



BREAK THE SWITCH COOKBOOK

25 RECIPES

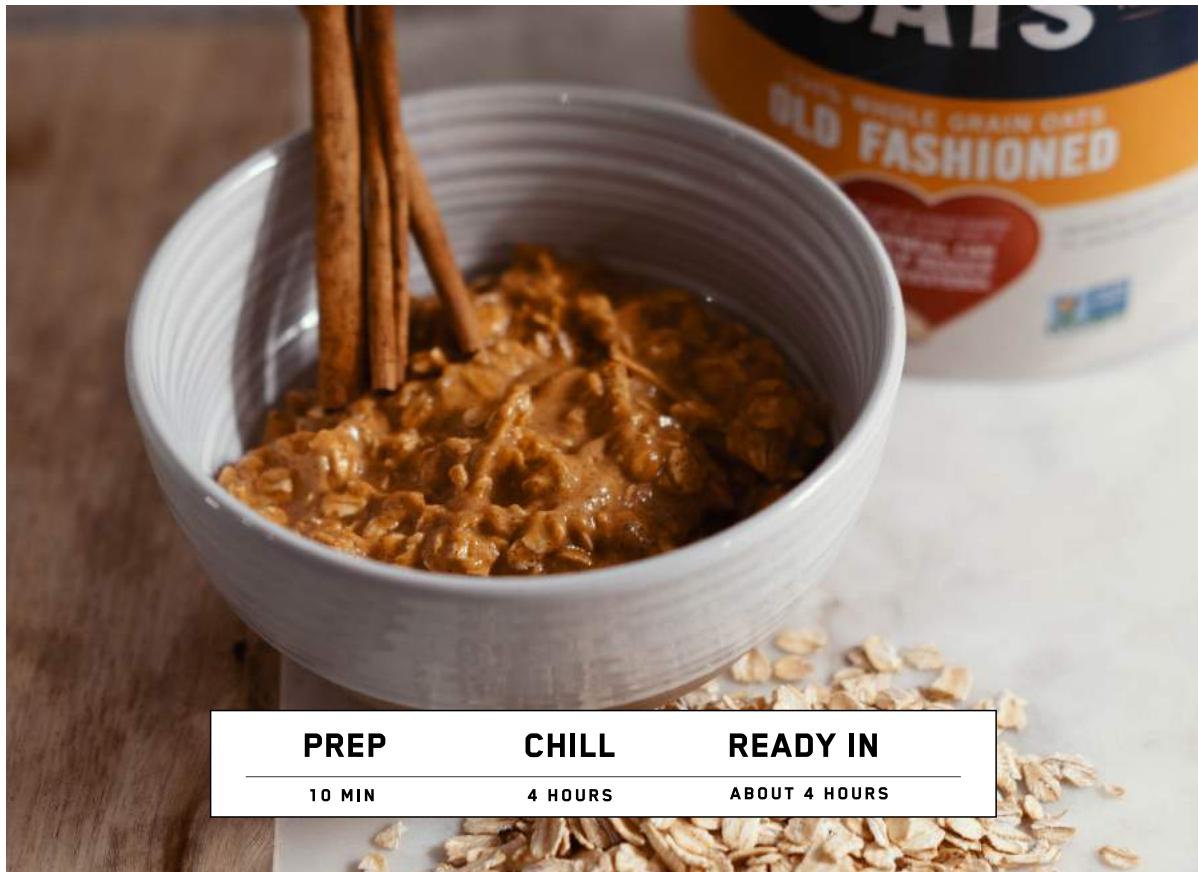
BY NICK BARE

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PUMPKIN PIE

Overnight Protein Oats



PREP

10 MIN

CHILL

4 HOURS

READY IN

ABOUT 4 HOURS

INGREDIENTS

- 3/4 Cup Old Fashioned Oats
- 1 Scoop Vanilla Whey Protein Powder
- 1 Tbsp. Butterscotch Jello Pudding Mix (Fat-Free, Sugar Free)
- 1/4 Cup Pure Pumpkin
- 1 tsp. Cinnamon
- 1 tsp. Pumpkin Pie Spice
- 1 Tbsp. Splenda Brown Sugar
- 1/2 Cup Milk or Almond Milk

DIRECTIONS

1. Mix all ingredients in a bowl, mason jar or Tupperware container.
2. Place in regridgerator overnight or for at least 4 hours for the Jello Pudding Mix to fully activate and thicken mixture.
3. Consume and enjoy!

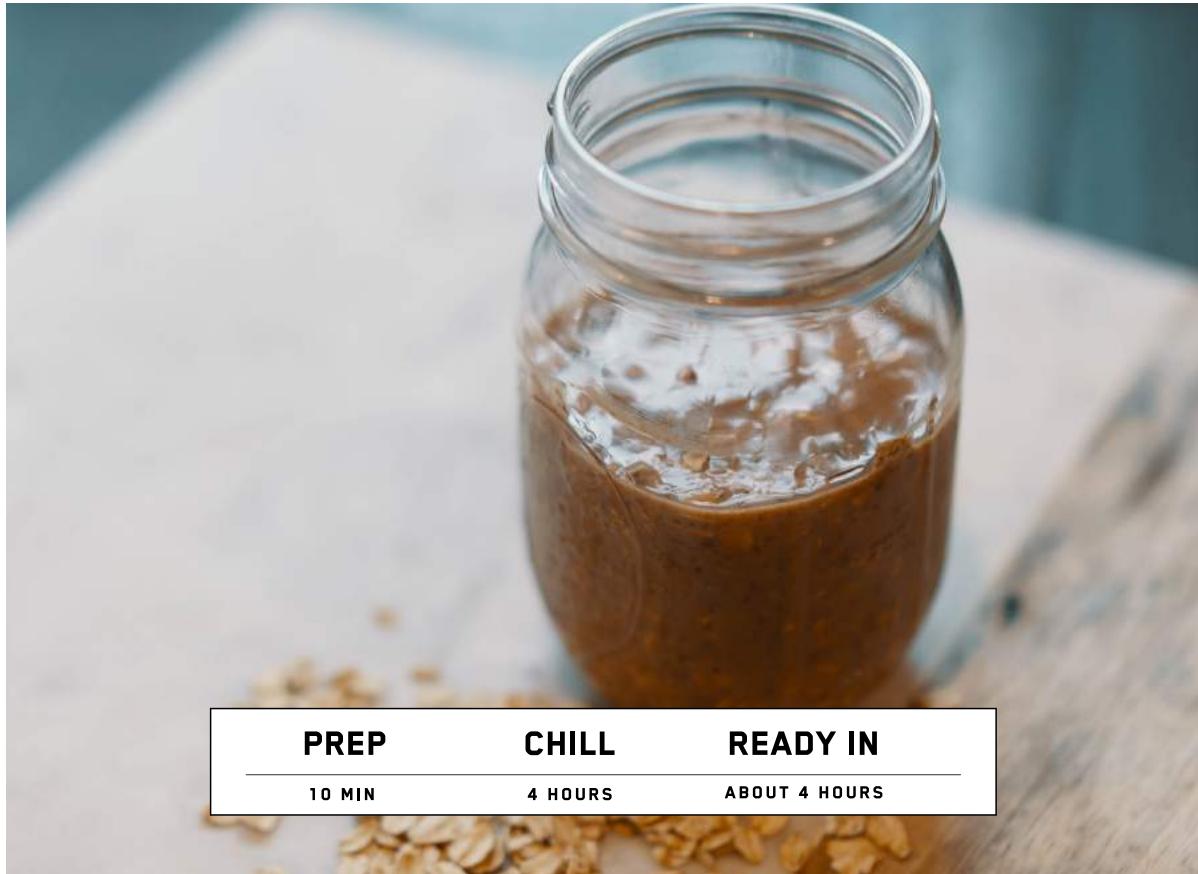
NUTRITION FACTS

CALORIES: 440

MACROS: 34 GRAMS PROTEIN, 58 GRAMS CARBS, 8 GRAMS FAT

CHOCOLATE CHUNK

Overnight Protein Oats



INGREDIENTS

- 3/4 Cup Old Fashioned Oats
- 1 Scoop Chocolate Whey Protein Powder
- 1 Tbsp. Chocolate Jello Pudding Mix (Fat-Free, Sugar Free)
- 1/4 Cup Pure Pumpkin
- 1 Tbsp. Unsweetened Cocoa Powder
- 1/2 Cup Milk or Almond Milk
- 1 Tbsp. Splenda or Sweetener of Choice

DIRECTIONS

1. Mix all ingredients in a bowl, mason jar or Tupperware container.
2. Place in refrigerator overnight or for at least 4 hours for the Jello Pudding Mix to fully activate and thicken mixture.
3. Consume and enjoy!

NUTRITION FACTS

CALORIES: 436

MACROS: 35 GRAMS PROTEIN, 56 GRAMS CARBS, 8 GRAMS FAT

CINNAMON ROLL

Protein Pancakes



PREP

5 MIN

COOK

10 MIN

READY IN

15 MIN

INGREDIENTS

- 1/3 Cup Whole Wheat Flour
- 1 Scoop Cinnamon Roll or Vanilla Whey Protein
- 1/2 Cup Milk or Almond Milk
- 1 tsp. Cinnamon
- 1 tsp. Vanilla Extract
- 1/4 Cup Pure Pumpkin
- 1 Whole Egg
- 1/2 tsp. Baking Powder
- Sugar Free Syrup

DIRECTIONS

1. Mix all ingredients in a bowl.
2. Spray cooking pan with nonstick cooking spray and set stove top to medium heat.
3. Cook pancake until the top starts to bubble and flip.
4. Cook for an additional 2 minutes.
5. Top with sugar free syrup.

