

# WARREN PASCHETTO FITNESS Recipe Book

*Meal planning made simple and delicious*



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## FOOD SCALE

While I do recommend using a food scale when counting calories, this is not always possible, especially if you are eating out. The following are some handy references to use in order to estimate portion sizes.

**1/4 cup = the size of a medium egg**

**1/2 cup = the size of a billiard ball**

**1 cup = the size of a baseball**

**1 oz = the size of a pair of dice**

**3-4 oz = the size of a deck of cards**

**6 oz = the size of a hockey puck**

**2 Tbsp = the size of a ping pong ball**

## SIMPLE APPLE PANCAKES

**PER SERVING:**

**CALORIES**

227

**CARBS**

35g

**PROTEIN**

15g

**FAT**

3g



**SERVINGS**

1

### Ingredients

*½ cup plain Quaker Old  
Fashioned Oats*

*½ cup egg whites*

*½ apple*

*Cinnamon to taste*

### Steps to Cook

1. Put all ingredients in a blender and mix until it forms a nice batter.
2. Spray frying pan with non-stick cooking spray and pour out about 3-4 pancakes. Cook and flip until golden brown on both sides. Sprinkle with cinnamon if desired.
3. These can be made in larger batches, divided into single servings, and refrigerated for a couple days to be reheated.



## OATMEAL BOWL

**PER SERVING:**

**CALORIES**

329

**CARBS**

51g

**PROTEIN**

11g

**FAT**

9g



**SERVINGS**

1

### Ingredients

*½ cup plain Quaker Old  
Fashioned Oats  
½ cup blueberries  
½ cup strawberries  
1 tbsp chia seeds  
1 tbsp flax seed meal  
Cinnamon to taste*

### Steps to Cook

1. Prepare oatmeal as directed on package. Can cook in microwave with 1 cup of water on high for 1-2 minutes, but make sure oatmeal does not boil over the bowl.
2. Once oatmeal is cooked, stir in cinnamon, chia seeds, and flax seeds.
3. Add berries and stir again.

## SALAD DRESSING

**PER SERVING:**

**CALORIES**

99

**CARBS**

0g

**PROTEIN**

0g

**FAT**

11g



**SERVING SIZE**

1 Tbsp

### Ingredients

*Olive oil or extra virgin olive oil depending on your taste*

*Chianti red wine vinegar*

*5-6 garlic cloves peeled and sliced*

*French's Classic Yellow Mustard*

### Steps to Cook

1. First thing you will need is a glass salad dressing cruet with markings on the bottle for olive oil, water, and vinegar. Good Seasons usually sells these in the grocery store near the salad dressing. It should have markings on the bottle for vinegar, water, and oil. The only line you really need to use for this is the W line or water line.
2. Fill to the W line with vinegar.
3. Add sliced garlic and a squirt of French's Yellow mustard.
4. Fill almost to the top of the cruet with olive oil according to your taste. Shake well and refrigerate.
5. The oil may solidify in the fridge, so remove a few hours before using and shake well again.

## CHICKEN BREAST PREP

PER 5 OZ SERVING:

**CALORIES**

197

**CARBS**

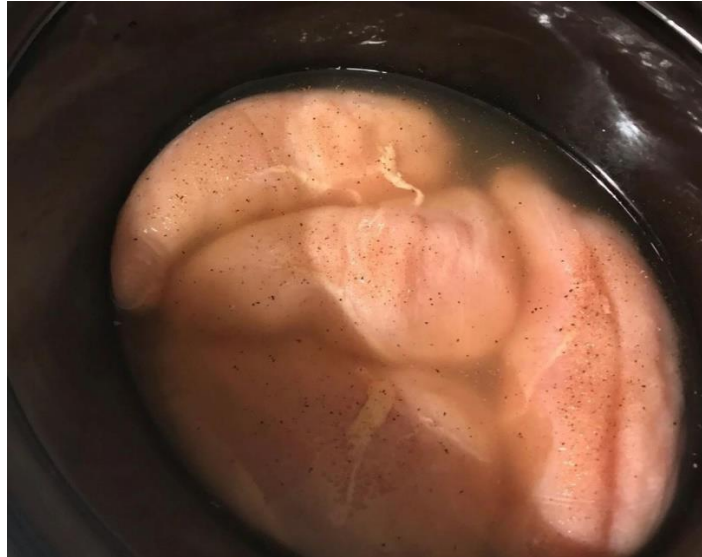
0g

**PROTEIN**

47g

**FAT**

1g



**SERVINGS**

Varies

### Ingredients

4-5 boneless trimmed chicken  
breasts

Chicken broth or water

### Steps to Cook

1. Cover bottom of crock pot or slow cooker with about a ¼ inch of chicken broth or water.
2. Add enough chicken breasts to cover bottom of pot without the breasts sitting on top of each other.
3. Add more liquid to barely cover the top of the chicken and sprinkle in some seasoning if desired.
4. Cook according to slow cooker directions, usually on high for 4-6 hours or low for 8-10 hours.
5. Grab a large bowl and carefully shred the cooked chicken using two forks. This can then be stored in the fridge for the next 3 days. You can then weigh out the amount you need and add to meals such as wraps, soups, beans with BBQ sauce, rice with pasta sauce, tacos, or anything you can imagine. I find this method a great way to continually eat lean chicken without getting bored with it.

