

# **The Camp Transformation Center 21 Day Back To School Macro Counting Nutrition Manual**

Summer has come to a close and now it's time to get back into the daily routine of waking up early to get your kids to school, picking them up, helping with homework and more.

And even though getting back into the swing of things can feel like a “bummer” after beach season, it's also a great opportunity to dial in your training and nutrition plans so that they run like clockwork.

From morning to night, you'll have activities throughout the day planned out and task lists to complete. And with the Back To School Macro Guide, you'll zone in on the one of the easiest and most effective nutrition plans available to you so you can get and stay in the best shape of your life even throughout the school year...

It's known as macro counting, and we're confident you'll love it.

Whether you're looking to build muscle, get lean, or even maintain your bodyweight, macro counting is a sure-fire way to attain your goals without counting a single calorie and instead you'll pay attention to 3 easy to calculate but important numbers...

But before we go any further on how to achieve those goals, let's understand the basics.

## ***What Is Macro Counting?***

To start, the term “macro” comes from the word *macronutrient*.

A macronutrient is a type of food required in large amounts in your diet... And the big 3 macronutrients are protein, carbohydrates, and fat.

## ***Protein***

Protein is your most important macronutrient for building lean muscle that keeps you looking and performing your best everywhere you go.

Plus, protein also kick-starts your metabolism and fire's up your fat burning hormones so you can shed pounds around the clock...

On top of that, protein has been scientifically proven to balance your hunger hormones. In fact, a single serving of protein has the unique ability to eliminate sugar cravings for hours after you eat *and* keep your stomach satisfied for longer periods of time...

So the bottom line is—you want to get a good amount of protein in your diet no matter what your goals are.

Every time you eat one gram of protein, you also eat 4 calories. So if you sip on one 25 gram serving of our delicious MyoFX whey protein shakes (mixed with water), you'll ingest a total of 100 calories (25 x 4).

Typically, you want your protein intake to fill up between 25-50% of your daily caloric intake. We'll show you how to do that just a little further down the page.

Here is a list of the best protein sources:

- *Salmon*
- *Rainbow Trout*
- *Herring*
- *Mahi Mahi*
- *Cod*
- *Tuna*
- *Chicken Breast*
- *Lamb*
- *Turkey Breast*
- *Top Round Steak*
- *Shellfish*
- *Egg Whites*
- *Non-Fat Cottage Cheese*
- *MyoFX Whey Protein*

## ***Supplement Spotlight: MyoFX Whey Protein***

I think you'll find while keeping track of your macros, that reaching your protein target each and every day may be harder than you think. And that's why it's important you grab MyoFX whey protein.

Each serving of protein is 25 grams of delicious tasting, high-quality protein and comes in many different flavors you'll love. Including:

- Chocolate
- Cinnabon
- Vanilla
- Chocolate Peanut Butter
- Natural Chocolate

Grab your choice of MyoFX Whey Protein and you'll never have to worry about coming up short on your protein intake.

## ***Carbohydrates***

Carbohydrates are important macronutrients for building muscle are less important for losing fat.

Carbohydrates include sugars, starches and fiber. Most carbs are broken down into glucose (blood sugar) which your body wither uses immediately to replenish depleted glycogen stores, or your body stores them away as fat.

By counting your macros (in this case—carbohydrates), you'll ensure that you eat enough carbohydrates to replenish your glycogen stores after you train and don't store those calories away as body fat.

Typically, if you're looking to pack on muscle, your diet will be made up of between 40-60% carbohydrates. If you want to lose fat, you'll drop that number down to 10-30% of your daily amount of calories. And to maintain, you'll keep your carbohydrate intake between 30-50% of your daily caloric intake.

Like protein, one gram of carbohydrates is the equivalent of 4 calories. So if you eat a medium sized banana, for example, you'll it is 25 grams of carbohydrates, which adds up to 100 calories (25 x 4).

Here is a list of the best carbohydrate sources:

- *Sweet potatoes*
- *White potatoes*
- *Red potatoes*
- *Yams*
- *Oats*
- *Slow cooked brown rice*
- *Black beans*
- *White beans*
- *Lentils*
- *100% whole grain bread*
- *100% grain cold cereals*
- *100% whole grain cook cereals*
- *Apples*
- *Bananas*
- *Oranges*
- *Melon*
- *Berries (every kind)*
- *Grapes*
- *Tomatoes*
- *Honey*
- *Spinach*
- *Kale*
- *Broccoli*
- *Brussels Sprouts*
- *Cabbage*
- *Asparagus*
- *Green Beans*
- *Peas*
- *Cucumbers*
- *Celery*

- *Cauliflower*
- *Carrots*
- *Beetroot*
- *Zucchini*
- *Bell Peppers*
- *Chiles*

## ***Fats***

Fats are an important macronutrient for regulating hormonal balance.

