

THE RENAISSANCE FEAST

RECIPES
101-
200

by Lori Shaw

THE

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FEAST

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200

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FOREWORD

From Dr. Mike Israetel, Head Science Consultant, Renaissance Periodization

Hello dear reader! I'm Dr. Mike Israetel and I've had the pleasure of not only being a co-founder of RP, but of having written the foreword to the first RP cookbook that Lori Shaw released last year. At the time that I wrote that foreword, I was very excited about the potential of the book mostly because I was familiar with Lori's exceptional culinary expertise and her deep personal involvement in the fitness lifestyle. But fundamentally, I wasn't sure how reception for that book was going to go. It was her first cookbook, and I had never introduced a cookbook before!

Upon its release, the cookbook was incredibly well reviewed, has grown immensely in its popularity and has produced chart-topping sales (never mind the chart-topping recipes so many of our clients were raving about). People loved the meal ideas in the book a ton, both for their taste and their easy fit into the health and performance eating approach. Demands for the next 100 recipes began shortly after the first book's release and we've been playing catch-up ever since to get these next 100 recipes out to you while taking the time to quality control every single one... and of course make sure they were up to standard for nutritiousness and deliciousness!

Finally, we have this finished product ready for you, so please enjoy making and eating the amazing food described within and do tell us what you think about it! After all, it's for you we wrote this book!

From Nick Shaw, CEO, Renaissance Periodization:

All of us at RP are super excited to bring you this second RP cookbook. Building off of the massive success of the first one, we knew it was time to get another cookbook out for you all to enjoy. Between the first cookbook and this one, you could potentially have 200 exciting recipes to try out. We think you would be hard pressed to become bored with your meal prep, and we all know that solid meal prep habits help lead to even better results.

We look forward to sharing this with you all and we hope you enjoy it as much as the first cookbook.

INTRODUCTION

From Lori Shaw, Author

Hey everyone, Lori Shaw here – proud RP team member, wife, mom and physique competitor. I can't believe it's been a whole year since we released *The Renaissance Kitchen*, our first cookbook, June 2016. We're still in awe – and so appreciative - of how many of you bought the first book, made the recipes, posted pics and commented enthusiastically about how helpful it's been to your meal prep! The book has been successful beyond my wildest dreams, and I'm very excited to bring you the next one!

Believe me when I tell you that I started working on this book before we even had the last one out! I'm pretty much always thinking about ways to bring you guys flavorful RP friendly recipes. With this one, I did branch out a bit and added a Chocolate Splurges! Section, using sugar free chocolate products. Any recipes using non template approved foods are best for Maintenance or Massing phases.

Although most cookbooks don't need instructions, I thought it couldn't hurt to include them here since this one is a bit different from the norm. Here are some things I thought would be helpful to point out at the start:

- I only listed protein, carbs and fat amounts for the ingredients and amounts in the recipe.
- Although I, of course, listed every ingredient, I only listed protein, carbs and fats for items that are "count-worthy" (i.e. if I used chopped cilantro in a recipe, I didn't list the associated macros, because we don't need to count them).
- I used low sodium wheat free Tamari sauce in lots of recipes. Most of the time, I did not list the associated macros because by the time you look at it on a per serving basis, it was an inconsequential amount of carbs and protein.
- We thought long and hard about trying to offer an Excel based cookbook where you could type in your per meal macro amounts, and it would alter the recipe to fit your needs. For

many complicated reasons, this was not a practical concept for us to work with at this time (maybe in the future!). So, I took a bit of an old school approach: For every recipe, I've included a section to the right where you can adjust ingredients types or amounts to suit your preferences and your required amounts. This way, if you need 20 grams of carbs instead of 30 grams of carbs, you can adjust the ingredient amount(s) to get you there. If your whole grain bread has a different amount of net carbs than the bread I used in the recipe, you can sub in your numbers so that the recipe macros will be 100% accurate for your version of the recipe. Here's how you can use this space:

.....potato for more carbs. This is comfort food at its best.