NUTRITION FACTS

*MAKES 3, 5 INCH PANCAKES

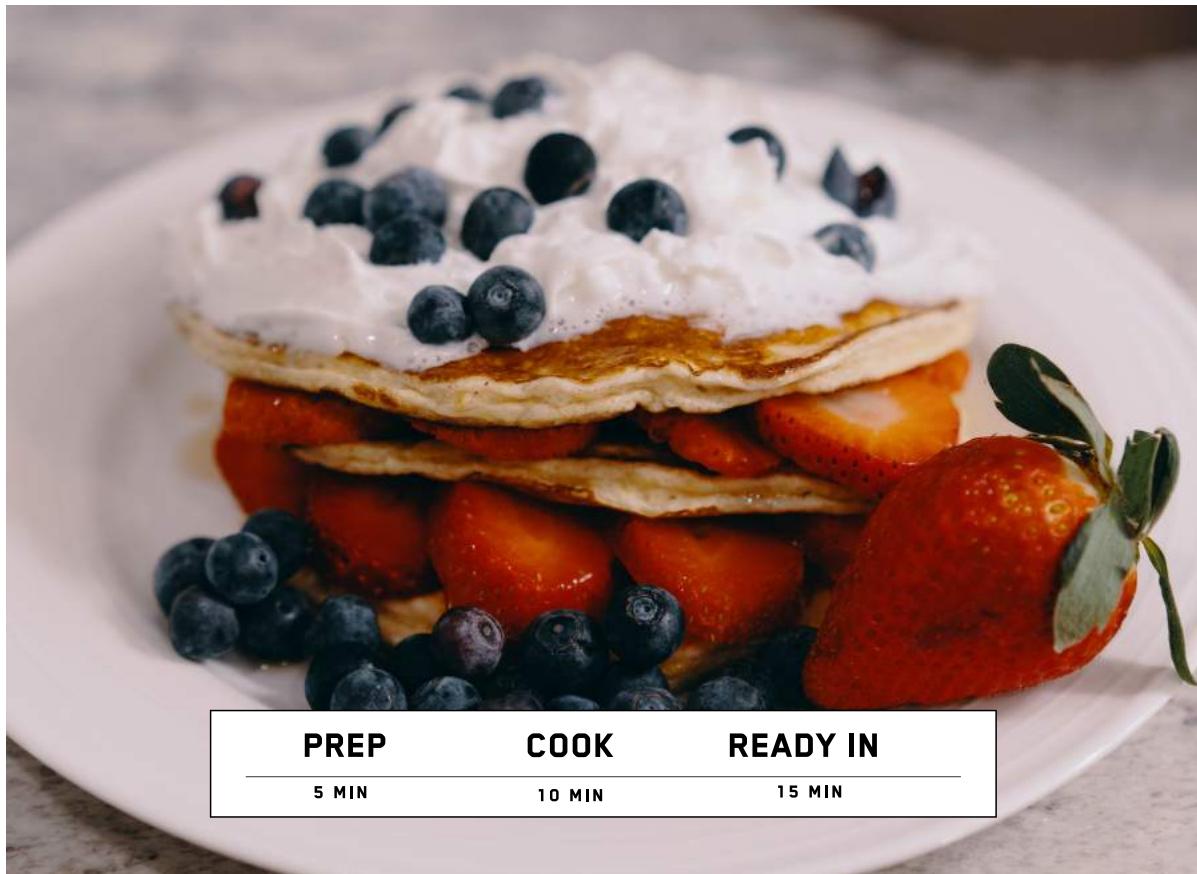
CALORIES: 384

MACROS: 38 GRAMS PROTEIN, 40 GRAMS CARBS, 8 GRAMS FAT

NICK BARE FITNESS

RED, WHITE & BLUE

Protein Pancakes



PREP

5 MIN

COOK

10 MIN

READY IN

15 MIN

INGREDIENTS

- 2 Scoops Vanilla Whey Protein Powder
- 1 Large and Ripe Banana
- Splash of Milk or Almond Milk
- 1 tsp. Cinnamon
- 1/2 tsp. Baking Powder
- 1 Large Egg
- 1 Egg White
- 1/4 Cup Blueberries
- 1/2 Cup Strawberries
- Sugar-Free Syrup
- Optional: Fat-Free Redi Whip

DIRECTIONS

1. Add the banana to the bowl and mash with a fork.
2. Add and mix remaining ingredients in the bowl.
3. Spray cooking pan with nonstick cooking spray and set stove top to medium heat.
4. Cook pancake until the top starts to bubble and flip.
5. Cook for an additional 2 minutes.
6. Layer blueberries and strawberries between pancakes or on top.
7. Top with sugar free syrup.
8. Optional: Add fat-free reds whip.

NUTRITION FACTS

*MAKES 3, 5 INCH PANCAKES

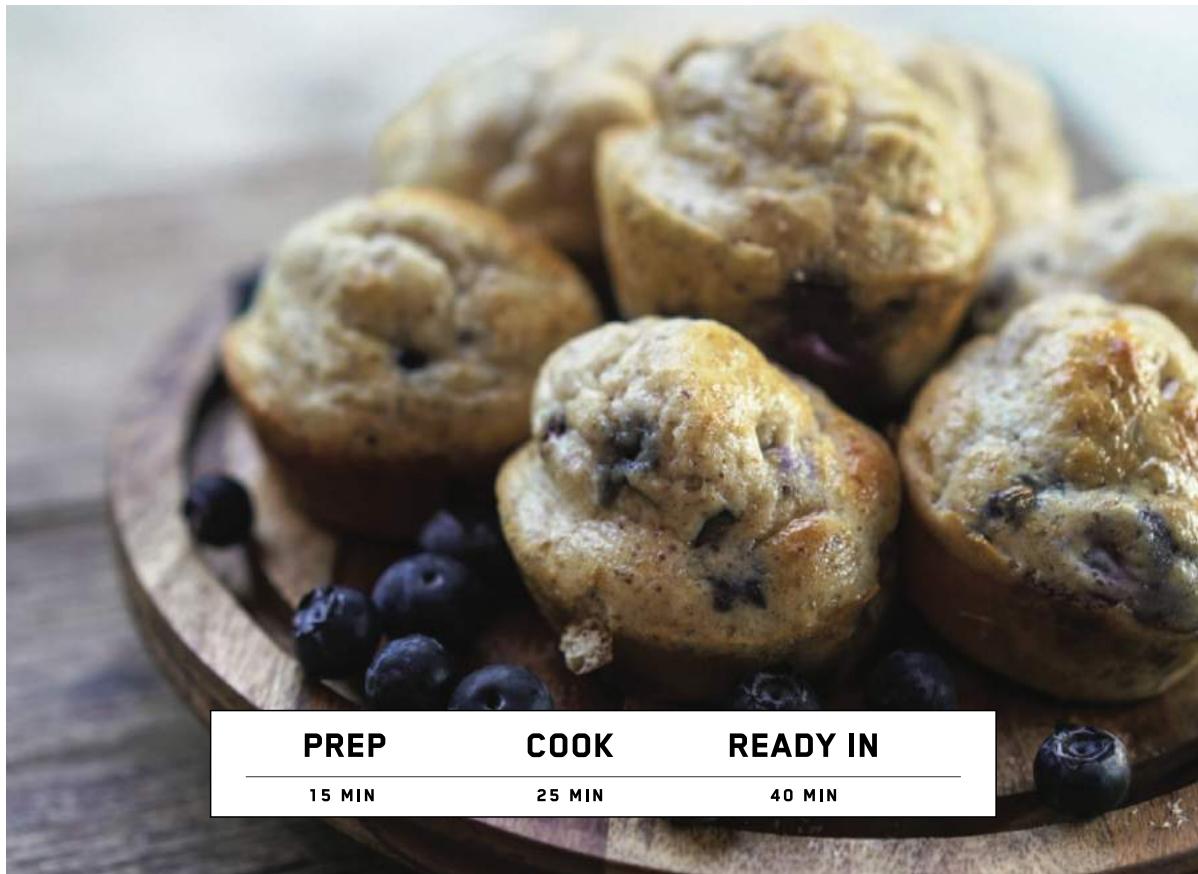
CALORIES: 528

MACROS: 62 GRAMS PROTEIN, 52 GRAMS CARBS, 9 GRAMS FAT

NICK BARE FITNESS

BLUEBERRY PROTEIN

Muffins



PREP

15 MIN

COOK

25 MIN

READY IN

40 MIN

INGREDIENTS

- 1 and 1/2 Cup Old Fashioned Oats
- 2 Scoops Whey Protein Powder (Vanilla or Cinnamon Roll)
- 1/2 Cup Flour
- 1/4 Cup Stevia
- 1 tsp. Baking Powder
- 1/2 tsp. Baking Soda
- 1 Cup Almond Milk
- 1/2 Cup Plain Greek Yogurt
- 1 tsp. Vanilla Extract
- 3 Egg Whites
- 1 Tbsp. Coconut Oil
- 1 Cup Blueberries

DIRECTIONS

1. Preheat oven to 400 degrees. Line muffin tin with liners or spray with cooking spray.
2. In a large bowl, combine oats, protein powder, flour, stevia, baking powder and baking soda.
3. Mix in almond milk, yogurt, vanilla extract, egg whites, and coconut oil. Beat on a medium speed until fully combined.
4. Gently fold in the blueberries and mix by hand until fully blended.
5. Fill the muffin tins with batter, about 3/4 of the way to the top of each tin.
6. Bake muffins for 25 minutes or until golden brown.

NUTRITION FACTS

*MAKES 12 MUFFINS, PER MUFFIN

CALORIES: 107

MACROS: 8 GRAMS PROTEIN, 12 GRAMS CARB, 3 GRAMS FAT

NICK BARE FITNESS

PROTEIN CINNAMON

Rolls



PREP

15 MIN

COOK

25 MIN

READY IN

40 MIN

INGREDIENTS

DOUGH

- 1 Cup Whole Wheat Flour
- 2 Scoop Cinnamon Roll Whey Protein
- 2 Tbsp. Light Butter
- 3.4 Cup Plain Greek Yogurt
- 1/4 tsp Salt
- 1 tsp. Baking Powder
- 1/2 tsp Baking Soda
- 2 Tbsp. Splenda

FILLING

- 1/2 Tbsp. Cinnamon
- 2 Tbsp. Splenda Brown Sugar

ICING

- 1/2 Cup Plain Greek Yogurt
- 2 Tbsp. Reduced Fat Cream Cheese
- 1 Scoop Cinnamon Roll Whey Protein

DIRECTIONS

1. Preheat oven to 350 degrees F.
2. Add all dry ingredients for dough to a food processor. Pulse a few times. Add butter and greek yogurt. Pulse until crumbly dough starts to form.
3. Sprinkle the table surface with flour. Form dough into a ball. Use a rolling pin to roll roughly a 8 x 12 inch rectangle.
4. Sprinkle filling ingredients over top of dough. Use the back of a spoon to spread evenly. Roll dough lengthwise.
5. Cut dough every 2 inches. Place each cinnamon roll into a baking dish sprayed with nonstick cooking spray.
6. Bake for about 20 minutes.
7. While the cinnamon rolls are baking, mix all icing ingredients in a bowl. Drizzle warm cinnamon rolls with icing and enjoy!