By eating fats, you'll keep your muscle building and fat burning hormones working at their best so you can achieve your goals faster. Plus, by keeping your hormones balanced, your brain will function with greater clarity and even your emotional health will improve.

If you're looking to build muscle, you want to keep your fats lower (around 15-25% of daily caloric intake) to make room for eating more carbs in your diet. To maintain, you'll keep your fat intake to 25-35% of your daily caloric intake. And to get lean, you'll increase the amount of fat you eat (while dropping the amount of carbohydrates) to only 10-30% of your daily caloric intake.

Fats are found in foods like oils, butter, avocado, nuts, meat and fatty fish and 1 gram of fat is equal to 9 calories.

## ***How To Count Macros***

Following a macronutrient focused diet requires one thing: You want to hit the same numbers every single day.

So based on your goals, you want to eat the same amount of protein, carbohydrates and fat every single day. And based on the kind of diet you choose (building muscle, losing fat, or maintenance), as long as you hit your macros every day, you'll be on the fastest path to getting the body you desire, guaranteed.

One of the reasons why counting macros is a growing trend in the health and fitness industry is because you can find the macronutrient content of just about anything—whether using an old school nutrition facts label or searching online for the nutrition facts of a fruit or vegetable that doesn't have a nutrition label—finding the macros of any

food is easy.

Still, it may take a little bit of getting used to.

Here's a simple step-by-step for how to calculate your macros:

### 1. Figure Out Your Caloric Needs:

In order to calculate your overall calorie needs, use the formula below based on your gender (you'll need to convert pounds to kilograms and inches to centimeters. 1 lb. = 0.45kg. 1 inch = 2.54 centimeters):

- **Men:** calories/day =  $10 \times \text{weight (kg)} + 6.25 \times \text{height (cm)} - 5 \times \text{age (y)} + 5$
- **Women:** calories/day =  $10 \times \text{weight (kg)} + 6.25 \times \text{height (cm)} - 5 \times \text{age (y)} - 161$

Here's an example for a lightly active 40-year old 5'9 male who weighs 175 pounds.

- Calories/day =  $10 \times 79 \text{ (kg)} + 6.25 \times 175.3 \text{ (cm)} - 5 \times 40 \text{ (years)} + 5$
- Calories/day =  $790 + 1,096 - 80 + 5$
- Calories/day = 1,811

Here's an example for a very active 40-year old 5'4 female who weighs 110 pounds.

- Calories/day =  $10 \times 50 \text{ (kg)} + 6.25 \times 162.6 \text{ (cm)} - 5 \times 40 \text{ (years)} - 161$
- Calories/day =  $500 + 1,016 - 80 - 161$
- Calories/day = 1,275

But wait! You're not done yet...

After calculating the above number, multiply your results by an "activity factor" — a number that represents different levels of activity. Then you'll get your final number of calories you should be consuming per day.

Notice the more active you are, the more calories you are allowed to eat. (After getting this number we'll get down to the specific macronutrients):

- **Sedentary:** x 1.2 (limited exercise)
- **Lightly active:** x 1.375 (light exercise less than three days per week)
- **Moderately active:** x 1.55 (moderate exercise most days of the week)

- **Very active:** x 1.725 (hard exercise every day)
- **Extra active:** x 1.9 (strenuous exercise two or more times per day)

Here's an example still using the lightly active man above:

- $\text{Calories/day} = 1,811 \times 1.375$
- $\text{Calories/day} = 2,490$

Here's an example still using the very active woman above:

- $\text{Calories/day} = 1,275 \times 1.725$
- $\text{Calories/day} = 2,200$

After making these calculations you'll get your "maintenance calories", meaning if you eat at this number every day, you should hover around the same weight pretty consistently.

After you've figured this number out, you'll adjust based on your goal. For instance, if you want to lose fat, you'll eat at a caloric intake slightly under this number. If you want to bulk up, you'll eat slightly higher than this number.

