



EXECUTE PERFORMANCE COOKBOOK

PREMIUM NUTRITION FOR ABSOLUTE POTENTIAL



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Macro Count Disclaimer

The macronutrient values provided in this cookbook are estimates based on standard ingredient databases and serving sizes.

For the most accurate tracking: We recommend entering each recipe into your preferred nutrition tracking app (such as MyFitnessPal, Cronometer, or similar) using the specific brands and quantities you use.

Actual macronutrient values may vary based on specific ingredient brands, preparation methods, portion sizes, and ingredient substitutions.

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	440
Protein	40g
Carbohydrates	35g
Fat	12g
Fiber	8g
Sugar	18g

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	340
Protein	42g
Carbohydrates	8g
Fat	16g
Fiber	2g
Sugar	3g

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	420
Protein	38g
Carbohydrates	35g
Fat	14g
Fiber	12g
Sugar	6g

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	410
Protein	40g
Carbohydrates	32g
Fat	13g
Fiber	5g
Sugar	4g

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	410
Protein	38g
Carbohydrates	22g
Fat	18g
Fiber	7g
Sugar	3g

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	470
Protein	39g
Carbohydrates	30g
Fat	20g
Fiber	8g
Sugar	4g

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	440
Protein	40g
Carbohydrates	35g
Fat	15g
Fiber	10g
Sugar	3g

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	430
Protein	41g
Carbohydrates	30g
Fat	16g
Fiber	8g
Sugar	5g

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	490
Protein	42g
Carbohydrates	30g
Fat	18g
Fiber	6g
Sugar	5g

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

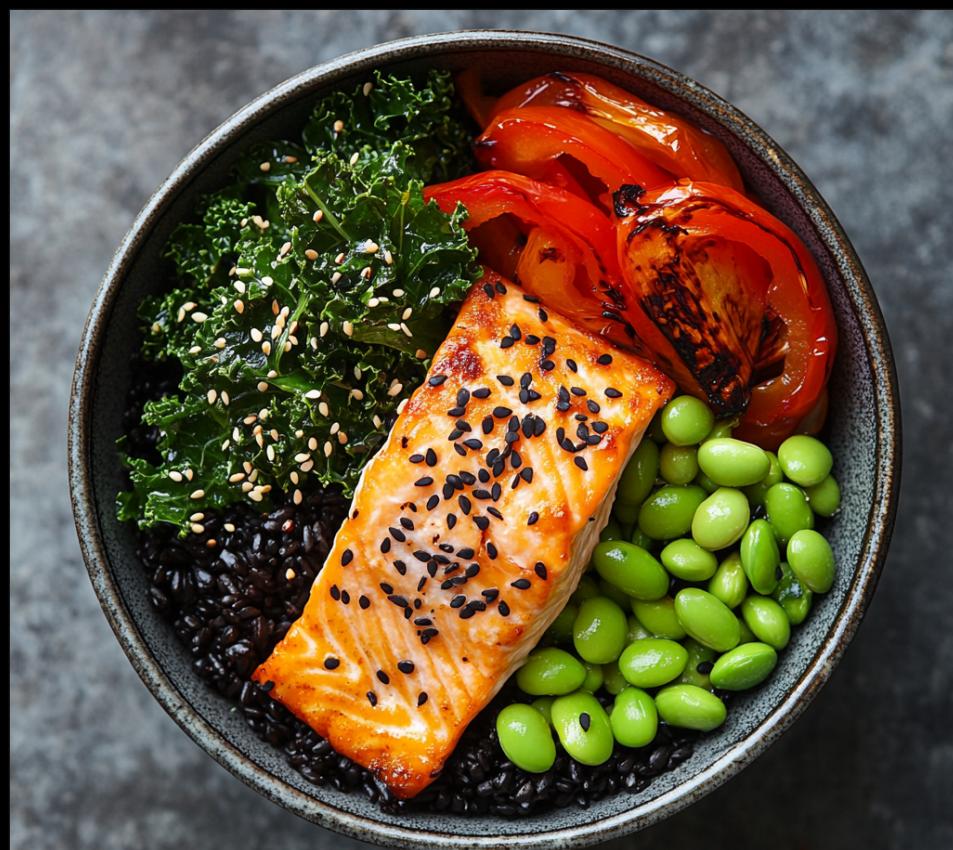
Calories
520

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	520
Protein	40g
Carbohydrates	35g
Fat	22g
Fiber	8g
Sugar	6g

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	510
Protein	43g
Carbohydrates	40g
Fat	16g
Fiber	12g
Sugar	7g

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	120
Protein	8g
Carbohydrates	7g
Fat	6g
Fiber	2g
Sugar	3g

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

- In a food processor, combine chickpeas, protein powder, tahini, olive oil, lemon juice, garlic, cumin, paprika, and salt.
- Process until smooth, about 1-2 minutes, scraping down the sides as needed.
- With the processor running, slowly add water until you reach your desired consistency.
- Taste and adjust seasonings as needed, adding more salt, lemon juice, or cumin if desired.
- Transfer to a serving bowl and create a shallow well in the center with the back of a spoon.
- Drizzle with a little olive oil, sprinkle with paprika, chopped parsley, and pine nuts if using.
- 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	130
Protein	10g
Carbohydrates	8g
Fat	7g
Fiber	3g
Sugar	1g

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

⌚ Cook Time
0 mins

▢ Servings
1

⚡ 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	280
Protein	30g
Carbohydrates	25g
Fat	8g
Fiber	6g
Sugar	10g

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	Varies by option
Protein	3-10g per serving
Carbohydrates	15-30g per serving
Fat	2-5g per serving
Fiber	3-6g per serving
Sugar	Varies by option