



# EXECUTE PHYSIQUE COOKBOOK

PREMIUM NUTRITION FOR PEAK PERFORMANCE



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## BREAKFAST

# High-Protein Breakfast Bowl

Start your day with this nutrient-dense breakfast bowl designed to fuel high-performance mornings. Perfect for busy executives who need sustained energy.

⌚ Prep Time  
**15 mins**

👤 Servings  
**1**

⌚ Cook Time  
**10 mins**

⚡ Calories  
**440**

## Macronutrients



Protein  
**40g**



Carbs  
**35g**



Fat  
**12g**



## Ingredients

- 1 cup Greek yogurt (2% fat)
- 1 scoop (25g) whey protein powder
- 1/4 cup low-carb granola
- 1 tbsp honey
- 1/4 cup mixed berries
- 1 tbsp chia seeds
- 1 tbsp hemp seeds

## Instructions

- 1 Combine Greek yogurt and protein powder in a bowl and mix well.
- 2 Top with granola, mixed berries, chia seeds, and hemp seeds.
- 3 Drizzle with honey and serve immediately.

## Chef Tips

- Prepare the night before for a quick grab-and-go breakfast.
- Substitute Greek yogurt with dairy-free alternatives if needed.
- Add an extra scoop of protein powder to increase protein content further.

## Nutrition Facts

|               |            |
|---------------|------------|
| Calories      | <b>440</b> |
| Protein       | <b>40g</b> |
| Carbohydrates | <b>35g</b> |
| Fat           | <b>12g</b> |
| Fiber         | <b>8g</b>  |
| Sugar         | <b>18g</b> |

# Eggsecution Omelet

A high-protein, lower-fat breakfast option perfect for busy mornings. This omelet delivers essential nutrients to fuel cognitive function and maintain energy levels throughout your morning meetings.

Prep Time  
**10 mins**

Cook Time  
**8 mins**

Servings  
**1**

Calories  
**340**

## Macronutrients

Protein  
**42g**

Carbs  
**8g**

Fat  
**16g**



## Ingredients

- 2 whole eggs
- 3/4 cup liquid egg whites (about 6 egg whites)
- 1/4 cup diced bell peppers
- 1/4 cup spinach, chopped
- 2 tbsp feta cheese, crumbled
- 1 oz smoked salmon (optional)
- Cooking spray (olive oil or avocado oil based)
- Salt and pepper to taste
- 1 tsp fresh chives, chopped (for garnish)

## Instructions

- 1 Whisk whole eggs and egg whites in a bowl with salt and pepper until well combined.
- 2 Heat a non-stick pan over medium heat and spray with cooking spray.
- 3 Add bell peppers and sauté for 1 minute until slightly softened.
- 4 Add spinach and cook for 30 seconds until wilted.
- 5 Pour in the egg mixture and tilt the pan to ensure even coverage.
- 6 When the edges begin to set (about 2 minutes), sprinkle feta cheese and salmon (if using) over one half of the omelet.
- 7 Fold the omelet in half with a spatula and cook for another minute.
- 8 Slide onto a plate and garnish with fresh chives.

## Chef Tips

- For meal prep, pre-chop vegetables the night before and store in the refrigerator.
- Add a side of avocado for healthy fats that promote sustained energy.
- Using liquid egg whites increases protein while reducing fat and calories.
- For a dairy-free version, substitute feta with nutritional yeast.

## Nutrition Facts

|               |            |
|---------------|------------|
| Calories      | <b>340</b> |
| Protein       | <b>42g</b> |
| Carbohydrates | <b>8g</b>  |
| Fat           | <b>16g</b> |
| Fiber         | <b>2g</b>  |
| Sugar         | <b>3g</b>  |

# Executive Overnight Oats

A time-efficient breakfast prepared the night before, designed for busy executives who need a grab-and-go option without sacrificing nutrition or performance.

Prep Time  
10 mins

Cook Time  
0 mins (8 hrs  
refrigeration)

Servings  
1

Calories  
420

## Macronutrients



Protein  
**38g**



Carbs  
**35g**



Fat  
**14g**



## Ingredients

- 1/2 cup rolled oats
- 1 scoop (25g) vanilla protein powder
- 1 tbsp chia seeds
- 1 tbsp ground flaxseed
- 3/4 cup unsweetened almond milk
- 1/4 cup Greek yogurt (0% fat)
- 1/2 tbsp natural almond butter
- 1/2 tsp cinnamon
- 1/4 tsp vanilla extract
- 1 tbsp sugar-free maple syrup
- 1/4 cup blueberries
- 1 tbsp chopped almonds (for topping)

## Instructions

- 1 In a mason jar or container with a lid, combine oats, protein powder, chia seeds, flaxseed, and cinnamon. Mix well.
- 2 Add almond milk, Greek yogurt, almond butter, vanilla extract, and sugar-free maple syrup. Stir until thoroughly combined.
- 3 Seal the container and refrigerate overnight or for at least 8 hours.
- 4 In the morning, stir the mixture and add a splash of almond milk if it's too thick.
- 5 Top with blueberries and chopped almonds before serving.