INGREDIENTS			YOUR CHANGES				
	protein	net carbs	fat		protein	net carbs	fat
2.5 4 Tbsp EVOO, divided			30	2.5 Tbsp EVOO			38
5 Cups greens*							
1 Cup chopped parsley							
1 med onion, chopped							
1.5 lb boneless skinless chicken breasts	144			1.5 lb chicken	144		
1/4 tsp salt							
1/4 tsp mild curry powder							
1/4 tsp cinnamon							
2 Tbsp tomato paste							
2 Cups no salt added chicken broth							
8 4 Cups sweet potato cubes		31		8 Cups sweet pot		182	
3 Tbsp lemon juice							
Total recipe	144	31	30				
If divided into 8 equal portions	18	3.8	3.8				
If divided into 5 equal portions	29	6	12	5 servings over 1.5 Cups rice	29	36	8
						60	
					29	96	8

INSTRUCTIONS

.....Heat 2 Tbsns EVOO in a stockpot over medium heat.....

Let's say you are a 200lb male and you want a recipe for your post workout meal. Here are some of the adjustments you could make to reduce the fat down to half a serving and increase carbs to 100 grams.

- EVOO means extra virgin olive oil, S&P means salt and pepper, SF means sugar free.
- I love salt. If I included the salt amounts that I prefer for each of the dishes, no doubt I would get complaints from all the salt-sensitive folks out there. For this reason, you will typically see "S&P, to taste" in the recipes – that just means use the amount of salt and

pepper that hits the right flavor notes for your taste buds!

- When I use cheese in the recipes, I typically use a 2% or a part skim variety. I tried to indicate that in each recipe, but at times, we were tight on space, so I wanted to state it here in case it's not indicated for all recipes, where relevant.
- I sometimes use paste versions of herbs for a more concentrated flavor (and if I'm short on time, it eliminates the need for washing and chopping!). At my grocery store, these are in the refrigerator case right next to the small packages of fresh herbs.
- An ingredient many of you may not be familiar with that I used in a few of the dessert recipes is flavor emulsions. A flavor emulsion is sort of like vanilla extract, but it's thicker, and it's designed to add sweetness to a cold dish – like ice cream, drinks, etc.. You can buy them online in tiny bottles, and a little goes a long way.
- More than 20 cuts of beef qualify as lean or extra lean. The extra lean cuts of meats may not be ones you're familiar with, but I wanted to list them here – if you poke around in the meat section, you'll find them (and many are very inexpensive!):
 - Eye of round roast or steak
 - Sirloin tip side steak
 - Top round roast and steak
 - Bottom round roast and steak
 - Top sirloin steak

Hopefully, I've covered everything, and you find some great new recipes in here that make living the RP lifestyle even easier!

Thanks so much for your purchase of *The Renaissance Feast*, and Happy Meal Prepping!

A handwritten signature in black ink, appearing to read "Lori Shaw".

Lori Shaw

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PROTEINS

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ANY FISH





Five Spice Salmon

Go ahead...spice things up! This salmon recipe couldn't be easier, but is so flavorful, you'll be craving it long after every last bite is gone. Adjust the amount of spinach to suit your veggie requirements.

INGREDIENTS

	YOUR CHANGES						
	protein	net carbs	fat		protein	net carbs	fat
12 oz salmon, cut into 3 or 4 oz portions	72						
1/3 Cup wheat free low sodium Tamari	11	5					
1 Tbsp brown rice syrup		18					
1 tsp Chinese Five Spice powder							
1 tsp sriracha powder							
1 tsp ground ginger							
1 tsp garlic powder							
1 tsp EVOO			5				
8 Cups spinach							
Total recipe	83	23	5				
If divided into 5 equal portions	17	5	1				
If divided into 3 equal portions	28	8	2				

INSTRUCTIONS

- In a glass measuring cup, whisk to combine Tamari through garlic powder.
- Add salmon pieces to a freezer sized Ziploc bag or glass dish.
- Pour marinade over. Seal or cover and allow to marinate up to 1 day.
- Heat 1 tsp EVOO in a large sauté pan over medium high heat.
- Remove salmon; reserve remaining marinade.
- Add salmon to the hot pan and cook 2 minutes, flip and cook 2 min more.
- Add leftover marinade and top with spinach. Cover pan and cook 4-5 more minutes.
- Divide into equal portions.

Scampi Style Cod

Everything you love about scampi... in a quick and easy baked fish dish! And while you're at it, toss some veggies – broccoli, mushrooms, squash, zucchini, peppers and onions are all good choices – with some EVOO, balsamic vinegar, herbs, S&P and roast right alongside the fish – they should be tender in just about the same amount of time as the fish.

INGREDIENTS

	YOUR CHANGES						
	protein	net carbs	fat		protein	net carbs	fat
3.5 pounds cod	336						
2 lemons, juiced		8					
1/4 Cup EVOO			60				
10 cloves garlic, rough chopped							
S&P to taste							
paprika							
dried parsley							
Total Recipe	336	8	60				
If divided into 19 equal portions	18	0	3				
If divided into 11 equal portions	31	1	5				

INSTRUCTIONS

- 400 oven. Spray 2 rimmed baking sheets with cooking spray.
- Use a sharp knife to score the fish with shallow cuts.
- Divide fish between the two pans; tuck any skinny ends under the fish.
- Chop the lemons (already juiced) into medium chunks and place the chunks at random intervals under the fish.
- This will prop up the fish in some places, allowing those scored spots to open up a bit more.
- Combine EVOO, juice from the lemons and garlic in a 2 Cup glass measuring cup.
- Microwave, covered, for three 20-second intervals, stirring at each stop.
- Drizzle the EVOO mix over the fish and massage down into the cuts.
- Sprinkle fish with S&P, paprika and dried parsley.
- Bake 12-15 minutes, depending on thickness of the fish.
- Remove and cool before storing, pouring any juice from the pan over the fish in your storage container.



Tapenade Tuna Salad

Ready in less than 5 minutes, this is a great protein for packing and taking to work. Creamy, crunchy and tart all at the same time, this is NOT your same old boring tuna salad!

INGREDIENTS

	YOUR CHANGES					
	protein	net carbs	fat	protein	net carbs	fat
6.7 oz jar Italian tuna fillets packed in EVOO	56		9			
4 Tbsp black olive tapenade		4	10			
1/2 Cup finely chopped celery						
1/4 Cup finely chopped red onion						
lemon juice						
coarse sea salt, to taste						
pepper, to taste						
Total recipe	56	4	19			
If divided into 3 equal portions	19	1	6			
If divided into 2 equal portions	28	2	9			

INSTRUCTIONS

- In a medium bowl, mash tuna in oil.
- Add in remaining ingredients and stir to combine.



Spicy Baked Haddock

A jazzed up curry paste lends a gorgeous color and bright flavor to haddock, a versatile fish, similar in flavor to cod. Don't forget the fresh lemon juice and zest; it's the perfect counterpart to the curry.

INGREDIENTS

INGREDIENTS	YOUR CHANGES						
	protein	net carbs	fat		protein	net carbs	fat
2 pounds skin on haddock	192						
S&P to taste							
4 Tbsp Thai red curry paste		12					
2 Tbsp rice vinegar							
2 tsp coriander							
2 tsp brown sugar cinnamon SF syrup							
1 tsp red pepper flakes							
1/3 tsp white miso paste		2					
juice and zest of 1 lemon		4					
chopped cilantro							
Total recipe	192	18					
If divided into 10 equal portions	19	2					
If divided into 6 equal portions	32	3					

INSTRUCTIONS

- 425 oven
 - Season fish well with S&P; place, skin side down, on a parchment lined baking sheet.
 - Thoroughly combine red curry paste through white miso paste in a small bowl.
 - Spread paste to completely cover top side of fish.
 - Top fish with fresh lemon zest before baking.
 - Bake 12-15 minutes, or until fish flakes easily with a fork.
 - Squeeze fresh lemon juice over fish and sprinkle with cilantro.



Gremolata Cod

I've always been a fan of gremolata as a topping for a perfectly cooked steak, and I wanted to see if it would be overpowering for fish. I was happy to discover that as the gremolata bakes with the fish, it mellows out to perfectly complement the cod in this dish.

INGREDIENTS

	YOUR CHANGES					
	protein	net carbs	fat	protein	net carbs	fat
2 pounds cod	192					
S&P to taste						
4 lemons (net carbs for 1 lemon shown)		4				
3/4 Cup fine chopped parsley						
3 Tbsp anchovy paste	9		5			
9 finely chopped garlic cloves						
1 Tbsp fennel seeds						
2 Tbsp EVOO			30			
coarse sea salt						
Total recipe	201	4	35			
If divided into 10 equal portions	20		3			
If divided into 6 equal portions	34	1	6			

INSTRUCTIONS

- 425 oven. Line a rimmed baking sheet with parchment.
- Slice fish as needed to try and make equal thickness portions. Be sure to tuck in any skinny ends before baking.
- Season both sides of the cod well with S&P; place on your prepared pan.
- Use a peeler to remove only the thin top layer of the skin from all 4 lemons, taking care NOT to remove the bitter white pith.
- Squeeze the juice of 1 lemon over the fish.
- Finely chop the lemon peel and combine it with the parsley, anchovy paste, garlic, fennel seeds, and EVOO.
- Top fish with gremolata mixture; pat down.
- Bake about 15 minutes, or until fish flakes easily with a fork.
- Sprinkle with coarse sea salt.



White Fish and Roasted Veggies in Sauce

To answer a very common question in the RP Clients Group, yes, carrots are a carb – as are parsnips; however, if you like them, they’re SO worth it in this recipe. And, by the time you portion things out, you won’t be looking at a carb wallop from them at all. If you’re going for lowfat, you can try cooking the veggies without oil and the fish using cooking spray.

INGREDIENTS

	YOUR CHANGES					
	protein	net carbs	fat	protein	net carbs	fat
2 Cups *baby carrots, whole		8				
2 Cups *parsnips, cut to baby carrot size		26				
2.5 Tbsp EVOO, divided			38			
coarse sea salt						
2 Tbsp EVOO			30			
24 oz any firm whitefish, skin removed	144					
sea salt to taste						
3 Tbsp chopped shallots						
1 Cup low sodium chicken broth						
10 oz can club soda						
large package baby kale						
sea salt, to taste						
3 Tbsp chopped chives						
zest and juice of one lemon		4				
Total recipe	144	38	68			
If divided into 8 equal portions	18	5	8			
If divided into 5 equal portions	29	8	14			

INSTRUCTIONS

- 400 oven. Tear off a huge sheet of foil the size of a rimmed baking sheet and place carrots in the middle.
- Drizzle with 1 Tbsp EVOO and sprinkle generously with sea salt.
- Place an equal sized foil piece over top and crimp around the edges to make a sealed packet.
- Repeat with parsnips, using 1.5 Tbsp EVOO.
- Place both packets on a baking sheet and roast in the oven for 30 minutes.
- Meanwhile, heat 2 Tbsp EVOO in a large sauté pan with sides.
- Season fish with coarse sea salt.
- When oil is hot, add fish, flesh side down, and sear 2-3 minutes, then flip.
- Add shallots and cook another minute.
- Add chicken broth, cook for about 30 seconds, then add club soda.
- Bring everything to a boil and let it reduce 6 or 7 minutes.
- Stir in baby kale and remove pan from heat once wilted. Add in the roasted veggies, sea salt, chives and lemon juice and zest.

*In this recipe, I showed the incremental net carbs (over and above 4 per Cup) for the carrots and parsnips.



Pecan Orange Salmon

I seriously can't get enough of this flavor combo, and you can use it to turn fully cooked plain fish from blah to BAM in just minutes. It's a beautiful dish as well, so go ahead and make it for friends while you're at it! (Who are we kidding; you're not going to share your prepped food!)

INGREDIENTS

	YOUR CHANGES					
	protein	net carbs	fat	protein	net carbs	fat
16 oz cooked salmon filets or steaks	96					
S&P, to taste						
1.5 Tbsp EVOO			23			
1.5 Tbsp SF orange marmalade		5				
1 Tbsp plus 1 tsp dijon mustard						
1/2 Cup pecan halves, finely chopped			36			
1 tsp dried parsley						
zest and juice of one orange		9				
Total recipe	96	14	58			
If divided into 5 equal portions	19	3	12			
If divided into 3 equal portions	32	5	19			

INSTRUCTIONS

- 400 oven. Cover a baking sheet with parchment paper.
- Season salmon on both sides with S&P.
- Combine EVOO, orange marmalade and mustard in a small bowl.
- Combine finely chopped pecans, parsley and orange zest on a paper plate.
- Brush salmon on both sides with mustard mixture, then press in pecan mixture.
- Place on prepared pan and bake about 15 minutes, or until cooked through.
- Squeeze the orange over salmon before serving.



Dill Grape Tuna Salad

I know this is a pretty unusual combo of flavors for tuna salad, but try it! For some people, it really helps to mix up flavors when you're dieting, and this creamy fresh twist on traditional tuna salad will really spice up your meal prep!

INGREDIENTS

INGREDIENTS	YOUR CHANGES						
	protein	net carbs	fat		protein	net carbs	fat
2 5 oz cans tuna packed in water	40						
5 Tbsp dill pickle relish							
4 Tbsp lowfat sour cream	4	4	5				
3 Tbsp cashew cream (recipe #62)			12				
2 Tbsp grated parmesan cheese	6		5				
1 Tbsp dried parsley							
1 tsp dried dill							
1/4 tsp minced onion flakes							
1/4 tsp sriracha powder (more if you like heat)							
1/4 tsp garlic powder							
1/2 Cup green grapes, halved		14					
coarse sea salt, to taste							
Total recipe	50	18	22				
If divided into 3 equal portions	17	6	7				

INSTRUCTIONS

- Drain tuna well.
 - Thoroughly combine with all ingredients except grapes and coarse salt; fold in the halved grapes.
 - Season to taste with coarse salt. Add more sriracha powder if you like heat.

Simple Sea Bass

Simple is always good. Using just 4 ingredients that you probably have on hand, this recipe lives up to its name. The beauty is in the technique. Give it a try and you may never bake fish any other way!

INGREDIENTS

	YOUR CHANGES					
	protein	net carbs	fat	protein	net carbs	fat
2 lbs skin-on sea bass	192					
coarse sea salt						
2 Tbsp lemon juice		3				
1 slice whole grain bread, processed to crumbs		16				
2 Tbsp EVOO			30			
Total recipe	192	19	30			
If divided into 11 equal portions	17	2	3			
If divided into 6 equal portions	32	3	5			

INSTRUCTIONS

- 400 oven
- Pat fish dry with paper towels.
- Make shallow cuts on the skinless side to score the flesh of the fish.
- Place in a glass 13x9x2 baking dish.
- Sprinkle with sea salt. Distribute lemon juice over the fish.
- Sprinkle with bread crumbs, then drizzle with EVOO.
- Cover and let sit at room temp 30-45 minutes.
- Bake, uncovered, 15-20 minutes, or until cooked through.



Pan Sautéed Cod in a Tomato Herb Sauce

You'll find excuses to use this sauce on all kinds of things; it's that good. This entire dish comes together in about 10 minutes. How can you beat that! And if you're cutting fats, you can try cooking the fish using cooking oil spray in a nonstick pan.

INGREDIENTS

	YOUR CHANGES					
	protein	net carbs	fat	protein	net carbs	fat
1/4 Cup oil packed chopped sundried tomatoes			9			
1/4 Cup non fat Greek yogurt	6	2				
1 3/4 oz. package fresh basil						
1 Tbsp dijon mustard						
1/4 tsp salt						
1 Tbsp EVOO			15			
1 pound cod, or your favorite fish	96					
S&P to taste						
Total recipe	102	2	24			
If divided into 5 equal portions	20		5			
If divided into 3 equal portions	34	1	8			

INSTRUCTIONS

- Combine tomatoes, yogurt, basil, mustard and salt in a mini food processor; process to form a thick sauce.
- You can add additional liquid to reach a thinner consistency if desired.
- Heat 1 Tbsp EVOO in a large sauté pan over medium-high heat.
- Season both sides of the fish and add to the pan. Cook 4-5 minutes on each side until cooked through.
- I like to put the sauce down on the plate first, and put the fish on top.

PROTEINS

ANY SEAFOOD





Citrus Shrimp

A refreshing twist on sautéed shrimp, this is a quick and easy dish you'll make again and again. And, don't worry if you can't find lemon infused EVOO, regular is totally fine.

INGREDIENTS

INGREDIENTS	YOUR CHANGES						
	protein	net carbs	fat		protein	net carbs	fat
1 pound raw shrimp, shell off	96						
1 Tbsp meyer lemon infused EVOO			15				
1 Tbsp fresh chopped sage							
1 lemon, zested, halved		4					
1 small orange, zested, halved		9					
1 Tbsp fresh chopped chives							
coarse pink salt							
Total recipe	96	13	15				
If divided into 5 equal potions	19	3	3				
If divided into 3 equal portions	32	4	5				

INSTRUCTIONS

- Pat shrimp dry with paper towels.
 - Heat EVOO over medium high heat in a large sauté pan.
 - Add sage and fry 1-2 minutes, stirring as needed to prevent burning.
 - Add shrimp and citrus halves, cut side down, to the pan.
 - Allow to cook until shrimp are browned on one side.
 - Carefully flip shrimp to cook on the other side.
 - Move the lemons and oranges around in the pan to help loosen up browned bits.
 - When shrimp are cooked through, remove from pan along with lemon and orange halves.
 - Squeeze lemon and orange over shrimp and top with fresh chives, lemon and orange zest.
 - Sprinkle with pink salt.



Crab and Egg Soufflés

This might not be a dish you make often, but definitely try it out when you want to throw some crab into the protein rotation. I love dishes like this that can be made completely the night before, then just thrown in the oven in the morning. And feel free to sub in other protein instead of the crab if that's not a protein that's high on your list.

INGREDIENTS

	YOUR CHANGES					
	protein	net carbs	fat	protein	net carbs	fat
3 large whole eggs	18		15			
2 egg whites (from large eggs)	8					
1 Cup 2% milk	8	12	5			
3/4 Cup light shredded mozzarella cheese	24		14			
1 tsp your favorite seafood seasoning						
1/4 tsp salt						
1/4 tsp pepper						
8 oz lump crab	48					
1/2 Cup green pepper, finely chopped						
2 green onions, chopped						
1 slice whole grain bread, cut in small cubes		16				
Total recipe	106	28	34			
Per ramekin	21	6	7			

INSTRUCTIONS

- 350 oven
- Spray 5 medium sized ramekins with cooking spray.
- Whisk together eggs and egg whites through pepper in a medium mixing bowl.
- Stir in crab, veggies and small bread cubes.
- Divide mixture among the 5 ramekins. Cover with foil and refrigerate overnight.
- