g of oil and add in the onions. Keep frying for another 3–4 minutes.
5. Add in beef and keep frying for another 1–2 minutes until the beef gets color.
6. Add garlic and fry for 20 seconds.
7. Add rice, curry powder, salt, pepper and broth. Combine everything and let it simmer on low heat until the rice is cooked through. 12–15 minutes. Done!

NOTES:

- You can also cook the rice separately and add it after the beef is cooked. But then only add a splash of water to the beef to incorporate the curry better.
- Instant rice is an option as well for even faster results. Add it at the end of the recipe with a splash of water.

CHICKEN & POTATO STIR FRY



ESTIMATED TIME: 20 MIN

One of my go-to meals when I want a quick lunch. It's delicious and super simple to make.

INGREDIENTS FOR 1 SERVING:

1	chicken breast or 180 g
1	egg
1	medium onion or 50 g
250 g	mealy potatoes
250 g	frozen wok vegetables
4 g	oil
Salt and black pepper	



MACROS

Whole Recipe:

Calories	634
Carbs	72
Protein	55
Fats	13

NOTES:

- Switch up the vegetables or add seasoning like cajun to add other flavors.
- Make a tzatziki while the potatoes are cooking to dip everything in. See recipe for guide.



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DIRECTIONS:

- Dice onion. Cut chicken into strips.
- Clean the potatoes, I don't peel them, but you can if you don't like the skin. Cut the potatoes into french fries and then again into bite-size cubes. 2x2 cm or 1x1 inch.
- If you have a microwave place the potatoes in a container and microwave for 5 minutes.
- Place a pan (24cm/9,5inch) on a stove on medium-high. Add oil and fry the chicken on one side for 60 seconds. Add a pinch of salt and black pepper.
- Flip the chicken and fry the other side for 60 seconds. Don't cook the chicken through; just look for color.
- Remove the chicken, add again 2 g oil into the pan and add the potatoes. If you microwaved them, fry them for 5-6 minutes until golden brown. If you add them raw, switch the heat to medium and close the lid and fry them for 12-15 minutes under occasional stirring.
- When the potatoes are almost ready, add in the onion and keep frying for 2-3 minutes.
- Add frozen vegetables with a splash of water, switch the heat to high, close the lid and wait for 2 minutes until the vegetables are thawed. Add another pinch of salt and black pepper.
- Remove the lid, keep frying until the water is evaporated and add in the chicken back for 30 seconds while mixing everything.
- Add the egg, mix it and keep frying for 30 seconds until the egg is cooked. Done!

ONEPOT BEEF & MUSHROOMS



ESTIMATED TIME: 20 MIN

*Onepot meals are amazing,
especially if they are packed with
vegetables, protein and tons flavor.*

INGREDIENTS FOR 1 SERVING:

180g	ground beef 95/5
250g	mushrooms
1	medium onion or 50g
1	clove of garlic
75g	spinach
20g	pickled Jalapenos
200g	crushed tomatoes
200g	water
125g	instant rice
2g	oil
Salt and black pepper	

MACROS

Whole Recipe:

Calories	588
Carbs	69
Protein	55
Fats	13



DIRECTIONS:

1. Dice onion, peel and grate garlic, chop up spinach and jalapenos, and cut mushrooms into bite-size pieces.
2. Add mushrooms with 50g water into a pan (24cm/9,5inch) on medium-high heat. Let it saute until mushrooms collapse, 3-4 minutes. Add 2g of oil and keep frying until mushrooms get color, around 4-5 minutes.
3. Make space in the pan and add 2g of oil and add in the onions. Keep frying for another 3-4 minutes.
4. Add in beef and keep frying for another 1-2 minutes until the beef gets color. Add salt and pepper.
5. Add garlic and jalapenos and fry for 20 seconds.
6. Add spinach, tomatoes and water, stir everything and let it simmer for 5-7 minutes.
7. Add rice and keep cooking until instant rice is soft, about 1 minute. Check for salt and pepper. Done!

NOTES:

- You can add different kinds of spices to add more flavors like cayenne or cumin.
- Add more spinach to add even more volume.

SPICY BEEF & NACHOS



ESTIMATED TIME: 20 MIN

Make some nachos with spicy beef to enjoy the next time you have a movie night in!

INGREDIENTS FOR 1 SERVING:

180 g	ground beef 95/5
2	wheat tortillas (20cm or 8inch)
1	medium onion or 50g
15 g	gochujang
100 g	tomatoes
25 g	soy sauce
2 g	oil
Black pepper	

MACROS

Whole Recipe:

Calories	617
Carbs	63
Protein	55
Fats	17



DIRECTIONS:

1. Dice the onion. Chop up tomatoes into bite-size pieces. Add soy sauce and Gochujang into a small glass and combine with a spoon until smooth. Pre-heat oven to 180°C or 350°F. Cut tortillas into nacho shapes and lay them on top of aluminium foil on a baking sheet. Don't bake them just yet.
2. Heat up a pan (24cm/9,5inch) to medium heat, add oil and start with frying the onions for 2-3 minutes.
3. Switch the heat to medium-high and add in the beef. Keep frying for another 2 minutes. Try to separate the beef with a spatula, so as much beef as possible gets in contact with the pan.
4. Flip the beef and keep frying for another minute and then add in the tomatoes.
5. Keep frying the tomatoes for another minute.
6. Add the sauce to the pan and combine everything. Switch off the heat, close the lid and just let it sit there until the nachos are done.
7. Add the nachos into the oven and bake them for 4-5 minutes until they just start to become brown.
8. Remove the nachos and add them to a plate. Top them with the beef. Done!

NOTES:

- Be careful not to overbake the nachos. They can become dry because there is no fat in them.



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CHICKEN TERIYAKI



ESTIMATED TIME: 15 MIN

Teryaki is one of the most well-known dishes in East Asia and is the perfect meal to add on a bed of rice.

INGREDIENTS FOR 1 SERVING:

1	chicken breast or 180 g
1	medium onion or 50 g
100 g	kohlrabi
25 g	soy sauce
10 g	honey
10 g	rice vinegar
2 g	cornstarch
4 g	oil

MACROS

Whole Recipe:

Calories	337
Carbs	24
Protein	44
Fats	9



DIRECTIONS:

- Optional Step:** Prepare the chicken as described in the chapter "washing and marinating meat to tenderize".
- If you don't marinate, cut the chicken into bite-sized cubes and add salt on top of the chicken.
- Chop up onion and Kohlrabi into roughly the same size.
- Place a small glass on a scale. Add soy, honey, rice vinegar and cornstarch and mix until combined.
- Add 2 g of oil to a pan (24cm/9,5inch) on medium heat. Start with frying onion and Kohlrabi for 5 minutes under occasional stirring.
- Push the veggies to the edges of the pan, and switch the heat to medium high, before adding 2 g oil and the chicken breast. Fry the chicken for 2-3 minutes.
- Add sauce and keep cooking until it's sticky, around 30 seconds. Done!

NOTES:

- You can swap out Kohlrabi for cabbage or carrots.
- Make it with 50 g of rice.
This will add 175 more calories and will taste great.

FILLED SPAGHETTI SQUASH



ESTIMATED TIME: 60 MIN

Spaghetti squash is great to try high calorie sauces because squash itself is so low in calories and high in volume!

INGREDIENTS FOR 2 SERVINGS:

600 g	spaghetti squash (1 entire squash)
150 g	Italian sausage (the fatty one)
400 g	crushed tomatoes
1	medium onion or 50 g
2	cloves of garlic
2 g	oil
5 g	fresh basil
Salt and black pepper	

MACROS

Whole Recipe:	1 Serving:		
Calories	843	Calories	422
Carbs	80	Carbs	40
Protein	39	Protein	20
Fats	45	Fats	23

NOTES:

- The low-calorie amount of squash allows you to make a high-calorie sausage sauce and still have a low-calorie high-volume meal.
- You can swap out the sausage for 250 g skinless, boneless chicken thighs for more protein and fewer calories. The steps above remain the same.
- You can add 15 g of grated parmesan on top each serving. It will add 60 more calories.



WATCH VIDEO



DIRECTIONS:

- Start by preheating the oven to 200°C or 400°F.
- Cut the squash into halves. Use a sharp knife and do it slowly. The shell might be hard to cut at first.
- Remove the seeds with a spoon. Add salt and pepper on top of both squash halves. Put the squash with the open side looking down on a baking sheet and put it in the oven for 45–60 minutes.
- In the meantime, chop up onions, and peel and grate garlic.
- Slice the sausage into halves lengthwise and remove the skin. Chop up the sausage into bite-size pieces.
- Heat up a pan (24cm/9.5inch) to medium heat with oil. Add in onions and the sausage and let it fry for 4–5 minutes. The fat of the sausage will render out and will caramelize the onions.
- Add the garlic and keep frying for 20 seconds. Add a pinch of salt and black pepper. Add crushed tomatoes, add a splash of water, stir everything, close the lid and let it simmer for 10 minutes.
- After 10 minutes, add in the bunch of basil, stir the sauce, and it's ready.
- Pull out the squash from the oven. Mix the inside of the squash with a fork to get stringy flesh that looks like fine spaghetti. Remove all of the squash and plate onto two plates.
- Add sausage sauce on top of both plates. Done!

FILLED SWEET POTATO



ESTIMATED TIME: 45 MIN

Sweet potatoes filled with chicken and vegetables and a savory sauce.

INGREDIENTS FOR 2 SERVINGS:

1	sweet potato or 300 g
1	chicken breast or 180 g
1	medium onion or 50 g
1	red bell pepper or 150 g
50 g	bbq dip or tzatziki
1 g	garlic powder
4 g	oil
Salt and black pepper	



MACROS

Whole Recipe:

Calories	598
Carbs	75
Protein	49
Fats	10

DIRECTIONS:

- Pierce the potato with a knife or fork and air fry it for 30–45 minutes at 200°C or 400°F. Alternatively, you can use the oven.
- Prepare either tzatziki or bbq dip, see recipes.
- Chop the onion and the red bell pepper. Slice the chicken breast into thin strips and season with salt, pepper, and garlic powder
- Heat up a pan (24cm/9,5inch) to medium heat and add some oil. Add in onions and the bell pepper with a pinch of salt and let it fry for 3–4 minutes, stirring occasionally.
- Make some space, add more oil and now the chicken breast. Separate the chicken and fry each side for 1–2 minutes.
- Once the potato is ready, cut it in half and fill it with the cooked chicken and vegetables. Finish by topping it with the chosen sauce. Done!

NOTES:

- Wait with frying the chicken until the sweet potato is almost done so you make sure that they both are ready at the same time.
- You can also make both the sauces and dip the chicken in both.



WATCH VIDEO

CHILLI CHEESE FRIES & BEEF



ESTIMATED TIME: 30 MIN

Beef, potatoes and cheese might be one of my all time favorite combinations, especially when packed with protein.

INGREDIENTS FOR 1 SERVING:

180 g	ground beef 95/5
25 g	pickled Jalapenos
250 g	potatoes
150 g	1% fat cottage cheese
1	slice american cheese
20 g	skimmed milk
1	medium onion or 50 g
2 g	oil
2 g	garlic powder
1 g	cumin
1 g	chili powder
Salt and black pepper	

MACROS

Whole Recipe:

Calories	655
Carbs	58
Protein	68
Fats	17



DIRECTIONS:

- Start with making the fries. See the chapter on Crispy air fryer potatoes.
- While the potatoes are baking, add into a blender cottage cheese, american cheese, milk, a pinch of salt, black pepper, and garlic powder into a blender and mix for 20 seconds until smooth.
- 10 minutes before the potatoes are ready, heat a pan (24cm/9,5inch) on medium heat, add in oil and add onions. Fry the onions for 2-5 min until caramelized.
- Switch to medium-high, add in the beef and keep frying for 1-2 minutes with occasional stirring until the beef is browned. Add Jalapenos, cumin and chilli powder, and keep stirring for another 30 seconds.
- Heat up the cheese sauce in the microwave for 20 seconds just until it is warm.
- Add fries to a plate, top with beef and then cheese sauce. Enjoy!

NOTES:

- You can also make separate sautéed onions to add on top like I did in the picture, but I would rather make them with the beef to save dishes and time.



WATCH VIDEO

CRAZY MELON SALAD



ESTIMATED TIME: 15 MIN

*Don't judge a book by its cover -
this might be the best description of
this meal. Give it a try!*

INGREDIENTS FOR 1 SERVING:

300g	water melon
200g	cantaloupe
60g	light feta cheese
1	chicken breast or 180g
40g	pickled onions (see chapter)
20g	mint sauce (see chapter)
2g	oil
2g	garlic powder
Salt and black pepper	

MACROS

Whole Recipe:

Calories	485
Carbs	43
Protein	56
Fats	12



DIRECTIONS:

1. Chop up melon flesh into bite-size cubes and add them to a big plate.
2. Crumble the feta cheese into small pieces and add it to the melon.
3. Slice the chicken breast into bite-size pieces (same size as melon) and add a pinch of salt, black pepper and garlic powder. Mix it.
4. Heat a pan (24cm/9,5inch) on medium-high heat, add in oil and add chicken breast.
5. Fry this now for 2-3 minutes under occasional stirring until chicken is nicely browned and cooked through.
6. Add chicken on top of the melon and feta cheese. Top everything with pickled onions and then the mint sauce. Done!

NOTES:

- You can switch the melon with different kinds of fruit to add more flavor.
- Don't judge this meal too early, try it you will like it :)



WATCH VIDEO

CHEESE GRITS/ POLENTA



ESTIMATED TIME: 20 MIN

*Are you feeling tired of oats and rice?
Then try these cheese grits for your
next high protein meal.*

INGREDIENTS FOR 1 SERVING:

50 g	cornmeal
180 g	skinless, boneless chicken thighs
1	medium onion or 50 g
1	carrot or 100 g
1	laughing Cow wedge
1	slice american cheese
4 g	vegetable broth powder
250 g	water
1g	cayenne pepper
2 g	smoked paprika
2 g	oil
Salt and black pepper	

MACROS

Whole Recipe:

Calories	601
Carbs	64
Protein	47
Fats	19



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DIRECTIONS:

1. Add cornmeal with water and broth powder into a pot and place it on a stove on high heat. As soon it starts to boil, reduce the heat to low, close the lid and let it simmer for 15 minutes.
2. Dice onion and carrot.
3. Cut chicken thigh into bite-size cubes, add oil on top and add a pinch of salt, black pepper, cayenne pepper and smoked paprika. Mix everything with your hands until the entire chicken turns red.
4. Heat a pan (24cm/9.5inch) to medium, add in oil and then onion and carrot. Fry this for 3-5 minutes under occasional stirring.
5. Switch up the heat to medium-high and add in chicken thighs. Spread it with a spatula, so as much meat as possible comes in contact with the pan. Let it fry for 90 seconds and then flip it and fry again for 2 more minutes until the chicken is done.
6. As soon as the grits are done, add in the laughing cow wedge. Cut the american cheese slice into smaller pieces and add it in as well.
7. Stir the grits until the cheese is melted and the grits are creamy.
8. Add the grits to a plate, top it with the chicken and optional parsley. Done!

NOTES:

- Don't worry about overcooking chicken thighs. It's very difficult to overcook thighs and get them tough.

PASTA WITH BUTTERNUT SQUASH



ESTIMATED TIME: 20 MIN

The real way to eat pasta is to make an entire pan full!

INGREDIENTS FOR 1 SERVING:

$\frac{1}{2}$	butternut squash or 350 g
100 g	dry pasta
150 g	tomatoes
1	medium onion or 50 g
100 g	water
2 g	oil
Salt and black pepper	



MACROS

Whole Recipe:

Calories	595
Carbs	120
Protein	18
Fats	4

DIRECTIONS:

1. Peel the skin from the squash and remove the seeds with a spoon.
2. Then slice it into bite-size cubes by first cutting it lengthways, turn it and slice again into cubes.
3. Chop up tomatoes and onions.
4. Cook pasta. Check out the 'How to make proper pasta' chapter.
5. Heat up a pan (24cm/9,5inch) to medium, add in oil and then add in the squash. Add a pinch of salt and black pepper and fry it for around 5 minutes with occasional stirring.
6. After 5 min, add in the onion and keep frying for another 3 minutes.
7. Add in tomatoes with water, close the lid and let it simmer for 3 minutes.
8. As soon as the pasta is ready, transfer it to the pan of squash with some pasta water, heat up the pan to high and let it cook for 1 minute without the lid. Done!

NOTES:

- Add a bunch of fresh basil at the very end for some fresh flavor.
- Add 15–20 g of parmesan at the end for a super creamy sauce. This will add 80 calories.



WATCH VIDEO

OVEN ROASTED CHICKEN THIGHS & VEGETABLES



ESTIMATED TIME: 30 MIN

For days where you just want to throw everything in an oven and relax.

INGREDIENTS FOR 1 SERVING:

200 g	skinless, boneless chicken thighs
250 g	cauliflower
1	medium onion or 50 g
1	carrot or 100 g
1	red bell pepper or 150 g
2g	garlic powder
2g	dry rosemary
2g	dry basil
5g	oil
Salt and black pepper	

MACROS

Whole Recipe:

Calories	498
Carbs	35
Protein	46
Fats	22



DIRECTIONS:

1. Preheat oven to 200°C or 400°F.
2. Cut chicken into bite-size pieces.
3. Cut all vegetables into bite-size pieces.
4. Add chicken and vegetables to a baking dish. Add oil on top of everything. Add seasoning and mix very well.
5. Bake in the oven for 25–30 minutes. Done!

NOTES:

- I would recommend making the avocado cream cheese dip (see chapter) to dip the chicken and veggies in.
- Don't worry about overcooking chicken thighs, it's way harder to overcook them than the breast.

OVEN ROASTED CHICKEN THIGHS & POTATOES



ESTIMATED TIME: 40 MIN

Also for days where you just want to throw everything in an oven and relax.

INGREDIENTS FOR 1 SERVING:

200 g	skinless, boneless chicken thighs
300 g	potatoes
1	medium onion or 50 g
1	carrot or 100 g
1	red bell pepper or 150 g
1g	garlic powder
1g	dry rosemary
1g	oregano
6g	oil
1	lemon
Salt and black pepper	

MACROS

Whole Recipe:

Calories	726
Carbs	81
Protein	52
Fats	24



DIRECTIONS:

- Preheat the oven to 220°C or 420°F. Peel and cut the potatoes into cubes. Chop the onion, red bell pepper, and carrot into bite-sized pieces. Cut the chicken into large chunks.
- Place a bowl on a scale and add the oil, all the seasonings, and the juice of one lemon. Mix well. Then add all the food and combine until everything is coated with the marinade.
- Place all the food into a baking dish and bake for 30–40 minutes, until done.

NOTES:

- You can use unpeeled potatoes if you prefer.
- Don't worry about overcooking chicken thighs; it's much harder to overcook them compared to chicken breasts.

HONEY GLAZED PORK TENDERLOIN



ESTIMATED TIME: 30 MIN

Pork tenderloin is a very underrated meat for weight loss.

INGREDIENTS FOR 1 SERVING:

180 g	pork tenderloin
300 g	potatoes
1	medium onion or 50 g
1	zucchini or 250 g
1g	garlic powder
1g	onion powder
20g	soy sauce
15g	honey
5g	balsamic vinegar creme
1g	cornstarch
7g	oil
Salt and black pepper	

MACROS

Whole Recipe:

Calories	630
Carbs	85
Protein	50
Fats	12



DIRECTIONS:

- Preheat the oven to 180°C or 350°F. Trim the pork and season it thoroughly with salt. Fry it in a hot pan for 90 seconds on each side. Then transfer it to a baking sheet and bake in the oven for 14 minutes.
- Meanwhile, peel and cut the potatoes into bite-sized cubes. Microwave them in a container for 5 minutes at 600W. Chop the onion and zucchini.
- Add oil to a pan (24cm/9,5inch) on medium heat. Add the microwaved potatoes with a pinch of salt and fry them for 5 minutes, stirring occasionally.
- Then add another bit of oil and add the vegetables with a pinch of salt, black pepper, garlic powder, and onion powder. Keep frying everything for another 3–4 minutes.
- Remove the meat from the oven and let it rest for 3–4 minutes. Meanwhile, combine soy sauce, balsamic vinegar, honey, and cornstarch in a glass. Add it to the pan and mix until it thickens, about 30 seconds.
- Slice the meat into thick slices, top with the vegetables, and it's done!



WATCH VIDEO

CREAMY BUFFALO CHICKEN



ESTIMATED TIME: 20 MIN

*Buffalo chicken is great on
it's own but becomes crazy
good when made creamy!*

INGREDIENTS FOR 1 SERVING:

1	chicken breast or 180 g
½	red bell pepper or 75 g
1	medium onion or 50 g
1	laughing cow wedge
40g	hot sauce (Franks)
5g	honey
2g	cornstarch
20g	water
2g	garlic powder
1g	cumin
4g	oil
Salt and black pepper	

MACROS

Whole Recipe:

Calories	346
Carbs	18
Protein	44
Fats	13



DIRECTIONS:

- Cut the chicken breast into bite-size cubes.
- Add hot sauce, honey, water and cornstarch into a small glass and combine until smooth.
- Dice the onion. Cut the pepper into strips, turn it and cut it into bite-size cubes.
- Add oil to a pan (24cm/9,5inch) on medium heat. Add the onion and vegetables and fry them under occasional stirring for 3-4 minutes until soft and caramelized.
- Push the veggies to the side of the pan. Add a spray of oil and add in the chicken. Try to separate the chicken cubes with a spatula, so it gets in contact with the pan. Add cumin, garlic powder and black pepper. Fry the chicken for 2-3 minutes under occasional stirring until done.
- Add in sauce and laughing cow wedge. Mix the wedge with a spatula by pressing it down, so it incorporates into the sauce, 1 more minute. Done!

NOTES:

- It can be made with rice or in a 25cm or 11inch tortilla with 20g shredded mozzarella and form a quesadilla.



WATCH VIDEO

AIR FRYER CHICKEN NUGGETS



ESTIMATED TIME: 20 MIN

*The juiciest chicken nuggets
that are not deep fried.*

INGREDIENTS FOR 1 SERVING:

1	chicken breast or 180 g
5g	flour
30g	egg whites
25g	cornflakes
1g	cayenne pepper
1g	smoked paprika
Salt and black pepper	



DIRECTIONS:

1. Start by dry-brining the chicken as described in the chapter „How to Cook a Juicy Chicken Breast.”
2. After brining, cut the chicken into nuggets. The size of the nuggets will dictate the baking time, with thicker nuggets needing longer in the air fryer or oven.
3. To create the breading, add cornflakes to a ziplock bag and crush them into a rough powder using a heavy pot.
4. Set up three separate bowls containing flour, egg whites, and crushed cornflakes. Dip each piece of chicken into the bowls in that order, making sure that each piece is fully coated with breading.
5. Place the chicken into the air fryer basket and spray some oil on top. Flip the chicken and add another spritz of oil.
6. Set the air fryer to 200°C or 400°F and cook for 8–12 minutes. Use a food thermometer to ensure that the internal temperature of the chicken reaches 74°C or 165°F to be safe.

NOTES:

- As a dipping sauce I recommend using the ranch sauce or the PB sauce from this book, see chapter.

MACROS

Whole Recipe:

Calories	351
Carbs	25
Protein	45
Fats	9



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CAPRESE CHICKEN



ESTIMATED TIME: 20 MIN

The Italian way to eat chicken breast is to add cheese, tomatoes and basil.

INGREDIENTS FOR 1 SERVING:

1	chicken breast or 180 g
1	medium onion or 50 g
1	clove of garlic
200g	tomatoes
60g	fresh light mozzarella
100g	water
4g	oil
5g	fresh basil
0.5g	oregano
Salt and black pepper	

MACROS

Whole Recipe:

Calories	378
Carbs	15
Protein	53
Fats	14



DIRECTIONS:

1. Flatten the chicken breast evenly with something heavy and optional dry brine it as described in the chapter "How to cook chicken breast".
2. Dice the onion. Peel and grate garlic. Chop up tomatoes. Cut mozzarella into strips.
3. Heat up a pan (24cm/9,5inch) to medium-high heat and add in 2g of oil. Add in the chicken breast. Fry it for 2-3 minutes on each side until almost cooked through.
4. Remove the chicken. Add another touch of oil, switch the heat to medium and add in the onion. Fry them for 3 minutes until they start to caramelize.
5. Add in the garlic. Keep frying for 20 seconds.
6. Add in water and tomatoes. Season with salt, pepper and oregano. Mix everything, close the lid and let it simmer for 5-6 minutes until the tomatoes release their juices, and the sauce thickens up.
7. Add the chicken back, top the chicken with Mozzarella cheese, and close the lid again. Keep it simmering for 30-45 seconds until Mozzarella is melted and the chicken is heated up again. Top with fresh basil. Done!

NOTES:

- This taste amazing with rice or potatoes.
- It can also be made with shredded Mozzarella instead fresh.

TEXAS STYLE BEEF & INSTANT RICE



ESTIMATED TIME: 15 MIN

Texas spices combined and added on top of a speedy beef & rice meal.

INGREDIENTS FOR 1 SERVING:

180 g	ground beef 95/5
1	medium onion or 50g
100 g	tomatoes
½	red bell pepper or 75g
125 g	instant rice
2	laughing cow wedges
50 g	water
2 g	smoked paprika
2 g	garlic powder
2 g	onion powder
1 g	cayenne pepper
2 g	oil
Salt and black pepper	

MACROS

Whole Recipe:

Calories	561
Carbs	52
Protein	38
Fats	15



DIRECTIONS:

1. Dice onion and pepper into small pieces. Cut tomatoes into smaller pieces.
2. Add all spices into a glass and mix until combined.
3. Add oil into a pan (24cm/9,5inch) on medium heat and add onion and peppers. Fry them for 3–4 minutes under occasional stirring.
4. Push vegetables to the side, switch up the heat to medium-high and add beef. Spread it with a spatula, so as much meat as possible comes in contact with the pan. Fry the beef for 1 minute.
5. Add spices and tomatoes and stir everything. Add a splash of water. Let everything cook for one more minute, and press down the tomatoes occasionally so they release their juices.
6. Add laughing cow wedges and spread them by pressing them down until they are fully incorporated.
7. Add instant rice with another splash of water and stir everything until the rice is hot and incorporated into the meat and vegetable mixture. Done!

NOTES:

- Carrots can be added to this recipe as well at the beginning with the onion and peppers.
- You can also make 60 g of raw rice instead instant.