## Chef Tips

- Prepare multiple jars at once for several days of breakfast.
- For extra protein, add an additional scoop of protein powder or collagen peptides.
- Warm in the microwave for 30 seconds if you prefer a warm breakfast.
- Substitute almond milk with any milk of your choice based on your dietary preferences.

## Nutrition Facts

|               |            |
|---------------|------------|
| Calories      | <b>420</b> |
| Protein       | <b>38g</b> |
| Carbohydrates | <b>35g</b> |
| Fat           | <b>14g</b> |
| Fiber         | <b>12g</b> |
| Sugar         | <b>6g</b>  |

## BREAKFAST

# Power Protein Pancakes

Fluffy, protein-packed pancakes that provide sustained energy without the mid-morning crash. Perfect for weekend meal prep or a power breakfast before important meetings.

Prep Time  
**10 mins**

Servings  
**1**

Cook Time  
**15 mins**

Calories  
**410**

## Macronutrients

Protein  
**40g**

Carbs  
**32g**

Fat  
**13g**



## Ingredients

- 1/2 cup rolled oats, ground into flour
- 1 scoop (25g) vanilla protein powder
- 1 tsp baking powder
- 1/4 tsp cinnamon
- Pinch of salt
- 2 egg whites
- 1 whole egg
- 1/4 cup cottage cheese
- 2 tbsp unsweetened almond milk
- 1/2 tsp vanilla extract
- Cooking spray
- For topping:
- 1/4 cup fresh berries
- 1 tbsp sugar-free maple syrup
- 1 tbsp Greek yogurt

## Instructions

- 1 In a blender, grind rolled oats into a fine flour.
- 2 Add protein powder, baking powder, cinnamon, and salt to the blender. Pulse to combine.
- 3 Add egg whites, whole egg, cottage cheese, almond milk, and vanilla extract. Blend until smooth.
- 4 Let the batter rest for 5 minutes to thicken.
- 5 Heat a non-stick pan over medium heat and spray with cooking spray.
- 6 Pour 1/4 cup of batter for each pancake. Cook until bubbles form on the surface (about 2-3 minutes), then flip and cook for another 1-2 minutes.
- 7 Serve with fresh berries, a dollop of Greek yogurt, and a drizzle of sugar-free maple syrup.

## Chef Tips

- Make a large batch and refrigerate or freeze for quick weekday breakfasts.
- Add a scoop of collagen peptides to the batter for additional protein.
- For a dairy-free version, substitute cottage cheese with silken tofu.
- Add a tablespoon of nut butter to the batter for extra healthy fats and flavor.

## Nutrition Facts

|               |            |
|---------------|------------|
| Calories      | <b>410</b> |
| Protein       | <b>40g</b> |
| Carbohydrates | <b>32g</b> |
| Fat           | <b>13g</b> |
| Fiber         | <b>5g</b>  |
| Sugar         | <b>4g</b>  |

LUNCH

# Executive Power Salad

A nutrient-packed salad designed to provide sustained energy throughout your afternoon meetings. Balanced macros support cognitive function and prevent energy crashes.

⌚ Prep Time  
**20 mins**

⌚ Cook Time  
**0 mins**

🍽 Servings  
**1**

🔥 Calories  
**410**

## Macronutrients

🥩 Protein  
**38g**

bohydrates  
**22g**

肪  
**18g**



## Ingredients

- 3 cups mixed greens
- 5 oz grilled chicken breast, sliced
- 1/4 cup quinoa, cooked
- 1/4 avocado, sliced
- 2 tbsp walnuts
- 1/4 cup cherry tomatoes, halved
- 2 hard-boiled egg whites, chopped
- 2 tbsp olive oil and lemon dressing

## Instructions

- 1 Arrange mixed greens in a large bowl.
- 2 Top with grilled chicken, quinoa, avocado, walnuts, cherry tomatoes, and chopped egg whites.
- 3 Drizzle with olive oil and lemon dressing just before serving.

## Chef Tips

- Prep ingredients in advance and assemble quickly during your lunch break.
- For meal prep, store dressing separately and add just before eating.
- Add an extra ounce of chicken or a scoop of protein powder to your dressing for more protein.

## Nutrition Facts

|               |            |
|---------------|------------|
| Calories      | <b>410</b> |
| Protein       | <b>38g</b> |
| Carbohydrates | <b>22g</b> |
| Fat           | <b>18g</b> |
| Fiber         | <b>7g</b>  |
| Sugar         | <b>3g</b>  |

LUNCH

# Mediterranean Protein Bowl

A balanced Mediterranean-inspired bowl that combines lean protein, complex carbs, and healthy fats. Perfect for maintaining focus and energy during demanding afternoons.