**NOTE: IF YOU DON'T WANT TO DO THESE CALCULATIONS TO FIGURE OUT YOUR MAINTENANCE CALORIES, USE ONE OF THE FOLLOWING WEBSITES TO DO IT FOR YOU:**

- [iifym.com](http://iifym.com)
- [bodybuilding.com](http://bodybuilding.com) (type **macronutrient calculator** in search bar)

But keep in mind, this is to get your *target calories*. And we're only using this number to determine your *target macronutrients*.

## 2. Decide Your Macronutrient Breakdown

After you determine how many calories to consume each day, the next step is to decide what macronutrient ratio works best for you.

Check out the graph below to determine your ideal macronutrient breakdown:

Remember that your macronutrients are broken down in this way:

- 1g of protein = 4 calories
- 1g of carbohydrates = 4 calories
- 1g of fat = 9 calories

So let's say you completed your calculations from the first section, and you're allowed to eat 2,000 calories per day. Using the chart above, here's what your macronutrient breakdown will look like based on your goals...

**Here's what a high-carb muscle building breakdown will look like for you:**

- Protein: 30% of 2,000 calories = 600 calories of protein per day.  $600 / 4 = 150\text{g}$
- Carbs: 50% of 2,000 calories = 1,000 calories of carbs per day.  $1,000 / 4 = 250\text{g}$
- Fat: 20% of 2,000 calories = 400 calories of fat per day.  $400 / 9 = 44\text{g}$

*In this case your ideal macronutrient breakdown is 150g protein, 250g carbs, 44g fat*

**Here's what a moderate-carb maintenance breakdown will look like for you:**

- Protein: 30% of 2,000 calories = 600 calories of protein per day.  $600 / 4 = 150\text{g}$
- Carbs: 40% of 2,000 calories = 800 calories of carbs per day.  $800 / 4 = 200\text{g}$
- Fat: 30% of 2,000 calories = 600 calories of fat per day.  $600 / 9 = 67\text{g}$

*In this case your ideal macronutrient breakdown is 150g protein, 200g carbs, 67g fat*

**Here's what a low-carb fat loss breakdown will look like for you:**

- Protein: 50% of 2,000 calories = 1,000 calories of protein per day.  $1,000 / 4 = 250\text{g}$
- Carbs: 20% of 2,000 calories = 400 calories of carbs per day.  $400 / 4 = 100\text{g}$
- Fat: 30% of 2,000 calories = 600 calories of fat per day.  $600 / 9 = 67\text{g}$

*In this case your ideal macronutrient breakdown is 250g protein, 100g carbs, 67g fat*

### **3. Start Counting**

After you figure out your macronutrient breakdown, you'll start counting your macros with every single meal and keep track of them throughout the day.



You want to hit your target every single day.

You can use an app like MyFitnessPal, or Lose It!, or My Macros + to keep track. Or, if you like using a pen and paper, keep a small food journal with you where you can count your macros throughout the day.

When reading a nutrition label, make sure to pay attention to serving sizes so you don't overshoot your portion sizes.

One important thing you need to keep in mind is that you won't find many foods that don't include multiple macronutrients in them. For instance, deer meat is going to have both protein and fat. A cup of oatmeal will have protein and carbs. An avocado will have protein, carbs and fat. And when you're counting your macronutrients, every number matters.

Take a look at the nutrition label below, for example:

Whatever food this is, it contains all 3 macronutrients and they all need to be counted. So when you record this meal, you'll write:

- 12g fat
- 31g carbs
- 5g protein

Let's say, you add a protein shake to this meal. The protein shake has:

- 0g fat
- 1g carbs
- 25g protein

You'll add each macronutrient together to get the total nutritional content for the meal. Which would look like this:

- 12g fat
- 32g carbs
- 30g protein

Those numbers would go into your food journal or app. You'll repeat this process for every meal.

It's also important for you to note, that all liquids besides water, black coffee and black tea will have calories and must be taken into account so you don't exceed your numbers.

## ***Sample Full Day Of Macro Counting***

One of the easy part of counting your macros, is that as long as you keep from going over your macronutrient numbers throughout the day, you shouldn't really need to be very precise about what you eat until the last meal or two of the day.

For example, if you find that you still need to eat 32 grams of protein, 65 grams of carbs and 15 grams of fat, and it's 4 pm, plan for your final two meals to add up to hit those numbers.

One meal can be a protein shake and an apple, which is 25g of protein, 26 g of carbs and 0g of fat.