NUTRITION FACTS

*MAKES 5 CINNAMON ROLLS, PER ROLL:

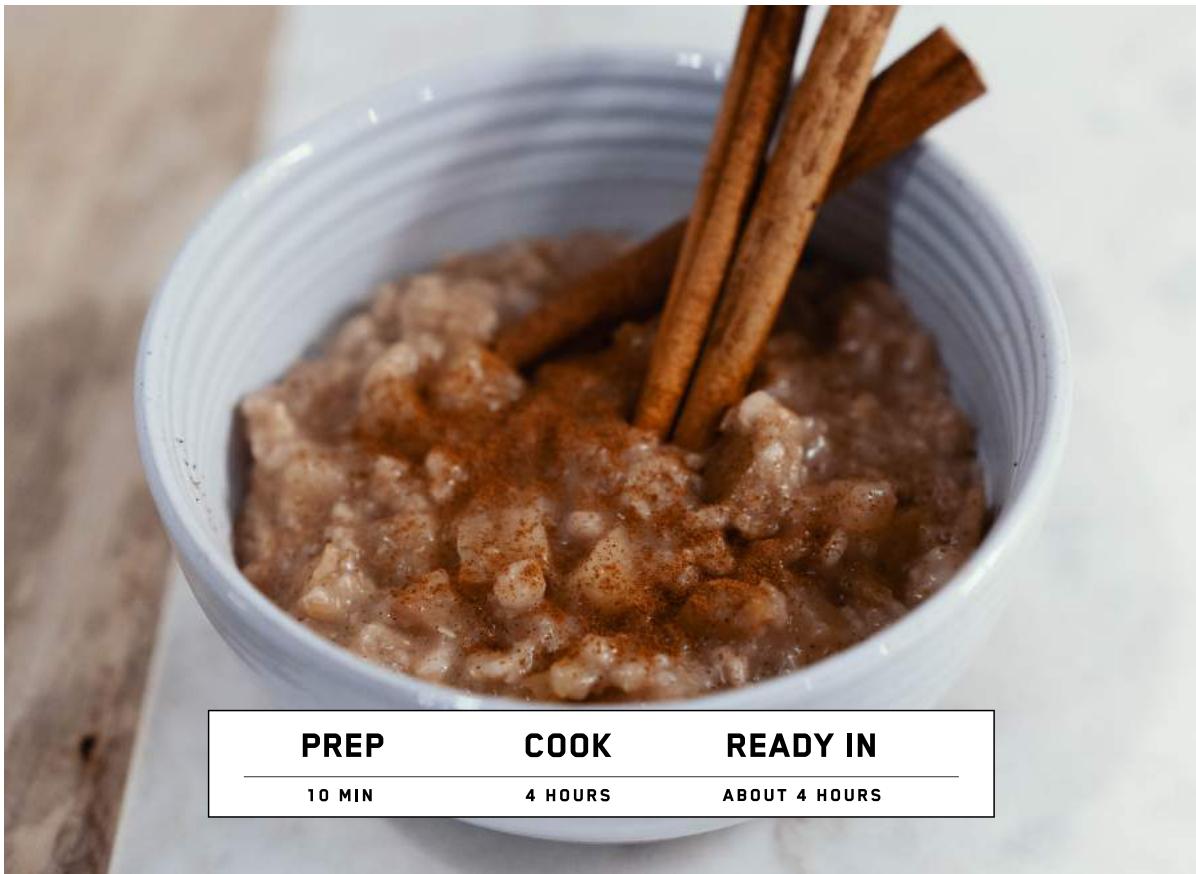
CALORIES: 195

MACROS: 20 GRAMS PROTEIN, 22 GRAMS CARBS, 3 GRAMS FAT

NICK BARE FITNESS

APPLE PIE

Crock Pot Oatmeal



PREP

10 MIN

COOK

4 HOURS

READY IN

ABOUT 4 HOURS

INGREDIENTS

- 2 Cups Old Fashioned Oats
- 1/4 Cup Sugar-Free Syrup
- 1 Green Apple, Diced
- 1 Tbsp. Cinnamon
- 1 Tbsp. Apple Pie Spice
- 4 Cups Water

DIRECTIONS

1. Set crock pot to high (to cook in 4 hours) or low (to cook in 8 hours).
2. Dice green apple.
3. Add oats, sugar-free syrup, cinnamon, apple pie spice, water and apple to crock pot.
4. Serve warm.
5. Optional: Top with additional apple pie spice and sugar-free syrup.

NUTRITION FACTS

*MAKES 4 SERVINGS, PER SERVING:

CALORIES: 195

MACROS: 5 GRAMS PROTEIN, 37 GRAMS CARBS, 3 GRAMS FAT

NICK BARE FITNESS

EGG WHITE

Breakfast Bites



PREP

10 MIN

COOK

25 MIN

READY IN

35 MIN

INGREDIENTS

- 1 Carton of Egg Whites
- 2 Bell Peppers (Diced)
- 1 Cup Mushrooms
- 1 Cup Onion (Diced)
- 2 oz. Reduced Fat Shredded Cheese
- Salt and Pepper To Taste
- 4 Slices Canadian Bacon
- 1 Cup Spinach (Chopped)

DIRECTIONS

1. Heat oven to 350 degrees.
2. Spray a 12-cup muffin tin with non-stick cooking spray.
3. Finely chop all vegetables and mix-in's except for the cheese. Once chopped, transfer to a medium bowl and stir together.
4. Fill each individual muffin cup with add-in's, a little less than half full.
5. Pour egg whites on top to fill muffin tin.
6. Place in oven and cook for 20-25 minutes or until the eggs are cooked and set.
7. Remove from oven and add cheese, salt and pepper on top.

NUTRITION FACTS

*MAKES 12 MUFFINS, PER MUFFIN:

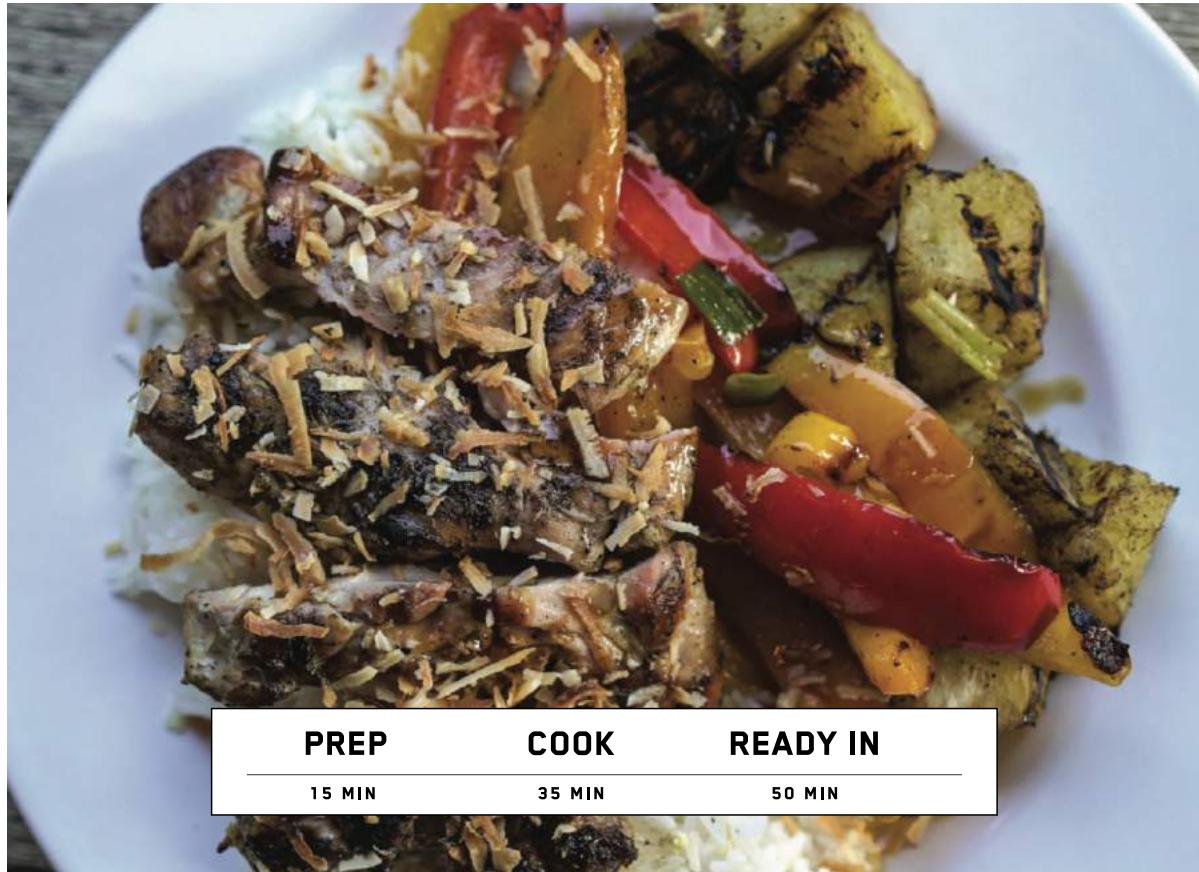
CALORIES: 53

MACROS: 8 GRAMS PROTEIN, 3 GRAMS CARBS, 1 GRAM FAT

NICK BARE FITNESS

HAWAIIAN CHICKEN

Bowls



PREP

15 MIN

COOK

35 MIN

READY IN

50 MIN

INGREDIENTS

- 1 Boneless Skinless Chicken Breast or 2 Chicken Thighs
- 1 Bell Pepper
- 1 Cup Pineapple Cubes
- 2 Tbsp. Shredded Coconut
- 1 Tbsp. Coconut Oil
- 1 Cup Jasmine Rice
- 1 Cup Unsweetened Coconut Milk
- 1 Cup Water
- 1 tsp. Light Brown Sugar
- Teriyaki Sauce

DIRECTIONS

1. Make coconut rice by adding 1 cup of jasmine rice, 1 cup of unsweetened coconut milk, 1 tsp. light brown sugar and 1 cup of water to rice cooker or over the stove on medium heat.
2. Mix chopped pepper and pineapple in coconut oil. Grill pepper and pineapple on the grill until soft and slightly blackened.
3. Grill chicken on grill along-side pepper and pineapple.
4. Toast coconut flakes for 5 minutes at 325 degrees or until golden brown.
5. To serve: Add coconut rice in bowl, top with grilled peppers and pineapple, sprinkle with toasted coconut flakes and drizzle with teriyaki sauce.

NUTRITION FACTS

*PER BOWL

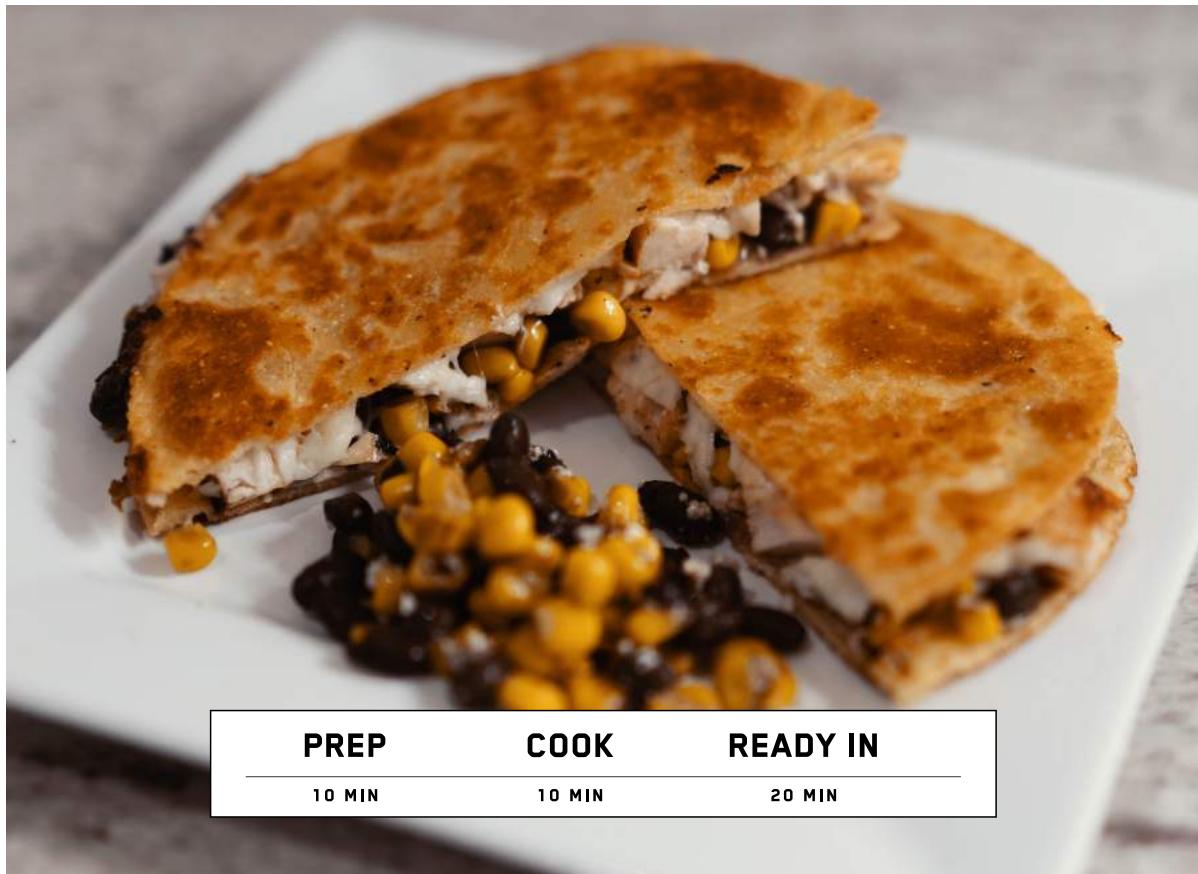
CALORIES: 742

MACROS: 52 GRAMS PROTEIN, 66 GRAMS CARBS, 30 GRAMS FAT

NICK BARE FITNESS

ULTIMATE CHICKEN

Quesadillas



PREP

10 MIN

COOK

10 MIN

READY IN

20 MIN

INGREDIENTS

- 2 Tortillas
- 6 oz Grilled Chicken Breast
- 1/2 Cup Corn
- 1/2 Cup Black Beans
- 2 oz. Shredded Cheese
- 1 Tbsp. Olive Oil