Prep Time  
**15 mins**

Cook Time  
**10 mins**

Servings  
**1**

Calories  
**470**

## Macronutrients

Protein  
**39g**

Carbs  
**30g**

Fat  
**20g**



## Ingredients

- 5 oz wild-caught salmon fillet
- 1/3 cup cooked farro
- 1 cup arugula
- 1/2 cup cucumber, diced
- 1/4 cup cherry tomatoes, halved
- 2 tbsp hummus
- 1 tbsp kalamata olives, pitted and sliced
- 1 tbsp red onion, thinly sliced
- 1 tbsp extra virgin olive oil
- 1 tsp lemon juice
- 1/4 tsp dried oregano
- Salt and pepper to taste

## Instructions

- 1 Season salmon with salt, pepper, and oregano. Cook in a pan over medium-high heat for 4 minutes per side until just cooked through.
- 2 In a bowl, arrange farro as the base, then add arugula.
- 3 Top with cucumber, tomatoes, olives, and red onion.
- 4 Place the cooked salmon on top.
- 5 Add a dollop of hummus on the side.
- 6 Drizzle with olive oil and lemon juice just before serving.

## Chef Tips

- This bowl can be served warm or cold, making it perfect for meal prep.
- Substitute salmon with canned tuna or chickpeas for a more budget-friendly option.
- For a grain-free version, replace farro with cauliflower rice.
- Add a scoop of collagen peptides to your dressing for an extra protein boost.

## Nutrition Facts

|               |            |
|---------------|------------|
| Calories      | <b>470</b> |
| Protein       | <b>39g</b> |
| Carbohydrates | <b>30g</b> |
| Fat           | <b>20g</b> |
| Fiber         | <b>8g</b>  |
| Sugar         | <b>4g</b>  |

# Performance Wrap

A portable, nutrient-dense wrap that's perfect for busy professionals on the go. Balanced macronutrients provide sustained energy without the afternoon crash.

🕒 Prep Time  
**10 mins**

👤 Servings  
**1**

🕒 Cook Time  
**5 mins**

⚡ Calories  
**440**

## Macronutrients



Protein  
**40g**



Carbs  
**35g**



Fat  
**15g**



## Ingredients

- 1 high-protein, low-carb wrap (e.g., Flatout Light or similar)
- 5 oz turkey breast, sliced
- 1/4 avocado, mashed
- 1/2 cup spinach leaves
- 1/4 cup grated carrots
- 2 tbsp hummus
- 1 tbsp pumpkin seeds
- 1 tsp Dijon mustard
- 1 tsp apple cider vinegar
- 1 slice low-fat Swiss cheese (optional)
- Black pepper to taste

## Instructions

- 1 Spread hummus evenly over the wrap, leaving a small border around the edge.
- 2 Layer spinach leaves over the hummus.
- 3 Arrange turkey slices on top of the spinach.
- 4 Add Swiss cheese if using.
- 5 Spread mashed avocado over the turkey.
- 6 Sprinkle with grated carrots and pumpkin seeds.
- 7 Drizzle with Dijon mustard and apple cider vinegar, then add black pepper.
- 8 Fold in the sides of the wrap, then roll tightly from the bottom up.
- 9 Cut in half diagonally and serve immediately or wrap in parchment paper for later.

## Chef Tips

- For meal prep, prepare all ingredients but assemble just before eating to prevent sogginess.
- Add a dash of hot sauce for metabolism-boosting capsaicin.
- For a lower-carb option, use a large collard green leaf instead of a wrap.
- Choose a high-protein wrap to boost the protein content even further.

## Nutrition Facts

|               |            |
|---------------|------------|
| Calories      | <b>440</b> |
| Protein       | <b>40g</b> |
| Carbohydrates | <b>35g</b> |
| Fat           | <b>15g</b> |
| Fiber         | <b>10g</b> |
| Sugar         | <b>3g</b>  |

# Quick Protein Wrap

A rapid assembly, high-protein lunch option for executives with back-to-back meetings. This wrap delivers complete nutrition in a convenient, portable format.