That will leave you with 7g of protein, 39g of carbs and 15g of fat for your final meal. So a good option would be a half cup of oats with honey, 1 teaspoon of honey and a handful of crushed almonds.

Then voila, you've hit your target for the day.

So, let's look at an example using a woman who has calculated her maintenance calories and found that she is allowed 2,000 calories per day. She wants to lose fat so her macronutrient breakdown is:

- 45% protein
- 20 % carbs
- 35% fat

After her calculations, it comes out to:

- 225g protein
- 100g carbs
- 78g fat

*So her daily target macronutrient goal is 225g protein, 100g carbs, 78g fat.*

Here's what her day of eating might look like:

**Meal 1:**

2 scrambled eggs (macros: 14g protein, 2g carbs, 10g fat) 1/2 cup of oatmeal—measure dry (macros: 5g protein, 27g carbs, 3g fat) Black coffee (none)

*TOTAL MACROS: 19g protein, 7g carbs, 13g fat*

**Meal 2: (post-workout)**

2 scoops MyoFX whey in water (macros: 50g protein, 4g carbs, 0g fat) 1 large banana (macros: 1g protein, 32g carbs, 0g fat) Water

*TOTAL MACROS: 51g protein, 36g carbs, 0g fat*

*DAILY SUBTOTAL: 70g protein, 43g carbs, 13g fat*

**Meal 3:**

4 oz. 80/20 lean ground beef (macros: 31g protein, 0g carbs, 20g fat) 1 medium sweet potato (macros: 2g protein, 23g carbs, 0g fat) 1 tablespoon olive oil (macros: 0g protein, 0g carbs, 14g fat) Water

*TOTAL MACROS: 33g protein, 23g carbs, 34g fat*

*DAILY SUBTOTAL: 103g protein, 66g carbs, 47g fat*

**Meal 4:**

6 oz. chicken breast (macros: 40g protein, 0g carbs, 2g fat) 4 cups spinach (macros: 3g protein, 5g carbs, 0g fat) 1 cup tomatoes (macros: 2g protein, 7g carbs, 0g fat) 1 cup blueberries (macros: 1g protein, 16g carbs, 0g fat) 1 tablespoon olive oil (macros: 0g protein, 0g carbs, 14g fat) Water

*TOTAL MACROS: 46g protein, 28g carbs, 16g fat*

*DAILY SUBTOTAL: 149g protein, 94g carbs, 63g fat*

#### **Meal 5:**

2 scoops MyoFX whey protein in water (macros: 50g protein, 4g carbs, 0g fat) 15 almonds (macros: 4g protein, 2g carbs, 12g fat) Water

*TOTAL MACROS: 54g protein, 6g carbs, 12g fat*

*DAILY SUBTOTAL: 203g protein, 100g carbs, 75g fat*

#### **Meal 6:**

1/2 can tuna (macros: 21g protein, 0g carbs, 2g fat)

*TOTAL MACROS: 21g protein, 0g carbs, 2g fat*

*FINAL MACRO TOTAL: 224g protein, 100g carbs, 77g fat*

That's a great day of counting your macros! Keep in mind that it's okay to be a gram or two "off" at the end of the day like in the example above (1g short protein, 1 gram short fat, perfect on carbs).

Use a similar method while keeping track of your macros and you'll be good to go!

## ***Supplement Guide***

Supplements were never meant to be an end-all-be-all solution to looking great...

But they're definitely helpful *tools* for crafting a body you love—and love to show off. And that's why we've provided you with every supplement you need to get the best results in the shortest amount of time...

And we know from personal experience, no other supplements compare to these. Check them out and make them a part of your fitness journey from this day forward. We're confident you'll enjoy them so much that you'll make use of them for months, even years to come.

The only supplements on this list you'll need to keep track of along with your macros are MyoFX protein and the MyoFX EFA Complex. Both of these will make it easier for you to hit your target macronutrient numbers each day.

## **MyoFX 21-Day Detox**

You're only as healthy as your gut...

And because this eating plan may be a far stretch from any diet you've been used to in the past, you want to help your digestive tract adjust as smoothly as possible while ensuring it's as healthy as can be.

For that reason, we recommend getting your hands on MyoFX 21 Day Detox, a 3-week herbal supplement with vitamins that'll cleanse your kidney, liver and colon – the three most important organs for nutrient absorption in your body.