DIRECTIONS

1. Grill chicken breast on the grill and dice up in 1/2 in size pieces.
2. Drizzle olive oil in pan and place on medium heat on the stove top.
3. Place one tortilla down on stove top and add chicken, cheese, corn and black beans.
4. Top with additional tortilla and cook each side until golden brown.

NUTRITION FACTS

CALORIES: 758

MACROS: 62 GRAMS PROTEIN, 60 GRAMS CARBS, 30 GRAMS FAT

PULLED PORK

Sliders



PREP

15 MIN

COOK

5 HOURS

READY IN

ABOUT 5 HOURS

INGREDIENTS

- 1, 3lb Pork Shoulder
- 1 Cup BBQ Sauce
- 1/2 Cup Apple Cider Vinegar
- 1/2 Cup Low Sodium Chicken Broth
- 1/4 Cup Splenda Brown Sugar
- 1 Tbsp. Yellow Mustard
- 1 Tbsp. Worcestershire Sauce
- 1 Tbsp. Chili Powder
- 1 Large Onion, chopped
- 2 Tbsp. Minced Garlic
- 1 and 1/2 tsp. Dried Thyme
- Whole Wheat Slider Buns
- Pickles

DIRECTIONS

1. Set up crock pot and place pork shoulder inside. Add BBQ sauce, apple cider vinegar and chicken broth.
2. Stir in the brown sugar, mustard, chili powder, Worcestershire sauce, onion, garlic and thyme.
3. Cover and cook on high for 5 hours.
4. Shred the meat in the crock pot using a fork and stir into juices.
5. Add pork to sliders and top with pickles and additional BBQ sauce.
6. **The BBQ sauce used here is Sugar-Free G Hughes and only 10 calories per serving.

NUTRITION FACTS

*PER 8 OZ SERVING USING 3 BUNS:

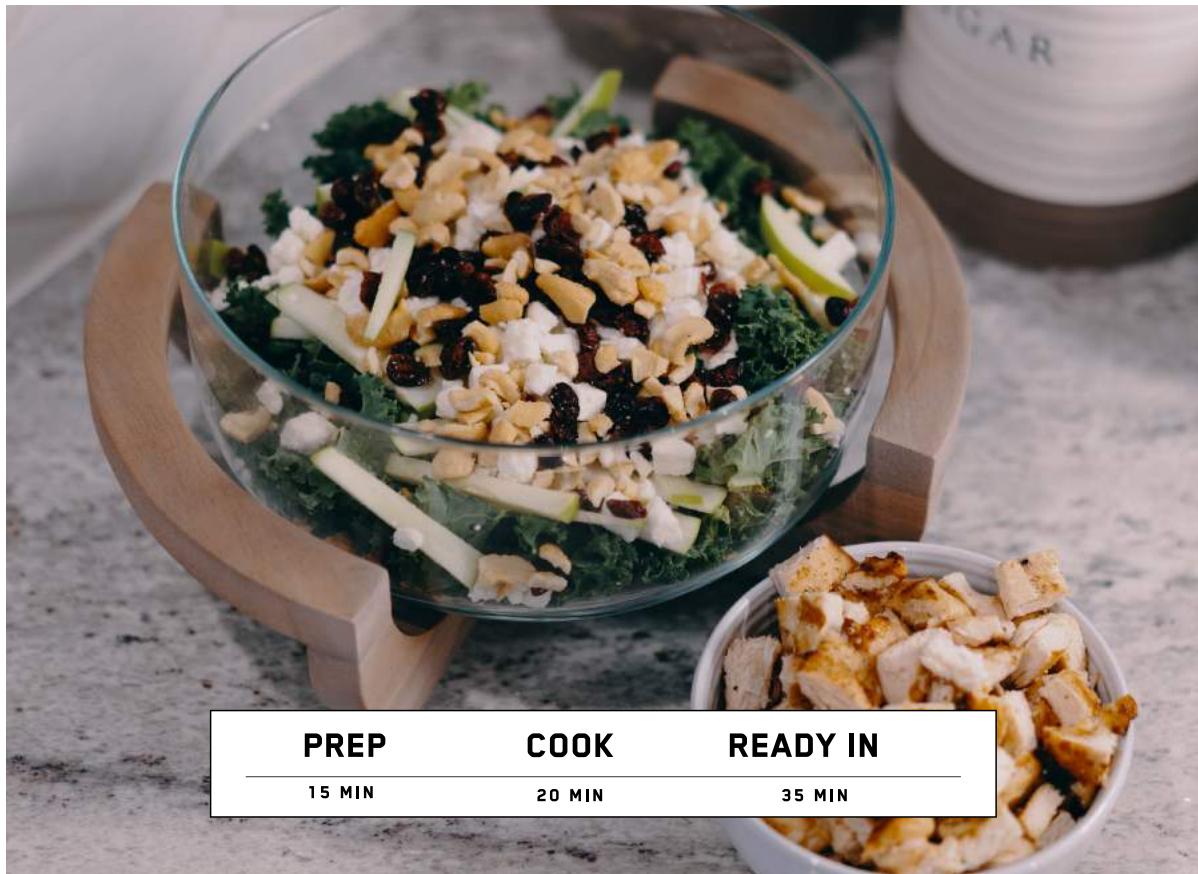
CALORIES: 767

MACROS: 47 GRAMS PROTEIN, 66 GRAMS CARBS, 35 GRAMS FAT

NICK BARE FITNESS

CHICKEN KALE APPLE

Summer Salad



PREP

15 MIN

COOK

20 MIN

READY IN

35 MIN

INGREDIENTS

- 8 oz Grilled Chicken Breast
- 1/2 Green Apple
Spiced/Diced
- 1/4 Cup Dried Cranberries
- 1/4 Cup Feta Cheese
- 1 oz Salted Cashews
(crushed)
- 2-3 Cups Kale

DRESSING

- 1 Tbsp Olive Oil
- 1/2 Tbsp Apple Cider Vinegar
- 2 Tbsp Sugar Free Maple
Syrup
- 1/2 Lemon, Juiced

DIRECTIONS

1. Cook chicken on grill and slice in to 1/2 inch pieces.
2. Dice green apple and set aside.
3. Place cashews in ziplock bag and crush with a hammer into smaller pieces.
4. Combine all pieces of the salad and mix.
5. Combine dressing ingredients together and add to salad mix.

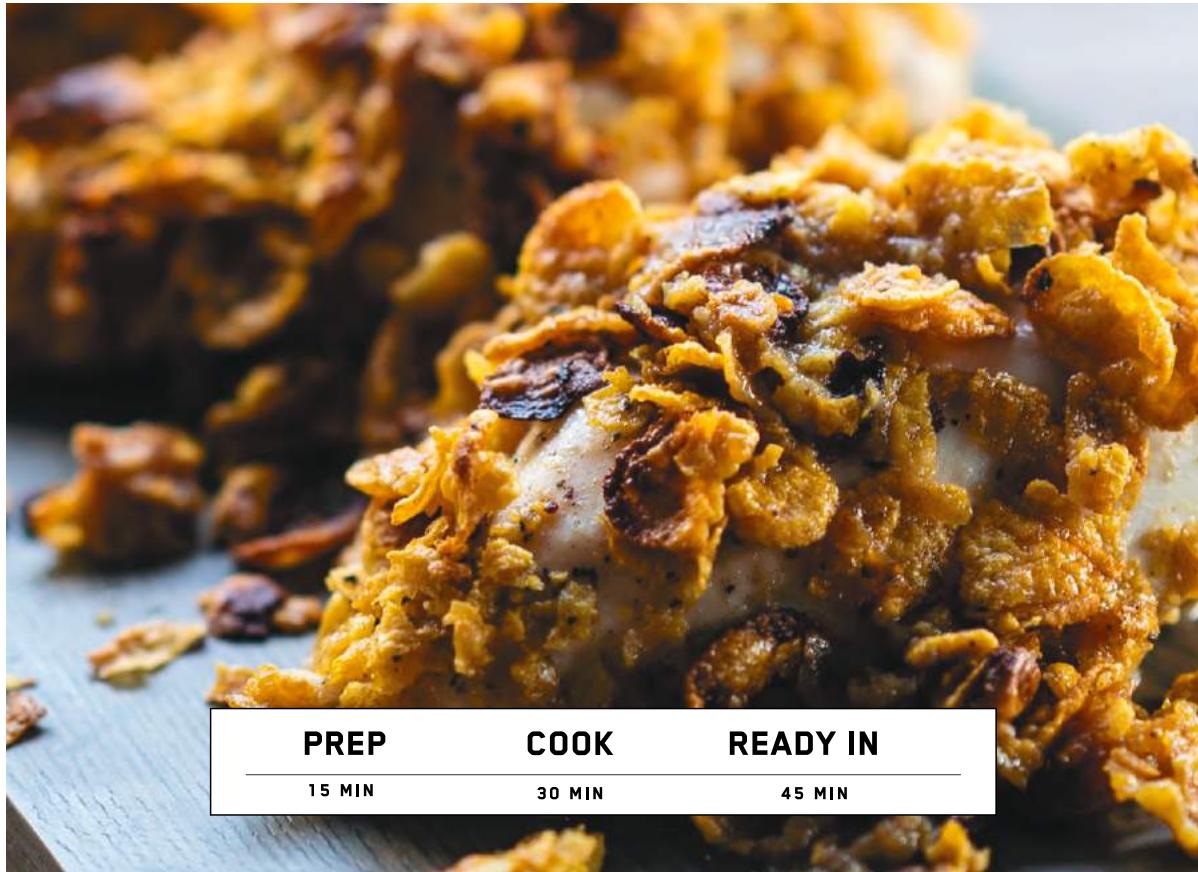
NUTRITION FACTS

CALORIES: 842

MACROS: 68 GRAMS PROTEIN, 66 GRAMS CARBS, 34 GRAMS FAT

CORN FLAKE

Baked Chicken



PREP

15 MIN

COOK

30 MIN

READY IN

45 MIN

INGREDIENTS

- 4 boneless skinless chicken breasts or chicken tenders
- 3 Cups Corn Flakes
- 2 Large Eggs
- 1 tsp. Water
- Garlic Powder
- Oregano
- Salt and Pepper

DIRECTIONS

1. Preheat oven to 400 degrees F and line a baking sheet with parchment paper.
2. Whisk together eggs and water in a bowl.
3. Place Corn Flakes into a gallon plastic bag, crush them up and transfer them to a medium-sized bowl.
4. Dip chicken breasts into egg/water mixture then roll in the crushed Corn Flakes to coat each side.
5. Place chicken breasts on parchment paper and coat with garlic powder, oregano, salt and pepper.
6. Bake for 30 minutes or until chicken is cooked through.