Prep Time  
**10 mins**

Servings  
**1**

Cook Time  
**0 mins**

Calories  
**430**

## Macronutrients



Protein  
**41g**



Carbs  
**30g**



Fat  
**16g**



## Ingredients

- 1 high-protein tortilla wrap
- 5 oz rotisserie chicken breast, shredded
- 1/4 cup Greek yogurt (0% fat)
- 1 tbsp chipotle hot sauce
- 1/2 cup romaine lettuce, chopped
- 1/4 cup bell peppers, thinly sliced
- 2 tbsp black beans, rinsed and drained
- 2 tbsp corn kernels
- 1 tbsp red onion, finely diced
- 1 tbsp cilantro, chopped
- 1/2 lime, juiced
- Salt and pepper to taste

## Instructions

- 1 In a small bowl, mix Greek yogurt with chipotle hot sauce to create a spicy protein-rich sauce.
- 2 Warm the tortilla wrap slightly to make it more pliable (optional).
- 3 Spread the yogurt-chipotle sauce over the center of the wrap.
- 4 Layer shredded chicken, romaine lettuce, bell peppers, black beans, corn, and red onion.
- 5 Sprinkle with cilantro and squeeze lime juice over the ingredients.
- 6 Season with salt and pepper to taste.
- 7 Fold the bottom of the wrap up, then fold in the sides, and roll tightly to close.
- 8 Cut in half diagonally and serve immediately or wrap tightly in parchment paper for later.

## Chef Tips

- Use a rotisserie chicken for convenience and time-saving.
- For meal prep, keep all components separate and assemble just before eating.
- Add a scoop of unflavored protein powder to the yogurt sauce for an extra protein boost.
- Substitute chicken with tempeh or tofu for a plant-based alternative.

## Nutrition Facts

|               |            |
|---------------|------------|
| Calories      | <b>430</b> |
| Protein       | <b>41g</b> |
| Carbohydrates | <b>30g</b> |
| Fat           | <b>16g</b> |
| Fiber         | <b>8g</b>  |
| Sugar         | <b>5g</b>  |

## DINNER

# Lean Protein Power Plate

A perfectly balanced dinner plate designed for optimal recovery and muscle protein synthesis. Ideal for executives who train in the evening and need quality nutrition to support recovery.

🕒 Prep Time  
**15 mins**

🍽 Servings  
**1**

🕒 Cook Time  
**25 mins**

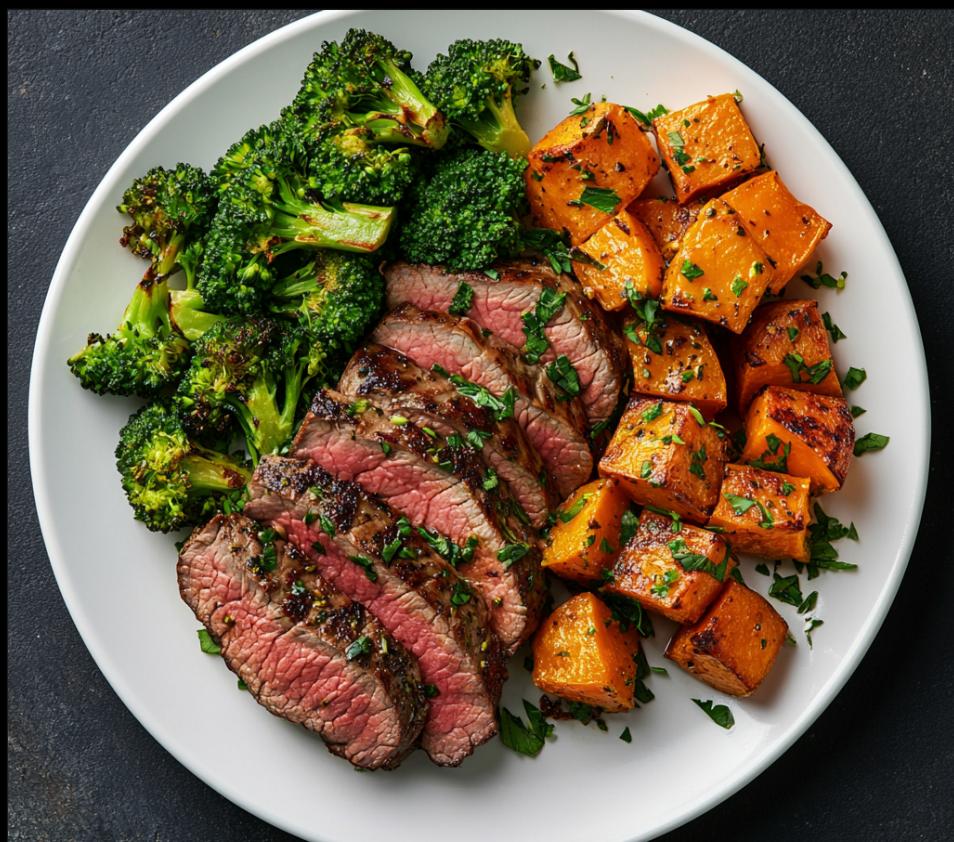
🔥 Calories  
**490**

## Macronutrients

 Protein  
**42g**

 Carbs  
**30g**

 Fat  
**18g**



## Ingredients

- 6 oz grass-fed beef tenderloin (or plant-based alternative)
- 1 cup broccoli florets
- 1/2 cup sweet potato, cubed
- 1 tbsp olive oil, divided
- 1 clove garlic, minced
- 1 tsp fresh rosemary, chopped
- 1 tsp fresh thyme, chopped
- 1/2 lemon, juiced
- Salt and pepper to taste