WATCH VIDEO

EASY PEASY STIR FRY



ESTIMATED TIME: 15 MIN

This is a stir fry that you can make in about 15 minutes and always hits!

INGREDIENTS FOR 1 SERVING:

1	chicken breast or 180 g
1	medium onion or 50g
100 g	tomatoes
125 g	instant rice
250 g	cabbage
20 g	soy sauce
1g	garlic powder
0.5g	cumin
1g	cayenne pepper
5g	oil
Black pepper	

MACROS

Whole Recipe:

Calories	519
Carbs	62
Protein	51
Fats	11



DIRECTIONS:

1. Dice onion, chop up cabbage and cut tomatoes into smaller pieces. Slice chicken breast into thin strips.
2. Add oil into a pan (24cm/9,5inch) on medium heat and add onion and cabbage with a small pinch of salt. Fry them for 3–4 minutes under occasional stirring.
3. Push vegetables to the side, switch up the heat to medium-high, add some oil and then the chicken. Spread it with a spatula, so as much meat as possible comes in contact with the pan. Add garlic powder, cumin, and cayenne pepper to the pan. Fry the chicken for 1 minute, then combine everything and fry the other side of the chicken for another minute.
4. Add tomatoes and close the lid for 1 minute.
5. Add soy sauce and instant rice. Give everything a stir until rice is hot, about 30 seconds. Done!



WATCH VIDEO

NOTES:

- Carrots can be added to this recipe as well at the beginning with the onion and cabbage.
- You can also make 60g (weighted raw) rice instead instant.

CHICKEN POKE BOWL



ESTIMATED TIME: 20 MIN

This dish is a combination of sweet and savory and tastes incredible.

INGREDIENTS FOR 1 SERVING:

1	chicken breast or 180 g
60g	raw rice
60g	avocado
100g	canned pineapple
50g	peas
100g	carrots
4g	garlic powder
4g	oil
1 serving	pb & soy sauce (see recipe)
Salt and black pepper	

MACROS

Whole Recipe:

Calories	769
Carbs	90
Protein	55
Fats	22



DIRECTIONS:

1. Add rice with water in a pot (18cm or 7inch diameter) with a pinch of salt. Place it on a stove on high heat. As soon the water starts to boil, reduce the heat to low, close the lid and let it simmer for 12–15 minutes.
2. Preapre the pb & soy sauce.
3. Next, cut the chicken breast into bite-sized pieces and season them with salt, black pepper, and garlic powder. Similarly, dice the carrots, avocado, and pineapple into bite-sized pieces.
4. Preheat a pan (24cm or 9.5 inch) over medium-high heat and add oil to it. Begin by frying the chicken pieces on one side for about 1 minute. Then flip the chicken over and cook for an additional minute. Remove the chicken from the pan and set aside. If you're using frozen peas, fry them in the same pan for 1 minute.
5. To serve, add rice to a bowl. Top the rice with the prepared fruit, vegetables, and chicken. Finish off with a drizzle of the PB & soy sauce mixture.

NOTES:

- You can also use the spicy mayo for this recipe.
- Try different kinds of fruits or vegetables to switch things up. Mangos or peaches work great here.



WATCH VIDEO

PEANUT BUTTER BEEF & RICE



ESTIMATED TIME: 20 MIN

If you think that peanut butter doesn't belong on top of meat you should first try this recipe!

INGREDIENTS FOR 1 SERVING:

50 g	raw rice
125 g	water
180 g	ground beef 95/5
1	medium onion or 50 g
100 g	tomatoes
25 g	soy sauce
18 g	powdered peanuts
10 g	rice vinegar
5 g	honey
1	clove of garlic
2 g	oil
Black pepper	

MACROS

Whole Recipe:

Calories	612
Carbs	64
Protein	57
Fats	14



DIRECTIONS:

- Add rice with water in a pot (18cm or 7inch diameter) with a pinch of salt. Place it on a stove on high heat. As soon the water starts to boil, reduce the heat to low, close the lid and let it simmer for 12–15 minutes.
- Dice onion and tomato into small pieces. Peel and grate garlic clove.
- Add soy, rice vinegar, honey and powdered peanuts into a glass. Add black pepper and mix until combined.
- Add oil to a pan (24cm/9,5inch) on medium heat and add onions. Fry them for 3 minutes until they start caramelizing.
- Switch the heat up to medium-high and add in the beef. Fry beef for 1–2 minutes until it starts becoming brown.
- Now add tomatoes and mix everything. Push down the tomatoes, so they release their juice. About 2 minutes.
- Now add sauce and stir everything and let it simmer for about 30 seconds. Remove from the heat if this is earlier ready than rice, and close the lid.
- As soon rice is ready, add it to the pan with the meat and mix everything. Done!

NOTES:

- Add 10 g Gochujang to soy sauce to add some heat.
- Add 1 laughing cow wedge at the end to make it super creamy. It will add 40 calories.

CREAMY PAPRIKA CHICKEN & RICE



ESTIMATED TIME: 20 MIN

This is the way to sneak in vegetables without even noticing it.

INGREDIENTS FOR 1 SERVING:

50g	raw rice
125g	water
1	chicken breast or 180g
1	red bell pepper or 150g
100g	carrots
1	medium onion or 50g
2g	garlic powder
1g	smoked paprika
100g	cottage cheese
10g	gochujang
5g	honey
5g	oil
Salt and black pepper	

MACROS

Whole Recipe:

Calories	710
Carbs	81
Protein	63
Fats	16



DIRECTIONS:

1. Add rice with water in a pot (18cm or 7inch diameter) with a pinch of salt. Place it on a stove on high heat. As soon the water starts to boil, reduce the heat to low, close the lid and let it simmer for 12–15 minutes.
2. Dice the onion, carrot, and bell pepper into small pieces.
3. Put the chicken breast in a ziplock bag and flatten it evenly using a heavy pot, focusing on the thicker side of the chicken breast. Then, season the chicken on both sides with salt, garlic powder, and smoked paprika.
4. Add some oil to a pan over medium heat and add the vegetables with a small pinch of salt. Fry them for 5–7 minutes until caramelized.
5. Remove the vegetables from the pan, add another drizzle of oil, and then add the chicken. Fry the chicken for 5–6 minutes, flipping it every minute until it is cooked through.
6. Meanwhile, add cottage cheese, gochujang, honey, 1g of garlic powder, black pepper, and all of the fried vegetables to a blender. Blend on high for 1 minute until you have a smooth orange sauce.
7. Place the rice in a bowl, followed by the chicken, and then pour the sauce on top. Done!



WATCH VIDEO

PESTO CHICKEN



ESTIMATED TIME: 20 MIN

*Pesto on chicken with potatoes
tastes absolutely insane!*

INGREDIENTS FOR 1 SERVING:

1 serving	pesto (see recipe)
125 g	water
1	chicken breast or 180 g
1	medium onion or 50 g
250 g	potatoes
6 g	oil
Salt and black pepper	



DIRECTIONS:

1. Peel and Cut the potatoes into thick slices, then into fries and then again into bite-size cubes. 2x2cm or 1x1 inch.
2. Microwave the potatoes in a bowl for 5 min at 600W.
3. Prepare 1 serving of pesto. Dice the onion and cut the chicken breast into equally sized pieces.
4. Add oil to a pan over medium heat and add the microwaved potatoes with a pinch of salt. Fry them for 5 minutes until slightly golden brown.
5. Add another drizzle of oil and add the onion with another small pinch of salt and black pepper. Fry them for an additional 2–3 minutes before adding a touch more oil and adding the chicken. Fry the chicken for 2 minutes on each side without overcooking it, stirring occasionally.
6. Spread the pesto as the bottom layer on a plate and place the chicken, potatoes, and onion on top. Done!

MACROS

Whole Recipe:

Calories	583
Carbs	52
Protein	53
Fats	21



WATCH VIDEO

DECONSTRUCTED BIG MAC



ESTIMATED TIME: 20 MIN

A big mac without a bun and tasty potatoes instead is amazing!

INGREDIENTS FOR 1 SERVING:

180 g	ground beef 95/5
250 g	potatoes
1	medium onion or 50g
50 g	lettuce
50 g	pickles
50 g	tomatoes
5 g	oil
1 g	dry rosemary
1 serving	1000 island sauce (see recipe)
1 serving	3 ingredient cheese sauce (see recipe)

MACROS

Whole Recipe:

Calories	683
Carbs	63
Protein	57
Fats	26



DIRECTIONS:

1. Peel and Cut the potatoes into thick slices, then into fries and then again into bite-size cubes. 2x2cm or 1x1 inch.
2. Microwave the potatoes in a bowl for 5 min at 600W.
3. Prepare one serving each of 1000 Island sauce and cheese sauce.
4. Finely chop onions, pickles, lettuce, and tomatoes.
5. In a pan, heat oil over medium-high heat. Add the microwaved potatoes and a pinch of salt. Fry them for about 5 minutes or until they are golden brown. Then remove the potatoes from the pan.
6. Add a bit more oil to the pan, and sauté the onions for 2-3 minutes, or until they are translucent and slightly golden.
7. Push the onions to the side of the pan, add another bit of oil, and place the beef in the pan. Break up the meat, ensuring as much of the meat as possible is in contact with the pan. Season with salt and black pepper.
8. After one minute, combine the beef with the onions in the pan and continue frying for another minute.
9. Turn off the heat, then pour in the cheese sauce, mixing continuously for about 30 seconds until the mixture is creamy.
10. To serve, arrange the fried potatoes on a plate, top with the chopped vegetables, followed by the 1000 Island sauce, and finally, add the creamy cheesy beef mixture on top. Done!

NOTES:

- Add chili flakes for additional heat.
- You can add more vegetables like bell peppers or carrots for more volume.



WATCH VIDEO

SLOPPY FELU'S



ESTIMATED TIME: 20 MIN

Sloppy Felu is the new Sloppy Joe!

INGREDIENTS FOR 1 SERVING:

2	wheat tortilla (20cm or 8inch)
180 g	ground beef 95/5
½	red bell pepper or 75g
1	medium onion or 50g
100 g	tomatoes
1	clove of garlic
30 g	shredded mozzarella
50 g	water
25 g	soy sauce
15 g	gochujang
150 g	pumpkin puree
2 g	oil

MACROS

Whole Recipe:

Calories	767
Carbs	62
Protein	66
Fats	27



DIRECTIONS:

1. Dice the onion. Chop up tomatoes and bell pepper into small pieces. Peel and grate garlic.
2. Place a bowl on a scale. Add in pumpkin puree, gochujang, soy sauce and water. Mix until smooth.
3. Heat up a pan (24cm/9,5inch) to medium heat and add in 2g of oil. Start with adding onions and bell pepper. Fry them for 3 minutes until they start caramelizing.
4. Add ground beef, switch up the heat to medium-high and keep frying the beef for 1-2 minutes. Separate the beef, so as much beef as possible gets in contact with the pan.
5. After the beef has some brown spots, add in the garlic and the tomatoes. Keep frying for another minute, pressing down the tomatoes, so they release their juices.
6. Add in the sauce and combine everything, around 1 minute longer.
7. Switch off the heat and add in mozzarella cheese. Combine everything so the cheese can melt.
8. Place 2 tortillas on a table. Distribute the meat equally on both tortillas. Clean the pan and place it back on the stove on medium-high heat.
9. Add 1 tortilla in and flip one side over the other to build a quesadilla. Repeat with the other tortilla, so both quesadillas are side by side in the pan. Add a small pinch salt on top of the quesadilla.
10. Flip after 30-60 seconds until both sides have a brown color. Done!

NOTES:

- Use a big pan for this one, especially if you use 2 tortillas that will be cooked simultaneously at the end. Otherwise make 1 after the other.



WATCH VIDEO

BUFFALO RICE BOWL



ESTIMATED TIME: 20 MIN

Rice bowls are one of my favorite weeknight meals.

INGREDIENTS FOR 1 SERVING:

180 g	ground beef 95/5
50 g	raw rice
1	red bell pepper or 150 g
1	medium onion or 50 g
1	carrot or 100 g
2g	garlic powder
1g	cumin
1g	oil
40g	hot sauce
5g	honey
20g	water
2g	cornstarch
1	laughing cow wedge
Salt and black pepper	

MACROS

Whole Recipe:

Calories	645
Carbs	76
Protein	50
Fats	17



DIRECTIONS:

1. Add rice with water in a pot (18cm or 7inch diameter) with a pinch of salt. Place it on a stove on high heat. As soon the water starts to boil, reduce the heat to low, close the lid and let it simmer for 12–15 minutes.
2. Chop the bell pepper, onion, and carrot into bite-sized pieces.
3. In a separate glass, combine hot sauce, honey, corn starch, and water and mix well.
4. In a pan on medium heat, add oil and begin frying the chopped vegetables with a pinch of salt for 5–6 minutes, stirring occasionally.
5. Push the vegetables to the side of the pan and add more oil. Then, add the ground beef and separate the meat with a spatula to ensure maximum browning.
6. After 1 minute, add salt, black pepper, cumin, and garlic powder and mix everything together. Continue frying for another minute until the beef is cooked through.
7. Next, add the sauce and laughing cow wedge to the pan, stirring until the cheese is fully incorporated (approximately 30–45 seconds).
8. Finally, add the cooked rice to the pan and mix everything together. Your dish is ready!

NOTES:

- You can also use instant rice to save some time.
- Use different spices like cayenne pepper or turmeric for more flavor.



WATCH VIDEO

TERIYAKI BEEF BOWL



ESTIMATED TIME: 20 MIN

Another rice bowl that takes 20 minutes, perfect for a weeknight.

INGREDIENTS FOR 1 SERVING:

180 g	ground beef 95/5
50 g	raw rice
100 g	cauliflower
1	medium onion or 50 g
200 g	zucchini
100 g	tomatoes
2	cloves of garlic
4 g	ginger paste
4 g	oil
25 g	soy sauce
10 g	honey
10 g	rice vinegar
2 g	cornstarch

MACROS

Whole Recipe:

Calories	635
Carbs	80
Protein	52
Fats	11



DIRECTIONS:

- Start by preparing cauliflower rice (see chapter).
- Chop the onions and tomatoes, cut the zucchini into small pieces, and peel and grate the garlic.
- In a separate glass, combine soy sauce, honey, corn starch, and rice vinegar, and mix until well combined.
- In a pan on medium heat, add oil and begin frying the sliced zucchini with a small pinch of salt for 4 minutes, stirring occasionally.
- Add another touch of oil, add the onions, and continue frying for another 3 minutes.
- Push the vegetables to the side of the pan, add another touch of oil, and add in the beef. Try to spread it with your spatula. Fry one side for 1 minute before flipping the meat.
- Now add in the sauce, mix everything together, close the lid, and let it simmer for 1 minute.
- Finally, add the cooked cauliflower rice to the pan and mix everything together. Your dish is ready!

NOTES:

- Use different spices like cayenne pepper or turmeric and add it to the pan for more flavor.
- The sauce can be also prepared with 10g of gochujang.



WATCH VIDEO

CREAMY BEEF BOWL



ESTIMATED TIME: 20 MIN

Another beef bowl that takes 20 minutes and is super creamy.

INGREDIENTS FOR 1 SERVING:

180 g	ground beef 95/5
250 g	potatoes
1	red bell pepper or 150 g
1	medium onion or 50 g
1g	garlic powder
1g	chili powder
5g	oil
100 g	cottage cheese
50 g	tomato salsa
50 g	evaporated milk
1g	oregano
Salt and black pepper	

MACROS

Whole Recipe:

Calories	693
Carbs	68
Protein	67
Fats	22



DIRECTIONS:

1. Peel and cut the potatoes into thick slices, then into fries and then again into bite-size cubes. 2x2cm or 1x1 inch.
2. Microwave the potatoes in a bowl for 5 min at 600W.
3. Dice the onion and bell pepper.
4. Add oil to a pan over medium heat and start by frying the microwaved potatoes for 5 minutes with a pinch of salt.
5. Then, add a bit more oil and add the pepper and onion with another small pinch of salt. Continue frying for another 3 minutes before adding a bit more oil and adding the ground beef. Spread the beef so that as much meat as possible comes in contact with the pan. Fry the beef for 1 minute.
6. Add black pepper, garlic powder, and chili powder. Mix everything and continue frying for another 1-2 minutes until the beef is cooked through.
7. Meanwhile, add cottage cheese, tomato salsa, evaporated milk, salt, and oregano to a blender. Blend on high for 60 seconds.
8. Remove the beef from the heat and add the sauce to the pan, using the remaining heat to bring the sauce to temperature and mix everything together. Done!

NOTES:

- Use different spices like cayenne pepper or turmeric and add it to the pan for more flavor.
- The sauce can be also prepared with 10g of tomato puree.



WATCH VIDEO

ALFREDO CHICKEN



ESTIMATED TIME: 20 MIN

Alfredo chicken is a wonderful comfort meal!

INGREDIENTS FOR 1 SERVING:

1	chicken breast or 180 g
250 g	potatoes
1	medium onion or 50 g
1	clove of garlic
1g	garlic powder
1g	onion powder
4g	oil
100 g	cottage cheese
15 g	parmesan cheese
50 g	evaporated milk
Salt and black pepper	

MACROS

Whole Recipe:

Calories	636
Carbs	56
Protein	64
Fats	16



DIRECTIONS:

1. Peel and cut the potatoes into thick slices, then into fries, and then again into bite-size cubes (2x2cm or 1x1 inch).
2. Place the potatoes in a pot filled with water, add salt, and bring it to a boil. Allow the potatoes to simmer for 10-12 minutes until they are soft.
3. Dice the onion and peel and grate the garlic. Slice the chicken breast into thin slices.
4. In a blender, combine cottage cheese, evaporated milk, garlic powder, onion powder, and some black pepper. Blend on high for 30 seconds.
5. Add 2g of oil to a pan (18cm/7inch) over medium heat. Add the onions with a pinch of salt and sauté them for 2-3 minutes.
6. Push the onions aside, add a bit more oil, and then add the chicken breast. Season with some salt and pepper, and cook the chicken breast for 1-2 minutes on each side.
7. Remove the pan from the heat and immediately pour in the blended sauce. Grate the parmesan cheese on top and mix everything for 30 seconds.
8. Plate the boiled potatoes and place the chicken alfredo on top.

NOTES:

- Can be made with 60g (weighted raw) pasta instead of potatoes.
- The sauce can be also prepared with 10g of gochujang for additional heat.



WATCH VIDEO

TEMPEH CURRY (VEGAN)



ESTIMATED TIME: 20 MIN

Who said that vegan food isn't delicious?

INGREDIENTS FOR 1 SERVING:

150 g	tempeh
1	eggplant or 300 g
1	medium onion or 50g
50 g	coconut cream
100 g	water
1	clover of garlic
2 g	paprika
2 g	turmeric
1 g	chili powder
1 g	cumin
5 g	tomato puree
5 g	vegetable stock powder
4 g	oil
1	piece of ginger or 10 g
Salt and black pepper	

MACROS

Whole Recipe:

Calories	488
Carbs	76
Protein	50
Fats	17



DIRECTIONS:

1. Clean and slice the eggplant into even slices. Lay them on a wire rack and sprinkle salt on both sides. Let them sit for at least 30 minutes or up to 6 hours to remove any bitterness.
2. Cut the tempeh into bite-size cubes. Peel and grate the garlic and ginger, and chop up the onion.
3. Mix the stock powder with 50g of water in a glass until well combined. Do the same with the coconut cream and water in another glass.
4. Cut the marinated eggplant into cubes.
5. Heat up a pan over medium heat, add some oil, and fry the tempeh cubes for 1-2 minutes until they turn golden brown. Then remove them from the pan.
6. Add the cubed eggplant with a splash of water to the same pan and fry for 3-5 minutes, stirring occasionally until they start to collapse.
7. Add some more oil to the pan and add in the chopped onion, frying everything for 3-4 minutes.
8. Now add in the grated ginger and garlic, tomato puree, turmeric, paprika, chili powder, cumin, and black pepper. Mix everything together so that the spices get toasted for 30 seconds.
9. Add the broth and the coconut milk. As soon as everything starts to boil, reduce the heat to medium-low, add the tempeh back to the pan and let it simmer for 8-10 minutes. Done!

NOTES:

- Taste great with rice. 50g raw rice will add another 175 calories.
- Can also be made with plain tofu. The process remains the same.
- Top the dish with fresh cilantro.



WATCH VIDEO

CAPRESE SALAD



ESTIMATED TIME: 5 MIN

*One of the most classic Italian salads
and it's full of protein!*

INGREDIENTS FOR 1 SERVING:

125 g	fresh mozzarella light
150 g	tomatoes
10 g	fresh basil
2 g	olive oil
0.5 g	oregano
Salt and black pepper	



MACROS

Whole Recipe:

Calories	227
Carbs	8
Protein	23
Fats	12

DIRECTIONS:

1. Cut the Mozzarella and the tomatoes into equal thick slices. Chop up basil.
2. Place 1 slice of Mozzarella into a plate. Top it with 1 slice of tomato, then again Mozzarella and again tomatoes. Try to build a red and white circle.
3. Add oregano, pepper and salt on top.
4. Add olive oil over the entire plate.
5. Spread basil on top. Done!

NOTES:

- This is a classic dish in Italy and is typically served as a starter.
- You need fresh Mozzarella for this recipe. The low-moisture shredded Mozzarella will not work.

COLD MEAT PLATE



ESTIMATED TIME: 10 MIN

*This is the italian way to eat
a ton of protein if you have no time.*

INGREDIENTS FOR 1 SERVING:

2	wheat tortilla (20cm or 8inch)
125 g	fresh mozzarella light
100 g	tomatoes
100 g	deli meat
4 g	olive oil
0.5 g	oregano
Salt and black pepper	



MACROS

Whole Recipe:

Calories	634
Carbs	39
Protein	62
Fats	25

DIRECTIONS:

1. Cut the Mozzarella and the tomatoes into equal thick slices.
2. Place the deli on a plate, then the mozzarella and the tomatoes.
3. Add oregano, pepper and salt on top.
4. Add olive oil over the entire plate.
5. heat up tortillas in a dry pan for 1 minute each side and serve with the meat plate. Done!

NOTES:

- You can add more cold meat if you want, I usually go with turkey or chicken.
- You need fresh Mozzarella for this recipe. The low-moisture shredded Mozzarella will not work.
- I use protein tortillas for this recipe but regular wheat tortillas will work just as fine.

BUTTER CHICKEN



ESTIMATED TIME: 25 MIN

*Butter chicken is the ultimate recipe
when you don't want to eat dry
and dull chicken.*

INGREDIENTS FOR 1 SERVING:

200g	skinless, boneless chicken thighs
1	medium onion or 50g
2	cloves of garlic
200g	crushed tomatoes
100g	3% fat evaporated milk
1	laughing cow wedge
50g	skyr or 0.2 % fat greek yogurt
4g	garam masala
2g	garlic powder
2g	paprika
2g	turmeric
2g	cayenne pepper
4g	oil
Salt and black pepper	

MACROS

Whole Recipe:

Calories	583
Carbs	40
Protein	59
Fats	18



WATCH VIDEO



DIRECTIONS:

1. Cut chicken into bite-size pieces. Place chicken into a bowl. Add Greek yogurt, 2g garam Masala and a strong pinch of salt. Mix everything with a spoon until the chicken is coated.
2. Dice onions, peel and grate garlic.
3. Add 2g of oil to a pan (24cm/9.5inch) on high heat. Wait until the pan is hot, then add chicken and fry one side for 1 minute. Flip the chicken and fry the other side for another minute until both sides have color. Remove the chicken from the pan.
4. Add 2g of oil to the pan, switch heat to medium, add the onions and fry them for 3 minutes under occasional stirring until brown.
5. Add 2g garam Masala, garlic powder, paprika, turmeric, cayenne pepper and black pepper. Mix everything and keep toasting them for 30 seconds.
6. Make some space in the pan and add the grated garlic. Fry the garlic for 20 seconds until fragrant.
7. Add crushed tomatoes with a splash of water and mix everything. Let this simmer for 5–6 minutes.
8. Now add evaporated milk and Laughing Cow cheese. Mix it by pressing the laughing cow down, so everything gets incorporated. Add the chicken back to the pan and let everything simmer for 5–7 minutes until the chicken is cooked through. Done!

NOTES:

- 50g of raw jasmine rice will add another 175 calories.
- Chicken thighs are hard to overcook, so don't worry if you let it simmer a bit longer to be safe.
- You can marinate the chicken after seasoning for 1–4 hours in the fridge.

CHICKEN ADOBO



ESTIMATED TIME: 35 MIN

Chicken, rice and broccoli but it tastes good.

INGREDIENTS FOR 1 SERVING:

200g	skinless, boneless chicken thighs
1	medium onion or 50g
5	cloves of garlic
½	broccoli or 200g
4g	ginger paste
1	chili
5	bay leaves dry
30g	soy sauce
30g	rice vinegar
30g	water
10g	honey
5g	oil
Black pepper	



DIRECTIONS:

1. Chop the onion, chili, and peel and grate the garlic. Cut the broccoli florets into bite-size pieces.
2. In a glass, mix vinegar, soy sauce, water, and honey.
3. In a pan over medium heat, add oil and fry the onion for 3 minutes, stirring occasionally.
4. Push the onions to the side of the pan, add more oil, and add the chicken thighs. Fry both sides for 1-2 minutes to get some color. Add black pepper.
5. As soon as the chicken has color, add all other ingredients, mix everything, and close the lid. Reduce heat to low and let it simmer for 15 minutes.
6. After 15 minutes, flip the chicken and give the vegetables a stir. Close the lid again and let it simmer for 10 more minutes.
7. After 25 minutes, check the sauce for seasoning and thickness. If it's too thin, add a starch slurry. Done!

MACROS

Whole Recipe:

Calories	480
Carbs	37
Protein	45
Fats	21

NOTES:

- 50g of raw jasmine rice will add another 175 calories.
- Chicken thighs are hard to overcook, so don't worry if you let it simmer a bit longer to be safe.
- This dish can also be made with black pepper corns instead of cracked pepper.



WATCH VIDEO

CHICKEN STEW



ESTIMATED TIME: 30 MIN

Stew is a great meal for weight loss because it has endless combinations.