## CHICKEN SOUP

**PER BOWL SERVING:**

Varies depending on  
size of chicken and fat  
skimmed off

**CALORIES**

208

**CARBS**

9g

**PROTEIN**

25g

**FAT**

8g



**SERVINGS**

Around 12 but varies  
depending on size of  
chicken

### Ingredients

1 whole chicken  
3 cleaned celery stalks  
3-4 cleaned carrots  
1 yellow onion  
4 garlic cloves  
2 extra large Knorr chicken  
bouillon cubes (optional)  
2 tablespoons chopped Italian  
parsley  
1 tablespoon dried thyme  
leaves  
salt and pepper to taste

### Steps to Cook

1. Place whole chicken in a large pot with peeled garlic, carrots, celery, and onion all cut in half. Pour cold water into the pot until all the ingredients are covered by an inch of water and bring to a boil.
2. Reduce to a low simmer, skimming the fat at the top as needed, until the chicken is cooked through and the meat falls off the bone easily (couple hours).
3. Remove the chicken and vegetables from the pot and set aside in a dish. Strain the remaining liquid into another pot with a fine sieve and discard all the solid pieces, including the garlic.
4. Chop the vegetables and return them to the strained broth. Add the bouillon if you want for some added flavor. Carefully remove chicken skin and pull apart chicken meat. Add all this to the broth and season with parsley, thyme, salt, and pepper. Let this all simmer for 5-10 minutes and stir regularly.



## TURKEY CHILI

**PER SERVING:**

**CALORIES**

371

**CARBS**

46g

**PROTEIN**

31g

**FAT**

7g



**SERVINGS**

6

### Ingredients

1 pound 99% lean ground turkey  
2 tablespoons olive oil  
3¼ cups water  
1 each green, red, and orange bell pepper (chop)  
3 jalapeno peppers (chop)  
1 large white onion (chop)  
3 cans (15oz) chili beans (pinto, kidney, black)  
1 can (28oz) diced tomatoes  
(Optional) 12 oz washed baby spinach

### Steps to Cook

5. Brown turkey and season to taste with chili powder, cumin, black pepper, paprika, garlic powder, and onion powder (I use a ratio of 2:1:1:2:2:2). Drain turkey and set aside.
6. In a large pot add about 2 tablespoons of olive oil and begin to sauté the chopped onions and peppers (bell and jalapeno). After onions and peppers are beginning to soften, add turkey. Stir everything around and cook for a couple of minutes on medium and then add the can of drained tomatoes followed by 3 cans of drained beans. Add about a cup of water and stir everything well. Cover pot with a lid and let it slow cook on low for about 1 ½ to 2 hours.
7. (Optional) Sometimes I stir in two 6 oz bags of baby spinach about 5 minutes before chili is done.
8. Set aside 6 food containers and evenly distribute chili to each one and refrigerate or freeze.

## TUNA AND AVOCADO SALAD

**PER SERVING:**

Just the salad, not wrap

**CALORIES**

462

**CARBS**

15g

**PROTEIN**

42g

**FAT**

26g



**SERVINGS**

1

### Ingredients

1 container (5 oz), Wild  
Albacore Tuna

1/2 medium avocado

2 tablespoons chopped white  
onion

2 tablespoons chopped celery

2 tablespoons chopped green  
bell pepper

2 ounces shredded carrots

### Steps to Cook

1. Mash up the half avocado and then add the drained tuna and vegetables. Stir very well and serve on your favorite wrap with spinach, on top of a salad, or just eat it by itself.

## TURKEY MEATBALLS

**PER SERVING:**

2 Meatballs

**CALORIES**

187

**CARBS**

6g

**PROTEIN**

34g

**FAT**

3g



**SERVINGS**

6

### Ingredients

2 pounds of Fresh Ground  
Turkey 99% Fat Free  
2 Large Whole Eggs  
1/2 cup of Italian seasoned  
bread crumbs  
1 cup of Freshly Chopped Baby  
Spinach  
Nonstick Cooking Spray

### Steps to Cook

1. Preheat oven to 350 degrees Fahrenheit and lightly spray a baking pan with your cooking spray. Thoroughly mix the turkey, eggs, bread crumbs, and spinach in a large bowl with your hands.
2. Shape 12 equally sized meatballs in your hands and place each evenly spaced on the sprayed baking pan.
3. Bake in your preheated oven for about 30 minutes or until the meatballs reach an internal temperature of 165 degrees Fahrenheit.