## Instructions

- 1 Preheat oven to 400°F (200°C).
- 2 Toss sweet potato cubes with 1 tsp olive oil, salt, and pepper. Spread on a baking sheet and roast for 20-25 minutes until tender.
- 3 Season beef with salt, pepper, rosemary, and thyme.
- 4 Heat 1 tsp olive oil in a cast-iron skillet over high heat. Sear beef for 2-3 minutes per side for medium-rare, or to desired doneness. Let rest for 5 minutes before slicing.
- 5 In the same skillet, add remaining oil and garlic. Sauté for 30 seconds, then add broccoli and cook for 3-4 minutes until bright green and tender-crisp.
- 6 Squeeze lemon juice over broccoli and season with salt and pepper.
- 7 Arrange sliced beef, broccoli, and sweet potatoes on a plate, creating a visually appealing balance of colors.

## Chef Tips

- For optimal digestion, eat this meal at least 2 hours before bedtime.
- Substitute beef with wild-caught salmon or tempeh for different protein options.
- Meal prep tip: Roast extra sweet potatoes and broccoli to use in other meals throughout the week.
- For extra protein, add a side of Greek yogurt with herbs as a sauce.

## Nutrition Facts

|               |            |
|---------------|------------|
| Calories      | <b>490</b> |
| Protein       | <b>42g</b> |
| Carbohydrates | <b>30g</b> |
| Fat           | <b>18g</b> |
| Fiber         | <b>6g</b>  |
| Sugar         | <b>5g</b>  |

## DINNER

# Recovery Salmon Bowl

A nutrient-rich dinner bowl featuring omega-3 fatty acids for reduced inflammation and enhanced recovery. Perfect for high-performing professionals who need to optimize their evening nutrition.