NUTRITION FACTS

PER 4 OZ CHICKEN BREAST:

CALORIES: 271

MACROS: 34 GRAMS PROTEIN, 18 GRAMS CARBS, 7 GRAMS FAT

NICK BARE FITNESS

WHITE CHICKEN

Crockpot Chili



PREP

15 MIN

COOK

8 HOURS

READY IN

ABOUT 8 HOURS

INGREDIENTS

- 1.5 lb Bonless, Skinless Chicken Breast
- 4 Cups Low Sodium Chicken Broth
- 3 (15 oz) Can Great White Northern Beans (drained)
- 1 (4.5 oz) Can Diced Green Chiles
- 1 Tbsp Garlic Powder
- 1 Small Yellow Onion, Diced
- 1 tsp. Dried Oregano
- Salt and Pepepr To Taste
- Optional: Sour cream, cheese and chopped green onion for toppings

DIRECTIONS

1. Place chicken in the bottom of a crockpot. Add chicken broth, beans, green chilis, garlic, onion, oregano, salt and pepper. Stir to combine.
2. Cover and cook on low for 6-8 hours.
3. If the chili is too soupy, feel free to drain any excess broth before serving.
4. Optional: Top with sour cream, cheese and chopped green onion.

NUTRITION FACTS

MAKES 6 SERVINGS, PER SERVING:

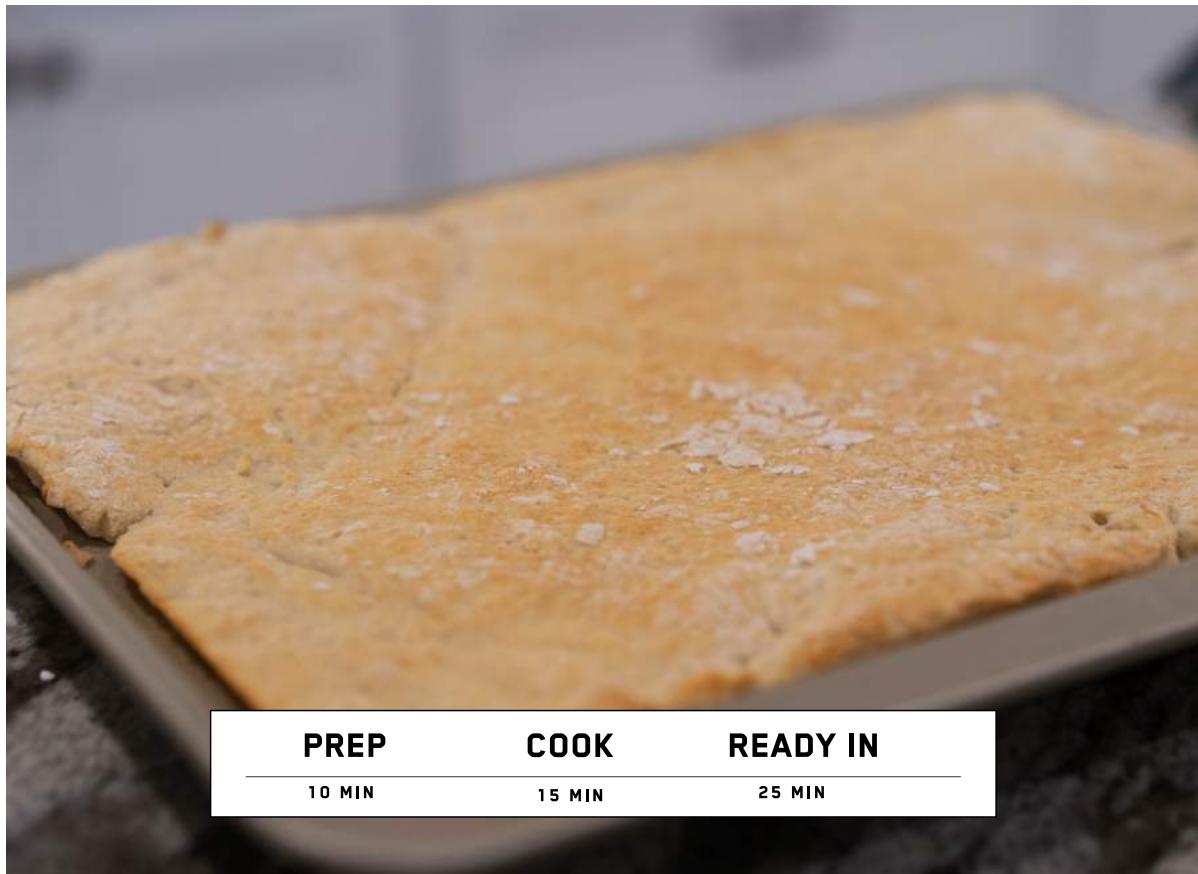
CALORIES: 301

MACROS: 36 GRAMS PROTEIN, 28 GRAMS CARBS, 5 GRAMS FAT

NICK BARE FITNESS

HIGH PROTEIN

Pizza Crust



PREP

10 MIN

COOK

15 MIN

READY IN

25 MIN

INGREDIENTS

- 2 Cups Self Rising Flour
- 2 Cups Plain Greek Yogurt

DIRECTIONS

1. Pre-heat oven to 400 Degrees F
2. Mix equal parts (in this case 2 Cups each) of self rising flour and plain greek yogurt until evenly combined.
3. Knead dough with hands until firm.
4. Spray baking sheet with nonstick cooking spray and roll out dough 1/4 inch thick on baking sheet.
5. Place in oven for 10-15 minutes.
6. Top your high protein pizza crust with your favorite toppings.

NUTRITION FACTS

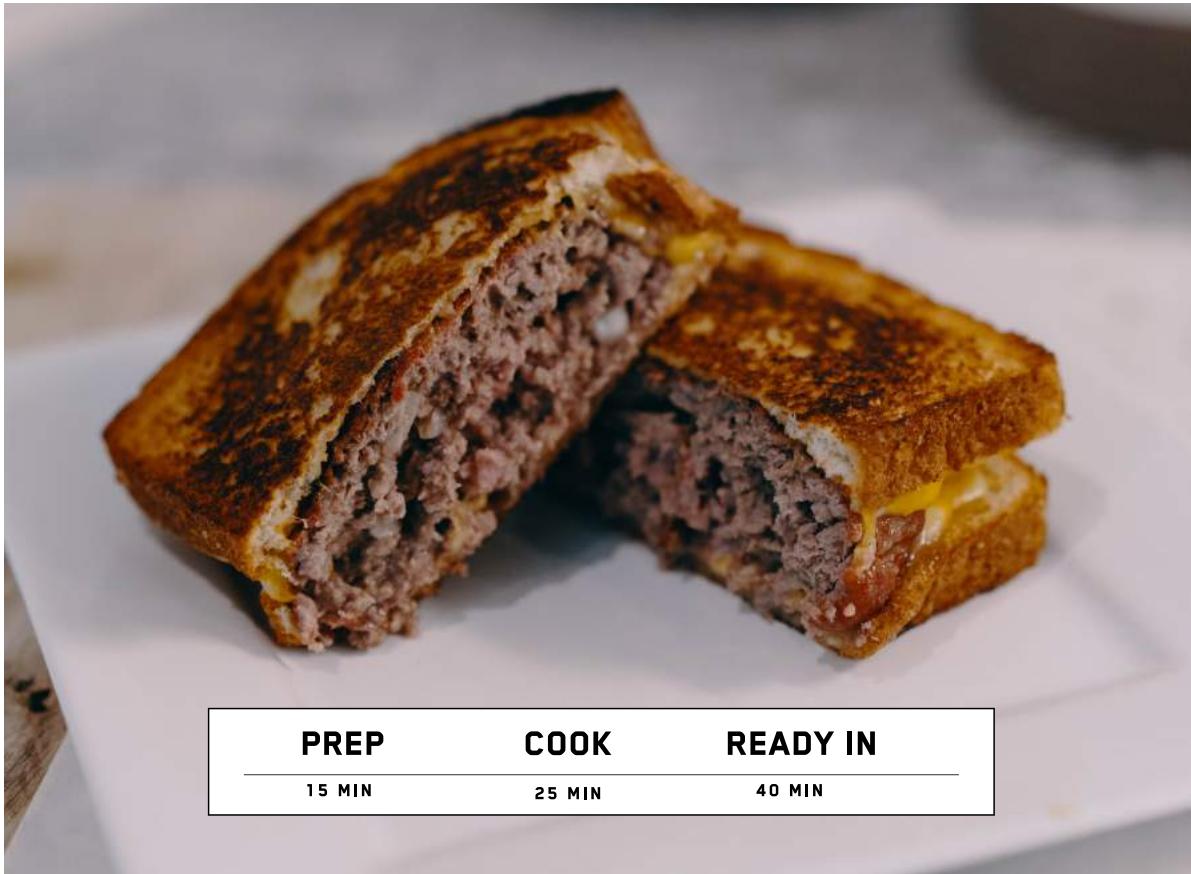
*FOR THE ENTIRE CRUST (SERVES 4):

CALORIES: 1045

MACROS: 60 GRAMS PROTEIN, 190 GRAMS CARBS, 15 GRAMS FAT

NICK BARE FITNESS

PATTY MELT



PREP

15 MIN

COOK

25 MIN

READY IN

40 MIN

INGREDIENTS

- 8 oz. 96/4 Lean Ground Beef
- 2 Slices of Whole Wheat Bread
- 1 Slice Colby Jack Cheese
- Salt and pepper
- 1 Egg
- 1/8 Onion, Diced
- 1 tsp. Worcestershire Sauce
- 1 tsp. Garlic Powder

DIRECTIONS

1. In a mixing bowl add ground beef, egg, diced onion, Worcestershire sauce, garlic powder, salt and pepper.
2. Form a patty with the mixture and cook to desired temperature on grill or stove top.
3. Add olive oil or butter (very small amount) to one side of each piece of bread.
4. Place the olive oil or butter side down on stove top at medium heat, add burger patty, add slice of cheese and top with remaining slice of bread with olive oil/butter side up.
5. Cook each side until golden brown as you would with a grilled cheese sandwich.