This is the easiest detox supplement on the planet... It contains 21 *separate* packets, each with 6 capsules (the daily dosage) so that when you grab two 21-day detoxes, you don't miss out on a single day of ultimate fat loss.

**Get your hands on MyoFX 21-Day Detox today.**

## **MyoFX EFA Complex**

While participating in *The Camp* meal plan, it's important that you get polyunsaturated fats into your diet. These fatty acids are the building blocks that other fatty acids and sex hormones need in order to thrive.

In other words, you don't want to miss out on PUFAs... They're essential to the very hormonal functions that keep your fat-burning furnace firing around the clock. Some of the other perks include:

- Increased metabolic rate because EFA's increase energy levels
- Increased insulin sensitivity by delaying stomach emptying time; This allows the digestive system to absorb carbohydrates more slowly resulting in a decreased insulin response
- Decreased blood pressure due to its blood thinning abilities
- Are converted into prostaglandins (natural anti-inflammatory agent produced in the

body) that help decrease inflammation and pain; reduced muscle soreness after strenuous workouts and shortened recovery time

- Increased brain function, mood and intelligence; the brain is 60 percent fat and needs omega-3s to function properly
- Improved stamina and endurance due to optimal production of hormones
- Reliable source of energy without increasing body fat
- Increased production of hormones

The bottom line is that you don't want to miss out on the essentially fatty acids that your body needs to thrive. Cover all your bases with this one simple supplement.

## **Glutamine FX**

After training this with *The Camp*, you want to make recovery as quick as possible by packing your muscles with the essential amino acid that makes up more than 70% of your muscle tissue...

Introducing GLUTAMINE FX...

A study published in the *International Journal of Nutrition and Exercise Metabolism* discovered the undoubted effectiveness of L-Glutamine on muscle recovery and reduced muscle soreness, indicating that you won't find a better supplement on the planet to help you rejuvenate after a workout [11].

On top of this extraordinary benefit, Glutamine FX will hand deliver:

- Better brain function – Is an essential neurotransmitter in the brain and helps with memory, focus and concentration.
- Build and keep muscle – Promotes muscle growth and decreases muscle wasting
- Improved athletic performance and recovery from endurance exercise
- Curbed cravings for sugar and alcohol
- Healthy blood sugar level support

**Don't miss out on this game-changing supplement. Grab Glutamine FX today.**

## **MyoFX Whey Protein Powder**

When your goal over your fitness journey is to consume plenty of protein that'll build muscle, torch fat, and curb hunger cravings throughout the day, look no further than the

highest-quality whey isolate you can get your hands on.

MyoFX Whey Protein Isolate is conveniently packed with 25 grams of high-powered protein per serving so you can make sure you're consuming enough protein to look and feel your best...

Your physique will be 'untouchable' with a couple scoops of your favorite flavors each day. Plus MyoFX Whey Protein Isolate contains:

- Fast acting protein – Great for post workout! Quickly get the muscle back in a positive nitrogen state for optimal recovery.
- No Lactose – Great for clients who are lactose intolerant and cannot take other milk derived proteins.
- Non-Hormonal – Our protein comes from cows that are grass fed and not loaded with hormones!
- Non-GMO – The acronym GMO stands for Genetically Modified Organisms, which refers to any food product that has been altered at the gene level
- Less than 1g of sugar and fat
- Gluten Free
- 5 grams of BCAA per serving – an added bonus to increase post workout recovery
- 5 delicious flavors – Chocolate, Vanilla, Cinnamon, Natural Chocolate, Natural Vanilla.

**Mix and match your favorite flavors so you get plenty of delicious varieties from your protein.**

## **LipoFX**

Do you want a little extra help burning fat? Look no further than the supplement that'll help you torch fat 24/7...

With its unique blend of Green Tea Extract and Caffeine, LipoFX is the supplement that'll give you a leg up on the competition. This supplement has been scientifically formulated to promote fat burning while you sleep *and* shut down your fat-storage hormone (cortisol) by calming your nervous system.

For over-the-top benefits for your physique, LipoFX also:

- Contains Glucomannan which takes up space in the stomach and promotes a feeling

of fullness (satiety), reducing food intake at a subsequent meal.

- Valerian root which aids in calming of the nerves and relaxation of the muscle for improved rest
- Increases metabolism of fat by using L-Carnitine Tartrate and Guggul Lipid Extract
- Increases mood and relaxation with 5HTP
- Chromium Picolinate to help regulate normal blood glucose levels

**To burn fat around the clock get your hands on LipoFX today.**

## **PreFX**

If you need a little “pick-me-up” before you train, don’t miss out on a pre-workout supplement that’ll send a surge of electric energy through your veins and help you achieve a pumping workout.