⌚ Prep Time  
**15 mins**

👤 Servings  
**1**

⌚ Cook Time  
**20 mins**

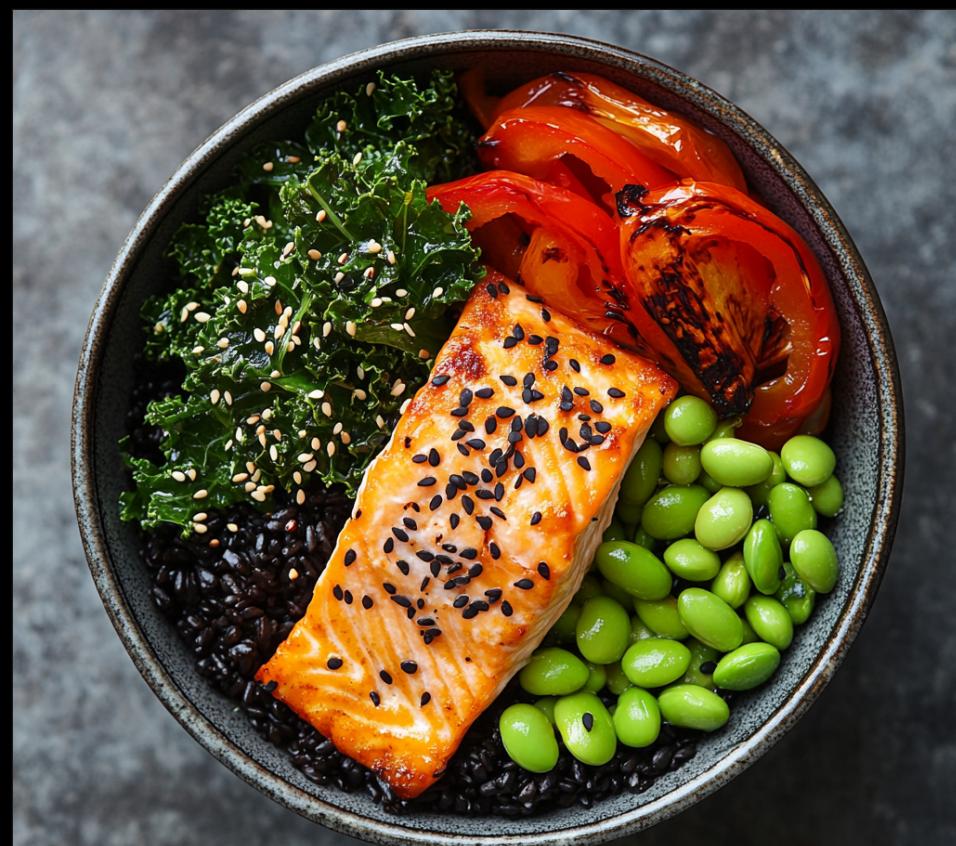
🔥 Calories  
**520**

## Macronutrients

 Protein  
**40g**

 Carbs  
**35g**

 Fat  
**22g**



## Ingredients

- 6 oz wild-caught salmon fillet
- 1/3 cup black rice, uncooked
- 1 cup kale, chopped
- 1/2 cup roasted red bell pepper, sliced
- 1/4 cup edamame, shelled
- 1 tbsp sesame seeds
- 1 green onion, thinly sliced
- 1 tbsp unflavored collagen peptides (optional, for extra protein)
- For the marinade/sauce:
  - 1 tbsp tamari or coconut aminos
  - 1 tsp sesame oil
  - 1 tsp honey or maple syrup
  - 1 tsp ginger, grated
  - 1 clove garlic, minced
  - 1 tsp lime juice

## Instructions

- 1 Cook black rice according to package instructions (typically 1:2 ratio of rice to water, simmered for 30-35 minutes).
- 2 Mix all marinade/sauce ingredients in a small bowl. If using collagen peptides, stir them in until dissolved.
- 3 Place salmon in a shallow dish and pour half the marinade over it. Let marinate for 10 minutes.
- 4 Preheat oven to 400°F (200°C). Place salmon on a lined baking sheet and bake for 12-15 minutes until just cooked through.
- 5 Meanwhile, massage chopped kale with 1 tsp of the remaining sauce for 1-2 minutes until softened.
- 6 Steam edamame for 3-4 minutes until tender.
- 7 Assemble the bowl: Place cooked black rice as the base, arrange kale, roasted red pepper, and edamame around the sides.
- 8 Place the baked salmon in the center, drizzle with remaining sauce, and garnish with sesame seeds and green onion.

## Chef Tips

- Black rice can be substituted with brown rice or quinoa if preferred.
- For meal prep, cook rice and prepare vegetables in advance, but cook salmon fresh for best results.
- Add avocado for extra healthy fats and creaminess.
- Increase the salmon portion to 7-8 oz for even more protein.

## Nutrition Facts

|               |            |
|---------------|------------|
| Calories      | <b>520</b> |
| Protein       | <b>40g</b> |
| Carbohydrates | <b>35g</b> |
| Fat           | <b>22g</b> |
| Fiber         | <b>8g</b>  |
| Sugar         | <b>6g</b>  |

## DINNER

# Performance Pasta

A protein-optimized pasta dish that satisfies carb cravings while supporting muscle recovery and growth. Perfect for refueling after evening workouts or preparing for a high-performance day.

Prep Time  
**15 mins**

Cook Time  
**20 mins**

Servings  
**1**

Calories  
**510**

## Macronutrients

 Protein

**43g**

 Carbs

**40g**

 Fat

**16g**



## Ingredients

- 2 oz protein pasta (chickpea, lentil, or edamame pasta)
- 5 oz lean ground turkey (93% lean)
- 1/2 cup cherry tomatoes, halved
- 2 cups baby spinach
- 2 cloves garlic, minced
- 1/4 cup onion, diced
- 1/4 cup low-sodium chicken broth
- 2 tbsp nutritional yeast
- 1 tbsp olive oil
- 1 tsp Italian seasoning
- 1/4 tsp red pepper flakes (optional)
- 2 tbsp fresh basil, chopped
- 1 tbsp grated Parmesan cheese (optional)
- Salt and pepper to taste

## Instructions

- 1 Cook protein pasta according to package instructions, reducing cooking time by 1 minute for al dente texture. Drain and set aside.
- 2 In a large skillet, heat olive oil over medium heat. Add onion and sauté for 2-3 minutes until translucent.
- 3 Add garlic and red pepper flakes (if using) and cook for 30 seconds until fragrant.
- 4 Add ground turkey, breaking it up with a spatula. Season with salt, pepper, and Italian seasoning. Cook until browned and cooked through, about 5-7 minutes.
- 5 Add cherry tomatoes and cook for 2 minutes until they begin to soften.
- 6 Pour in chicken broth and bring to a simmer. Add spinach and cook until wilted, about 1-2 minutes.
- 7 Add cooked pasta to the skillet and toss to combine. Cook for 1-2 minutes until pasta absorbs some of the sauce.
- 8 Remove from heat and stir in nutritional yeast and fresh basil.
- 9 Serve topped with Parmesan cheese if desired.

## Chef Tips

- Choose protein-rich pasta made from chickpeas, lentils, or edamame for maximum protein content.
- For meal prep, store sauce and pasta separately and combine when reheating.
- Add a scoop of unflavored protein powder to the sauce for an extra protein boost.
- For a vegetarian option, substitute ground turkey with crumbled tempeh or a plant-based meat alternative.