INGREDIENTS FOR 1 SERVING:

180 g	skinless, boneless chicken thighs
250 g	potatoes
1	medium onion or 50 g
1	red bell pepper or 150 g
100 g	carrots
2	cloves of garlic
100 g	tomatoes
20 g	soy sauce
300 g	vegetables or chicken stock
2 g	oil
Black pepper	



DIRECTIONS:

1. Clean the potatoes under cold water and then cut them into bite-sized pieces. Chop up the onion, red bell pepper, tomatoes, garlic cloves, and carrots.
2. In a pan over medium heat, add oil and fry the chicken thighs on both sides for 2 minutes each.
3. Then add the onions, bell pepper, and carrots, continuing to fry for another 3 minutes.
4. Now add the tomatoes and chopped garlic along with black pepper, stirring for 20–30 seconds.
5. Add the potatoes, stock, and soy sauce, giving everything a good stir.
6. Bring the mixture to a boil, then close the lid and let it simmer for 15 minutes.
7. After that, remove the lid and allow it to simmer uncovered for another 10 minutes, or until the potatoes are cooked through. Done!

MACROS

Whole Recipe:

Calories	634
Carbs	80
Protein	47
Fats	16

NOTES:

- Chicken thighs are hard to overcook, so don't worry if you let it simmer a bit longer to be safe.
- This dish can also be made with chili flakes for additional heat.
- You can also add fresh herbs like rosemary when simmering.



WATCH VIDEO

ORANGE CHICKEN



ESTIMATED TIME: 20 MIN

Orange chicken is a perfect sweet and savory meal.

INGREDIENTS FOR 1 SERVING:

1	chicken breast or 180 g
50g	raw rice
1	medium onion or 50g
150g	pak choi
1	clove of garlic
4g	ginger paste
1	orange (juice) or 75g
20g	soy sauce
10g	rice vinegar
10g	gochujang
4g	cornstarch
10g	honey
4g	oil
Black pepper	

MACROS

Whole Recipe:

Calories	591
Carbs	84
Protein	48
Fats	9



DIRECTIONS:

1. Add rice with water in a pot (18cm or 7inch diameter) with a pinch of salt. Place it on a stove on high heat. As soon the water starts to boil, reduce the heat to low, close the lid and let it simmer for 12–15 minutes.
2. Chop the onion, pak choi, and peel and grate the garlic. Cut the chicken breast into bite-size cubes.
3. In a glass combine soy, rice vinegar, gochujang, honey, orange juice, and cornstarch and mix until combined.
4. Preheat a pan (24cm/9.5inch) over medium-high heat and add oil to it. Start by frying the chicken on one side for 1 minute. Flip the chicken and fry for another minute before removing it from the pan.
5. Add a touch of oil to the pan and add in the onion and pak choi. Add a small pinch of salt and fry the vegetables for 3 minutes, stirring occasionally.
6. Now, add grated ginger and garlic and keep frying for 20 seconds. Then add the sauce, close the lid and let it simmer for 30–60 seconds until thick.
7. Add back the chicken to the pan and mix everything. Plate the rice and add the orange chicken on top. Done!

NOTES:

- Top with cilantro or sesame seeds for some kick.
- 1 orange yields appr. 75g of juice.



WATCH VIDEO

CHICKEN FAJITAS



ESTIMATED TIME: 20 MIN

I make this recipe 2-3 per week. It's the perfect weeknight meal.

INGREDIENTS FOR 1 SERVING:

1	chicken breast or 180 g
2	bell peppers or 200 g
1	medium onion or 50 g
1	cloves of garlic
½	lime
1	serving of cream cheese
	avocado dip (See recipe) or sto-
	rebought taco sauce
2	wheat tortillas (20cm or 8inch)
1g	paprika
1g	cumin
1g	chili powder
0.5g	oregano
5g	oil
Bunch	cilantro
Salt and black pepper	

MACROS

with avo dip:

Calories	723	Calories	615
Carbs	68	Carbs	67
Protein	55	Protein	50
Fats	27	Fats	16

with taco sauce:



DIRECTIONS:

- Cut the chicken into bite-size pieces. Place the chicken in a bowl and drizzle a little oil on top.
- In a small bowl, mix together paprika, cumin, chili powder, oregano, a pinch of salt, and black pepper.
- Sprinkle the seasoning mixture over the chicken and use your hands to mix until all the pieces are coated. Set aside.
- Chop up the peppers and the onion into bite-size pieces. Peel and grate the garlic.
- Prepare either the avocado dip or the taco sauce.
- Add oil to a pan on medium heat. Start with adding the peppers and the onion, add a pinch of salt and fry them for 5 minutes.
- After the vegetables are brown, push them to the side of the pan, add another bit of oil and add in the chicken.
- Fry the chicken for 1 minute on one side and then mix everything so the seasoning spreads evenly.
- Keep frying for another minute until the chicken is cooked through and then add in the grated garlic. Fry the garlic for another 20 seconds and then remove the pan from the heat.
- Squeeze in the juice from half a lime and add a bunch of chopped cilantro. Mix everything.
- Heat up 2 tortillas, you can also do this step while frying the chicken. Plate everything. Done!

NOTES:

- The taco dip will save you 100 calories. You can also use lean beef and for the chicken and do the same steps.



WATCH VIDEO

LAHMACUN



ESTIMATED TIME: 20 MIN

I make this recipe 2-3 per week. It's the perfect weeknight meal.

INGREDIENTS FOR 1 SERVING:

100 g	ground beef 95/5
60 g	tomatoes
60 g	bell peppers
2	cloves of garlic
½	medium onion or 25g
10 g	tomato puree
1g	paprika
1g	cumin
1g	cayenne pepper
Bunch	parsley
1 serving	2 ingredient dough (see chapter)
Salt and black pepper	



DIRECTIONS:

1. Start by preparing 1 serving of 2-ingredient dough (see recipe).
2. Prepare a blender or food processor.
3. Chop up the onion, pepper, and garlic, and blend them for 30 seconds.
4. Next, add the tomatoes and parsley into the food processor and mix again for 30 seconds.
5. Then, add the beef, tomato puree, and all the seasonings. Mix for 45–60 seconds until it turns into a paste.
6. Add oil into a non-stick pan (24cm/9.5inch). Don't turn on the stove yet. Add in the dough ball and press it down and press the edges slowly until it turns into a flat, round bread.
7. Now, add the ground beef filling on top of the dough. Spread it around with a spoon. Turn on the heat to medium and let it cook with a closed lid for 5–7 minutes.
8. As soon as the bottom has some color, you can either put the pan for 2 minutes under the broiler in the oven or flip the lahmacun and let it fry for another 2 minutes.
9. Remove the lahmacun and optionally add fresh vegetables with a bit of lemon and roll it into a burrito shape. Done!

MACROS

Whole Recipe:

Calories	498
Carbs	65
Protein	37
Fats	9

NOTES:

- I use onions, romaine lettuce, tomatoes, and a squeeze of fresh lemon as a filling before rolling it up.



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CHAPTER 6

PROTEIN POWDER RECIPES/DESSERTS

PB & CHOC OVERNIGHT OATS

OATBARS

CHEESECAKE

APPLE BREAD

PUMPKIN BREAD

BREAKFAST BANANA BREAD

LIGHT BANANA BREAD

CHOC BANANA BREAD

SWEET POTATO PIE

CHOC & PB

DONUTS

LEMON BLONDIES

CHICKPEA BARS

CHEESECAKE

NOOTELLA

CORNBREAD

SWEET APPLE PIE

SPEEDY BAKED

APPLE PIE OATS

KIDNEY BEAN BROWNIES

PUDDING OATS
VANILLA BLUEBERRY

PUDDING OATS
APPLE CINNAMON

PUDDING OATS
CHOC

FLUFFY PANCAKES

CHOCOLATE PROTEIN BAR

3 INGREDIENTS
APPLE CAKE

CARROT CAKE

BIG BOYS PANCAKE

STRAWBERRY COCONUT BALLS

BANANA BAKED OATMEAL

CAULIFLOWER OATMEAL

PUMPKIN PIE
OVERNIGHT OATS

AVOCADO OVERNIGHT OATS

APPLE PIE
OVERNIGHT OATS

BANANA BREAD

OVERNIGHT OATS

PINA COLADA
OVERNIGHT OATS

CARROT CAKE
OVERNIGHT OATS

STRAWBERRY
OVERNIGHT OATS

TIRAMISU
OVERNIGHT OATS

PB OVERLOAD
OVERNIGHT OATS

BLUEBERRY CHOC
OVERNIGHT OATS

3 INGREDIENT PROTEIN
CHEESECAKE

PUMPKIN PANCAKES

FRUITY CHEESECAKE

APPLE PIE BURRITO

PB & BANANA BURRITO

CARROT CAKE BURRITO

PB & STRAWBERRY OAT-
MEAL

BOSTON CREAM DONUTS

AFFOGATO ICE CREAM

MOCHA BANANA BREAD

CHAPTER 6

PROTEIN POWDER RECIPES/DESSERTS

CINNAMON ROLLS
CHOC & PB OATMEAL
BLUEBERRY BLONDIES
BANANA SPLIT

THE FELU COOKBOOK

PROTEIN POWDER RECIPES



PB & CHOC OVERNIGHT OATS



ESTIMATED TIME: 5 MIN

This has got to be my absolute favorite breakfast. In fact I had this for breakfast almost every morning for 2 years straight!

INGREDIENTS FOR 1 SERVING:

50 g	oats
10 g	cocoa powder
13 g	powdered peanuts
15 g	casein vanilla protein powder
150 g	skyr or 0.2% fat greek yogurt
100 g	water

TOPPINGS:

20 g	walnuts
1	medium banana or 125 g

MACROS

without Toppings:	with Toppings:
Calories	441
Carbs	45
Protein	42
Fats	5
Calories	679
Carbs	75
Protein	46
Fats	18



DIRECTIONS:

- Start by placing a bowl on a scale.
- Add all ingredients except the toppings.
- Mix until creamy and smooth for 30 seconds. Using casein is important but not mandatory, so don't worry if you haven't got it. You can also add whey but it won't be as creamy and thick even after refrigerating.
- Cover the bowl and refrigerate overnight.
- In the morning, peel and slice a banana. Roughly chop up the walnuts. Top with the oats.
- You're done! Breakfast is served!

NOTES:

- Milk can be used instead of water, but please track the additional calories.
- To lower calories, you can add strawberries as a topping instead of the banana and nuts.
- Powdered peanuts can be replaced with 10 g of regular peanut butter.
- Steelcut oats can be used instead of instant oats which will result in a crunchier texture.



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AFFOGATO ICE CREAM



ESTIMATED TIME: 5 MIN

An absolute classic Italian dessert!

INGREDIENTS FOR 1 SERVING:

350g	milk 1.5%
45g	whey vanilla protein powder
Salt	
50g	liquid coffee

NINJA CREAMI IS NEED FOR THE RECIPE.
ALTERNATIVELY BUY A LOW CALORIE VA-
NILLA ICE CREAM LIKE HALO TOP!



DIRECTIONS:

1. Start by placing the pint on a scale.
2. Add milk, protein powder, and a pinch of salt. Close the lid and give it a shake. Put in the freezer for at least 24 hours.
3. Place the pint in a Ninja creami and press the Ice Cream Button. Repeat one more time.
4. Make fresh coffee, espresso or regular coffee.
5. Scoop out ice cream and place in a bowl and pour coffee over the ice cream, done!

MACROS

Whole Recipe:

Calories	335
Carbs	19
Protein	48
Fats	7

PB & STRAWBERRY OATMEAL



ESTIMATED TIME: 10 MIN

This speedy oatmeal is the perfect start to your day!

INGREDIENTS FOR 1 SERVING:

50g	oats
150g	strawberries frozen
13g	powdered peanuts
30g	whey vanilla protein powder
250g	milk
Salt	

MACROS

Whole Recipe:

Calories	526
Carbs	65
Protein	46
Fats	10



DIRECTIONS:

- Start by placing a bowl on a scale and add the oats. Toast the oats for 2 minutes on medium heat until they become slightly brown.
- Add milk, strawberries, and a pinch of salt. Keep stirring occasionally until the oatmeal thickens, which should take about 3 minutes.
- Remove the oats from the heat and transfer them to a bowl. Then, add whey protein powder and powdered peanuts and mix well. Done!

NOTES:

- Top with walnuts and/or banana for additional flavour but please track their calories.
- Powdered peanuts can be replaced with 10g of regular peanut butter.

PB & CHOC OATBARS



ESTIMATED TIME: 30 MIN

A tasty and filling snack or breakfast, lovingly topped with greek yogurt and berries.

INGREDIENTS FOR 6 SERVINGS:

150 g	oats
30 g	cocoa powder
50 g	peanut butter
60 g	casein vanilla protein powder
150 g	skimmed milk
30 – 50 g	water
Pinch	salt

optional:

20 g	sweetener
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MACROS

Whole Recipe: One Oatbar:

Calories	1230	Calories	205
Carbs	122	Carbs	20
Protein	89	Protein	15
Fats	40	Fats	7

DIRECTIONS:

- Start by placing a bowl on a scale.
- Add all dry ingredients and mix well.
- Next add peanut butter.
Alternatively you can add 60g of powdered peanuts.
- Now you can add the milk and combine everything with a spatula. After 30–60 seconds it should have a thick creamy consistency. If too dry, feel free to add 30g of water and keep stirring.
- Place parchment paper onto a baking tray (8x22cm or 3x 9 inch).
- Transfer everything onto the baking sheet.
- Now bake at 180°C or 350°F for 20–25 min.
- After baking, remove the oatbar and place it on a plate to cool for around 20 minutes.
- Finally, cut into 6 equal sized bars.
They will last in the fridge for about 2–3 days.

NOTES:

- Casein protein powder works best for this recipe. If you add whey protein you might have to use less water. Also with whey it can be a bit dry so I would also advise adding in a banana.
- You can add 25g of sweetener if the protein powder you want to use isn't sweet enough.



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CHEESE CAKE



ESTIMATED TIME: 50 MIN

*This cheesecake is a great dessert but
an even better post workout meal.
Think of it as a reward!*

INGREDIENTS FOR 2 SERVINGS:

200 g	0.2 % fat cream cheese
200 g	skyr or 0.2 % fat greek yogurt
1	egg
30 g	whey vanilla protein powder

optional:

20 g	sweetener
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MACROS

Whole Recipe: One Cheesecake:

Calories	434	Calories	217
Carbs	19	Carbs	10
Protein	72	Protein	36
Fats	6	Fats	3



DIRECTIONS:

- Start by placing a bowl on a scale.
- Add all Ingredients.
- Whisk for around 30 to 60 seconds. The texture will slowly become increasingly smooth. Keep whisking.
- Place parchment paper onto a baking tray (10x10 cm).
- Now transfer everything onto the baking sheet.
- Bake at 180°C or 350°F for around 30–45 min. Check after 30 min if the cake is ready.
- Once the cake is ready, remove from the oven and allow to cool for 15 min before cutting it into 2 equal size servings.
- Refrigerate for at least 4 hours or if you can, overnight. The cake tends to last in the fridge for around 3–4 days.

NOTES:

- You can add more servings by simply adding the same amount of ingredients for every 2 additional servings. If you make 8 servings for example, the amount would be 800g of cream cheese, 800g of Skyr, 4 whole eggs and 120g of whey powder. The process remains the same.



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FRUITY CHEESECAKE



ESTIMATED TIME: 50 MIN

*Another cheesecake variation
but this time with fruit.*

INGREDIENTS FOR 4 SERVINGS:

400 g	0.2 % fat cream cheese
400 g	skyr or 0.2 % fat greek yogurt
2	egg
30 g	all purpose flour
60 g	whey vanilla protein powder
30 g	sweetener
15 g	vanilla extract
100 g	canned pineapple
50 g	juice from the fruit can
3 g	ginger

MACROS

Whole Recipe: One Cheesecake:

Calories	1110	Calories	278
Carbs	84	Carbs	21
Protein	147	Protein	37
Fats	14	Fats	4



DIRECTIONS:

1. Start by placing a bowl on a scale.
2. Cut pineapple into small pieces.
3. Add all Ingredients except fruit to the bowl.
4. Whisk for around 30 to 60 seconds. The texture will slowly become increasingly smooth. Keep whisking.
5. Place parchment paper onto a baking tray (12x18cm or 5x7inch).
6. Now transfer everything onto the baking sheet and top the batter with the fruit.
7. Bake at 180°C or 350°F for around 30–45 min. Check after 30 min if the cake is ready.
8. Once the cake is ready, remove from the oven and allow to cool for 15 min and then refrigerate for at least 4 hours or even better over night.

NOTES:

- The cake tends to last in the fridge for around 3-4 days.
- You can use different kinds of fruit like peaches or mangos.



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APPLE BREAD



ESTIMATED TIME: 30 MIN

Banana bread is a classic childhood favorite but apple bread is equally if not more delicious!

INGREDIENTS FOR 6 - 8 SERVINGS:

120 g	peeled apples
120 g	oats
60 g	whey vanilla protein powder
1	egg
100 g	egg whites
100 g	1% fat cottage cheese
30 g	sweetener
Pinch	salt
½ tsp	baking powder or 3 g
¼ tsp	baking soda or 1.5 g

MACROS

Whole Recipe:

Calories	928
Carbs	94
Protein	94
Fats	17



DIRECTIONS:

- Start by grinding the oats up in a blender for 60 seconds until it becomes oat flour.
- Place a bowl on a scale.
- Add all dry ingredients. Whisk everything until combined.
- Add apples with cottage cheese into a blender and mix until smooth, around 30 secs. Add mixture into a separate bowl.
- Add egg and egg whites into the bowl with apples and mix.
- Transfer wet to dry ingredients.
- Whisk again until creamy and smooth.
- Place parchment paper into a baking sheet (8x22cm or 3x9 inch).
- Transfer batter into baking sheet and bake for 20–25 min at 180°C or 350°F.
- After baking remove cake from the baking sheet and let it cool down for 30 min.
- Cut and enjoy.
The apple bread lasts in the fridge for 2–3 days.

NOTES:

- You can add 1-2 tablespoons of cinnamon for extra flavor.
- Apple bread is great with some whipped cream or/and vanilla ice cream.
- Great breakfast topped with greek yogurt.
- Whey protein is recommended here because casein doesn't rise properly when baked.



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BLUEBERRY BLONDIES



ESTIMATED TIME: 40 MIN

These are one of all time favorite baked goods. So good and full of protein.

INGREDIENTS FOR 6-8 SERVINGS:

120 g	oats
60 g	casein vanilla protein powder
100 g	peanut butter
100 g	skimmed milk
200 g	apple sauce
100 g	skyr or 0.2 % fat greek yogurt
50 g	blueberries
40 g	chocolate chips
Pinch	salt
¼ tsp	baking soda or 1.5 g

MACROS

Whole Recipe:

Calories	1691
Carbs	155
Protein	101
Fats	75



DIRECTIONS:

- Start by grinding the oats up in a blender for 60 seconds until it becomes oat flour.
- Place a bowl on a scale. Add the oat flour, casein, salt, and baking soda, and mix.
- Add the remaining ingredients and mix again.
- Line a baking dish (18x12 cm or 7x5 inches) with parchment paper and add the batter. The batter will be sticky, like cookie dough.
- Bake for 30–35 minutes at 180°C (350°F).
- After baking, remove the cake from the baking dish and let it cool for 30 minutes.
- Cut and enjoy. The blondies will keep in the fridge for 2–3 days.

NOTES:

- You can add 1-2 tablespoons of cinnamon for extra flavor.
- These blondies are delicious with whipped cream and/or vanilla ice cream.
- Great breakfast topped with greek yogurt.



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PUMPKIN BREAD



ESTIMATED TIME: 50 MIN

The perfect cake during fall that is great as a breakfast as well.

INGREDIENTS FOR 6-8 SERVINGS:

300 g	pumpkin puree
100 g	egg whites
100 g	skyr or 0.2% fat greek yogurt
90 g	all purpose flour
60 g	whey vanilla protein powder
6 g	cinnamon
3 g	ginger
1 g	nutmeg
25 g	sweetener
Pinch	salt
½ tsp	baking powder or 3 g
¼ tsp	baking soda or 1.5 g

MACROS

Whole Recipe:

Calories	793
Carbs	96
Protein	81
Fats	8



DIRECTIONS:

1. Start by placing a bowl on a scale.
2. Add pumpkin puree, Skyr and egg whites to the bowl and whisk until combined.
3. Place a separate bowl on your scale.
4. Add all dry ingredients and whisk until combined.
5. Now add all the dry ingredients to the wet ingredients and whisk again slowly until smooth.
6. Place parchment paper onto a baking sheet (8x22cm or 3x9 inch).
7. Transfer the smooth batter to baking sheet and bake for 40-45 min at 180°C or 350°F.
8. After baking remove the cake and allow to cool for 30 min.
9. Slice and enjoy. The pumpkin bread lasts in the fridge for 2-3 days.

NOTES:

- You can make this with homemade pumpkin puree (see recipe) to make an even tastier version.
- Whey protein is recommended here because casein doesn't rise properly when baked.



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BREAKFAST BANANA BREAD



ESTIMATED TIME: 50 MIN

This wholesome banana bread that is perfect to get you ready for the day. Packed with protein and fiber it's a great breakfast.

INGREDIENTS FOR 6-8 SERVINGS:

120 g	oats
30 g	sweetener
60 g	whey vanilla protein powder
1	egg
100 g	egg whites
100 g	skyr or 0.2% fat greek yogurt
2	medium bananas or 250 g
½	lemon (juice)
100 g	skimmed milk
Pinch	salt
½ tsp	baking powder or 3 g
¼ tsp	baking soda or 1.5 g

MACROS

Whole Recipe:

Calories	1118
Carbs	139
Protein	97
Fats	18



DIRECTIONS:

- Start by grinding the oats in a blender for 60 seconds until it becomes oat flour.
- Place a bowl on a scale.
- Add all dry ingredients. Whisk everything for 10-15 secs.
- Smash the banana with a fork until it becomes mush. Add the juice of the lemon to banana and mix well.
- Place a second bowl on a scale.
- Add all wet ingredients and banana into the second bowl and mix until combined.
- Add the wet ingredients to the dry ingredients and slowly whisk until smooth.
- Place parchment paper into a baking sheet (8x22cm or 3x9 inch). Transfer the batter to the baking sheet and bake for 35-45 min at 180°C or 350°F.
- After baking remove cake from the baking sheet and allow it cool down for 30 min.
- Slice and enjoy. The banana bread lasts in the fridge for 2-3 days.

NOTES:

- You can add 1-2 tablespoons of cinnamon for extra flavor.
- Whey protein works better than Casein in this recipe. Casein doesn't rise properly.
- Add a bit of water if the batter is dry.

MOCHA STYLE BANANA BREAD



ESTIMATED TIME: 50 MIN

*Banana bread but combined with
a hint of coffee, the perfect breakfast!*

INGREDIENTS FOR 6-8 SERVINGS:

120g	oats
30g	sweetener
60g	whey vanilla protein powder
40g	cocoa powder
30g	chopped walnuts
1	egg
100g	egg whites
100g	skyr or 0.2% fat greek yogurt
2	medium bananas or 250g
100g	liquid coffee
Pinch	salt
½ tsp	baking powder or 3g
¼ tsp	baking soda or 1.5g

MACROS

Whole Recipe:

Calories	1456
Carbs	176
Protein	109
Fats	40



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DIRECTIONS:

- Start by grinding the oats in a blender for 60 seconds until it becomes oat flour.
- Place a bowl on a scale.
- Add all dry ingredients. Whisk everything for 10–15 secs.
- Smash the banana with a fork until it becomes mush. Add the coffee to the banana and mix well.
- Place a second bowl on a scale.
- Add all wet ingredients and banana into the second bowl and mix until combined.
- Add the wet ingredients to the dry ingredients and slowly whisk until smooth.
- Place parchment paper into a baking sheet (8x22cm or 3x9 inch). Transfer the batter to the baking sheet and bake for 35–45 min at 180°C or 350°F.
- After baking remove cake from the baking sheet and allow it cool down for 30 min.
- Slice and enjoy. The banana bread lasts in the fridge for 2–3 days.

NOTES:

- Leave out walnuts if you want to save some calories.
- Whey protein works better than Casein in this recipe. Casein doesn't rise properly.
- Add a bit of water if the batter is dry.

LIGHT BANANA BREAD



ESTIMATED TIME: 40 MIN

This banana bread is a lighter version and perfect as a dessert topped with some fresh yogurt.

INGREDIENTS FOR 4 - 6 SERVINGS:

40g	all purpose flour
20g	oats
15g	whey vanilla protein powder
15g	casein vanilla protein powder
100g	egg whites
100g	skyr or 0.2% fat greek yogurt
1	medium banana or 125g
½	lemon (juice)
15g	chocolate chips
Pinch	salt
½ tsp	baking powder or 3g
¼ tsp	baking soda or 1.5g

MACROS

Whole Recipe:

Calories	638
Carbs	86
Protein	53
Fats	8



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DIRECTIONS:

1. Grind the oats in a blender for around 60 seconds or until it becomes oat flour.
2. Now place a bowl on the scale.
3. Add all dry ingredients.
Whisk everything for 10-15 seconds.
4. Place a second bowl on the scale.
5. Smash the banana in the second bowl with a fork until it becomes mush.
Add the lemon juice to the banana and mix.
6. Add all wet ingredients to the second bowl and mix well until combined.
7. Add the wet ingredients to the dry ingredients and slowly whisk until smooth.
Add a small splash of water if it sticks.
8. Place parchment paper into a baking sheet (12x18cm or 5x7inch). Then you can transfer the batter onto the baking sheet and bake for 30-35 min at 180°C or 350°F.
9. After baking, remove the cake from the baking sheet and let it cool down for 30 min.
10. Now you can slice and enjoy.
The banana bread lasts in the fridge for 2-3 days.

NOTES:

- You can add 1-2 tablespoons of cinnamon for extra flavor.
- Whey/Casein blend would work best in this recipe.
- Add a bit of water if the batter is dry.
That is because of the casein.

CHOC BANANA BREAD



ESTIMATED TIME: 40 MIN

The same concept as the light banana bread recipe but with a twist for added flavor.