## SPINACH DIP

**PER SERVING:**

**CALORIES**

59

**CARBS**

4g

**PROTEIN**

4g

**FAT**

3g



**SERVINGS**

8

### Ingredients

10 ounces frozen chopped  
spinach

1 avocado mashed up

1 cup plain Greek yogurt

1 packet (1.4 ounces) Knorr  
vegetable recipe mix

### Steps to Cook

1. Run frozen chopped spinach under cold water in a strainer until it defrosts and squeeze out all the water.
2. Mix all ingredients in a bowl and refrigerate overnight before trying. Keep leftover refrigerated for up to 3 days.



## CHOCOLATE COCONUT PROTEIN BALLS

**PER SERVING:**

**CALORIES**

201

**CARBS**

13g

**PROTEIN**

12g

**FAT**

11g



**SERVINGS**

6

### Ingredients

2 scoops Quest Chocolate  
Milkshake protein powder  
½ cup almond flour  
½ cup raw walnuts  
2 ounces plain raisins  
2 tablespoons unsweetened  
almond milk  
¼ cup unsweetened shredded  
coconut

### Steps to Cook

1. Blend protein powder, almond flour, walnuts, and raisins in a NutriBullet or food processor until it's a fine powder.
2. Transfer to a bowl and break up any clumps with a fork. Slowly add about 2 tablespoons of almond milk to the processed mixture in the bowl and begin rolling up 6 equally sized balls in your hands. If the mixture is too dry to stick together, gently add a few more drops of almond milk, but be careful not to get the mixture too wet. If you do, add more almond flour to dry it up a bit.
3. Roll each of these balls in the coconut and place in the fridge on the parchment paper for at least 30 minutes before eating. If they aren't eaten right away, place in a Ziploc container and keep in the fridge up to 1 week until ready to eat.

## CHOCOLATE COVERED PEANUT BUTTER CUPS

**PER SERVING:**

**CALORIES**

87

**CARBS**

4g

**PROTEIN**

4g

**FAT**

6g



**SERVINGS**

24

### Ingredients

2 scoops Quest Vanilla  
Milkshake Protein Powder

1/3 cup Organic Creamy  
Natural Peanut Butter (no  
added sugar)

1/3 cup Unsweetened Almond  
Milk

2 bars (100g each) Green &  
Black's Organic Dark 85%  
Cacao

Pam Olive Oil Spray (or other  
nonstick cooking spray)

### Steps to Cook

1. Mix the 2 scoops of protein powder, 1/3 cup peanut butter, and 1/3 cup almond milk in a bowl until you get a nice thick consistency.
2. Break apart and slowly heat the chocolate bars in a pan over low heat. As that is melting, place 24 mini muffin paper cups in each of the mini muffin pan holes and lightly spray with nonstick cooking spray.
3. Place a small amount of chocolate at the bottom of each cup, just enough to barely cover the bottom, and then place in the freezer for about 5 minutes.
4. Take the pan out of the freezer and add a small amount of peanut butter filling to each cup, then the rest of the melted chocolate over the top of each cup. Return to freezer for at least 20 minutes and then store in the fridge up to a week or freezer up to a month until ready to eat.

## LEMON BAR COOKIES

**PER SERVING:**

**CALORIES**

203

**CARBS**

10g

**PROTEIN**

16g

**FAT**

11g



**SERVINGS**

4

### Ingredients

2 scoops Quest Vanilla Protein Powder

$\frac{1}{4}$  cup almond flour

$\frac{1}{2}$  cup raw whole cashews

2 teaspoon lemon zest

$\frac{1}{4}$  cup raw lemon juice

2 tablespoons unsweetened shredded coconut

### Steps to Cook

1. Combine protein powder, almond flour, whole cashews, and lemon zest in a food processor or Nutri-Bullet blender. Transfer to a bowl and break up large clumps with a fork.
2. Squeeze out at least a  $\frac{1}{4}$  cup of fresh lemon juice in a separate bowl or glass. Then slowly add the lemon juice to the powder and form a doughy mixture.
3. If the mixture becomes too moist, add a little more almond flour and if it is too dry, add a little more lemon juice.
4. Then create 4 equally sized balls and flatten each one out onto some parchment paper to form a cookie shape. Sprinkle the top of each cookie with shredded coconut and refrigerate for at least an hour. These cookies should last in the fridge for up to 5 days.