PreFX has been scientifically developed and is packed with high-powered ingredients that’ll give you plenty of sustainable energy throughout your workout while also improving your fat-burning and muscle building capabilities. PreFX promises to:

- Increase energy – PreFX is powered with 120mg of Caffeine Anhydrous the purest form of caffeine. We have added just enough caffeine to give you that pre-workout boost without over stimulating your nervous system.
- Increase mental focus – DMAE has been added to sharpen your focus while training and has also been shown to stimulate the nervous system as well for added energy.
- Increase endurance – Over 1000 mg of Beta Alanine has been added to help lessen the lactic acid burn while increasing muscle endurance and firing power.
- Increase strength – 1000 mg of Creatine HCL has been added as well to increase strength and muscle volume

Get your hands on this unbeatable pre-workout supplement ASAP.



# ***Back To School Body Recipe Guide***

## **Banana & Oats Protein Shake**

### **What You Need:**

- 8 oz skim milk
- 1 banana
- 1/2 cup of oats
- 2 scoops of MyoFX whey protein powder

### **How To Make It:**

1. Choose your favorite protein powder flavor, and combine all ingredients into a blender and blend until smooth.

### **Nutritional Content:**

Calories: 550 Protein: 60 Carbohydrates: 68g Fat: 6g

## **Pick-Me Up Protein Smoothie**

### **What You Need:**

- 1 scoop MyoFX protein
- 1 medium banana
- 1/2 cup blueberries
- 3 medium strawberries
- 1 cup spinach
- 1 tbsp honey
- 1 cup water

### **How To Make It:**

1. Add all ingredients into a blender 2. Mix for 30 seconds

**Nutritional Content:**

Calories: 215 Protein: 25g Carbohydrates: 25g Fat: 2g

**Tomato Avocado Stacker****What You Need:**

- 1 whole tomato (cut into 3 thick slices)
- 1/2 ripe avocado (sliced 2 teaspoons olive tapenade)
- 1 large egg, poached
- Dash of salt
- Dash of freshly ground black pepper

**How To Make It:**

1. Arrange the stack on a small plate. 2. Layer 1 tomato slice, half of avocado, and half of tapenade on plate; repeat layers once. 3. Top with remaining tomato slice. 4. Top stack with egg; sprinkle with salt and pepper

**Nutritional Content:**

Calories: 280 Protein: 10g Carbohydrates: 19g Fat: 20g

**Chicken Burrito Bowl****What You Need:**

- 2 cups brown rice
- 1 lime
- 12 oz chicken breast
- 1/3 cup no salt added black beans
- 1/2 cup tomatoes
- 1/2 avocado
- 1/4 cup nonfat cottage cheese
- 1 cup shredded lettuce

### **How To Make It:**

1. Toss cooked brown rice with squeeze of lime juice and a pinch of salt 2. Grill chicken breast and cut into pieces 3. Warm your black beans in the microwave 4. Now it's time to build your bowl! 5. Divide all ingredients above between 2 bowls: shredded lettuce, chicken, black beans, avocado, chopped tomatoes, cottage cheese and enjoy!

### **Nutritional Content:**

Calories: 500 Protein: 50g Carbohydrates: 60g Fat: 10g

## **Fast Pan Salmon**

### **What You Need:**

- 4 (6-oz.) center-cut salmon fillets
- 1/2 teaspoon fine sea salt
- 1/4 teaspoon black pepper
- 1 tablespoon olive oil
- 1 lemon, cut into wedges

### **How To Make It:**

1. Slice each fillet horizontally into 2 thin pieces. Each piece will be about 1/3 inch thick and cook. 2. Put the fish on a plate and season the back side with salt and pepper. Set aside. 3. Heat a large (11- to 12-inch) and add 1 1/2 teaspoons olive oil, swirling to coat the

bottom. When oil shimmers, add half of the fish. Cook about 1 minute or until bottom half is opaque (cooked). 4. Turn fish over; cook for about 30 seconds, until the pink rawness is only faintly visible.

Transfer fish to a plate, and pour off excess oil. 5. Repeat procedure with remaining 1 1/2 teaspoons oil and remaining fish. Serve with lemon wedges.