INGREDIENTS FOR 6-8 SERVINGS:

40g	all purpose flour
20g	oats
20g	cocoa powder
15g	whey vanilla protein powder
15 g	casein vanilla protein powder
100 g	egg whites
100 g	skyr or 0.2% fat greek yogurt
1	medium banana or 125g
½	orange (juice)
Pinch	salt
½ tsp	baking powder or 3g
¼ tsp	baking soda or 1.5g

MACROS

Whole Recipe:

Calories	617
Carbs	96
Protein	56
Fats	4



DIRECTIONS:

1. Start by grinding the oats in a blender for around 60 seconds until it becomes oat flour.
2. Place a bowl on a scale.
3. Add all dry ingredients to the bowl. Whisk everything for around 10-15 secs.
4. Place a second bowl on the scale.
5. Gently smash the banana in the second bowl with a fork until it becomes mush. Add the juice of the orange to the banana and mix.
6. Add all wet ingredients into the second bowl and mix well until combined.
7. Add the wet ingredients to the dry ingredients and slowly whisk until nice and smooth. Add a small splash of water if it sticks.
8. Place parchment paper onto a baking sheet (12x18cm or 5x7inch).
9. Transfer the batter to the baking sheet and bake for 30-35 min at 180°C or 350°F.
10. After baking, remove the cake from the baking sheet and let it cool down for 30 min.
11. Slice and enjoy. The banana bread lasts in the fridge for 2-3 days.

NOTES:

- Whey/Casein blend would work best in this recipe.
- Add a bit of water if the batter is dry. That is because of the casein.



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BOSTON CREAM DONUTS



ESTIMATED TIME: 40 MIN

*Probably the most famous donuts
but with a ton of protein.*

INGREDIENTS FOR 6 SERVINGS:

30 g	all purpose flour
60 g	oats
15 g	whey vanilla protein powder
15 g	casein vanilla protein powder
25 g	sweetener
50 g	egg whites
100 g	milk
50 g	skyr or 0.2% fat greek yogurt
1	egg
Pinch	salt
½ tsp	baking powder or 3g
¼ tsp	baking soda or 1.5g

FILLING:

40 g	instant vanilla pudding powder
30 g	casein vanilla protein powder
250 g	milk

FROSTING:

10 g	cocoa powder
20 g	casein vanilla protein powder
100 g	milk

MACROS

whole recipe: 1 donut:

Calories	1206	Calories	201
Carbs	132	Carbs	22
Protein	114	Protein	19
Fats	24	Fats	4



DIRECTIONS:

- Start by grinding the oats in a blender for about 60 seconds until they become oat flour
- Place a bowl on a scale and add all the dry ingredients. Then, use a second bowl on the scale to combine all the wet ingredients, mixing well until they are thoroughly combined.
- Gradually add the wet ingredients to the dry ones, whisking slowly until the mixture is nice and smooth. Add a small splash of water if the mixture is too thick.
- Next, transfer the batter into six ramekins (each 8cm/3 inches) and bake at 160°C (320°F) for 16–20 minutes.
- In a separate bowl, mix instant pudding mix with milk and whisk using an electric mixer until thick. Then, add casein and continue mixing until the mixture becomes even thicker.
- In another bowl, combine all the frosting ingredients and mix well.
- Once the donuts are baked, remove them from the ramekins and cut them in half. Create a small crater in each half. Fill all the donuts with the filling and top them with frosting. Done!

NOTES:

- Whey/Casein blend would work best in this recipe.
- Add a bit of water if the batter is dry. That is because of the casein.
- Muffin tins can be used as an alternative if you don't have ramekins.



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SWEET POTATO PIE



ESTIMATED TIME: 40 MIN

*Never tried potatoes in a pie?
Well then it's time to bake one
at home. Believe me, you will be
surprised by the results!*

INGREDIENTS FOR 6-8 SERVINGS:

400 g	sweet potatoes
60 g	whey vanilla protein powder
100 g	skyr or 0.2% fat greek yogurt
100 g	cream cheese 0.2% fat
100 g	egg whites
1	egg
Pinch	salt
3 g	cinnamon

MACROS

Whole Recipe:

Calories	828
Carbs	94
Protein	92
Fats	7



DIRECTIONS:

1. Clean the sweet potatoes by washing them with cold water in the sink. Dry them with a towel and poke them with a fork.
2. Bake the sweet potatoes for 45 – 60 min at 180°C or 350°F until super tender.
3. After baking, let them cool down and remove the skin.
4. Add the sweet potatoes to a food processor or a blender. Mix for 60 seconds until smooth.
5. Add all other ingredients and blend again for a further 15–30 seconds.
6. Place parchment paper in a pie dish (18cm or 7inch diameter). Transfer everything to the pie dish.
7. Bake the pie for around 30–35 min at 180°C or 350°F.
8. Remove the pie from the dish and let it cool down for around 15 min and then refrigerate it for 4–6 hours or overnight.
9. The pie lasts in the fridge for 2–3 days.

NOTES:

- Whey works best in this recipe.
- No baking powder is needed.



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CHOC & PB DONUTS



ESTIMATED TIME: 30 MIN

*Who doesn't like donuts,
especially when they are filled
with protein!*

INGREDIENTS FOR 6-8 DONUTS:

60g	oats
20g	cocoa powder
15g	whey vanilla protein powder
15g	casein vanilla protein powder
26g	powdered peanuts
1	egg
50g	egg whites
50g	skyr or 0.2% fat greek yogurt
100g	skimmed milk
Pinch	salt
½ tsp	baking powder or 3g
¼ tsp	baking soda or 1.5g

MACROS

Whole Recipe – without frosting:

Calories	677
Carbs	66
Protein	67
Fats	18



DIRECTIONS:

1. Grind the oats in a blender for 60 seconds or until it becomes oat flour.
2. Place a bowl on a scale.
3. Add all dry ingredients to the bowl.
4. Whisk everything for 10-15 secs.
5. Place a second bowl on the scale.
6. Add all wet ingredients to the second bowl and mix until combined.
7. Add the wet to the dry ingredients and slowly whisk until smooth. Add a small splash of water if it sticks.
8. Transfer the batter to a donut tray and bake for 12-15 min at 180°C or 350°F.
9. Prepare a frosting of your choice. My favorite is Nootella (see recipe).
10. Top your freshly baked donuts with the frosting and enjoy.

NOTES:

- Whey/Casein blend works best in this recipe.
- Oat flour can be replaced with all purpose flour.
- Another frosting: In a bowl add 50g strawberries, 10g sweetener and microwave for 30-60 seconds on medium. Then add 100g of greek yogurt and mix. Dump the donuts in frosting and top with shredded coconut.
- Add a bit of water if the batter is dry. That is because of the casein.



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CINNAMON ROLLS



ESTIMATED TIME: 30 MIN

Cinnamon rolls are an amazing breakfast, actually!

INGREDIENTS FOR 6-8 ROLLS:

150 g	all purpose flour
100 g	skyr or 0.2% fat greek yogurt
40 g	butter
25 g	sweetener
45 g	casein vanilla protein powder
10 g	cinnamon
20 g	brown sugar
75 g	cream cheese 0.2% fat
Pinch	salt
1 tsp	baking powder or 6 g

MACROS

Whole Recipe:

Calories	1169
Carbs	152
Protein	69
Fats	30



DIRECTIONS:

- Place a bowl on a scale. Add flour, baking powder, sweetener, and salt, then whisk. Melt the butter in the microwave for 20 seconds. Add the Greek yogurt and melted butter to the bowl, and combine everything with your hands until you form a dough ball. Preheat the oven to 180°C or 350°F.
- Place another bowl on a scale. Add cream cheese, cinnamon, brown sugar, and protein powder, then mix until you get a creamy consistency.
- Roll out the dough on a board until you get a flat, rectangular shape. Add the filling on top and spread it with a spoon until all the dough is covered.
- Roll the dough upwards into a big cigar shape. Then, cut it with a knife into 6-8 cinnamon rolls.
- Place the cinnamon rolls into a baking dish lined with parchment paper and bake them in the oven for around 20 minutes.
- Done! They don't need frosting; just dunk them in milk. They also last in the fridge for 3-4 days.

NOTES:

- You can use oat flour instead all purpose.
- Add a bit of water if the batter is dry. That is because of the casein.



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LEMON BLONDIES



ESTIMATED TIME: 45 MIN

A refreshing dessert that is perfect for hot summer days.

INGREDIENTS FOR 6-8 SERVINGS:

80g	all purpose flour
20g	coconut flour
23g	whey vanilla protein powder
23g	casein vanilla protein powder
20g	sweetener
200g	1% fat cottage cheese
2	eggs
100g	water
3	lemon (zest)
1	lemon (juice)
5g	vanilla extract
Pinch	salt
½ tsp	baking powder or 3g
¼ tsp	baking soda or 1.5g

FROSTING:

75g	cream cheese 0.2% fat
100g	Skyr or 0.2% fat Greek yogurt
15g	Whey vanilla powder
½	lemon (juice)

MACROS

Whole Recipe – with frosting:

Calories	1018
Carbs	97
Protein	119
Fats	18



DIRECTIONS:

1. Add the cottage cheese, lemon juice and vanilla extract to your blender and mix until smooth.
 2. Place a bowl on your scale.
 3. Add all dry ingredients.
Whisk everything for around 10-15 secs.
 4. Place a second bowl on the scale.
 5. Add all wet ingredients and lemon zest into the second bowl and mix until combined.
 6. Add the wet to the dry ingredients and slowly whisk until smooth. Add a small splash of water if it sticks.
 7. Place parchment paper onto a baking sheet (12x18cm or 5x7inch).
 8. Transfer the batter to the baking sheet and bake for 35-40 min at 180°C or 350°F. After baking, remove the cake from the baking sheet and allow to cool for 30 min.
 9. Mix all ingredients for frosting in a small bowl and spread on top of the entire cake.
 10. Cut into small pieces and enjoy.
- The lemon blondies last in the fridge for 2-3 days.

NOTES:

- Whey/Casein blend would work best in this recipe.
- Cottage cheese can be replaced with the same amount Skyr or Greek yogurt.
- You can substitute lemon with same amount orange for a different flavor.
- Add a bit of water if the batter is dry.
That is because of the casein.



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CHICKPEA BARS



ESTIMATED TIME: 35 MIN

Chickpeas are packed with fiber and protein so why not make a bar out of it that tastes amazing!

INGREDIENTS FOR 6-8 SERVINGS:

265g	canned chickpeas
50g	all purpose flour
50g	casein vanilla protein powder
48g	powdered peanuts
1	medium banana or 125g
4g	coconut oil
50g	skimmed milk
30g	chocolate chips
Pinch	salt

MACROS

Whole Recipe:

Calories	1217
Carbs	150
Protein	90
Fats	28



DIRECTIONS:

1. Strain the can of chickpeas to separate them from the liquid. But make sure to save the liquid in a separate bowl.
2. Dry roast the chickpeas in a pan on medium-high heat for 1-2 minutes or until they turn golden brown.
3. Add coconut oil and keep frying for 1 min. Remove from the heat.
4. Add the chickpeas and milk into a food processor or blender and mix for 2 minutes until smooth.
5. Add all ingredients except the flour and mix again for 1 min.
6. Add the flour and mix until smooth. If it is too dry, add 50g water and keep mixing. It should have a creamy and smooth consistency.
7. Place parchment paper onto a baking sheet (20x20cm or 8x8inch) and transfer the batter to the tray. Spread everything out evenly using a spatula. Sprinkle over the chocolate chips and bake for 30 min at 180°C or 350°F.
8. After baking let it cool down for 15 min and cut it into equal sized bars. Bars last in the fridge for 2-3 days.

NOTES:

- Whey/Casein blend would work as well. Although please note that whey can sometimes be a little dry.
- Powdered peanuts can be replaced with 40g of peanut butter.
- To make this recipe vegan, replace casein with soy protein and milk with almond milk.
- You can add an optional 30g of sweetener for additional sweetness.



WATCH VIDEO

NOOTELLA



ESTIMATED TIME: 5 MIN

*This tastes as good, if not better,
as the real deal and is macro
friendly too!*

INGREDIENTS FOR 1-2 SERVINGS:

15g	casein vanilla protein powder
26g	powdered peanuts
5g	cocoa powder
50g	skyr or 0.2% fat greek yogurt
100g	skimmed milk



MACROS

Whole Recipe:

Calories	264
Carbs	21
Protein	34
Fats	5

DIRECTIONS:

1. Place a small container on a scale.
2. Add all dry ingredients and mix until combined.
3. Add Skyr and milk and mix once again until nice and smooth.
4. The recipe will last in the fridge for around 2-3 days.

NOTES:

- You need Casein for this recipe.
If you use Whey, you need a lot less milk if any.



WATCH VIDEO

CORN BREAD



ESTIMATED TIME: 35 MIN

A classic dessert that is perfect for breakfast, and is packed with protein and great flavors.

INGREDIENTS FOR 6-8 SERVINGS:

60g	cornmeal (not cornflour)
30g	oats
30g	all purpose flour
30g	whey vanilla protein powder
30g	casein vanilla protein powder
150g	skyr or 0.2% fat greek yogurt
100g	buttermilk
100g	egg whites
100g	unsweetened applesauce
Pinch	salt
½ tsp	baking powder or 3g
¼ tsp	baking soda or 1.5g

MACROS

Whole Recipe:

Calories	895
Carbs	109
Protein	90
Fats	6



DIRECTIONS:

- Start by grinding the oats in a blender for about 60 seconds or until it becomes oat flour.
- Next, place a bowl on your scale.
- Add all the dry ingredients to the bowl. Whisk everything for 10-15 secs.
- Place a second bowl on the scale.
- Add all wet ingredients into the second bowl and mix until combined.
- Add the wet ingredients to the dry and slowly whisk until smooth in texture. Add a small splash of water if it sticks.
- Place parchment paper onto a baking sheet (20x20cm or 8x8inch).
- Transfer the batter to a baking sheet and bake for 25-30 min at 180°C or 350°F.
- After baking, remove the cake from the baking sheet and let it cool down for about 15 min.
- Slice, serve and enjoy with maple syrup or/and Greek yogurt.

NOTES:

- Whey/Casein blend works best in this recipe.
- Oat flour can be replaced by all-purpose flour.
- Add a bit of water if the batter is dry. That is because of the casein.



WATCH VIDEO

SWEET APPLE PIE



ESTIMATED TIME: 40 MIN

The perfect sunday cake for the entire family to enjoy.

INGREDIENTS FOR 6-8 SERVINGS:

120 g	oats
60 g	whey vanilla protein powder
60 g	sweetener
26 g	powdered peanuts
1	egg
100 g	egg whites
350 g	skyr or 0.2 % fat greek yogurt
100 g	skimmed milk
100 g	apples
½	lemon (juice)
3 g	cinnamon
Pinch	salt
½ tsp	baking powder or 3 g
¼ tsp	baking soda or 1.5g

MACROS

Whole Recipe:

Calories	1298
Carbs	135
Protein	135
Fats	21



WATCH VIDEO



DIRECTIONS:

- Start by grinding the oats in a blender for 60 seconds until it becomes oat flour.
 - Next, place a bowl on your scale.
 - Add all the dry ingredients to the bowl. Whisk everything for 10-15 secs.
 - Place another bowl on the scale to measure out the wet ingredients.
 - Add all wet ingredients into the second bowl and mix until combined.
 - Add the wet to the dry ingredients and slowly whisk until smooth.
 - Place parchment paper onto a pie dish (28cm or 11inch diameter).
 - Transfer the batter to the pie dish. Cut the apple into equal size wedges and place them on top of the batter.
 - Bake for 30-35 min at 180°C or 350°F.
 - After baking, let it cool for 15 min.
- The apple pie lasts in the fridge for 2-3 days.

NOTES:

- Whey/Casein blend will work just as well. Casein only isn't the best option though due to the need for 350g yogurt.
- You can peel apples if you don't like the skin left on.
- You can also use a square baking dish instead of the pie dish.
- Add a bit of water if the batter is dry. That is because of the casein.

SPEEDY BAKED APPLE PIE OATS



ESTIMATED TIME: 20 MIN

Mix everything together and place in the oven while you're working your way through your morning routine and you'll have a hearty homemade breakfast in no time!

INGREDIENTS FOR 1 SERVING:

60g	oats
30g	whey vanilla protein powder
1	egg
100g	apples
50g	skimmed milk
3g	cinnamon
10g	maple syrup
Pinch	salt
½ tsp	baking powder or 3g

MACROS

Whole Recipe without Topping:

Calories	542
Carbs	70
Protein	40
Fats	11



DIRECTIONS:

1. Add all ingredients to a blender and mix for roughly 30 seconds or until smooth in texture.
2. Then transfer everything onto a baking sheet (15cm or 6inch diameter).
3. Bake for 20–25 min at 180°C or 350°F.
4. You're done. It really is that easy!
All that's left is to enjoy them! :)

NOTES:

- You can add Greek yogurt and/or powdered peanuts after baking as a topping to add more flavor.
- You can also use only 50 g egg whites instead of the whole egg to reduce calories by 50.

KIDNEY BEAN BROWNIES



ESTIMATED TIME: 35 MIN

Yes you read that right!

Kidney beans are a great source of fiber so why not turn them into a delicious brownie!

INGREDIENTS FOR 6 - 8 SERVINGS:

60g	oats
125g	canned kidney beans
23g	whey vanilla protein powder
23g	casein vanilla protein powder
26g	powdered peanuts
1	egg
50g	egg whites
40g	cocoa powder
40g	sweetener
200g	skimmed milk
4g	coconut oil
Pinch	salt
½ tsp	baking powder or 3g
¼ tsp	baking soda or 1.5g

MACROS

Whole Recipe:

Calories	934
Carbs	98
Protein	88
Fats	27



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DIRECTIONS:

- Start by grinding the oats in a food processor or blender for around 60 seconds or until it becomes oat flour.
- Next thoroughly rinse the kidney beans to remove the liquid.
- Add the kidney beans and all other ingredients to the food processor.
- Blend until smooth in consistency. Add a small splash of water if it sticks.
- Place parchment paper onto a baking tray (20x20cm or 8x8inch).
- Transfer the batter to the baking tray and bake for around 25–30 min at 180°C or 350°F.
- Let the brownies cool down for 15 min.
- Cut the brownies into equal squares and enjoy. They last in the fridge for 2–3 days.

NOTES:

- Brownies taste best when warm from the oven and topped with Greek yogurt or low-calorie vanilla ice cream.

PUDDING OATS VANILLA BLUEBERRY



ESTIMATED TIME: 10 MIN

*Pudding can be made healthier
with some small and simple tweaks.
Here's how I like to do it!*

INGREDIENTS FOR 1 SERVING:

50 g	oats
15 g	vanilla pudding powder
100 g	skyr or 0.2 % fat greek yogurt
15 g	sweetener
100 g	skimmed milk
250 g	water
50 g	blueberries
Pinch	salt

MACROS

Whole Recipe:

Calories	367
Carbs	58
Protein	20
Fats	4



DIRECTIONS:

- In a pot, add the oats, water, sweetener and a pinch of salt. On medium heat, start to gently heat the oats on a stove.
- Stir occasionally for 2 minutes until the oatmeal becomes thick.
- Mix the pudding powder and milk in a glass and stir well to prevent any lumps.
- Add the pudding and milk to the pot of oatmeal and keep stirring for about 1 minute, or until the oatmeal becomes thick once again.
- Remove from the heat and transfer everything to a bowl.
- Mix in Skyr and top with blueberries. Eat right away or refrigerate overnight for overnight oats.

NOTES:

- Cover the surface with plastic wrap before refrigerating to prevent a skin from forming. The wrap needs to touch the oats.
- Mix 15 g of vanilla Casein with 50 g water and add in on top for more protein.



WATCH VIDEO

PUDDING OATS APPLE CINNAMON



ESTIMATED TIME: 10 MIN

A classic combination, apple and cinnamon really does make the perfect fall breakfast!

INGREDIENTS FOR 1 SERVING:

50 g	oats
15 g	vanilla pudding powder
100 g	skyr or 0.2 % fat greek yogurt
15 g	sweetener
100 g	skimmed milk
250 g	water
100 g	apples
5 g	butter
Pinch	salt

MACROS

Whole Recipe:

Calories	426
Carbs	65
Protein	20
Fats	8



DIRECTIONS:

1. Peel and cut the apple into small chunks.
2. Add the butter to a pot and melt on a medium heat.
3. Add the apple and fry until caramelized for 2-3 minutes.
4. Add the oats, water, sweetener and a pinch of salt. On medium heat, start to gently heat the oats on the stove.
5. Stir occasionally for 2 minutes until the oatmeal becomes thick.
6. Mix the pudding powder and milk in a glass and stir well to prevent any lumps.
7. Add the pudding and milk to the pot of oatmeal and keep stirring for about 1 minute, or until the oatmeal becomes thick once again.
8. Remove from the heat and transfer everything to a bowl.
9. Mix in Skyr and top with cinnamon. Serve and enjoy immediately or refrigerate overnight for overnight oats.

NOTES:

- Cover the surface with plastic wrap before refrigerating to prevent a skin from forming. The wrap needs to touch the oats.
- Mix 15 g of vanilla casein with 50 g water and add it on top for more protein.



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PUDDING OATS CHOC



ESTIMATED TIME: 10 MIN

If you love chocolate, then you're going to fall in love with this heavenly dessert. Let me introduce you to chocolate pudding oats.

INGREDIENTS FOR 1 SERVING:

50 g	oats
15 g	chocolate pudding powder
100 g	skyr or 0.2 % fat greek yogurt
100 g	skimmed milk
250 g	water
10 g	cocoa powder
13 g	powdered peanuts
Pinch	salt

MACROS

Whole Recipe:

Calories	437
Carbs	63
Protein	24
Fats	7



DIRECTIONS:

- In a pot, add the oats, water, sweetener and a pinch of salt. On medium heat, start to gently heat the oats on a stove.
- Stir occasionally for 2 minutes until the oatmeal becomes thick.
- Mix the pudding powder, cocoa, peanut powder and milk in a glass and stir well to prevent any lumps.
- Add the pudding and milk to the pot of oatmeal and keep stirring for about 1 minute, or until the oatmeal becomes thick once again.
- Remove from the heat and transfer everything to a bowl.
- Mix in skyr. Eat right away or refrigerate overnight for overnight oats.

NOTES:

- Cover the surface with plastic wrap before refrigerating to prevent a skin from forming. The wrap needs to touch the oats.
- Mix 15 g of vanilla Casein with 50 g water and add in on top for more protein.



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CHOC & PB OATMEAL



ESTIMATED TIME: 10 MIN

I could eat this oatmeal 3 times per day, it is soooo good.

INGREDIENTS FOR 1 SERVING:

50g	oats
15g	casein vanilla protein powder
200g	skyr or 0.2 % fat greek yogurt
20g	peanut butter
200g	skimmed milk
10g	cocoa powder
Pinch	salt
Optional:	
10g	chia seeds
10g	whipping cream
100g	fresh fruit

MACROS

Whole Recipe:

Calories	635
Carbs	60
Protein	54
Fats	20



DIRECTIONS:

1. In a pot, add the oats with a pinch of salt and dry toast them on medium heat for 3 minutes.
2. Add milk and optional chia seeds, then let the oats simmer for 3-4 more minutes.
3. Meanwhile, add yogurt, peanut butter, and casein to a bowl.
4. Once the oats are ready, add cocoa powder to the pot and stir until it becomes a dark brown color. Remove from heat and transfer everything to the bowl.
5. Top with fruit or whipped cream. Done!

NOTES:

- This can be meal prepped, however it tastes best when still a bit warm.



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FLUFFY PANCAKES



ESTIMATED TIME: 10 MIN

Have you ever wondered how do you make those fluffy pancakes that look like clouds? Well here's how to do it!

INGREDIENTS FOR 1 SERVING:

25	all purpose flour
10g	coconut flour
15g	whey vanilla protein powder
5g	sugar
100g	buttermilk
1	egg
½ tsp	baking powder or 3g
¼ tsp	baking soda or 1.5g
Pinch	salt

MACROS

Whole Recipe:

Calories	323
Carbs	30
Protein	25
Fats	7



DIRECTIONS:

1. On a medium- heat, preheat a non-stick pan.
2. Place a bowl on your scale.
3. Now add all the dry ingredients and mix well.
4. Separate the egg in another bowl.
Place the egg yolk in 1 bowl and the egg white in another. You need 3 bowls in total.
5. Next, add the buttermilk to a bowl with the egg yolk and mix.
6. Mix the egg whites with an electric hand mixer until it builds stiff peaks.
7. Now add the egg yolk to the dry ingredients and fold carefully.
8. Then add the egg white and fold carefully.
Don't overmix the batter.
9. Place the pancake batter in the preheated pan.
The batter will make 3-4 pancakes.
10. Wait until it starts to form bubbles on top of the pancakes, appr. 1-2 minutes. Then flip all pancakes and let them cook once again for 1-2 minutes.
11. Remove from the pan and enjoy :)



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NOTES:

- Don't add Casein, or they won't become fluffy.
Separating eggs and whipping egg whites can be skipped but will result in less fluffy pancakes.

CHOCOLATE PROTEIN BAR



ESTIMATED TIME: 10 MIN

Stop buying overpriced protein bars and make your own instead. Here's my ultimate chocolate protein bar recipe.

INGREDIENTS FOR 6 - 8 SERVINGS:

160 g	oats
120 g	whey vanilla or chocolate protein powder
48 g	powdered peanuts
36 g	cocoa powder
300 - 400 g	skimmed milk



MACROS

Whole Recipe:

Calories	1535
Carbs	161
Protein	158
Fats	30

DIRECTIONS:

1. Place a bowl on your scale.
2. Add all ingredients to a bowl and mix until smooth and thick consistency with a spatula.
3. Transfer everything to an aluminum tray or container that is safe to freeze (12x18cm or 5x7inch).
4. Freeze for 3 hours or until firm.
5. Remove from the freezer and cut into your desired protein bar size.
6. Wrap them separately using plastic foil and place them inside a ziplock bag.
7. Freeze them again and store them for up to 3 months.



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3 INGREDIENT APPLE CAKE



ESTIMATED TIME: 15 MIN

All you need is three simple ingredient to make this protein-packed apple cake.

INGREDIENTS FOR

6–8 SERVINGS:

500 g	unsweetened applesauce
20g	dry gelatine (In the US use 30g)
60g	whey vanilla protein powder

optional:

3g	cinnamon
----	----------

MACROS

Whole Recipe:

Calories	607
Carbs	76
Protein	65
Fats	2



DIRECTIONS:

1. Add the applesauce to a pot and heat on a stove on medium.
2. After 1 minute, add the gelatine and mix well or until fully dissolved.
3. Immediately transfer to a bowl.
4. With a hand-mixer, start mixing for 10–15 minutes or until it becomes foamy in consistency. It should also be turning whiteish at this point.
5. Add in the protein powder and cinnamon if you wish to.
6. Mix again for 30 seconds.
7. Place plastic foil in a container (20x20cm or 8x8inch).
8. Transfer the apple mixture to the container and spread out evenly.
9. Refrigerate it for at least 2 hours so everything will become firm.
10. Slice, serve and enjoy. This cake will last for around 2–3 days in the fridge.