## Nutrition Facts

|               |            |
|---------------|------------|
| Calories      | <b>510</b> |
| Protein       | <b>43g</b> |
| Carbohydrates | <b>40g</b> |
| Fat           | <b>16g</b> |
| Fiber         | <b>12g</b> |
| Sugar         | <b>7g</b>  |

# Energy Bites

Portable, nutrient-dense energy bites perfect for between meetings or as a pre-workout boost. Each bite delivers a balanced combination of protein, healthy fats, and complex carbs.

🕒 Prep Time  
**15 mins**

Cook Time  
**0 mins (30 mins refrigeration)**

👤 Servings  
**10**

Calories  
**120**

## Macronutrients

 Protein  
**8g**

 Carbs  
**7g**

 Fat  
**6g**



## Ingredients

- 1 cup vanilla protein powder (about 4 scoops)
- 1/2 cup natural almond butter
- 1/4 cup ground flaxseed
- 2 tbsp honey or maple syrup
- 2 tbsp unsweetened almond milk
- 1 tsp vanilla extract
- 1/2 tsp cinnamon
- Pinch of salt
- 2 tbsp mini dark chocolate chips (optional)
- 2 tbsp chopped almonds (optional)

## Instructions

- 1 In a large bowl, combine protein powder, ground flaxseed, cinnamon, and salt. Mix well.
- 2 Add almond butter, honey or maple syrup, almond milk, and vanilla extract. Stir until a thick dough forms.
- 3 If the mixture is too dry, add a bit more almond milk, one teaspoon at a time. If too wet, add more protein powder.
- 4 Fold in mini chocolate chips and chopped almonds if using.
- 5 Using a tablespoon measure, scoop the mixture and roll into balls with your hands.
- 6 Place the energy bites on a parchment-lined baking sheet and refrigerate for at least 30 minutes to firm up.
- 7 Store in an airtight container in the refrigerator for up to one week, or freeze for up to three months.

## Chef Tips

- Make a double batch and freeze half for quick snacks throughout the month.
- Roll the finished bites in additional protein powder, cocoa powder, or shredded coconut for variety.
- For a lower-carb version, use a sugar-free sweetener instead of honey or maple syrup.
- Customize with different mix-ins like dried cranberries, pumpkin seeds, or hemp hearts.

## Nutrition Facts

|               |            |
|---------------|------------|
| Calories      | <b>120</b> |
| Protein       | <b>8g</b>  |
| Carbohydrates | <b>7g</b>  |
| Fat           | <b>6g</b>  |
| Fiber         | <b>2g</b>  |
| Sugar         | <b>3g</b>  |

# Protein-Packed Hummus

A high-protein twist on traditional hummus, optimized for muscle recovery and satiety. Perfect as a dip for vegetables or as a spread for wraps and sandwiches.

Prep Time  
**10 mins**

Servings  
**6**

Cook Time  
**0 mins**

Calories  
**130**

## Macronutrients



Protein  
**10g**



Carbs  
**8g**



Fat  
**7g**



## Ingredients

- 1 can (15 oz) chickpeas, drained and rinsed
- 1/4 cup unflavored protein powder (whey isolate or plant-based)
- 2 tbsp tahini
- 2 tbsp extra virgin olive oil
- 2 tbsp fresh lemon juice
- 2 cloves garlic, minced
- 1/4 cup water (adjust for desired consistency)
- 1/2 tsp ground cumin
- 1/4 tsp paprika, plus more for garnish
- 1/4 tsp salt
- 2 tbsp fresh parsley, chopped (for garnish)
- 1 tbsp pine nuts (for garnish, optional)

## Instructions

- 1 In a food processor, combine chickpeas, protein powder, tahini, olive oil, lemon juice, garlic, cumin, paprika, and salt.
- 2 Process until smooth, about 1-2 minutes, scraping down the sides as needed.
- 3 With the processor running, slowly add water until you reach your desired consistency.
- 4 Taste and adjust seasonings as needed, adding more salt, lemon juice, or cumin if desired.
- 5 Transfer to a serving bowl and create a shallow well in the center with the back of a spoon.
- 6 Drizzle with a little olive oil, sprinkle with paprika, chopped parsley, and pine nuts if using.
- 7 Refrigerate for at least 30 minutes before serving to allow flavors to meld.

## Chef Tips

- For a smoother hummus, remove the skins from the chickpeas before processing.
- Serve with sliced bell peppers, cucumber, carrots, or other raw vegetables for a complete protein-rich snack.
- For meal prep, store in an airtight container in the refrigerator for up to 5 days.
- Try flavor variations by adding roasted red peppers, sun-dried tomatoes, or fresh herbs.

## Nutrition Facts

|               |            |
|---------------|------------|
| Calories      | <b>130</b> |
| Protein       | <b>10g</b> |
| Carbohydrates | <b>8g</b>  |
| Fat           | <b>7g</b>  |
| Fiber         | <b>3g</b>  |
| Sugar         | <b>1g</b>  |

# Recovery Smoothies

A collection of nutrient-dense smoothies designed for optimal recovery and performance. Perfect for post-workout refueling or as a protein-rich snack between meals.