**Nutritional Content:**

Calories: 270 Protein: 36g Carbohydrates: 0g  
Fat: 13g

**Chicken & Asparagus Sheet-Pan Dinner****What You Need:**

- 1/4 cup olive oil, divided
- 3 cups diced new potatoes
- 3 cups cut fresh asparagus (1-inch pieces)
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 1 large apple, peeled and cut into 1/2-inch slices
- 4 boneless chicken breasts

**How To Make It:**

1. Preheat oven to 425°. Line a 15x10x1-in. baking pan with foil; brush with 2 teaspoons olive oil. 2. In a large bowl, toss potatoes with 1 tablespoon olive oil. Place in 1 section of prepared baking pan. In same bowl, toss asparagus with 1 tablespoon olive oil; place in another section of pan. Sprinkle salt and pepper over potatoes and asparagus. 3. In same bowl, toss apple with 1 teaspoon olive oil. Transfer to a different section of pan. 4. Brush chicken breast with remaining olive oil. Place chicken breast in remaining section of pan. Bake altogether 20-25 minutes. (check inside of chicken to make sure it's white) Let stand 5 minutes before serving.

**Nutritional Content:**

Calories: 450 Protein: 35g Carbohydrates: 27g Fat: 18g

**Mediterranean Turkey Skillet**

**What You Need:**

- 1 tablespoon olive oil
- 1 package (20 ounces) lean ground turkey
- 2 medium zucchini, quartered lengthwise and cut into 1/2-inch slices
- 1 medium onion, chopped
- 1 can (15 ounces) black beans, rinsed and drained
- 1 can (14-1/2 ounces) diced tomatoes, undrained
- 1/2 teaspoon salt

**How To Make It:**

1. In a large skillet, heat oil over medium-high heat. 2. Add turkey, zucchini, cook 10-12 minutes or until turkey is no longer pink and vegetables are tender, breaking up turkey into crumbles; drain. 3. Stir in remaining ingredients; heat through, stirring occasionally.

**Nutritional Content:**

Calories: 250 Protein: 24g Carbohydrates: 18g Fat: 10g

**Steak Fajita Rollups****What You Need:**

- 1 pound thinly sliced sirloin tip steak
- 1 tablespoon olive oil, divided
- 3 colored bell peppers cut into thin strips
- 1 large yellow onion, sliced
- 1 lime, juiced
- prepared avocado for serving, optional

**How To Make It:**

1. Cut the steak into 2-inch wide by 6-inch long strips. 2. Heat olive oil in a grill pan over medium-high heat and add pepper strips and sliced onions to the grill pan; season with salt, pepper. 3. Cook for about 4 to 5 minutes, or

until tender. 4. Remove from heat and let cool for a minute. 5. Top each slice of steak with the vegetables; roll up and secure with a toothpick. 6. Add remaining olive oil to the grill pan; heat it up and add the roll-ups to the pan. 7. Cook until browned, about 2 to 3 minutes per side. 8. Remove from heat, remove toothpicks, and transfer to a serving plate. 9. Squeeze lime juice over the roll ups and garnish with chopped parsley or cilantro. 10. Serve with prepared avocado.

**Nutritional Content:**

Calories: 50 Protein: 6g Carbohydrates: 2g Fat: 1g

**Roasted Garlic & Herb Chicken****What You Need:**

- 1 1/2 lbs boneless skinless chicken breasts cut into 1-inch pieces
- 2 cups broccoli florets
- 1 large zucchini cut 1 into inch pieces
- 1 medium onion cut into 1 inch pieces
- 1 bell pepper any color, cut into 1 inch pieces
- 1 cup tomatoes cut into 1 inch pieces
- For the Garlic & Herb marinade:
- 1/4 cup olive oil
- 4 cloves garlic crushed or finely chopped
- Salt and freshly ground black pepper
- juice of 1/2 lime

**How To Make It:**

1. Preheat oven to 450F. 2. In a medium bowl, whisk the garlic, herbs, salt and pepper and lime juice. 3. Place the chicken and veggies on a sheet pan and drizzle with the garlic and herb mixture. Combine with hands until all the chicken and veggies are coated. 4. Bake for 20-22 minutes or until the chicken and veggies are cooked through. 5. Serve immediately with brown rice to room temperature and divide into 6 containers.

**Nutritional Content:**

Calories: 250 Protein: 28g Carbohydrates: 7g Fat: 12g