NOTES:

- You can also add 25g of sweetener and 1 teaspoon cinnamon.
- Top with Skyr for additional protein.

CARROT CAKE



ESTIMATED TIME: 40 MIN

Carrot cake is a classic dessert so why not make a high protein version that you can eat every day?

INGREDIENTS FOR 6–8 SERVINGS:

100 g	oats
150 g	shredded carrots
50 g	whey vanilla protein powder
100 g	skyr or 0.2 % fat greek yogurt
1	egg
100 g	egg whites
30 g	sweetener
100 g	skimmed milk
2 g	ginger
2 g	cinnamon
Pinch	salt
½ tsp	baking powder or 3 g
¼ tsp	baking soda or 1.5 g

FROSTING:

50 g	skyr or 0.2 % fat greek yogurt
50 g	cream cheese
15 g	whey vanilla protein powder
½	lemon (juice)
5 g	sweetener

MACROS

Without Frosting:	With Frosting:		
Calories	877	Calories	1063
Carbs	91	Carbs	100
Protein	85	Protein	119
Fats	16	Fats	16



DIRECTIONS:

1. Grind the oats in a food processor or blender for roughly 60 seconds or until it becomes oat flour.
2. Place a bowl on your scale.
3. Add all dry ingredients to a bowl and mix.
4. Place a second bowl on the scale and add all the wet ingredients and carrots. Mix together.
5. Add the wet to the dry ingredients and mix until smooth.
6. Place parchment paper on a baking tray (24cm or 9inch diameter).
7. Transfer the batter to the baking tray and bake for 30–35 min at 180°C or 350°F.
8. Allow the cake to cool for 15 min.
9. Slice, serve, and enjoy. This tasty cake lasts in the fridge for 2–3 days.

NOTES:

- Carrots can be reduced by 100 g. If you choose to do this, then I would recommend adding another 30 g of oats to add volume.



WATCH VIDEO

BIG BOYS PANCAKES



ESTIMATED TIME: 10 MIN

A pancake stack designed for a larger appetite. You can thank me later!

INGREDIENTS FOR 1 SERVING:

60g	oats
30g	whey vanilla protein powder
1	medium banana or 125g
100g	egg whites
50g	skyr or 0.2 % fat greek yogurt
25g	sweetener
5g	vanilla extract
3g	cinnamon
Pinch	salt
½ tsp	baking powder or 3g
2g	oil

MACROS

Whole Recipe:

Calories	563
Carbs	73
Protein	45
Fats	9



DIRECTIONS:

1. Grind the oats in a food processor or blender for around 60 seconds or until it becomes oat flour.
2. Preheat a pan to medium heat.
3. Place a bowl on your scale.
4. Add all dry ingredients together and mix well.
5. Place another bowl on the scales and add all wet ingredients and mix well.
6. Add the wet to the dry ingredients and mix until smooth.
7. Add oil to a pan on medium heat.
8. Add the pancake batter and wait until it starts to form delicate bubbles on top of the batter. This should happen after 2–3 minutes.
9. Flip and cook again for 2–3 minutes.
10. Remove and repeat with the entire batter. Done!

NOTES:

- Pancakes go really well with Greek yogurt as a topping.

STRAWBERRY COCONUT BALLS



ESTIMATED TIME: 10 MIN

An easy and homemade snack, just for those moments when you need a quick energy boost!

INGREDIENTS FOR 1-2 SERVING:

100 g	oats
150 g	frozen strawberries
30 g	whey vanilla protein powder
30 g	coconut flour
50 g	skimmed milk
15 g	grated coconut
4 g	coconut oil
10 g	maple Syrup

MACROS

Whole Recipe:

Calories	812
Carbs	103
Protein	44
Fats	19



DIRECTIONS:

1. Add all the ingredients, except the grated coconut, to a food processor and blend until creamy. This should take around 45 seconds.
2. Place the grated coconut on a plate.
3. Now take a spoon and remove 1 serving from the food processor and form a ball with your clean hands.
4. Gently roll across the grated coconut, making sure to cover the entire ball.
5. Repeat with all strawberry balls.
6. This snack will last in the fridge for 2-3 days.

NOTES:

- Strawberry balls can also be frozen.

BANANA BAKED OATMEAL



ESTIMATED TIME: 20 MIN

One of the most balanced oatmeals you can make at home, that taste just like an indulgent dessert.

INGREDIENTS FOR 1 SERVING:

50 g	oats
1	medium banana or 125 g
1	egg
30 g	whey vanilla protein powder
100 g	skimmed milk
Pinch	salt
½ tsp	baking powder or 3 g

MACROS

Whole Recipe:

Calories	498
Carbs	61
Protein	39
Fats	10



DIRECTIONS:

1. Start by grinding the oats in a blender for around 60 seconds, or until it becomes oat flour.
2. Add to the blender egg, banana, baking powder, whey protein, milk, and a pinch salt. Blend again for 20–30 seconds, or until smooth.
3. You might need to shake the blender if the batter sticks to the top the blender.
4. Now, transfer the batter to a baking dish (12x18cm or 5x7inch) lined with parchment paper and bake in the oven at 180°C or 350°F for 15 minutes.
5. Remove from the oven. Done!

NOTES:

- Top with greek yogurt, a handful grapes or fresh berries for more flavor and protein.



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BANANA SPLIT



ESTIMATED TIME: 10 MIN

A famous german dessert that you can now enjoy every day.

INGREDIENTS FOR 1 SERVING:

40 g	instant pudding powder vanilla
30 g	casein vanilla protein powder
200 g	skimmed milk
1	banana
100 g	skyr or 0.2 % fat greek yogurt
50 g	blueberries



MACROS

Whole Recipe:

Calories	315
Carbs	52
Protein	21
Fats	1

DIRECTIONS:

1. Place a bowl on a scale and add the pudding powder and milk. Using an electric hand mixer, mix until it reaches a pudding-like consistency (about 60 seconds).
2. Add the casein to the bowl and continue mixing until thick.
3. Slice a banana, then layer with Greek yogurt, 1/3 of the custard, and blueberries.
4. Store the remaining custard in the fridge for up to one week.

NOTES:

- Feel free to use different flavors of pudding or protein powder to vary the taste.

CAULIFLOWER OATMEAL



ESTIMATED TIME: 10 MIN

Cauliflower will help you bulk up like crazy without you needing to consume too many calories. So why not add it to oatmeal!

INGREDIENTS FOR 1 SERVING:

50g	oats
100g	cauliflower rice or florets
300g	water
13g	powdered peanuts
30g	whey vanilla protein powder
Pinch	salt

MACROS

Whole Recipe:

Calories	388
Carbs	41
Protein	38
Fats	7



DIRECTIONS:

1. If you only have access to a whole cauliflower, then start by cutting off the florets until you have around 100 g. Then you can grate them into rice.
2. Add the cauliflower rice to a pot with 250 g of salted water.
3. Cook on medium heat for 10 minutes.
4. Add the oats and another 50 g of water and let it slowly simmer until it becomes thick and creamy in consistency. This should take around 5 minutes.
5. Add powdered peanuts and whey and cook while stirring for a further 30 seconds. Add a splash more water if it doesn't mix well.
6. Transfer to a bowl and eat right away or refrigerate overnight for overnight oats.

PUMPKIN PIE OVERNIGHT OATS



ESTIMATED TIME: 5 MIN

Overnight oats ideal for Halloween. Well, they're so yummy, we're sure you'll enjoy them throughout the winter months too.

INGREDIENTS FOR 1 SERVING:

50 g	oats
15 g	casein vanilla protein powder
100 g	skyr or 0.2 % fat greek yogurt
100 g	pumpkin puree
18 g	powdered peanuts or 12 g peanut butter
100 g	water
2 g	cinnamon
1 g	ginger
0.5 g	nutmeg
Pinch	salt



DIRECTIONS:

1. Place a bowl on your scale.
2. Add all ingredients to the bowl.
3. Mix everything until smooth in texture.
4. Refrigerate overnight. You're done!

MACROS

Whole Recipe:

Calories	422
Carbs	48
Protein	34
Fats	10

NOTES:

- You can use Whey but if you do so, then make sure to use less water. Casein will give you creamier oatmeal!



WATCH VIDEO

AVOCADO OVERNIGHT OATS



ESTIMATED TIME: 5 MIN

Chocolate and avocado is a great combination for a high protein breakfast.

INGREDIENTS FOR 1 SERVING:

50 g	oats
15 g	casein vanilla protein powder
150 g	skyr or 0.2 % fat greek yogurt
½	avocado or 70 g
8 g	cocoa powder
10 g	honey
100 g	water
Pinch	salt

MACROS

Whole Recipe:

Calories	527
Carbs	57
Protein	37
Fats	17



DIRECTIONS:

1. Place a bowl on your scale.
2. Add all ingredients to the bowl.
3. Smash the avocado with a fork.
4. Mix everything until smooth in consistency.
5. Refrigerate overnight.
6. That's it, you're done! Simple, right!

NOTES:

- You can use whey but if you do so, make sure to use less water. Though Casein will give you a creamier oatmeal!



WATCH VIDEO

APPLE PIE OVERNIGHT OATS



ESTIMATED TIME: 5 MIN

Have you ever had apple pie for breakfast? Now is your chance to indulge guilt-free!

INGREDIENTS FOR 1 SERVING:

50 g	oats
15 g	casein vanilla protein powder
150 g	skyr or 0.2 % fat greek yogurt
150 g	unsweetened applesauce
13 g	powdered peanuts
50 g	water
2 g	cinnamon
Pinch	salt

MACROS

Whole Recipe:

Calories	458
Carbs	58
Protein	39
Fats	6



DIRECTIONS:

1. Place a bowl on your scale.
2. Add all ingredients to the bowl.
3. Mix everything until smooth.
4. Refrigerate overnight.
5. Done! Now wasn't that easy as pie!

NOTES:

- You can use Whey but if you do, then use less water. Casein will give you a creamier oatmeal!
- Try to use unsweetened applesauce, or this recipe might be too sweet for the morning.
- Fresh apples as a topping work very well.



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BLUEBERRY CHOC OVERNIGHT OATS



ESTIMATED TIME: 5 MIN

Blueberries and chocolate is a great combination, especially when it is packed with protein!

INGREDIENTS FOR 1 SERVING:

50 g	oats
15 g	casein vanilla protein powder
150 g	skyr or 0.2 % fat greek yogurt
50 g	blueberry jam sugar free
5 g	cocoa powder
50 g	blueberries
100 g	water
Pinch	salt

MACROS

Whole Recipe:

Calories	419
Carbs	50
Protein	36
Fats	5



DIRECTIONS:

1. Place a bowl on your scale.
2. Add all ingredients to the bowl.
3. Mix everything until smooth.
4. Refrigerate overnight.
5. Done!

NOTES:

- You can use Whey but if you do, then use less water. Casein will give you a creamier oatmeal!
- Try to use unsweetened blueberry jam, or this recipe might be too sweet for the morning.
- You can add 10g of cocoa instead of 5g if you like it more „chocolaty”.

STRAWBERRY OVERNIGHT OATS



ESTIMATED TIME: 5 MIN

*For people that like strawberries
and want to have them with oats.*

INGREDIENTS FOR 1 SERVING:

50 g	oats
15 g	casein vanilla protein powder
150 g	skyr or 0.2 % fat greek yogurt
150 g	strawberries
50 g	strawberry jam sugar free
100 g	water
Pinch	salt



MACROS

Whole Recipe:

Calories	426
Carbs	56
Protein	36
Fats	4

DIRECTIONS:

1. Place a bowl on your scale.
2. Add all ingredients to the bowl except strawberries.
3. Mix everything until smooth.
4. Cut strawberries into small pieces and mix them in.
5. Refrigerate overnight.
6. Done!

NOTES:

- You can use Whey but if you do, then use less water. Casein will give you a creamier oatmeal!
- Jam should have max 100 calories per 100 g

BANANA BREAD OVERNIGHT OATS



ESTIMATED TIME: 5 MIN

Try this as a dessert and you will never go back to something else.

INGREDIENTS FOR 1 SERVING:

30g	oats
15g	casein vanilla protein powder
150g	skyr or 0.2 % fat greek yogurt
1	medium banana or 125g
15g	walnuts
5g	vanilla extract
50g	water
Pinch	salt



MACROS

Whole Recipe:

Calories	475
Carbs	57
Protein	34
Fats	12

DIRECTIONS:

1. Place a bowl on your scale.
2. Add the oats and banana to the bowl and mash with a fork.
3. Now add the other ingredients.
4. Mix everything until smooth in texture.
5. Refrigerate overnight. Done!

NOTES:

- You can use whey but if you do, then make sure to use less water.
- Casein will give you a creamier oatmeal.



WATCH VIDEO

PB OVERLOAD OVERNIGHT OATS



ESTIMATED TIME: 5 MIN

*The ultimate peanut butter
overload oats recipe.*

INGREDIENTS FOR 1 SERVING:

50 g	oats
15 g	casein vanilla protein powder
150 g	skyr or 0.2 % fat greek yogurt
26 g	powdered peanuts
10 g	peanut butter
100 g	water
Pinch	salt



MACROS

Whole Recipe:

Calories	516
Carbs	48
Protein	49
Fats	12

DIRECTIONS:

1. Place a bowl on your scale.
2. Add all ingredients to the bowl.
3. Mix everything until smooth.
4. Refrigerate overnight.
5. Done!

NOTES:

- You can use whey but if you do, then make sure to use less water.
- Casein will give you a creamier oatmeal.
- If you want it sweeter use skimmed milk instead of water. It will add 40 extra calories.

TIRAMISU OVERNIGHT OATS



ESTIMATED TIME: 5 MIN

The classic Italian dessert but for breakfast and full of protein.

INGREDIENTS FOR 1 SERVING:

50 g	oats
15 g	casein vanilla protein powder
150 g	skyr or 0.2 % fat Greek yogurt
50 g	strong liquid coffee (espresso)
5 g	cocoa
50 g	skimmed milk
Pinch	salt



MACROS

Whole Recipe:

Calories	365
Carbs	39
Protein	37
Fats	5

DIRECTIONS:

1. Place a bowl on your scale.
2. Add all ingredients to the bowl.
3. Mix everything until smooth.
4. Refrigerate overnight.
5. Done!

NOTES:

- You can use whey but if you do, then make sure to use less water.
- Use milk instead of water or it can become too bitter.
- If it's too bitter you can play a bit with the casein and cocoa amount.

PINA COLADA OVERNIGHT OATS



ESTIMATED TIME: 5 MIN

*Instead of sipping the cocktail,
why not make a breakfast that
tastes even better and is filled
with protein!*

INGREDIENTS FOR 1 SERVING:

50g	oats
15g	casein vanilla protein powder
150g	skyr or 0.2 % fat greek yogurt
150g	canned pineapple
15g	grated coconut
10g	honey
100g	water
Pinch	salt

MACROS

Whole Recipe:

Calories	526
Carbs	64
Protein	34
Fats	14



DIRECTIONS:

1. Place a bowl on your scale.
2. Chop up pineapple into small pieces.
3. Add all ingredients to the bowl.
4. Mix everything until smooth.
5. Refrigerate overnight.
6. You're done!

NOTES:

- You can use whey but if you do so, then use less water.
- Casein will give you a creamier oatmeal.
- Don't add lemon juice, as this can make it super sour.
- It's important to use canned pineapple. But if you want to use fresh, then add it in the morning, just before you eat it.



WATCH VIDEO

CARROT CAKE OVERNIGHT OATS



ESTIMATED TIME: 5 MIN

Carrot cake for breakfast is something that not only sounds great but is amazing for the mind, body and soul!

INGREDIENTS FOR 1 SERVING:

50g	oats
15g	casein vanilla protein powder
150g	skyr or 0.2 % fat greek yogurt
50g	shredded carrots
10g	chia seeds
5g	vanilla extract
100g	water
Pinch	salt

MACROS

Whole Recipe:

Calories	415
Carbs	45
Protein	35
Fats	8



DIRECTIONS:

1. Place a bowl on your scale.
2. Add all ingredients to the bowl.
If you can't find shredded carrots, grate 1 carrot with a box grater.
3. Mix everything until smooth.
4. Refrigerate overnight.
5. You're done!

NOTES:

- You can use whey but if you do so, then use less water.
- Casein will give you a creamier oatmeal.



WATCH VIDEO

APPLE PIE BURRITO



ESTIMATED TIME: 10 MIN

A burrito that is sweet and packed with protein? Sign me up!

INGREDIENTS FOR 1 SERVING:

1	wheat tortilla (20cm or 8inch)
15g	casein vanilla protein powder
50g	skyr or 0.2 % fat greek yogurt
50g	0.2% fat cream cheese
50g	apple sauce
1g	cinnamon
½	apple
Pinch	salt

MACROS

Whole Recipe:

Calories	326
Carbs	45
Protein	29
Fats	4



DIRECTIONS:

1. Place a bowl on your scale.
2. Add casein, skyr, cream cheese, apple sauce, cinnamon, and a pinch of salt and mix until combined. Slice the apple into pieces.
3. Heat up the tortilla in a pan for 60 seconds each side.
4. Put the filling on top of the tortilla and top with the sliced apples. Roll it into a burrito shape. Done!

NOTES:

- You can't use whey for this recipe as it will become too thin and not spreadable.



WATCH VIDEO

PB & BANANA BURRITO



ESTIMATED TIME: 10 MIN

This time the burrito is filled with peanut butter and a banana, who doesn't love that?

INGREDIENTS FOR 1 SERVING:

1	wheat tortilla (20cm or 8inch)
15g	casein vanilla protein powder
50g	skyr or 0.2 % fat greek yogurt
50g	0.2% fat cream cheese
10g	peanut butter
13g	powdered peanuts
30g	milk
½	banana

MACROS

Whole Recipe:

Calories	432
Carbs	41
Protein	39
Fats	11



DIRECTIONS:

1. Place a bowl on your scale.
2. Add casein, skyr, cream cheese, peanut butter, powdered peanuts, and milk and mix until combined. Slice the banana into pieces.
3. Heat up the tortilla in a pan for 60 seconds each side.
4. Put the filling on top of the tortilla and top with the sliced banana. Roll it into a burrito shape. Done!

NOTES:

- You can't use whey for this recipe as it will become too thin and not spreadable.



WATCH VIDEO

CARROT CAKE BURRITO



ESTIMATED TIME: 10 MIN

Carrot cake in a burrito might be the ultimate sweet breakfast.

INGREDIENTS FOR 1 SERVING:

1	wheat tortilla (20cm or 8inch)
15g	casein vanilla protein powder
50g	skyr or 0.2 % fat greek yogurt
50g	0.2% fat cream cheese
5g	honey
5g	chia seeds
5g	vanilla extract
50g	shredded carrots

MACROS

Whole Recipe:

Calories	322
Carbs	31
Protein	30
Fats	6



DIRECTIONS:

1. Place a bowl on your scale.
2. Add casein, skyr, cream cheese, honey, chia seeds, vanilla extract. Grate carrots with a box grater and add them to the bowl. Mix everything until combined.
3. Heat up the tortilla in a pan for 60 seconds each side.
4. Put the filling on top of the tortilla and roll it into a burrito shape. Done!

NOTES:

- You can't use whey for this recipe as it will become too thin and not spreadable.



WATCH VIDEO

3 INGREDIENT PROTEIN CHEESECAKE



ESTIMATED TIME: 40 MIN

Recipes that have only

*3 ingredients are just like magic;
especially when they have a ton
of protein in them!*

INGREDIENTS FOR 1 SERVING:

200g	flavored greek yogurt or Skyr
1	egg
20g	pudding powder



MACROS

Whole Recipe:

Calories	287
Carbs	35
Protein	24
Fats	5

DIRECTIONS:

1. Preheat the oven to 180°C or 350°F. Then start by placing a bowl on your scale.
2. Taste the yogurt before adding it, just to see if you need sweetener in the cake.
3. Add 25g sweetener into the bowl if needed. Then add in the yogurt, egg, and pudding powder and mix until smooth. You can choose whatever flavor you want, I tend to make it with strawberry yogurt and vanilla pudding or vice versa.
4. Add parchment paper to a baking dish. (15cm or 6inch diameter).
5. Transfer the batter to the baking dish and bake in the oven for 30–35 min.
6. Remove and place the cake on a plate to allow it to cool for 15 mins. Refrigerate the cake for 1 hour or until it has set. Overnight is also an option.
7. Top with one serving powdered peanuts. Done!

NOTES:

- This can be meal prepped for 3–5 days.
- If you have only access to plain yogurt add 1/2 scoop of protein powder to add extra flavor.
- You can make a bigger cake by doubling or even tripling the ingredients. However, I would reduce the baking temp to 160°C or 320°F and prolong the baking by 10–15 minutes.
- You can use 50g egg whites instead 1 whole egg to save 50 calories.



WATCH VIDEO

PUMPKIN PANCAKES



ESTIMATED TIME: 10 MIN

For days when you feel like indulging in pancakes but you also want to try something a bit different!

INGREDIENTS FOR 1 SERVING:

30g	all purpose flour
30g	whey vanilla protein powder
100g	pumpkin puree
1	egg
50g	egg whites
10g	sweetener
3g	cinnamon
1g	ginger
0.5g	nutmeg
½ tsp	baking powder or 3g oil
2g	
Pinch	salt

MACROS

Whole Recipe:

Calories	367
Carbs	35
Protein	38
Fats	9



DIRECTIONS:

- Start by preheating a pan to medium heat and adding oil.
- Then start by placing a bowl on your scale. Add all dry ingredients to the bowl and whisk until combined.
- Then add the wet ingredients and whisk again until smooth.
- Add 2 servings to the pan and close the lid.
- After around 2–3 minutes there should be bubbles starting to escape from the top of the pancake. That's your sign to flip them over. Keep cooking the other side with a closed lid for another 2 minutes.
- Repeat one more time. The batter should give you about 4–5 medium-sized pancakes. Done!

NOTES:

- It taste so good and with a serving of powdered peanuts on top or greek yogurt and blueberries, it's even better!

CHAPTER 7

SIDE & OTHERS

EGG WHITE TORTILLA
CRISPY AIR FRYER POTATOES
CAULIFLOWER RICE
2 INGREDIENT NAAN BREAD DOUGH
CAULIFLOWER POTATO MASH
HOMEMADE COTTAGE CHEESE
MASHED POTATOES
CLOUD BREAD
HOMEMADE

ALMOND MILK
HOMEMADE
PUMPKIN PUREE
PICKLED GINGER
PICKLED ONIONS
WAFFLE MAKER HASH BROWNS
PICO DE GALLO
ROASTED CHICKPEAS
RICE CAKE SANDWICH

EGG WHITE TORTILLA



ESTIMATED TIME: 10 MIN

Why not make tortillas higher in protein by adding egg whites!

INGREDIENTS FOR 2-3 TORTILLAS:

100 g	skyr or 0.2 % fat greek yogurt
100 g	egg whites
30 g	all purpose flour
2 g	garlic powder
2 g	onion powder
3 g	oil
Salt and black pepper	

MACROS

Whole Recipe:

Calories	238
Carbs	28
Protein	23
Fats	3



DIRECTIONS:

1. Place a bowl on a scale.
2. Add all ingredients into the bowl and whisk until combined and smooth.
3. Add 1g of oil into a pan (24cm/9,5inch) on medium heat.
4. Add 1/3 of batter into the pan and spread it around with a spatula, so a tortilla shape forms.
5. Close the lid and let it cook for 1 minute.
6. Flip the tortilla and repeat until the tortilla is baked through.
7. Repeat with the entire batter.
The batter will make about three tortillas.

NOTES:

- You can change up the seasoning for different flavors.
- You can add 25g of shredded cheese before removing the tortilla, close one side and form a quesadilla. Let it cook for 30 seconds on each side.

CRISPY AIR FRYER POTATOES



ESTIMATED TIME: 35 MIN

*Food science is strong with this one.
The crispiest potatoes you
will ever try!*

INGREDIENTS FOR 1 SERVING:

250g	mealy potatoes
½ tsp	baking soda or 3g
10g	salt
2g	oil



MACROS

Whole Recipe:

Calories	211
Carbs	44
Protein	5
Fats	2

DIRECTIONS:

1. Peel and cut the potatoes into chunks or thick planks.
2. Add 1000g of water into a pot and bring it up to a boil. Add salt, baking soda and potatoes and let it simmer for 7–10 minutes. The potatoes should start to break down.
3. Drain the water and add the potatoes into a bowl. Add oil. Shake the bowl roughly, so the potatoes are covered with oil, around 30 seconds. The bottom of the bowl should build a potato slurry.
4. Air fry the potatoes for 20–25 minutes at 200°C or 400°F. Shake the basket every 5–7 minutes, so the potatoes don't stick.
5. After air frying, add seasoning like pepper, cayenne, or garlic powder. Done!

NOTES:

- Mealy potatoes will give you the best result, but you can also use waxy potatoes.
- Mealy potatoes are russet, waxy are red bliss.



WATCH VIDEO

CAULIFLOWER RICE



ESTIMATED TIME: 15 MIN

The secret to high volume rice is to sneak in cauliflower without someone noticing!

INGREDIENTS FOR 1 SERVING:

50 g	raw rice
100 g	cauliflower rice or florets
100 g	water
Pinch	salt



MACROS

Whole Recipe:

Calories	196
Carbs	44
Protein	6
Fats	0

DIRECTIONS:

1. If you only have access to a whole cauliflower, then cut off the florets until you have 100g and then grate them into rice shape on a box grater.
2. Add to a pot, rice, cauliflower rice, water and salt.
3. Put the pot on top of a stove on high. As soon water starts boiling, reduce the heat to low and let it simmer for 12–15 minutes. Done!

NOTES:

- I like to eat rice and cauliflower instead cauliflower only, but you can totally just eat cauliflower rice on its own.



WATCH VIDEO

2 INGREDIENT NAAN BREAD DOUGH



ESTIMATED TIME: 15 MIN

Naan bread is a very popular recipe, and this version is as good as an authentic recipe, but also can be made in 15 minutes!

INGREDIENTS FOR 1 SERVING:

50g	all purpose flour
60g	skyr or 0.2 % fat greek yogurt
½ tsp	baking powder or 3g
1g	garlic powder
1g	onion powder
2g	oil
Salt and black pepper	

MACROS

Whole Recipe:

Calories	228
Carbs	40
Protein	12
Fats	1



DIRECTIONS:

1. Place a bowl on a scale.
2. Add all ingredients and combine with your hands for around 60 seconds. It will slowly turn into a dough ball.
3. Let it rest in the bowl for 15 minutes.
4. Add oil into a nonstick pan (24cm/9,5inch). Don't switch the heat on the stove yet. Add in the dough ball.
5. Press the ball down and press the edges slowly until it turns to a flat round bread. This dough will fill 24cm or 9.5 inches.
6. Switch the heat to medium and cook on both sides for 3–4 minutes with occasional flipping until both sides have a golden brown color.