NUTRITION FACTS

*PER SANDWICH

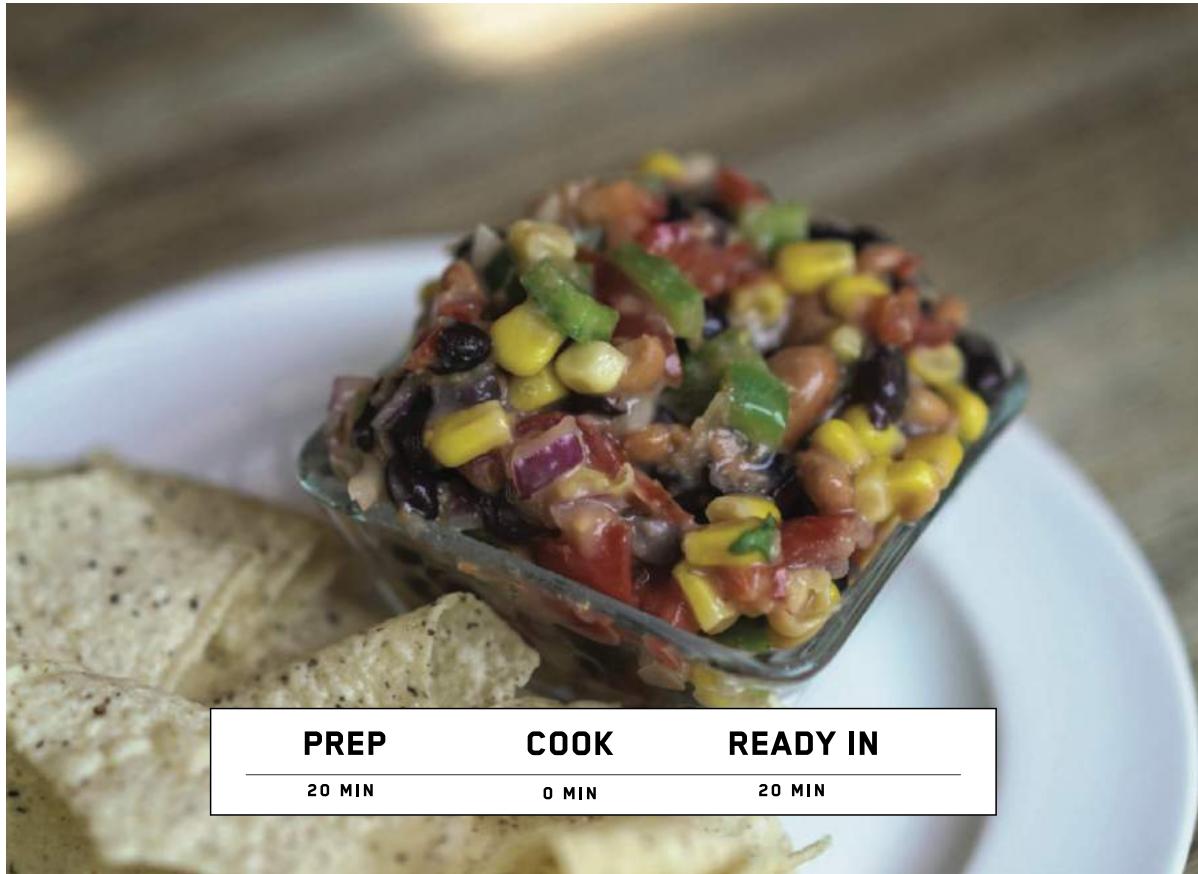
CALORIES: 575

MACROS: 67 GRAMS PROTEIN, 25 GRAMS CARBS, 23 GRAMS FAT

NICK BARE FITNESS

SOUTHWEST BEAN

Dip



PREP

20 MIN

COOK

0 MIN

READY IN

20 MIN

INGREDIENTS

- 1 (15oz) Can of Black Beans
- 1 (15oz) Can of Black-Eyed Peas
- 1 (11oz) Can of Sweet Corn
- 1 Red Onion, Diced
- 1/2 Cup Green Bell Pepper, Diced
- 1/2 Cup Red Bell Pepper, Diced
- 1 Cup Cilantro, Chopped Fine
- 1/2 Tomato, Diced
- 2 Tbsp. Red Wine Vinegar
- 2 Tbsp. Lime Juice
- 1 tsp. Sugar
- Salt and Pepper
- 1/4 tsp. Lime Juice
- 1 Tbsp. Olive Oil

DIRECTIONS

1. Drain and rinse all beans and corn.
2. Combine black beans, black-eyed peas, onion, peppers, tomato, corn and cilantro in a large bowl. Mix thoroughly.
3. In a separate bowl, whisk together lime juice, red wine vinegar, sugar, salt, pepper and olive oil.
4. Pour dressing over the other ingredients and toss until combined.
5. Keep refrigerated.

NUTRITION FACTS

*SERVES 6 PEOPLE, PER SERVING:

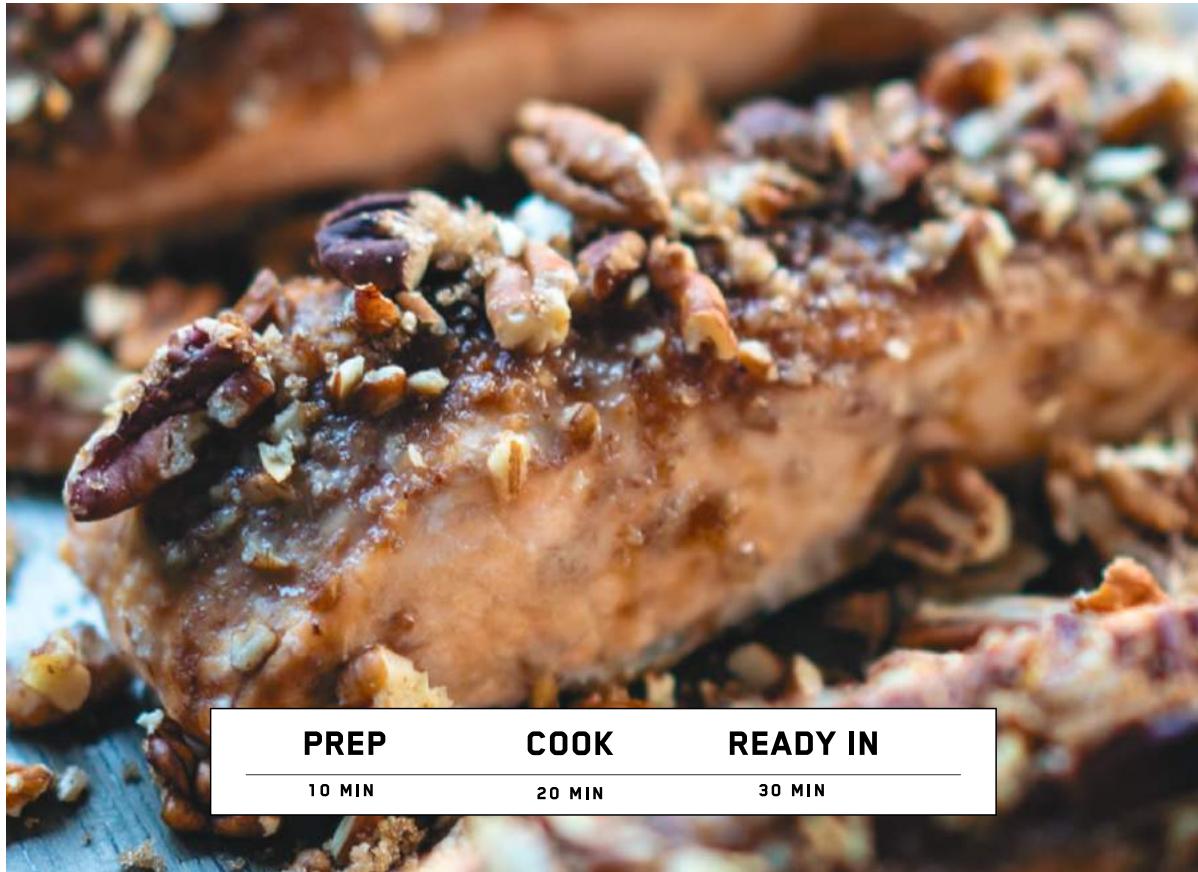
CALORIES: 192

MACROS: 9 GRAMS PROTEIN, 30 GRAMS OF CARBS, 4 GRAMS FAT

NICK BARE FITNESS

PECAN ENCRUSTED

Salmon



PREP

10 MIN

COOK

20 MIN

READY IN

30 MIN

INGREDIENTS

- 4 Salmon Filets
- 1/4 Cup Dijon Mustard
- 1 Cup Chopped Pecans
- 2 Tbsp. Splenda Brown Sugar
- Salt and Pepper to taste

DIRECTIONS

1. Place salmon filets on a baking sheet lined with parchment paper.
2. Preheat oven to 400 degrees.
3. In a medium-sized bowl, combine the chopped pecans, brown sugar, salt and pepper.
4. Brush the dijon mustard onto both sides of the salmon.
5. Place the salmon in the pecan/brown sugar mixture and coat the tops completely.
6. Lay the salmon back on the baking sheet and bake for 15-20 or until the salmon flakes easily with a fork.