⌚ Prep Time  
**5 mins**

🍽 Servings  
**1**

⌚ Cook Time  
**0 mins**

⚡ Calories  
**280**

## Macronutrients

protein  
**30g**

carbs  
**25g**

fat  
**8g**



## Ingredients

- Base Recipe:
- 1 scoop (25g) protein powder (whey isolate or plant-based)
- 1 cup unsweetened almond milk (or milk of choice)
- 1/2 cup ice
- 1 tbsp ground flaxseed or chia seeds
- 
- Berry Blast Variation:
- Base recipe + 1/2 cup mixed berries + 1/4 banana + 1 tsp honey
- 
- Green Machine Variation:
- Base recipe + 1 cup spinach + 1/4 avocado + 1/2 cup cucumber + 1 tsp lemon juice
- 
- Chocolate Recovery Variation:
- Base recipe + 1 tbsp cacao powder + 1/2 frozen banana + 1 tbsp almond butter + dash of cinnamon

## Instructions

- 1 Add all ingredients to a high-powered blender.
- 2 Blend on high speed until smooth and creamy, about 30-60 seconds.
- 3 If the smoothie is too thick, add more liquid. If too thin, add more ice or frozen fruit.
- 4 Pour into a glass and consume immediately for optimal nutrient absorption.

## Chef Tips

- For maximum protein, use a high-quality whey isolate or plant-based protein with at least 25g protein per scoop.
- Prep smoothie packs by portioning all non-liquid ingredients into freezer bags for quick assembly.
- Add a scoop of collagen peptides for an additional 10g of protein and joint health benefits.
- For a thicker smoothie, freeze almond milk in ice cube trays and use instead of regular ice.

## Nutrition Facts

|               |            |
|---------------|------------|
| Calories      | <b>280</b> |
| Protein       | <b>30g</b> |
| Carbohydrates | <b>25g</b> |
| Fat           | <b>8g</b>  |
| Fiber         | <b>6g</b>  |
| Sugar         | <b>10g</b> |

# Smart Carb Options

A guide to strategic carbohydrate choices that support performance without compromising body composition goals. These smart carb options provide sustained energy and essential nutrients.

Prep Time  
**Varies**

Cook Time  
**Varies**

Servings  
**Varies**

Calories  
**Varies**

## Macronutrients



Protein  
**Varies**



Carbs  
**Varies**



Fat  
**Varies**



## Ingredients

- Sweet Potato Mash:
  - 1 medium sweet potato
  - 1 tbsp Greek yogurt
  - 1/2 tsp cinnamon
  - Pinch of salt
  - 
  - Protein Quinoa:
    - 1/2 cup cooked quinoa
    - 1 scoop unflavored protein powder
    - 1/4 cup mixed vegetables (peas, corn, diced carrots)
    - 1 tsp olive oil
    - Fresh herbs and lemon juice to taste
    - 
    - Cauliflower Rice:
      - 1 cup riced cauliflower
      - 1 tsp olive oil or coconut oil
      - 1 clove garlic, minced
      - 1/4 tsp turmeric (optional)
      - Salt and pepper to taste

## Instructions

- 1 Sweet Potato Mash:
- 2 Pierce sweet potato several times with a fork and microwave for 5-7 minutes until soft.
- 3 Scoop out flesh and mash with Greek yogurt, cinnamon, and salt.
- 4
- 5 Protein Quinoa:
  - 6 Cook quinoa according to package instructions.
  - 7 While still warm, stir in protein powder until well incorporated.
  - 8 Add mixed vegetables, olive oil, herbs, and lemon juice. Mix well.
  - 9
  - 10 Cauliflower Rice:
    - 11 Heat oil in a pan over medium heat. Add garlic and sauté for 30 seconds.
    - 12 Add cauliflower rice and turmeric (if using). Cook for 3-5 minutes until tender.
    - 13 Season with salt and pepper to taste.

## Chef Tips

- Timing is key: consume higher-glycemic carbs like sweet potatoes around workouts for optimal performance.
- For meal prep, prepare large batches of these smart carbs and portion for the week.
- Pair these carb sources with lean proteins to balance blood sugar response.
- Adjust portion sizes based on your specific carbohydrate needs and activity level.

## Nutrition Facts

|               |                           |
|---------------|---------------------------|
| Calories      | <b>Varies by option</b>   |
| Protein       | <b>3-10g per serving</b>  |
| Carbohydrates | <b>15-30g per serving</b> |
| Fat           | <b>2-5g per serving</b>   |
| Fiber         | <b>3-6g per serving</b>   |
| Sugar         | <b>Varies by option</b>   |