NOTES:

- The dough can be also turned into a pizza shape on a baking sheet and baked in the oven at 200°C for 10 minutes with pizza toppings for speedy pizza.



WATCH VIDEO

CAULIFLOWER POTATO MASH



ESTIMATED TIME: 25 MIN

One of the creamiest mash recipes you will ever try and on top of that, it's packed with protein!

INGREDIENTS FOR 2-3 SERVINGS:

250 g	cauliflower
250 g	potatoes
100 g	0.2% fat cream cheese
100 g	skimmed milk
1	medium onion or 50 g
2	cloves of garlic
2 g	oil
Salt and black pepper	

MACROS

Whole Recipe:

Calories	428
Carbs	73
Protein	24
Fats	5



DIRECTIONS:

1. Cut the cauliflower into florets. Cut the potatoes into the same-sized pieces as cauliflower.
2. Peel and dice the garlic and onions.
3. Add cauliflower and potatoes to a pot with 2000g of water with a strong pinch of salt.
4. Let it simmer for 20 minutes until they are soft.
5. Add oil to a pan on medium heat. Add in onions and let them fry for 5-6 min until they are caramelized.
6. Add garlic and keep frying for 20 more seconds.
7. Rinse potatoes and cauliflower and add them into a food processor without any of the water.
8. Add to food processor: black pepper, dried rosemary and thyme, cream cheese, skimmed milk and the fried onions and garlic.
9. Blend everything for 30-60 seconds until everything turns into a smooth and creamy consistency. Done!



WATCH VIDEO

NOTES:

- Potatoes can be left out for even lower calories.

MASHED POTATOES



ESTIMATED TIME: 20 MIN

Creamy mashed potatoes are great as a side, especially with lean, grilled meat!

INGREDIENTS FOR 1 SERVING:

250 g	potatoes
50 g	skimmed milk
1	laughing cow wedge
Salt and black pepper	



MACROS

Whole Recipe:

Calories	254
Carbs	47
Protein	9
Fats	4

DIRECTIONS:

1. Clean the potatoes and cut them into smaller pieces.
2. Put them into a pot of salted water and let them simmer on medium heat for 12–15 minutes.
3. After the potatoes are soft, drain the water and add them to a bowl. Mash them with a fork until they turn to a smooth consistency.
4. Then, add milk and mix until smooth. Add Laughing Cow cheese and the seasoning of your choice, and continue mixing until the cheese is fully incorporated. Done!

NOTES:

- Try adding fresh herbs like rosemary and seasoning such as cayenne pepper or cumin for extra flavor.

ROASTED CHICKPEAS



ESTIMATED TIME: 15 MIN

One of my favorite savory snacks!

INGREDIENTS FOR 1 SERVING:

150 g	chickpeas canned
2 g	oil
1 g	garlic powder
1 g	smoked paprika
Salt and black pepper	



MACROS

Whole Recipe:

Calories	226
Carbs	34
Protein	11
Fats	6

DIRECTIONS:

1. Rinse and clean the chickpeas, and place them in a bowl. Add oil and seasoning, then mix everything together.
2. Air fry the chickpeas at 200°C or 400°F for 12–15 minutes until they are golden brown and crispy.

NOTES:

- Try adding different spices like cayenne pepper, cumin, or turmeric for different flavors.



WATCH VIDEO

HOMEMADE COTTAGE CHEESE



ESTIMATED TIME: 5 MIN

Ever wanted to make your own cottage cheese? Well, now you can!

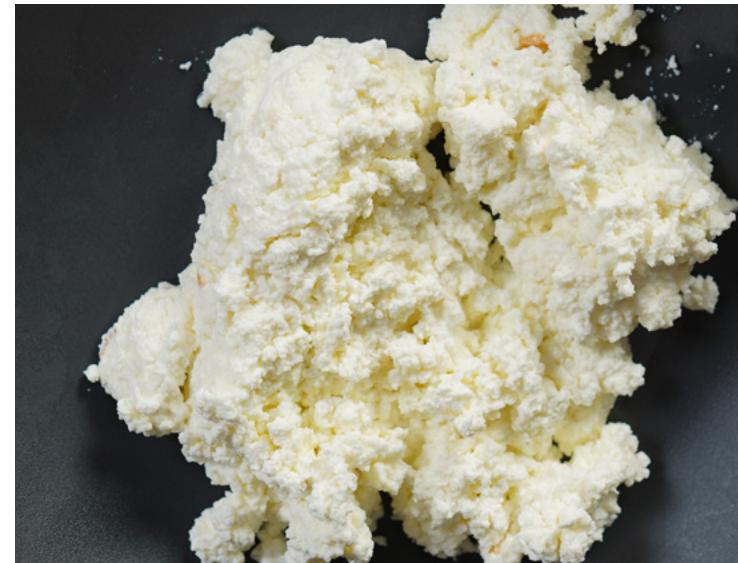
INGREDIENTS:

1,000 g	skimmed milk
40 g	white vinegar

MACROS

Whole Recipe:

Calories	65
Carbs	1
Protein	13
Fats	1



DIRECTIONS:

1. Add milk to a pot on medium heat. Bring the milk up to a temperature of 90°C or 200°F. That's just below a simmer.
2. Now add the vinegar and whisk the milk.
3. Now remove the pot from the heat, close the lid and let it rest for 20 minutes.
4. Now you need a cheesecloth and a bowl. Put the cheesecloth into a bowl, and add the entire liquid from the pot into the cheesecloth. You will be left with cottage cheese in the cheesecloth and liquid whey in the bowl.
5. Throw out the whey. Put the cheese from the cheesecloth on a plate and let it cool down.
6. Your cottage cheese is ready!

NOTES:

- Calories are noted per 100g of cottage cheese because it's not that easy to say how much cheese will be left after removing the whey.

CLOUD BREAD



ESTIMATED TIME: 20 MIN

The only egg recipe that looks like bread and is full of protein!

INGREDIENTS FOR 1 SERVING:

3	eggs
70 g	0.2% fat cream cheese
½ tsp	baking powder or 3g
¼ tsp	baking soda or 1.5g
Salt and black pepper	



MACROS

Whole Recipe:

Calories	252
Carbs	2
Protein	25
Fats	15

DIRECTIONS:

1. Preheat oven to 180°C or 350°F.
2. You need 2 separate bowls for this.
3. Separate the egg yolk from the egg white into separate bowls.
4. Add cream cheese to the egg yolk, add salt and pepper and mix until smooth with a spatula.
5. Add baking soda and baking powder to egg whites and whisk with an electric hand mixer for around 1-2 minutes until the egg white build stiff peaks.
6. Now add egg whites to the bowl with egg yolk and carefully fold the egg white into the egg yolk until everything is combined.
7. Lay parchment paper on top of a baking sheet. The egg batter will make 6 servings.
8. Take out 1 serving with a ladle and lay it on the baking sheet. Repeat 5 times until you have 6 servings.
9. Bake it for 12-15 minutes until the bread is formed and has a golden brown color. Done!

NOTES:

- They taste best with filled deli meat and fresh mozzarella.

HOMEMADE ALMOND MILK



ESTIMATED TIME: 5 MIN

Storebought almond milk has around 1-5% almonds in them and makes them very expensive. Making your own is quite easy and affordable.

INGREDIENTS FOR 1 SERVING:

50 g	almonds
1000 g	water
2 g	Guar Gum

MACROS

Whole Recipe:

Calories	290
Carbs	11
Protein	11
Fats	25



DIRECTIONS:

1. Add the almonds to a bowl and fill it up with water until the almonds are covered. Refrigerate them for at least 12 hours.
2. After that, add softened almonds into a big blender with 1000g of water.
3. Mix for 1 minute.
4. Now place cheesecloth over a bowl and strain the almond milk through the cloth.
5. Squeeze out the entire liquid until you end up with the leftover mixed almonds.
6. Add the liquid back to the mixer with Guar Gum and mix again for 30 seconds. Done!

NOTES:

- Guar Gum is not mandatory. But it will help build an emulsion so the water and almondmilk don't separate again.
- The same can be made with cashews.



WATCH VIDEO

HOMEMADE PUMPKIN PUREE



ESTIMATED TIME: 45 MIN

Pumpkin puree is quite easy to make and can be combined with a lot of different things!

INGREDIENTS FOR 1 SERVING:

1 hokkaido pumpkin (500 g)

MACROS

Whole Recipe:

Calories	315
Carbs	60
Protein	9
Fats	3



DIRECTIONS:

1. Preheat the oven to 200°C or 400°F.
2. Wash the pumpkin.
3. Remove the stems from both sides.
Cut the Hokkaido into halves.
4. Remove the seeds with a spoon.
5. Lay them on a baking sheet with parchment paper.
6. Bake the pumpkin for 30–45 min until cooked fully through.
7. Cut the cooked pumpkin into cubes and place them into a food processor or big blender.
Mix it until smooth for 2–3 min.
8. Transfer it into a big bowl. Done!

NOTES:

- You can use the seeds to make roasted pumpkin seeds. Clean and bake them at 200°C or 400°F for 20 min.
- It will last in the fridge for up to a week.
- If you use another pumpkin, you might need to remove the skin. The skin of Hokkaido is so soft that you can blend and then eat it.
- You can use butternut squash instead.

PICKLED GINGER



ESTIMATED TIME: 10 MIN

Ginger is great when pickled, and the combination of sweet and sour is epic!

INGREDIENTS:

300 g	ginger (young)
300 g	white vinegar
300 g	water
Pinch	salt

optional:

20 g	sugar
------	-------

MACROS

Whole Recipe:

Calories	315
Carbs	60
Protein	9
Fats	3



DIRECTIONS:

1. Peel the skin from the ginger and slice it into very fine slices. Young ginger has brighter and thinner skin, and the ginger itself is also brighter. It will taste lighter and will work best with vinegar. But that's not to say that older ginger won't work just as well.
2. Add ginger to a jar.
3. Add water, vinegar, salt and optional sugar into a pot on high heat. Wait until everything starts boiling.
4. Switch off the heat and pour the liquid into the jar with the ginger.
5. Close the jar and place it into the fridge. Done!

NOTES:

- It can be added on top of chicken recipes, salads, and inside burritos.
- Try to add aromatics like herbs, Jalapenos or spices like cumin or peppercorns before refrigerating to add more flavor.
- The sugar is recommended even though it will add 80 calories – per serving it won't be that much.

PICKLED ONIONS



ESTIMATED TIME: 10 MIN

The best pickles for great Instagram pictures because it's vibrant color, oh yeah and it tastes amazing as well!

INGREDIENTS:

300 g	red onion
300 g	white vinegar
300 g	water
Pinch	salt

MACROS

Whole Recipe:

Calories	120
Carbs	28
Protein	3
Fats	0



DIRECTIONS:

1. Cut onion into slices from root to stem.
2. Add all onions to a jar.
3. Add water, vinegar and salt to a pot on high heat. Wait until everything starts boiling.
4. Switch off the heat and pour the liquid into the jar with the onions.
5. Close the jar and place it into the fridge. Done!

NOTES:

- It can be added on top of chicken recipes, salads, and inside burritos.
- Try to add aromatics like herbs, Jalapenos or spices like cumin or peppercorns before refrigerating to add more flavor.
- After you've eaten all the onions, you can reuse the liquid for another batch of onions. Heat it up with more vinegar and water, 1 part each and pour it into the jar with fresh onions again.

WAFFLE MAKER HASH BROWNS



ESTIMATED TIME: 20 MIN

Waffle makers are the best tool to make hash browns! Go on, try to prove me wrong!

INGREDIENTS FOR 1 SERVING:

500 g	mealy potatoes
1	medium onion or 50 g
4 g	oil
Salt and black pepper	



MACROS

Whole Recipe:

Calories	421
Carbs	87
Protein	10
Fats	4

DIRECTIONS:

1. Peel the potatoes.
2. Then grate them with a box grater. Add them to a bowl filled with water, so they don't turn brown. Repeat with all the potatoes.
3. Now rinse the water and add the potatoes to a big tea towel.
4. Close the tea towel and squeeze the water out of it as much as you can. Do this over the big bowl.
5. Remove the water from the bowl and add the squeezed potatoes in. Add a strong pinch of salt and black pepper. Mix everything well.
6. Now preheat a waffle iron, and add some oil on both sides.
7. Chop up an onion into very small pieces.
8. Add 10g of onion to the waffle iron, add 100g of potatoes on top and close the waffle iron and press it down so you hear a sizzle.
9. Let it cook for 2 minutes, then press again until it closes completely and let it cook for another 6-8 minutes until cooked through.
10. Remove the hash brown and repeat with the entire batch of potatoes and onion. Done!

NOTES:

- Feel free to add more seasonings like garlic or rosemary.



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PICO DE GALLO



ESTIMATED TIME: 5 MIN

A super refreshing salad.

INGREDIENTS FOR 1 SERVING:

300 g	tomatoes
4	medium onions or 200 g
2	jalapenos or 100 g
1	bell pepper or 150 g
1	lime
bunch	cilantro or 10 g
Salt and black pepper	



MACROS

Whole Recipe:

Calories	218
Carbs	49
Protein	7
Fats	1

DIRECTIONS:

1. Cut all the vegetables into bite-sized pieces and add them to a large bowl.
2. Squeeze the juice of one lime over the vegetables, add a pinch of salt and black pepper, and mix everything together.
3. Top the salad with a bunch of chopped cilantro. Done!

NOTES:

- This salad makes a great side dish for a grilled chicken breast.
- You can also add some spices like cumin or garlic powder.

RICE CAKE SANDWICH



ESTIMATED TIME: 5 MIN

A super speedy sandwich made out of rice cakes.

INGREDIENTS FOR 1 SERVING:

2	rice cakes
30 g	deli meat
15 g	cream cheese
15 g	tomatoes
15 g	lettuce
Salt and black pepper	



MACROS

Whole Recipe:

Calories	218
Carbs	49
Protein	7
Fats	1

DIRECTIONS:

1. Place one rice cake on a plate.
2. Add cream cheese, then deli meat, followed by lettuce and tomatoes, and lastly, sprinkle with salt and black pepper.
3. Top with the other rice cake, and you're done!

NOTES:

- Try different kinds of deli meat as long as they are lean.
- You can add some sriracha or any other low-calorie sauce for a kick.



WATCH VIDEO

CHAPTER 8

MEAL PREP

LASAGNA
KOREAN SPICY CHICKEN & SWEET POTATO
ITALIAN STYLE CHICKEN (ACCIAIOTORE)
SHEPHERDS PIE
CREAMY FREEZER BURRITOS
PANNA COTTA
MINESTRONE
VEGETABLE SOUP

BURRITO BOWL
CHILI CON CARNE
ENCHILADAS
ONE POT MASSIVE CHICKEN
BREAKFAST FREEZER BURRITOS
TACO MEAT
CHICKEN ROLL-UPS
SAUSAGE & EGG McMUFFINS

LASAGNA



ESTIMATED TIME: 50 MIN

Probably one of the top 3 Italian dishes and actually great for meal prepping.

INGREDIENTS FOR 4 SERVINGS:

400 g	ground beef 95/5
4	lasagna sheets
1	large onion or 100 g
100 g	celery root
1	carrot or 100 g
3	cloves of garlic
250 g	mushrooms
400 g	crushed tomatoes
200 g	1% fat cottage cheese
125 g	fresh mozzarella light or 100 g shredded mozzarella
5 g	vegetable broth powder
7 g	dry gelatine
Salt and black pepper	

MACROS

Whole Recipe:	1 Serving:		
Calories	1340	Calories	335
Carbs	91	Carbs	23
Protein	169	Protein	42
Fats	41	Fats	10



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DIRECTIONS:

- Fill a bowl with lukewarm water and add in lasagna sheets. If you skip this step and add lasagna raw into the oven, they will soak up the sauce and make the lasagna dry.
- Chop all vegetables and mushrooms into bite-sized pieces. Peel and grate garlic.
- Add broth and dry gelatine into a glass and stir until smooth.
- Add mushrooms with 50g of water into a pan (28cm or 11 inch) on medium-high heat. Let it sauté until the mushrooms collapse. Add 2g oil and keep frying until mushrooms get color, around 4–5 minutes.
- Make space in the pan and add 2g of oil. Add the beef. Add a pinch of salt and black pepper. Fry the beef for 2–3 minutes until the meat gets color.
- Add vegetables and fry everything under occasional stirring for 7–8 minutes. Add garlic and fry for 20 seconds.
- Add crushed tomatoes and broth. Let everything simmer on medium heat for 5–7 more minutes.
- Preheat oven on 180°C or 350°F.
- Take a baking sheet that has space for 2 lasagna sheets beside each other. First, add a bit of sauce. Then add 2 lasagna sheets to cover the sauce. Now add 1 thick layer of sauce. Add 100g of cottage cheese on top. Repeat 1 more time. Bake this dish for 20 minutes.
- Remove the lasagna, add Mozzarella on top, and back to the oven for 3–4 minutes until the cheese has melted.
- Remove the lasagna, let it rest for 5–10 minutes until everything is set. Cut it into four servings and store them in the fridge or eat them immediately.

NOTES:

- Lasagna lasts in the fridge for 3–4 days. Microwave for 3–5 minutes before you want to eat.

TACO MEAT



ESTIMATED TIME: 15 MIN

Having taco meat in the fridge is an easy way to make yourself a speedy high protein meal.

INGREDIENTS FOR 2 SERVINGS:

400 g	ground beef 95/5
1	large onion or 100 g
200 g	tomato sauce
15 g	tomato puree
3 g	garlic powder
3 g	paprika
1.5 g	oregano
1 g	chili powder
1 g	cumin
4 g	oil
Salt and black pepper	



DIRECTIONS:

1. Dice onion and prepare other ingredients.
2. Preheat a pan (28cm or 11 inches) over medium heat and add oil. Start by frying the onions with a pinch of salt for 2–3 minutes.
3. Push the onions aside, add more oil, and then add the ground beef. Use a spatula to spread the beef, ensuring as much meat as possible comes into contact with the pan.
4. Fry the beef for 1 minute, then add all the seasonings. Mix everything and toast the seasonings for 15 seconds.
5. Add the tomato puree and fry it for 15 seconds. Next, add the tomato sauce with a splash of water, and mix. Allow it to simmer for 1–2 minutes until it thickens.
6. Remove from the heat and transfer everything to a meal prep container. Let it cool down for a few minutes before storing it in the fridge. Done!

MACROS

Whole Recipe:	1 Serving:		
Calories	639	Calories	320
Carbs	21	Carbs	11
Protein	97	Protein	49
Fats	27	Fats	14



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NOTES:

7. Last in the fridge for 3–5 days. Microwave for 2–3 minutes before you want to eat.

KOREAN SPICY CHICKEN & SWEET POTATO



ESTIMATED TIME: 50 MIN

The combination of sweet potato and spicy chicken is awesome!

INGREDIENTS FOR 5 SERVINGS:

1250 g	sweet potatoes
5	chicken breast or 1000 g
150 g	canned corn
1	large onion or 100 g
2	carrots or 200g
2	red bell peppers or 300 g
40 g	gochujang
100 g	low sodium soy sauce
50 g	water
2 g	cornstarch
15 g	oil
Black pepper	

MACROS

Whole Recipe:	1 Serving:		
Calories	2790	Calories	558
Carbs	400	Carbs	80
Protein	240	Protein	48
Fats	40	Fats	8



DIRECTIONS:

- Preheat the oven to 200°C or 400°F.
- Clean potatoes with a brush under water. Don't peel them. Cut them into halves. 1250g should be 3 medium-sized sweet potatoes.
- Chop up onions, pepper and carrot into bite-size pieces. Add vegetables into a baking dish and add 10g of olive oil on top of them, a pinch of salt and black pepper. Mix everything with a spatula.
- Add sweet potatoes and the baking dish with vegetables on a baking rack and bake them in the oven for 30 minutes.
- Add Gochujang, water, soy and cornstarch into a container and mix everything until smooth.
- Cut chicken breast into bite-size cubes and add a strong pinch of salt on top of them.
- Heat up a big pan (28cm/11inch) to medium-high with 2g of oil. Add in a batch of chicken breast and fry them 1-2 minutes on each side until brown and cooked through. Remove them from the pan and repeat until all the chicken is cooked.
- After 30 minutes of baking time, remove the vegetables and add them into the pan where you just fried the chicken on medium-high heat. And fry them until the entire water is evaporated and the veggies are caramelized.
- Add the chicken back to the pan and add the sauce and cook everything for 30 seconds until the sauce is sticky and thick.
- Distribute sweet potatoes in 5 meal prep containers. Do the same with the vegetables and the chicken.
- Add canned corn evenly distributed in every container as well. Done!

NOTES:

- It can be stored in the fridge for 3-5 days.
- Be careful not to overcook the chicken or it will become dry and tough. 2-3 minutes is generally enough. Don't overcrowd the pan either.



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ONE POT MASSIVE CHICKEN



ESTIMATED TIME: 45 MIN

This is a massive chicken and rice meal prep with a ton of food.

INGREDIENTS FOR 3 SERVINGS:

180 g	raw rice
600 g	skinless, boneless chicken thighs
200 g	tomato salsa
500 g	chicken stock
1	large onion or 150 g
3	carrots or 300 g
3	red bell peppers or 450 g
4 g	smoked paprika
3 g	garlic powder
3 g	onion powder
3 g	chili powder
15 g	oil
Salt and black pepper	

MACROS

Whole Recipe:	1 Serving:		
Calories	1956	Calories	652
Carbs	237	Carbs	79
Protein	126	Protein	42
Fats	60	Fats	20



DIRECTIONS:

- Place the chicken thighs in a bowl and add salt, pepper, garlic powder, onion powder, smoked paprika, and chili powder. Mix until the thighs are coated with the seasoning.
- Dice the onion, carrots, and red bell peppers into bite-size pieces.
- Add 5g of oil to a pan over medium-high heat and add the chicken thighs. Fry them for 2 minutes on each side, just to get some color, and then remove them from the pan.
- Add 10g of oil to the pan and then add the vegetables. Fry them for 7-10 minutes over medium heat, stirring occasionally, until they are soft.
- Add the rice, tomato salsa, and 300g of chicken stock (save some stock for later).
- Mix everything together, then add the chicken back to the pan. Close the lid and let it simmer for 30 minutes over medium-low heat.
- Check on the rice every 10 minutes. If the bottom of the pan is too dry, add more stock and continue simmering.
- After 30 minutes, check the rice and adjust the salt if needed.
- Remove the chicken from the pan, cut it into smaller bite-size pieces, and add them back to the pan.
- Prepare 3 meal prep containers and divide the pan contents equally among them. Done!

NOTES:

- It can be stored in the fridge for 3-5 days.
- If you can't find chicken stock, you can use 20g of stock powder with 500g of water.
- You can also make 5 servings. Simply add 50g of onion, 100g of carrots, 150g of peppers, 60g of rice, and 200g of thighs per serving.



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ITALIAN STYLE CHICKEN (CACCIA TORE)



ESTIMATED TIME: 50 MIN

Cacciatoe is the Italian word for hunter. While I don't know why, the meal is amazing and great for meal prep.

INGREDIENTS FOR 4 SERVINGS:

1000 g	chicken (I use 750g chicken thighs, skinless and boneless and 250 g breast)
1	large onion or 100 g
800 g	crushed tomatoes
300 g	mushrooms
1	red bell pepper or 150 g
1	carrot or 100 g
20 g	tomato puree
10 g	vegetable broth powder
250 g	water
4 g	oil
Salt and black pepper	

MACROS

Whole Recipe:	1 Serving:		
Calories	1884	Calories	471
Carbs	106	Carbs	26
Protein	230	Protein	57
Fats	75	Fats	18



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DIRECTIONS:

1. Cut chicken into large chunks. Season them with salt.
2. Chop up all vegetables into bitesize pieces.
3. Place a big pot on a stove on medium-high. Add oil and fry the chicken on both sides for 30–40 seconds each sides until it gets color.
4. Remove chicken, and add mushrooms with 50g water. Wait until the mushrooms collapse. Add 2g oil to cover all mushrooms and fry them for 4–5 minutes until they get brown.
5. Add all remaining vegetables and keep frying for another 5 minutes.
6. Add tomato puree and keep frying for 30 seconds.
7. Then add in water with broth powder and stir everything. Add in crushed tomatoes as well.
8. Wait until the sauce starts to simmer, and add the chicken back (**not** the breast yet). Let the thighs simmer for 20–30 minutes.
9. Add in chicken breast for the last 5–8 minutes until the breast is cooked through. Add additional 50g of olives (optional).
10. Separate the chicken with sauce into 4 containers. Enjoy!

NOTES:

- You can make this with chicken thighs only.

SHEPHERDS PIE



ESTIMATED TIME: 50 MIN

*There is nothing quite like a
homemade Shepherds Pie
and this one is full of protein!*

INGREDIENTS FOR 4 SERVINGS:

400 g	ground beef or lamb 95/5
400 g	mushrooms
100 g	peas
1	large onion or 100 g
1	carrot or 100 g
100 g	celery root
20 g	tomato puree
2	cloves of garlic
400 g	water
20 g	vegetable broth powder
15 g	dry gelatine
50 g	gouda fat reduced
2 g	oil
Salt and black pepper	
Cauliflower mash (see recipe)	

MACROS

Whole Recipe:	1 Serving:		
Calories	1461	Calories	365
Carbs	122	Carbs	30
Protein	143	Protein	35
Fats	38	Fats	9



DIRECTIONS:

1. Chop up all vegetables and the mushrooms into bitesize pieces, peel and grate the garlic.
2. Add water with broth powder and gelatine into a container and mix until combined.
3. Add mushrooms with 50g water to a pan (28 cm or 11 inch) on medium-high heat. Let it sauté until the mushrooms have collapsed. Add 2g of oil and keep frying until mushrooms get color, around 4–5 minutes.
4. Make space in the pan (28cm/11inch) and add 2g of oil. Add the beef. Add a pinch salt and black pepper. Fry the beef for 2–3 minutes.
5. Add vegetables and fry everything under occasional stirring for 7–8 minutes. Add garlic and fry for 20 seconds.
6. Add tomato puree, keep frying for 30 seconds, and then add peas.
7. Now add in the broth, mix everything, cover the lid and let it simmer for 15 minutes.
8. In the meantime, make the cauliflower mash (find this recipe in the cauliflower mash chapter). Preheat the oven to 200°C or 400°F.
9. Fill a baking dish (I use 20x20cm) with the meat sauce at the bottom. Cover with cauliflower mash and top it with gouda cheese.
10. Bake for 10–15 minutes. Done!