NUTRITION FACTS

*PER 6 OZ. SALMON FILET

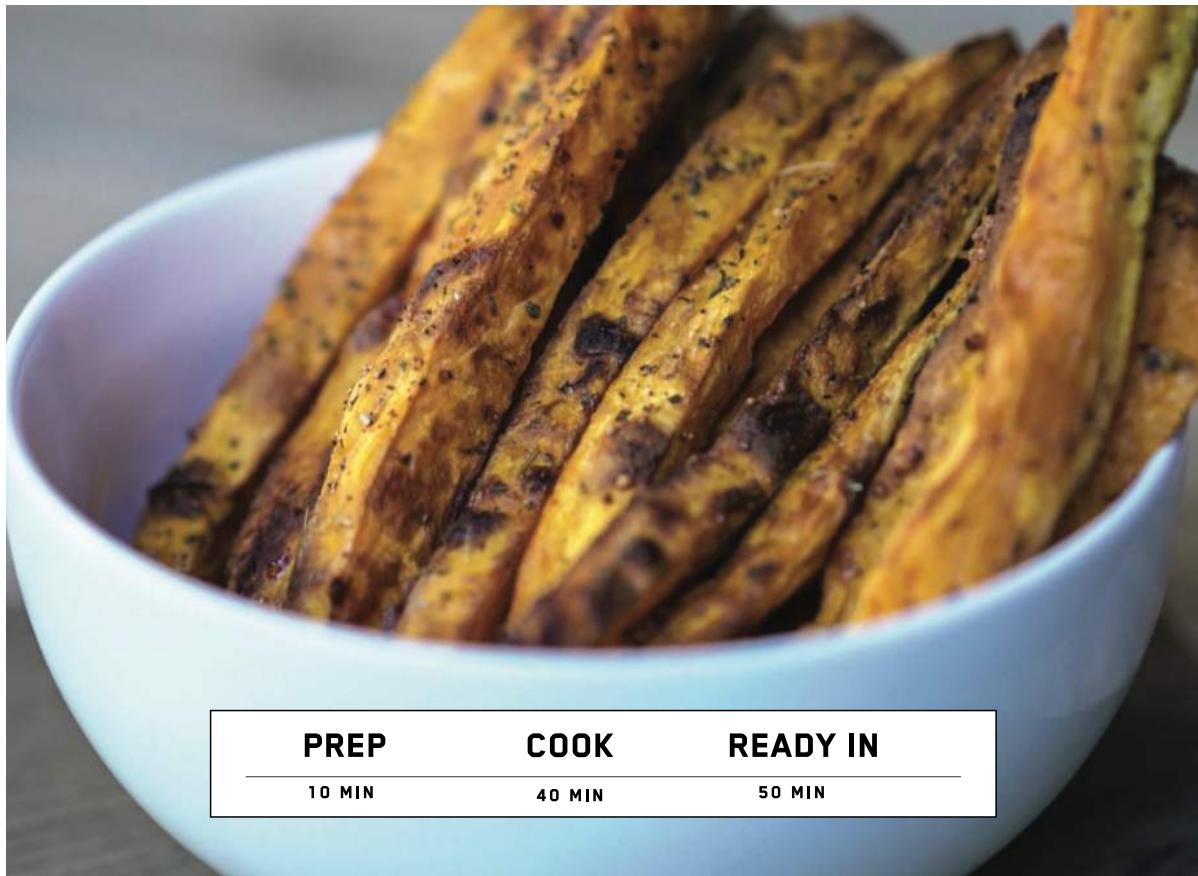
CALORIES: 420

MACROS: 37 GRAMS PROTEIN, 5 GRAMS CARBS, 28 GRAMS FAT

NICK BARE FITNESS

SWEET POTATO

Fries



PREP

10 MIN

COOK

40 MIN

READY IN

50 MIN

INGREDIENTS

- 3 Sweet Potatoes
- 2 tsp. Olive Oil
- 1 Tbsp. Garlic Powder
- 2 tsp. Dried Parsley
- 1/4 tsp. Paprika
- Salt and pepper to taste

DIRECTIONS

1. Pre-heat oven to 400 degrees. Set oven rack to the middle position.
2. Line a baking sheet with tin foil and spray with non-stick cooking spray.
3. Cut Sweet Potatoes into 3/8 inch thick by 3-4 inch long pieces. Place in large bowl.
4. In a small bowl, combine garlic powder, parsley, paprika, salt and pepper. Whisk together.
5. Drizzle olive oil over sweet potatoes in bowl and mix evenly to coat.
6. Add seasonings and mix.
7. Place fries in the oven and bake for 20 minutes. Use a spatula and flip fries over, and cook for an additional 15-20 minutes.

NUTRITION FACTS

MAKES 2 SERVINGS, PER SERVING:

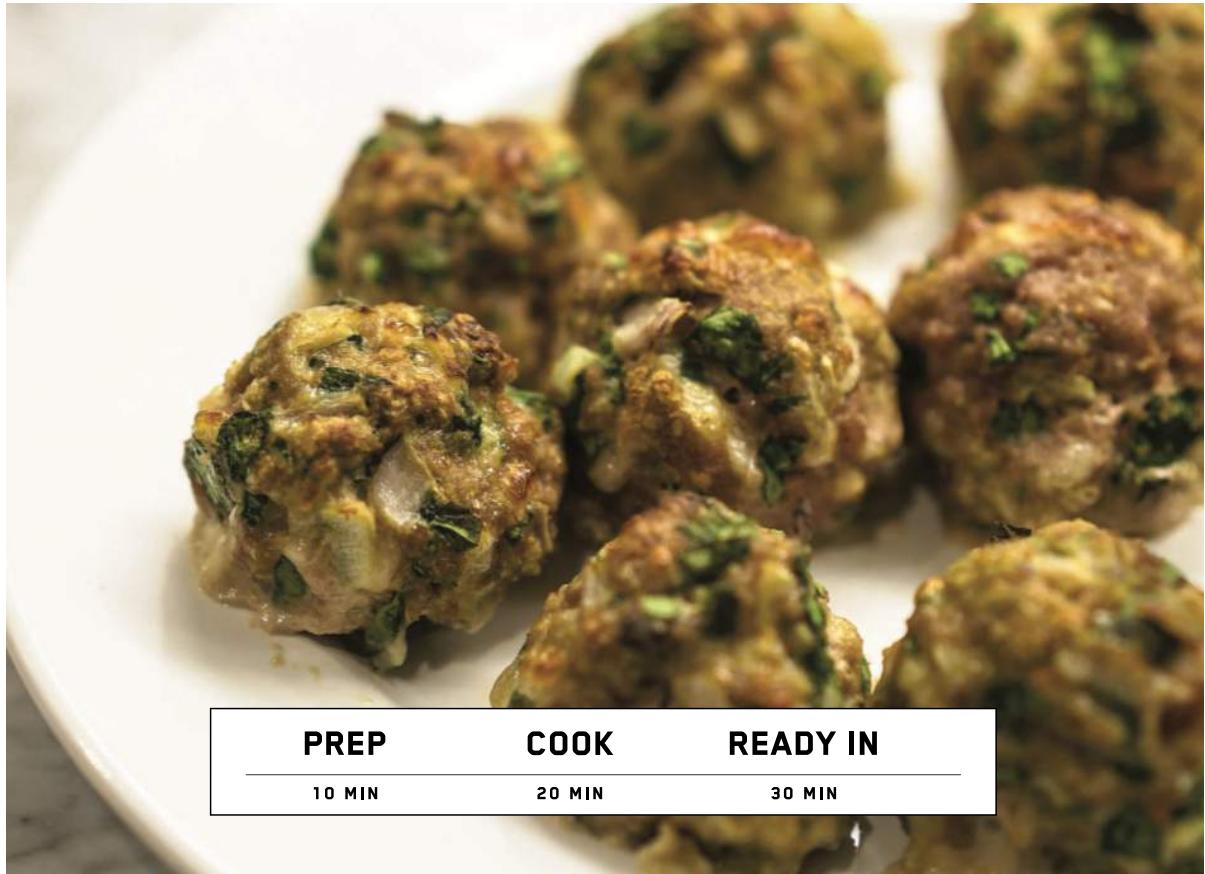
CALORIES: 345

MACROS: 5 GRAMS PROTEIN, 70 GRAMS CARBS, 5 GRAMS FAT

NICK BARE FITNESS

TURKEY SPINACH

Meatballs



INGREDIENTS

- 2 lbs. Ground Turkey (Lean)
- 1 and 1/2 Cup Baby Spinach, Chopped
- 1 Large Egg
- 1 Tbsp. Olive Oil
- 3 Scallions, Finely Chopped
- 3 Garlic Cloves, Chopped
- 1 Cup Shredded Mozzarella Cheese
- 1/3 Cup Grated Parmesan Cheese
- 1/2 Cup Panko Bread Crumbs
- 1 Tbsp. Italian Seasoning

DIRECTIONS

1. Pre-heat oven to 400 degrees. Set oven rack to the middle position.
2. Line a baking sheet with tin foil and spray with nonstick cooking spray.
3. In a large bowl, beat the egg. Add the chopped spinach, scallions and garlic. Stir until evenly combined.
4. Add the ground turkey, mozzarella cheese, parmesan cheese, bread crumbs and Italian seasoning.
5. Using your hands mix until evenley combined.
6. Shape the mixture into 2 inch balls and place on the baking sheet.
7. Bake the meatballs for 20 minutes or until golden brown.

NUTRITION FACTS

MAKES 5 SERVINGS, PER SERVING:

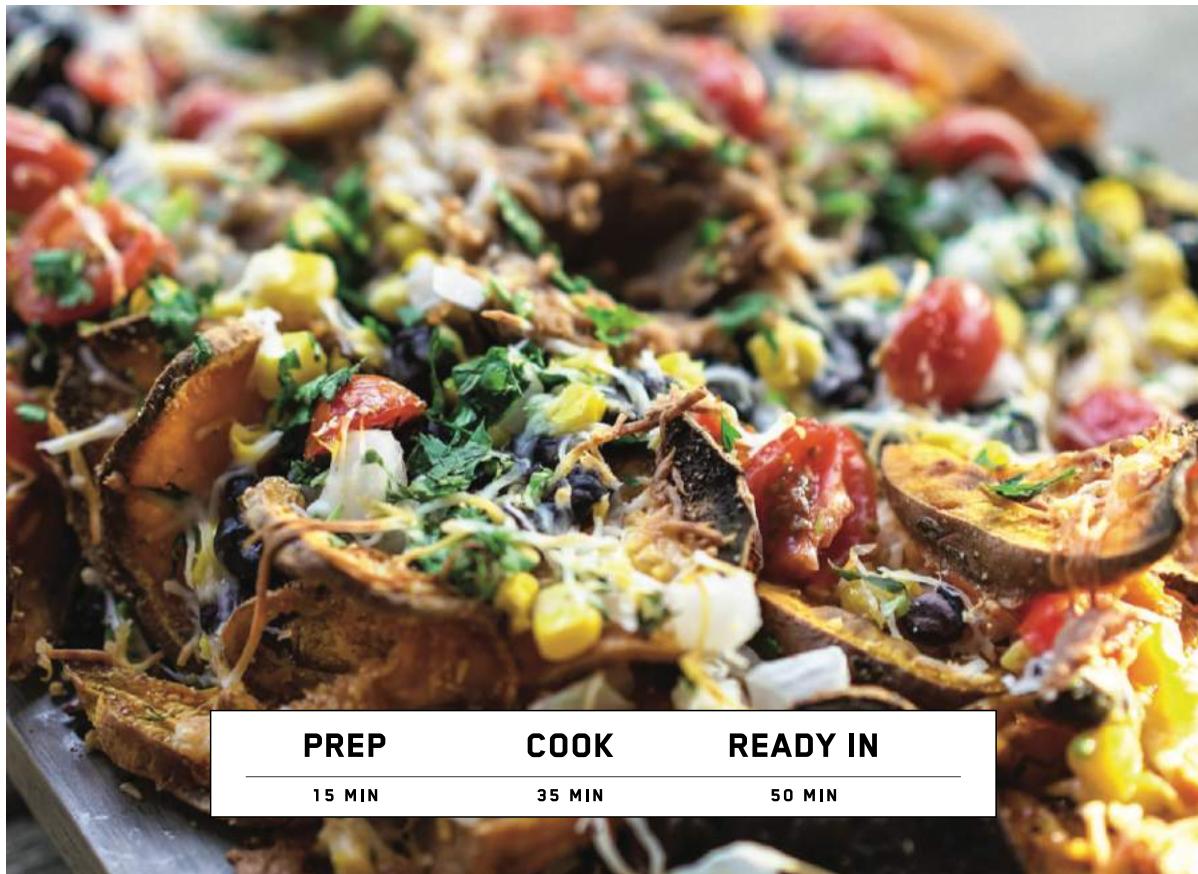
CALORIES: 400

MACROS: 43 GRAMS PROTEIN, 6 GRAMS CARBS, 23 GRAMS FAT

NICK BARE FITNESS

SWEET POTATO

Loaded Nachos



INGREDIENTS

- 3 Large Sweet Potatoes, Peeled
- 1 tsp. Paprika
- 1 tsp. Garlic Powder
- 1 Tbsp. Olive Oil
- 1 Can Refried Beans
- 1 Can Sweet Yellow Corn
- 1 Can Black Beans
- 1/4 Cup Cilantro
- 1 Tomato, Diced
- 1/4 Cup Onion, Chopped
- 1, 1/2 Cup Shredded Cheese

DIRECTIONS

1. Pre-heat oven to 425 degrees. Spray a baking sheet with non-stick cooking spray.
2. Peel and splice the potatoes (thin).
3. In a bowl, toss the chips with olive oil, paprika and garlic powder. Spread evenly on prepared pan. Bake for 15 minutes and use a spatula to flip the chips. Bake for another 10 minutes.
4. Take chips out, and add all the toppings over the chips. Return to the oven until cheese melts for another 10 minutes.
5. Serve warm.

NUTRITION FACTS

SERVES 6, PER SERVING:

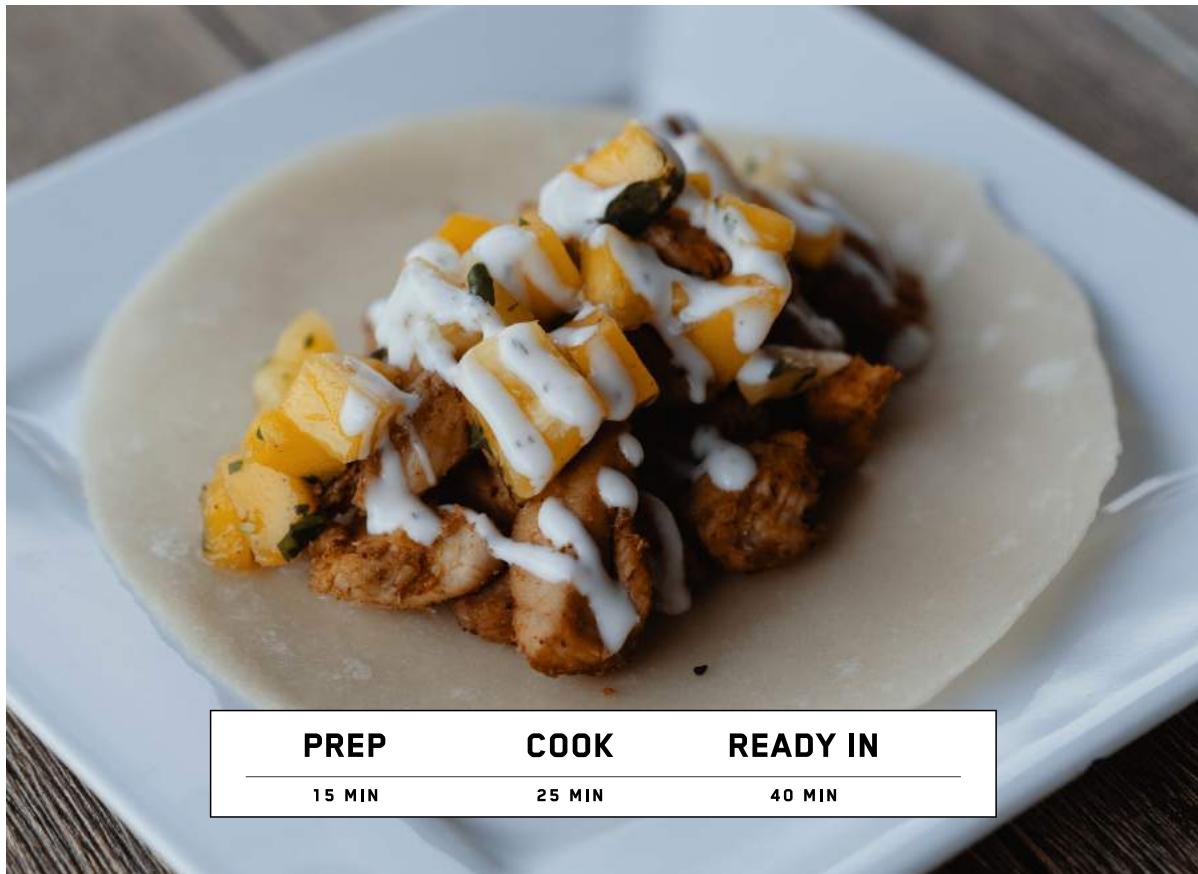
CALORIES: 378

MACROS: 17 GRAMS PROTEIN, 55 GRAMS CARBS, 10 GRAMS FAT

NICK BARE FITNESS

CHICKEN MANGO

Salsa Tacos



INGREDIENTS

- 3 Chicken Breasts
- 1 Mango, Diced
- 1/4 Cup Cilantro
- 2 Tbsp. Lime Juice
- 1/2 Cup Greek Yogurt Ranch Dressing
- 2 Tbsp. Chili Lime Seasoning
- 6 Tortillas

DIRECTIONS

1. Tenderize chicken breasts so that they are 1/2 inch thick. Cover in chili lime seasoning and grill until cooked through.
2. Dice up a mango into 1/2 inch pieces and mix in with cilantro and lime juice.
3. Place Tortilla on plate and add chicken, mango cilantro mixture and top with ranch dressing.

NUTRITION FACTS

MAKES 3 SERVINGS, PER 2 TACOS:

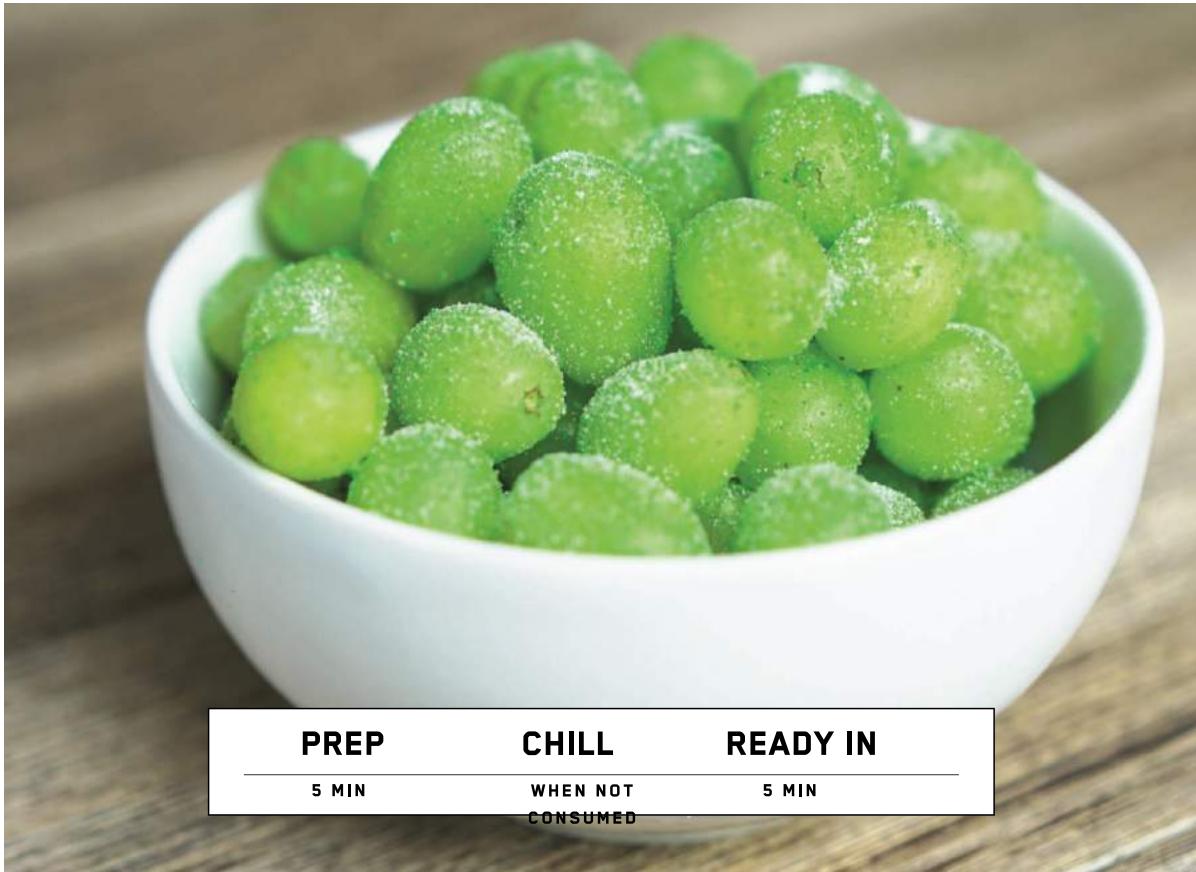
CALORIES: 529

MACROS: 60 GRAMS PROTEIN, 43 GRAMS CARBS, 13 GRAMS FAT

NICK BARE FITNESS

SOUR PATCH

Grapes



INGREDIENTS

- 1 Bag of Green Grapes
- 3 oz. Package of Sugar-Free, Lime Jell-O Mix

DIRECTIONS

1. De-stem grapes and place in strainer.
2. Lightly rinse grapes with water and then transfer them into a gallon size ziplock bag.
3. Pour about 3/4 of the Sugar-Free Jello-O Mix into the plastic bag.
4. Seal and shake until all grapes are evenly coated.
5. Serve immediately, or store in the refrigerator until ready to serve or later use.

NUTRITION FACTS

PER CUP OF GRAPES:

CALORIES: 80

MACROS: 0 GRAMS PROTEIN, 20 GRAMS CARBS, 0 GRAMS FAT

NICK BARE FITNESS

FRESH RED

Powerhouse Juice



PREP

5 MIN

JUICE

5 MIN

READY IN

10 MIN

INGREDIENTS

- 3 Beets
- 2 Oranges
- 6 Stalks of Celery
- 5 Large Carrots
- 1/2 inch Piece of Raw Ginger Root
- 3, 1/2 inch Pieces of Raw Turmeric Root

DIRECTIONS

1. Wash all ingredients before adding to a juicer.
2. Add ingredients to juicer.
3. Store in the refrigerator in individual bottles or in large bottle.
4. Makes 5-6, 8 oz bottles.

NUTRITION FACTS

PER 8 OZ CUP:

CALORIES: 80

MACROS: 0 GRAMS PROTEIN, 20 GRAMS CARBS, 0 GRAMS FAT

NICK BARE FITNESS

FRESH GREEN

Powerhouse Juice



PREP

5 MIN

JUICE

5 MIN

READY IN

10 MIN

INGREDIENTS

- 2 Cucumbers
- 1 Cup Pineapple
- 2 Kiwis
- 6 Stalks of Celery
- 1 Lemon
- 3 Cups of Kale
- 2 Cups of Spinach
- 1/2 inch Piece of Raw Ginger Root
- 3, 1/2 inch Pieces of Raw Turmeric Root

DIRECTIONS

1. Wash all ingredients before adding to a juicer.
2. Add ingredients to juicer.
3. Store in the refrigerator in individual bottles or in large bottle.
4. Makes 5-6, 8 oz bottles.

NUTRITION FACTS

PER 8 OZ CUP:

CALORIES: 80

MACROS: 0 GRAMS PROTEIN, 20 GRAMS CARBS, 0 GRAMS FAT

NICK BARE FITNESS