NOTES:

- It lasts in the fridge for 3–5 days.



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CREAMY FREEZER BURRITOS



ESTIMATED TIME: 50 MIN

The Italian style burrito but this time you can meal prep it for the entire week.

INGREDIENTS FOR 6 SERVINGS:

6	wheat tortillas (25 cm or 10 inch)
900g	ground beef 95/5
2	large onions or 200 g
300g	crushed tomatoes
4	laughing cow wedges
120g	shredded mozzarella
5g	oil
8g	garlic powder
8g	onion powder
4g	oregano
Salt and black pepper	

MACROS

Whole Recipe: 1 Burrito:

Calories	3056	Calories	510
Carbs	238	Carbs	37
Protein	255	Protein	40
Fats	123	Fats	21

NOTES:

- Feel free to add more spices like cumin, chili or paprika.
- Can be made with ground turkey as well.



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DIRECTIONS:

- Chop all onions into bite-sized pieces. Add crushed tomatoes with salt, pepper, oregano, onion powder and garlic powder into a container.
- Preheat a pan (28cm or 11 inch) to medium-high heat and add in oil. Start with frying ground beef. Spread it out with a spatula and wait for 2 minutes until the bottom has developed color.
- Add salt and pepper.
- After 2-3 mins, add in onions and mix everything and keep frying for 2-3 minutes. The onions will become translucent.
- Add in crushed tomatoes and combine everything. Keep cooking for another 2-3 minutes.
- Add laughing cow wedges and incorporate them into the meat with a spatula by pressing them down. The sauce will slowly become orange and creamy.
- Add mozzarella and mix until the cheese is fully melted. Place a big plate on a scale. Transfer the meat to that plate and remember the weight. Try to press the meat down, so it becomes flat. Put it into the fridge to cool down for 20 minutes. This will help prevent the burrito from becoming soggy.
- Now place the meat plate on a scale. Take out 1 tortilla. Divide your remembered weight from before by 6. Take out this number from the meat plate and spread it on top of the tortilla. Try to cover the lower third of the tortilla and leave a bit of space around the edges.
- Flip both sides left and right toward the middle of the tortilla. Now rolling from the bottom upward, make a burrito shape. Wrap it tight into aluminum foil. Done.
- Repeat with all tortillas. Add them into a ziplock bag and freeze them for up to 3 months.
- The quickest way to defrost them is in a microwave. Remove them from the aluminum foil and place them on a plate. Microwave for 260W or defrost setting for 7 minutes and then switch to 620W for another 3-4 minutes. Ready!

CHICKEN ROLL-UPS



ESTIMATED TIME: 50 MIN

Freezer Roll-ups are the perfect high protein snack for busy days.

INGREDIENTS FOR 16 SERVINGS:

16	wheat tortillas (18 cm or 7 inch)
5	chicken breasts or 1000 g
160 g	shredded cheese
200 g	1% fat cottage cheese
25 g	sriracha
25 g	honey
10 g	oil
6 g	garlic powder
6 g	onion powder
6 g	paprika
Salt, black pepper	

MACROS

Whole Recipe: 1 roll-up:

Calories	4008	Calories	250
Carbs	291	Carbs	18
Protein	405	Protein	25
Fats	123	Fats	8



DIRECTIONS:

1. Cut the chicken breast into thin slices and then again into bite-sized pieces. Put the chicken to a bowl and add oil and all seasonings and mix.
2. Preheat a pan (28cm or 11 inch) to medium-high heat and add in the chicken in small batches. Spread it out with a spatula and wait for 2 minutes then flip and fry again for 2 minutes. Repeat with entire chicken.
3. Add to a blender cottage cheese, sriracha, and honey and blend on high for 60 seconds.
4. Add sauce to the bowl with chicken and mix everything.
5. Lay out 5-6 tortillas at a time and fill with 10g cheese each and 1 serving (60g meat) and then roll into a chicken roll-up. Repeat with all tortillas and the meat.
6. Place roll-ups on a baking sheet and bake tortillas for 6-7 minutes at 200°C or 400°F until the top is crispy.
7. Transfer 5-6 roll-ups to a zip log bag and store in the freezer for up to 3 months.



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NOTES:

- Feel free to add more spices like cumin or chili.
- Can be made with chicken thighs as well.

BREAKFAST FREEZER BURRITOS



ESTIMATED TIME: 50 MIN

Breakfast burritos are perfect for busy mornings where you need a quick breakfast.

INGREDIENTS FOR 5 SERVINGS:

5	wheat tortillas (18 cm or 7 inch)
250 g	deli meat
5	eggs
500 g	potatoes
1	large onions or 100 g
75 g	shredded mozzarella
3 g	oil
3 g	cumin
4 g	cayenne pepper
25 g	mint sauce (see recipe)
Salt and black pepper	

MACROS

Whole Recipe: 1 Burrito:

Calories	2035	Calories	407
Carbs	195	Carbs	39
Protein	140	Protein	28
Fats	80	Fats	16



DIRECTIONS:

1. Peel and cut the potatoes into thick slices, then into fries and then again into bite-size cubes. 2x2cm or 1x1 inch.
2. Microwave the potatoes in a bowl for 5 min at 600W.
3. Dice the onion and cut the deli meat into bite-size pieces. Crack the eggs into a bowl and mix them with a fork.
4. Add oil to a pan over medium heat and add the microwaved potatoes with a pinch of salt. Fry them for 5-7 minutes, stirring occasionally, until they are slightly golden brown.
5. Add a bit more oil and then add the onion and deli meat. Continue frying, stirring occasionally, for another 3-5 minutes.
6. Add cumin, cayenne pepper, salt, and pepper, and mix everything for 30 seconds.
7. Now add the eggs and cook them for about 1 minute until they are cooked through.
8. Transfer everything onto 2 plates to cool down for 15-20 minutes. If you wrap them now, the burritos will become soggy.
9. Meanwhile, make the mint sauce (see chapter).
10. Prepare 5 tortillas. Separate everything from the pan evenly, add 15g of mozzarella on top of each tortilla, and add 5g of mint sauce per tortilla as well. Wrap the tortillas into 5 burritos, then cover them with a paper towel and put them into a zip-lock bag. Store them in the freezer for up to 3 months.
11. When ready to eat, take them out of the freezer and microwave for 3-4 minutes. They will be ready to enjoy!

NOTES:

- Feel free to add more spices like garlic powder, chili or paprika.



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PANNA COTTA



ESTIMATED TIME: 30 MIN

One of the most iconic Italian desserts but made lower in calories and higher in protein.

INGREDIENTS FOR 5 SERVINGS:

300 g	skimmed milk
200 g	heavy cream
500 g	skyr or 0.2 % fat greek yogurt
50 g	water
9 g	dry gelatine
30 g	sweetener
Salt	

optional:

1	stem lemongrass
1	piece of fresh ginger (thumb size)
15 g	vanilla extract

MACROS

Whole Recipe: 1 Serving:

Calories	1056	Calories	211
Carbs	34	Carbs	7
Protein	72	Protein	14
Fats	68	Fats	14



DIRECTIONS:

1. Place a big bowl in the fridge, so it starts to cool down.
2. Prepare aromatics. I highly recommend using lemongrass and ginger. Cut the lemongrass stem into 3 big pieces and peel the ginger.
3. Add water with dry gelatine into a small glass and mix with a spoon until combined. Set it aside.
4. Add the heavy cream and milk into a pot on medium heat, and also add the lemongrass and ginger. Let it slowly heat up until it simmers, around 6-8 minutes.
5. As soon it starts simmering, take it off the heat and let it rest for 10 minutes, so the aromatics release their flavor.
6. After 10 minutes, remove the lemongrass and ginger and add the gelatine to the pan of milk and cream.
7. Add a pinch of salt and whisk everything until gelatine is incorporated and dissolved, 20 seconds.
8. Take the bowl from the fridge and add in Skyr. Then add the mixed cream, milk, and gelatine mixture and start whisking everything until combined and smooth.
9. Keep the bowl on your counter for 5 more minutes under occasional stirring so the fat and water won't separate.
10. Distribute the Panna Cotta into 5 containers and refrigerate them for at least 2 hours until it is completely hard. Now you're ready to serve!

NOTES:

- This can be stored in the fridge for 3-5 days.
- Add toppings after refrigeration, such as peanut butter or microwaved fruit.



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MINESTRONE VEGETABLE SOUP



ESTIMATED TIME: 75 MIN

The Italian way to eat a lot of vegetables. And a great way to fix your pasta cravings as well!

INGREDIENTS FOR

4-6 SERVINGS:

1	broccoli or 300 g
1	kohlrabi or 150 g
150 g	zucchini
100 g	celery root
1	carrot or 100 g
1	large onion or 100 g
3	cloves of garlic
400 g	crushed tomatoes
240 g	canned beans (cannelini)
1500 g	water
20 g	vegetable broth powder
10 g	oil
Salt and black pepper	

MACROS

Whole Recipe:	1 Serving:		
Calories	706	Calories	176
Carbs	113	Carbs	28
Protein	39	Protein	10
Fats	13	Fats	3



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DIRECTIONS:

1. Chop up all the vegetables into bite-size pieces. Peel and grate garlic. Rinse the beans.
2. Start by placing a pot (28cm/11inch) on a stove on medium-high heat.
3. Add oil and start by frying the onion, carrot and celery for 5-7 minutes.
4. Add garlic and fry for 20 seconds and then add tomatoes, water, broth powder and beans. Let this simmer for 45-60 minutes with a closed lid.
5. Add kohlrabi and cook for 10 minutes without the lid.
6. After 10 minutes, add zucchini and broccoli and let it simmer for another 10 minutes.
7. Try the soup and adjust the taste with salt and pepper. Let it simmer on high heat if you want to make it thicker and less soupy.
8. Transfer it to a container and store it in the fridge. Done!

NOTES:

- You can use any vegetables that you like.
- If you reheat the soup, you can add 50 g of small dry pasta and cook it in the broth for 10 minutes. This will add 175 calories.

BURRITO BOWL



ESTIMATED TIME: 60 MIN

A meal that can be eaten hot or cold!

INGREDIENTS FOR 5 SERVINGS:

900g	skinless, boneless chicken thighs
250g	raw rice
500g	water
300g	tomatoes
2	limes
2	jalapenos or 100g
1	bell pepper or 150g
4	medium onions or 200g
Bunch	cilantro
2	avocados or 140g
150g	0.2% fat cream cheese
9g	garlic powder
6g	smoked paprika
3g	cumin
3g	cayenne pepper
3g	oil
Salt and black pepper	

MACROS

Whole Recipe:	1 Serving:		
Calories	3060	Calories	612
Carbs	290	Carbs	58
Protein	225	Protein	45
Fats	120	Fats	24



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DIRECTIONS:

1. Add rice and water to a big pot with a pinch of salt. Place it on high heat on the stove. Once the water starts to boil, reduce the heat to low, close the lid, and let it simmer for 12–15 minutes.
2. Preheat the oven to 200°C or 400°F.
3. In a big bowl, add chicken thighs, 4g oil, 6g garlic powder, 6g smoked paprika, 3g cayenne pepper, 3g cumin, black pepper, and a big pinch of salt. Mix everything until all thighs are covered with seasoning.
4. Transfer everything into a baking sheet, separate the thighs, and bake them for 15 minutes.
5. Chop tomatoes, onions, bell pepper, and jalapenos into bite-size pieces and add them to a bowl. Add a bunch of chopped cilantro, a pinch of salt, black pepper, and the juice of 1 lime. Mix everything.
6. Cut the avocado in half and add the flesh to a bowl, followed by cream cheese, a pinch of salt, black pepper, 3g of garlic powder, and the juice of 1 lime. Mix everything with a fork until it turns to mush.
7. Once the chicken thighs are ready, lay them on a cutting board and cut them into bite-size pieces. Prepare 5 meal prep containers and distribute the rice, the avocado spread, the pico de gallo, and the chicken evenly. Done!

NOTES:

- The avo spread will not turn brown if you have meal prep container that are air tight!

CHILI CON CARNE



ESTIMATED TIME: 75 MIN

Chili is one of the best comfort foods and is very easy to meal prep.

INGREDIENTS FOR 5 SERVINGS:

900g	ground beef 95/5
400g	kidney beans
400g	potatoes
800g	crushed tomatoes
3	bell peppers or 450 g
2	medium onions or 100 g
3	jalapenos or 150 g
4	cloves of garlic
250g	water
18g	dry gelatine
20g	vegetable broth powder
15g	cocoa powder
6g	cumin
6g	chili
6g	paprika
10g	oil
Salt and black pepper	

MACROS

Whole Recipe:	1 Serving:		
Calories	2822	Calories	560
Carbs	270	Carbs	54
Protein	270	Protein	54
Fats	65	Fats	13



DIRECTIONS:

1. Chop peppers, onions, and jalapenos into small pieces. Peel and grate garlic. Clean and cut potatoes into bite-size cubes.
2. In a glass of water, combine stock powder and dry gelatine. Mix until well combined and set aside.
3. Heat oil in a large pan over medium-high heat. Add ground beef and cook in batches until browned. Transfer the browned beef to a large pot and repeat with the remaining beef.
4. After all the beef is cooked and removed, add more oil to the pan and sauté the vegetables for 5–7 minutes until they have some color.
5. Add minced garlic, chili powder, paprika, cumin, a strong pinch of salt, and black pepper to the pan. Toast the spices for 20 seconds, then pour in the vegetable stock. Deglaze the pan for 30 seconds before transferring everything to the pot with the ground beef.
6. Add crushed tomatoes, kidney beans, cocoa powder, and the canned tomatoes (cleaned out with water, if desired) to the pot. Close the lid and let it simmer on medium-low heat for 30–40 minutes.
7. Remove the lid for the last 10 minutes of cooking to reduce the liquid. Check for seasoning and adjust as necessary.
8. Divide the chili evenly into 5 meal prep containers and store in the fridge for up to 5 days. Enjoy!



WATCH VIDEO

ENCHILADAS



ESTIMATED TIME: 60 MIN

A classic mexican dish that is super easy to meal prep and packed with protein.

INGREDIENTS FOR 3-4 SERVINGS:

600g	skinless, boneless chicken thighs
6	wheat tortillas (25 cm or 10 inch)
140g	shredded mozzarella
6	servings mint sauce (see recipe)
1	medium onion or 50 g
2	cloves of garlic
100g	tomato salsa
200g	water
5g	chicken stock powder
9g	smoked paprika
6g	garlic powder
4g	cayenne pepper
4g	cumin
1g	chili powder
6g	oil
Salt and black pepper	

MACROS

Whole Recipe:	1 Enchilada:		
Calories	2232	Calories	372
Carbs	138	Carbs	23
Protein	198	Protein	33
Fats	96	Fats	16



WATCH VIDEO



DIRECTIONS:

1. Preheat the oven to 200°C or 400°F.
2. Add chicken thighs to a large bowl and mix in 6g garlic powder, 6g smoked paprika, 3g cayenne pepper, 3g cumin, 4g salt, and black pepper until the thighs are well coated.
3. Transfer the seasoned chicken to a baking sheet, spread them out evenly, and spray a little oil at the bottom. Bake in the oven for 15 minutes.
4. Meanwhile, chop the onion and grate the garlic. In a glass of water, mix the chicken stock powder. Heat a little oil in a pan over medium heat and sauté the onions for 3 minutes. Then add a little more oil and minced garlic and continue frying for 20 seconds.
5. Add 1g chili powder, 1g cayenne pepper, 3g smoked paprika, and 1g cumin to the pan. Toast the spices for 30 seconds before adding the chicken stock, tomato salsa, a pinch of salt, and black pepper. Mix everything well and let it simmer over low heat for 10 minutes.
6. Make the mint sauce using the recipe in the corresponding chapter.
7. Once the chicken is cooked, remove it from the oven and cut it into bite-size pieces on a cutting board.
8. Place 6 tortillas on a board. Spread the chicken evenly over all 6 tortillas. Add 10-15g of mint sauce on top of each serving of chicken, then sprinkle 15g of cheese over each tortilla. Roll up all the tortillas.
9. Prepare a baking dish, add a layer of red sauce to the bottom, and place all 6 rolled tortillas in the dish. Add the rest of the sauce on top and sprinkle the remaining cheese.
10. Bake in the oven at 200°C or 400°F for 3-4 minutes until the cheese has melted. Distribute into 3-4 meal prep containers.

SAUSAGE & EGG MCMUFFINS



ESTIMATED TIME: 60 MIN

*The classic breakfast sandwich
but made with a ton of protein.*

INGREDIENTS FOR 8 SERVINGS:

600g	ground beef 95/5
8	eggs
8	english muffins
8	slices american cheese
40g	gochujang
200g	1% fat cottage cheese
6g	onion powder
6g	paprika
6g	garlic powder
4g	oil
Salt and black pepper	



DIRECTIONS:

1. Add eggs, gochujang, cottage cheese, and black pepper to a blender and blend on high for 30 seconds. Distribute the eggs into 2 containers (12x18cm or 5x7 inches) and bake at 200°C (400°F) for 17–20 minutes.
2. In a bowl, combine ground beef, onion powder, garlic powder, paprika, salt, and black pepper. Mix until combined. Place the bowl on a scale and form 8 meatballs, each weighing 75g, then place them on a plate.
3. Open the McMuffins and lay them on a baking sheet. As soon as the eggs are ready, remove them from the oven and place the McMuffins under the broiler for 2 minutes.
4. Cut the eggs into 8 rectangles. Place an egg rectangle on top of each McMuffin and add 1 slice of American cheese on top of each egg.
5. Add oil to a pan over medium heat. Add 4 meatballs, gently pressing them flat. Cook for 2 minutes, then flip and cook for another 2 minutes. Place the 4 patties on top of 4 McMuffins and top with the upper halves of the McMuffins.
6. Repeat the process with the remaining 4 meatballs. Let the 8 McMuffins cool down for 15 minutes.
7. Transfer them to a ziplock bag and store in the freezer.

MACROS

Whole Recipe:	1 mcmuffin:		
Calories	3120	Calories	390
Carbs	232	Carbs	29
Protein	280	Protein	35
Fats	128	Fats	16



WATCH VIDEO

NOTES:

- Defrost 1 mcmuffin by placing it on a plate and microwave at medium heat for 5 minutes.

CHAPTER 9

DIPS / SAUCES / SOUPS

AURORA SAUCE
GUACAMOLE
TZATZIKI
PEANUT BUTTER SAUCE
MINT SAUCE
MEAT SAUCE
MUSHROOM SAUCE
RAITA CUCUMBER DIP
RANCH SAUCE
BROCCOLI SOUP
HUMMUS
AVOCADO

CREAM CHEESE DIP
QUICK CHEESE SAUCE
PESTO
1000 ISLAND
BBQ SAUCE
SPICY MAYO
3 INGREDIENT CHEESE
SAUCE
PB & SOY SAUCE

AURORA SAUCE



ESTIMATED TIME: 10 MIN

Try this creamy tomato sauce and add in on top of basically everything!

INGREDIENTS FOR 1 SERVING:

1	medium onion or 50 g
150 g	sieved tomato
1	clove garlic
1	laughing cow wedge
100 g	water
5 g	vegetable broth
5 g	fresh basil
2 g	oil
Salt, pepper, and oregano to taste	

MACROS

Whole Recipe:

Calories	122
Carbs	17
Protein	6
Fats	4



DIRECTIONS:

1. Dice the onion. Peel and grate garlic.
2. Add water with broth powder to a glass and mix until combined.
3. Heat a pan (24cm/9,5inch) to medium and add in oil.
4. Add the onions and fry them for 3 minutes until they caramelize.
5. Add in another bit of oil and add in garlic and fry them for 20 seconds.
6. Mix everything and add the broth and tomato sauce.
7. Next add in a strong pinch of salt, black pepper and oregano.
8. Let it simmer for 5 minutes.
9. Add in laughing cow and mix it into the sauce by pressing it down until the tomato sauce turns orange – this takes about 1 minute.
10. Add in optional basil at the very end before serving, done!

NOTES:

- This tastes great over chicken and rice.
- Add in chili flakes for some kick.

GUACAMOLE



ESTIMATED TIME: 5 MIN

Guacamole is usually quite high in calories, so why not make a version with less calories and more protein!

INGREDIENTS:

1	avocado or 140 g
200 g	skyr or 0.2 % fat greek yogurt
100 g	tomatoes
1	medium onion or 50 g
1	lime (juice)
Salt and black pepper	



MACROS

Whole Recipe:

Calories	390
Carbs	29
Protein	27
Fats	21

DIRECTIONS:

1. Chop up the onion and tomatoes into small pieces.
2. Peel the avocado and remove the kernel. Scoop out the flesh and add it to a bowl.
3. Squeeze in the juice of lime on top and mash it with a fork until it turns to mush.
4. Add tomatoes, onions, greek yogurt and a pinch of salt to the plate and mix everything until smooth. Done!

NOTES:

- This can be stored in the fridge covered in an air tight container for 2-3 days.
- You can add optional cilantro and/or 1 clove minced garlic.



WATCH VIDEO

PESTO



ESTIMATED TIME: 5 MIN

Pesto is usually quite high in calories, so I decided to make a high protein version.

INGREDIENTS:

25g	fresh basil
25g	0.2% fat cream cheese
10g	pine nuts
10g	parmesan cheese
1	clove of garlic
Salt	



MACROS

Whole Recipe:

Calories	129
Carbs	4
Protein	8
Fats	10

DIRECTIONS:

1. Add all ingredients except cream cheese to a blender and mix for 60 seconds.
2. Add the cream cheese and mix again for 60 seconds until smooth.
3. Transfer everything to an airtight container and refrigerate for up to 7 days.

NOTES:

- Tastes incredible on top of chicken or as a dip for potatoes.
- You can try with pecorino romano instead of parmesan or with cottage cheese instead if cream cheese.

TZATZIKI



ESTIMATED TIME: 5 MIN

The Greek yogurt sauce that taste amazing especially in combination with chicken!

INGREDIENTS FOR 1 SERVING:

100 g	0.2% fat greek yogurt
½	lemon (juice)
5 g	fresh dill
1	clove of garlic
4 g	olive oil
Salt and black pepper	



MACROS

Whole Recipe:

Calories	100
Carbs	3
Protein	10
Fats	4

DIRECTIONS:

1. Place a bowl on a scale.
2. Peel and grate the garlic and add it to the bowl.
3. Add all other ingredients, and squeeze in the juice of the lemon.
4. Mix until smooth. Done!

NOTES:

- The more traditional tzatziki is made with white vinegar instead lemon juice and, finely sliced cucumber that needs to be squeezed in a paper towel to remove any liquid before being added to the tzatziki.
- It can be stored in the fridge covered for 3-5 days.



WATCH VIDEO

1000 ISLAND



ESTIMATED TIME: 5 MIN

*The burger sauce that goes well
with almost everything!*

INGREDIENTS FOR 1 SERVING:

10g	light mayo
10g	ketchup (zero)
5g	mustard
4g	pickle juice
1g	garlic powder
Salt and black pepper	



MACROS

Whole Recipe:

Calories	30
Carbs	2
Protein	0
Fats	2

DIRECTIONS:

1. Place a bowl on a scale.
2. Add all ingredients and mix until smooth. Done!

NOTES:

- Light mayo has about 270 calories per 100g, if you can't find light mayo use greek yogurt with 5-10g of honey.
- It can be stored in the fridge covered for 2-3 days.

SPICY MAYO



ESTIMATED TIME: 5 MIN

The mayo that has a nice kick!

INGREDIENTS FOR 1 SERVING:

15 g	light mayo
10 g	0.2% fat cream cheese
5 g	jalapeno hot sauce
1g	garlic powder
Salt and black pepper	



MACROS

Whole Recipe:

Calories	41
Carbs	1
Protein	1
Fats	3

DIRECTIONS:

1. Place a bowl on a scale.
2. Add all ingredients and mix until smooth. Done!

NOTES:

- Light mayo has about 270 calories per 100g, if you can't find light mayo use greek yogurt with 5-10g of honey.
- I used Frank's hot sauce but every jalapeno hot sauce works.
- It can be stored in the fridge covered for 2-3 days.

BBQ SAUCE



ESTIMATED TIME: 10 MIN

The perfect sauce for grilled meat or vegetables!

INGREDIENTS:

1	medium onion or 50 g
1	clove of garlic
100 g	ketchup (zero)
20 g	white vinegar
30 g	honey
15 g	mustard
15 g	tomato puree
3 g	smoked paprika
1.5 g	chili powder
2 g	oil
Salt and black pepper	

MACROS

Whole Recipe:

Calories	211
Carbs	39
Protein	4
Fats	4



DIRECTIONS:

1. Dice the onion and peel and grate the garlic.
2. Add oil to a pan (24cm/9.5 inches) over medium heat. Begin by frying the onions with a small pinch of salt for 2–3 minutes, stirring occasionally.
3. Add a little more oil and add the garlic. Fry the garlic for 15 seconds.
4. Add smoked paprika and chili powder and toast for 15 seconds.
5. Add tomato puree and keep frying for 15 seconds.
6. Add vinegar, ketchup, honey, mustard and give everything a stir. Add a pinch of salt and black pepper.
7. Remove from the heat, add a splash of water to the pan and mix.
8. Transfer everything to a blender and mix on high for 30–60 seconds until smooth.
9. Taste for seasoning and transfer everything to a squeeze bottle or another container.

NOTES:

- Last in the fridge covered for up to a week.

PEANUT BUTTER SAUCE



ESTIMATED TIME: 5 MIN

*Always keep one of these
in your fridge!*

INGREDIENTS:

200g	skyr or 0.2 % fat greek yogurt
20g	peanut butter
1	clove of garlic
½	lime (juice)
1g	and cumin
Salt and black pepper	



MACROS

Whole Recipe:

Calories	229
Carbs	12
Protein	26
Fats	10

DIRECTIONS:

1. Place a blender on a scale.
2. Add all ingredients, starting with greek yogurt first.
3. Blend for 30 seconds until smooth. You might need to take off the blender and shake it, so nothing keeps sticking at the top. That is why starting with adding greek yogurt works best.
4. Transfer sauce to a squeeze bottle. Done!

THE FELU COOKBOOK

DIPS / SAUCES / SOUPS



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MINT SAUCE



ESTIMATED TIME: 5 MIN

Always keep one of these in the fridge, as well.

INGREDIENTS:

200 g	skyr or 0.2 % fat greek yogurt
10 g	fresh basil
10 g	fresh mint
10 g	mustard
10 g	vinegar
1	clove of garlic
15 g	oil
Salt and black pepper	



MACROS

Whole Recipe:

Calories	259
Carbs	11
Protein	22
Fats	15

DIRECTIONS:

1. Place a blender on a scale.
2. Add all ingredients, starting with greek yogurt.
3. Blend for 30 seconds until smooth. You might need to take off the blender and shake it, so nothing keeps sticking at the top. That is why starting with adding Greek yogurt works best.
4. Transfer the sauce to a squeeze bottle. Done!

NOTES:

- The sauce can be stored in the fridge for up to a week.



WATCH VIDEO

MEAT SAUCE



ESTIMATED TIME: 25 MIN

*The secret ingredient to make
a mouthful meat sauce is gelatin!*

INGREDIENTS FOR 1 SERVING:

180 g	ground beef 95/5
1	carrot or 100 g
50 g	celery
1	medium onion or 50 g
10 g	tomato puree
250 g	water
10 g	vegetable broth powder
9 g	dry gelatine
2 g	oil
5 g	fresh parsley
Salt and black pepper	

MACROS

Whole Recipe:

Calories	350
Carbs	11
Protein	48
Fats	11



DIRECTIONS:

1. Chop up the onions, carrots and celery into small pieces.
2. Add water to a bowl with broth powder and dry gelatine. Mix until combined.
3. Add oil to a pan (24cm/9,5inch) on medium heat. Start frying the vegetables for 3–4 minutes under occasional stirring.
4. Add in the beef, and switch the heat to medium-high and keep frying for additional 2–3 minutes until the beef has brown spots.
5. Add in tomato puree, a pinch of salt and black pepper. Keep stirring the puree into the meat for another minute.
6. Add in the broth, mix until everything is combined, reduce the heat to medium-low and let it simmer without a lid for 20 minutes. Done!

NOTES:

- You can also start frying the beef and add the vegetables afterwards. There is no right or wrong answers here. Try both versions and see which one you like more.
- The gelatine will make the texture rich in your mouth, even with extra lean ground beef.



WATCH VIDEO

MUSHROOM SAUCE



ESTIMATED TIME: 10 MIN

Mushroom sauce that are creamy are usually high in calories, this one has more protein instead.

INGREDIENTS FOR 1 SERVING:

250g	mushrooms
5g	vegetable broth powder
100 g	water
1	clove of garlic
3g	oil
2g	cornstarch
Salt and black pepper	

optional:

1	laughing cow wedge
---	--------------------

MACROS

Whole Recipe:

Calories	121
Carbs	15
Protein	8
Fats	3



DIRECTIONS:

1. Slice the mushrooms into bite-size pieces.
2. Peel and grate the garlic cloves.
3. Add water, broth and cornstarch into a small glass and mix until combined.
4. Start by adding mushrooms to a dry pan (24cm/9,5inch) on medium heat and add in 50g water. Let it simmer without the lid and until the water has evaporated and the mushrooms have collapsed.
5. Now add 2g of oil and fry them under occasional stirring until brown, around 4–5 minutes.
6. Add another touch of oil, add salt and pepper and add in grated garlic for 20 seconds.
7. Add in broth and cook everything under occasional stirring until the sauce has thickened, 15–20 seconds. Done!

NOTES:

- Add the laughingcow wedge in at the very end of the recipe and incorporate it into the sauce by pressing it down with a spatula.
- You can also add in 10g Jalapeno hot sauce for a little kick.
- Use different broths like beef or chicken powder for different flavors.

RAITA

CUCUMBER DIP



ESTIMATED TIME: 5 MIN

Another Indian yogurt dip that is crazy delicious and full protein!

INGREDIENTS FOR 1 SERVING:

150 g	skyr or 0.2 % fat greek yogurt
1	small onion or 25g
100 g	cucumber
5 g	fresh mint
2 g	garlic powder
1 g	cumin
Salt and black pepper	



MACROS

Whole Recipe:

Calories	125
Carbs	13
Protein	16
Fats	0

DIRECTIONS:

1. Dice the onion, and peel and chop up the cucumber into fine pieces.
2. Chop up fresh mint.
3. Place a bowl on a scale.
4. Add all ingredients and mix until combined.
Done!

NOTES:

- Add cayenne pepper for some heat.
- Add lime or lemon juice for added flavor.

3 INGREDIENT CHEESE SAUCE



ESTIMATED TIME: 5 MIN

The easiest cheese sauce of all time!

INGREDIENTS FOR 1 SERVING:

25g	cheddar grated
50g	evaporated milk
2g	cornstarch



DIRECTIONS:

1. Place a bowl on a scale.
2. Add all ingredients and mix until combined.
3. Add it to a hot pan and mix 30 seconds until creamy.

NOTES:

- Add hot sauce for some heat.
- This works perfect for a fast mac n cheese.

MACROS

Whole Recipe:

Calories	152
Carbs	7
Protein	9
Fats	11

RANCH SAUCE



ESTIMATED TIME: 5 MIN

*Ranch sauce is an allrounder
for everything that needs a small kick!*

INGREDIENTS FOR 1 SERVING:

15g	skyr or 0.2 % fat greek yogurt
5g	mustard
15g	buttermilk
5g	honey
1g	garlic powder
1g	onion powder
½	lime (juice)
Salt and black pepper	



MACROS

Whole Recipe:

Calories	45
Carbs	9
Protein	2
Fats	0

DIRECTIONS:

1. Place a bowl on a scale.
2. Add in all the ingredients and mix until combined.

NOTES:

- Ranch sauce can be used for a lot of things such as burgers or on chicken.
- Add cayenne pepper or turmeric for different flavor combinations.



WATCH VIDEO

PB & SOY SAUCE



ESTIMATED TIME: 5 MIN

This sauce can be added cold to any savory dish.

INGREDIENTS FOR 1 SERVING:

25g	soy sauce
9g	powdered peanuts
5g	honey
1g	garlic powder
½	lime (juice)



DIRECTIONS:

1. Place a bowl on a scale.
2. Add in all the ingredients and mix until combined.

NOTES:

- Sauce tastes great on top of chicken & rice.
- Can be made in advance and stored in the fridge for up to 3 days.

MACROS

Whole Recipe:

Calories	75
Carbs	9
Protein	7
Fats	1

BROCCOLI SOUP



ESTIMATED TIME: 15 MIN

*Soups are a very underrated thing
in the low calorie recipe section.
Try this one, you will love it!*

INGREDIENTS FOR 1 SERVING:

350 g	broccoli
100 g	potatoes
1	medium onion or 50 g
2	cloves of garlic
1	lemon (juice)
50 g	skyr or 0.2 % fat greek yogurt
Salt and black pepper	

MACROS

Whole Recipe:

Calories	256
Carbs	49
Protein	19
Fats	1



DIRECTIONS:

1. Dice the onion. Peel the garlic and cut it into small pieces.
2. Remove the florets from the broccoli. Peel potatoes and cut them into smaller pieces.
3. Fill a pot with 2000g of water. Add a strong pinch of salt. Bring it up to a boil on high heat and add in the potatoes. Let them cook for 5 minutes.
4. Add the broccoli and let them cook for another 5 minutes with the potatoes.
5. Meanwhile, add oil to a pan on medium heat, add in the onions and fry them for 3 minutes under occasional stirring.
6. Make space in the pan and add another touch of oil and add in the garlic. Fry them for 20 seconds until fragrant.
7. Remove onions and garlic and transfer them into a food processor (a blender works just as well).
8. Save 50g of cooking water from the potatoes and broccoli. Drain the rest. Add potatoes and broccoli to a food processor with onions and garlic. Add the cooking water, greek yogurt, black pepper and lemon juice to food processor.
9. Blend everything until smooth and creamy. Taste and add more salt or pepper if needed. Done!

NOTES:

- You can also add 0.2% cream cheese instead of yogurt.
- Add rosemary, thyme or oregano for additional flavor.

HUMMUS



ESTIMATED TIME: 5 MIN

Hummus has usually a lot of fat and thus calories. So just make a lower calorie version with a ton of protein!

INGREDIENTS:

200g	canned chickpeas
200g	skyr or 0.2 % fat greek yogurt
10g	peanut butter
½	lemon (juice)
1	clove of garlic
1g	cumin
Salt and black pepper	



MACROS

Whole Recipe:

Calories	368
Carbs	38
Protein	34
Fats	9

DIRECTIONS:

1. Drain the canned chickpeas but make sure to save the water from the can.
2. Place a blender on a scale. Add the drained chickpeas and 20g of the saved liquid.
3. Add all other ingredients.
4. Blend everything for 30 seconds until smooth. Done!

NOTES:

- You can keep this in a squeeze bottle for up to a week in the fridge.



WATCH VIDEO

AVOCADO CREAM CHEESE DIP



ESTIMATED TIME: 5 MIN

The easiest dip that will pimp up every meal that needs a yummy dip!

INGREDIENTS FOR 1 SERVING:

30 g	0.2% fat cream cheese
½	avocado or 70 g
½	lime (juice)
2 g	garlic powder
Salt and black pepper	



MACROS

Whole Recipe:

Calories	115
Carbs	6
Protein	4
Fats	9

DIRECTIONS:

1. Place a bowl on a scale.
2. Add all the ingredients to a bowl and mash everything with a fork. If the avocado is not ripe enough, cut it first into small pieces with a knife before adding it to the bowl and mashing.

NOTES:

- You can also add chopped apples to the mixture.



WATCH VIDEO

QUICK CHEESE SAUCE



ESTIMATED TIME: 10 MIN

The easiest cheese sauce that taste amazing and has a lot of protein too!

INGREDIENTS FOR 1-2 SERVINGS:

100 g	1% fat cottage cheese
20g	cheddar
2g	cayenne pepper
Salt and black pepper	

optional: 20g Parmesan



MACROS

Whole Recipe:

Calories	147
Carbs	1
Protein	19
Fats	8

DIRECTIONS:

1. Add all the ingredients to a bowl and blend with an immersion blender.
2. Alternatively, add everything into a mixer, but you will need a bit of milk depending on the size of the blender.
3. Add cheese sauce into a bowl and microwave for 10–15 seconds.
4. Don't overbake it because otherwise, the cheese sauce will break because there is no emulsifier.

NOTES:

- Cheese sauce is great over grilled chicken, pasta or as a dip.



WATCH VIDEO

CHAPTER 10

SHIRATAKI NOODLES

Shirataki can smell quite strange so it's important to buy the right type to avoid that strong fishy aroma.

I have personally found that if the ingredient label doesn't contain the ingredient "Calcium hydroxide" also known as pickling water, it's a good choice. So even though this is no guarantee, it's worth a try!

SPICY CHICKEN

SPICY COCONUT

TUNA

SCAMPI SAUCE

BOLOGNESE

LO MEIN

SPICY PEANUT BUTTER

MUSHROOM ZUCCHINI

**SPICY BLACK
BEAN SAUCE**

RAMEN

SPICY CHICKEN



ESTIMATED TIME: 20 MIN

You probably know me just from
this recipe alone!

INGREDIENTS FOR 1 SERVING:

200 g	shirataki
1	chicken breast or 180g
1	medium onion or 50g
2g	oil

SAUCE:

10 g	gochujang
10 g	mirin
5 g	rice vinegar
20 g	water
2	cloves of garlic
1	piece of fresh ginger (thumb size)
2 g	sesame oil

MACROS

Whole Recipe:

Calories	322
Carbs	19
Protein	41
Fats	9



DIRECTIONS:

1. Remove shirataki from the package and rinse it under cold water for 30 seconds until the entire liquid is washed away. Let the shirataki sit in the sink until the end of the recipe.
2. Chop up the onion and cut the chicken into small strips.
3. Peel and grate ginger and garlic. Add all the ingredients for the sauce into a small glass and stir until smooth.
4. Add oil to a pan (24cm/9.5inch) on medium-high heat and fry chicken on one side for 1 minute.
5. Add the onions and flip the chicken and fry again for another 1-1:30 min until everything has color.
6. Remove the chicken and onion from the pan.
7. Add in the shirataki noodles, and dry fry them until the liquid has evaporated around 2 minutes.
8. Add in chicken and onion, and mix everything well before adding the sauce.
9. Keep stir-frying for another minute, and you're done!

NOTES:

- The smell of dry fried shirataki can be a bit off putting but don't worry, you won't taste it later on.



WATCH VIDEO

SPICY COCONUT



ESTIMATED TIME: 20 MIN

Coconut and peanut butter is a game-changing kitchen combination!

INGREDIENTS FOR 1 SERVING:

200 g	shirataki
180 g	ground beef 95/5
150 g	frozen Wok vegetables
2 g	oil

SAUCE:

10 g	gochujang
13 g	powdered peanuts or 10 g peanut butter
25 g	coconut milk
100 g	water
1	clove of garlic
1	piece of fresh ginger (thumb size)

MACROS

Whole Recipe:

Calories	386
Carbs	15
Protein	40
Fats	20



WATCH VIDEO



DIRECTIONS:

1. Remove shirataki from the package and rinse it under cold water for 30 seconds until the entire liquid is washed away. Let the shirataki sit in the sink until the end of the recipe.
2. Peel and grate the ginger. Add all ingredients for the sauce into a small glass and stir until smooth.
3. Add oil to a pan (24cm/9.5inch) on medium-high heat and fry ground beef on one side for 1 minute. Add salt, pepper and an optional pinch of msg.
4. Mix ground beef and try to break it with a spatula. Fry for another minute and remove it from the pan to a plate.
5. Add frozen vegetables. Add a small splash of water and close the lid for 30 seconds. Remove the lid, fry until the water has evaporated and add a tocuh of oil before mixing everything together.
6. After 3 minutes, remove the vegetables from the pan to a plate with the beef.
7. Add in the shirataki noodles, and dry fry them until the liquid has evaporated, around 2 minutes.
8. Add the beef & veggies back to the pan. Add in the sauce and keep stir-frying for 1 minute. Done!

NOTES:

- Add a cornstarch slurry to thicken up the sauce.

TUNA



ESTIMATED TIME: 20 MIN

A classic Italian tuna recipe and it is crazy high in protein too!

INGREDIENTS FOR 1 SERVING:

200 g	shirataki
150 g	canned tuna (no oil!)
250 g	tomatoes
3	cloves of garlic
100 g	water
5g	oil
Salt and black pepper	



MACROS

Whole Recipe:

Calories	275
Carbs	16
Protein	38
Fats	6

DIRECTIONS:

1. Remove shirataki from the package and rinse it under cold water for 30 seconds until the entire liquid is washed away. Let the shirataki sit in the sink until the end of the recipe.
2. Peel and cut garlic into small pieces.
3. Add oil to a pan (24cm/9.5inch) on medium heat. Add garlic and let them fry for 20 seconds. Add tomatoes and water and close the lid.
4. Let the tomatoes cook for around 6 minutes until they start breaking and release their juices.
5. Add canned tuna and cook another 30 seconds. Add salt and pepper and stir everything.
6. Remove everything from the pan to a plate.
7. Add in the shirataki noodles, and dry fry them until liquid has evaporated, around 2 minutes.
8. Add the tomatoes tuna mix back to the pan and cook for 30 seconds until hot. Done!

NOTES:

- Add Chili flakes for more heat.
- Top with parsley or basil for some freshness.



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SCAMPI SAUCE



ESTIMATED TIME: 20 MIN

Spicy prawn sauces are great in combination with shirataki noodles!

INGREDIENTS FOR 1 SERVING:

200 g	shirataki
150 g	frozen prawns
150 g	tomatoes
3	cloves of garlic
9 g	oil
10 g	gochujang
2 g	cornstarch
100 g	water

MACROS

Whole Recipe:

Calories	272
Carbs	16
Protein	22
Fats	10



DIRECTIONS:

1. Remove Shirataki from the package and rinse it under cold water for 30 seconds until the entire liquid is washed away. Let the shirataki sit in the sink until the end of the recipe.
2. Cut tomatoes into halves. Peel and grate garlic.
3. If you buy frozen prawns, fill up a bowl with cold water, add in the frozen prawns and let them sit on the counter for 10–15 min. They will be ready to be cooked later.
4. Add gochujang, cornstarch and water into a glass and mix until smooth.
5. Add oil to a pan (24cm/9.5inch) and fry the prawns for 60–90 seconds on each side.
6. Remove the prawns and add in garlic with another touch of oil and fry the garlic, scraping the pan gently for 20 seconds. Add in tomatoes and gochujang–water. Stir everything, close the lid and let it simmer on medium heat for 4–5 min. Add a splash of water if the sauce is too thick. Remove the lid and keep simmering for another 2–3 minutes until the sauce turns creamy.
7. Add the prawns back to the pan and combine everything. Remove everything from the pan to a separate plate.
8. Add in the shirataki noodles, and dry fry them until the liquid has evaporated, around 2 minutes.
9. Add in back prawn sauce and combine everything. Top with basil or parsley. Done!

NOTES:

- Prawns can be swapped for chicken breast.



WATCH VIDEO

BOLOGNESE



ESTIMATED TIME: 30 MIN

The most iconic Italian meat sauce.

INGREDIENTS FOR 1 SERVING:

200 g	shirataki
180 g	ground beef 95/5
1	carrot or 100 g
100 g	celery
1	medium onion or 50 g
2	cloves of garlic
9 g	dry gelatine
40 g	tomato puree
2 g	oil
250 g	water
10 g	vegetable broth powder
Salt and black pepper	

MACROS

Whole Recipe:

Calories	442
Carbs	26
Protein	53
Fats	11



DIRECTIONS:

1. Remove shirataki from the package and rinse it under cold water for 30 seconds until the entire liquid is washed away. Let the shirataki sit in the sink until the end of the recipe.
2. Chop up carrots, celery and onions into roughly equal size pieces.
3. Add oil to a pan (24cm/9.5inch) on medium-high heat. Add ground beef and fry on one side for 1 minute.
4. Add in the vegetables except for the garlic and mix everything and keep frying for another 3-4 minutes until the vegetables have some color.
5. Peel and grate in the garlic and fry for 20 seconds. Add in tomato puree and mix everything until beef and vegetables turn red.
6. Mix water with broth powder and gelatine in a separate glass.
7. Add broth into the pan, stir until combined and let it simmer for around 15-20 min on medium-low heat without a lid.
8. Dry fry shirataki in a nonstick pan until the water has evaporated. Add in bolognese to the shirataki and mix. Bolognese will be enough for two servings. Done!

NOTES:

- Add Chili flakes for more heat.
- Top with parsley or basil for some freshness.



WATCH VIDEO

LO MEIN



ESTIMATED TIME: 20 MIN

Lo Mein is the Chinese way to add a lot of flavor to noodles and we're here for it!

INGREDIENTS FOR 1 SERVING:

200 g	shirataki
1	chicken breast or 180 g
200g	cabbage
1	carrot or 100 g
1	medium onion or 50 g
25g	soy sauce
15g	oyster sauce
2	cloves of garlic
4g	oil

MACROS

Whole Recipe:

Calories	392
Carbs	33
Protein	47
Fats	9



DIRECTIONS:

1. Remove shirataki from the package and rinse it under cold water for 30 seconds until the entire liquid is washed away. Let the shirataki sit in the sink until the end of the recipe.
2. Chop up the cabbage, carrots and onion into equal bite-size pieces.
3. Cut the chicken breast into strips.
4. Add 2g oil to a pan (24cm/9.5inch) on medium-high heat. Add the chicken and fry on each side for 1 minute until both sides have color. Remove from the pan into a separate plate.
5. Add in cabbage, carrots and onion into a pan with 2g oil. Keep frying for 6-7 minutes until vegetables are soft and have color.
6. Peel and grate in the garlic and fry for 20 seconds.
7. Remove all vegetables to a plate with chicken.
8. Add in the shirataki noodles, and dry fry them until the liquid has evaporated, around 2 minutes.
9. Add back in the chicken and vegetables and mix. Combine soy and oyster sauce in a separate glass.
10. Add in sauce and mix everything for 30 seconds. Done!

NOTES:

- Add cornstarch slurry at the end to get a thicker sauce.
- If there isn't enough sauce, then add more soy sauce. Always 20g at a time.



WATCH VIDEO

SPICY PEANUT BUTTER



ESTIMATED TIME: 20 MIN

Peanut butter is highly underrated when added to savory dishes. This sauce is amazing!

INGREDIENTS FOR 1 SERVING:

200 g	shirataki
1	chicken breast or 180 g
1	medium onion or 50 g
2 g	oil

SAUCE:

25 g	soy sauce
10 g	gochujang
13 g	powdered peanuts
10 g	rice vinegar
2 g	sesame oil

MACROS

Whole Recipe:

Calories	364
Carbs	18
Protein	49
Fats	11



DIRECTIONS:

1. Remove shirataki from the package and rinse it under cold water for 30 seconds until the entire liquid is washed away. Let the shirataki sit in the sink until the end of the recipe.
2. Chop up the onion into bite-size pieces.
3. Cut the chicken breast into strips.
4. Add oil to a pan (24cm/9.5inch) on medium-high heat and fry chicken on one side for 1 minute.
5. Add the onions and flip the chicken and fry again for another 1-1:30 min until everything has color.
6. Remove the chicken and onion from the pan.
7. Add in the shirataki noodles, and dry fry them until the liquid has evaporated around 2 minutes.
8. Add in chicken and onion, and mix everything and add now the sauce.
9. Keep stir-frying for another minute, and you're done!



WATCH VIDEO

MUSHROOM ZUCCHINI



ESTIMATED TIME: 20 MIN

The highest volume recipe you will ever try!

INGREDIENTS FOR 1 SERVING:

200 g	shirataki
1	chicken breast or 180 g
150 g	mushrooms
100 g	zucchini
1	medium onion or 50 g
50 g	tomatoes
25 g	soy sauce
4 g	oil

MACROS

Whole Recipe:

Calories	343
Carbs	18
Protein	48
Fats	10



DIRECTIONS:

1. Remove shirataki from the package and rinse it under cold water for 30 seconds until the entire liquid is washed away. Let the shirataki sit in the sink until the end of the recipe.
2. Chop up the mushrooms, zucchini, onions and tomatoes into roughly equal bite-size pieces.
3. Cut the chicken breast into strips.
4. Add 2g oil into a pan (24cm/9.5inch) on medium-high heat. Add chicken, and season with salt and pepper. Fry on each side for 1 minute or until both sides have color. Remove from the pan and place in a separate plate.
5. Add in mushrooms with 50g of water and wait until mushrooms have collapsed around 2 min. Add in 2g of olive oil and fry mushrooms for 3-4 min.
6. Add in zucchini and onion and keep frying for another 3 min.
7. Add in tomatoes and keep frying for additional 2-3 minutes.
8. Remove all vegetables and transfer to a plate with chicken.
9. Add in the shirataki noodles, and dry fry them until the liquid has evaporated, around 2 minutes.
10. Add the chicken back along with the vegetables and mix.
11. Add in soy sauce and mix everything for 30 seconds. Add salt and pepper to taste. Done!

NOTES:

- Add cornstarch slurry at the end to get a thicker sauce.



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SPICY BLACK BEAN SAUCE



ESTIMATED TIME: 20 MIN

This black bean sauce is packed with umami flavor and is amazing when combined with gochujang.

INGREDIENTS FOR 1 SERVING:

200 g	shirataki
1	chicken breast or 180 g
1	medium onion or 50 g
2 g	oil

SAUCE:

25 g	chinese black bean paste
10 g	gochujang
10 g	rice vinegar
2 g	sesame oil
15 g	water

MACROS

Whole Recipe:

Calories	306
Carbs	12
Protein	42
Fats	10



DIRECTIONS:

1. Remove shirataki from the package and rinse it under cold water for 30 seconds until the entire liquid is washed away. Let the shirataki sit in the sink until the end of the recipe.
2. Cut chicken breast into strips.
3. Add all sauce ingredients in a glass and stir until smooth, 30 seconds.
4. Add oil into a pan (24cm/9.5inch) on medium-high heat. Add chicken, season with pepper and fry on 1 side for 1 minute. Add in onions and stir everything. Keep frying for another 1-1:30 minutes. Remove from the pan into a separate plate.
5. Add in the shirataki noodles, and dry fry them until the liquid has evaporated around 2 minutes.
6. Add the chicken back to the pan with the onions and mix.
7. Add in sauce and mix everything for 30 seconds. Add salt and pepper to taste. Done!

NOTES:

- Add cornstarch slurry at the end to achieve a thicker sauce.
- You can also fry vegetables like cabbage between frying chicken and adding shirataki for more volume. 150 g will be enough.



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RAMEN



ESTIMATED TIME: 25 MIN

*Ramen is life -
that's all I've got to say!*

INGREDIENTS FOR 1 SERVING:

200 g	shirataki
180 g	ground beef 95/5
30 g	miso paste
10 g	gochujang
150 g	pak choi
1	medium onion or 50 g
1	clove of garlic
1	piece of fresh ginger (thumb size)
250 g	water
3 g	oil

MACROS

Whole Recipe:

Calories	374
Carbs	20
Protein	41
Fats	12



DIRECTIONS:

1. Remove shirataki from the package and rinse it under cold water for 30 seconds until the entire liquid is washed away. Let the shirataki sit in the sink until the end of the recipe.
2. Chop up the onion and Pak choi. Peel and grate garlic and ginger.
3. Place a pot (20cm/8inch) on a stove on medium heat. Add 2g of oil and start frying the onion and the pak choi for 3-4 minutes.
4. Switch the heat to medium-high and add the beef. Try to separate the beef with a spatula, so as much beef as possible gets in contact with the pan. Fry the beef for 2 minutes.
5. Add ginger and garlic with another touch of oil and keep frying for 20 seconds.
6. Add Gochujang and Miso paste. Stir everything and add the water. Now let the broth simmer for 5 minutes on medium-low heat.
7. Meanwhile, heat up a pan to medium-high without any oil. Add the shirataki noodles and dry fry them for 4-5 minutes until the entire water is evaporated.
8. Transfer shirataki into the pot with the ramen and let it cook for one additional minute. Done!

NOTES:

- You can top the ramen with spring or/and pickled onions. Add a soft-boiled egg to enhance this dish even further.
- Swap out shirataki for ramen noodles for the real deal.



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IMPRINT.

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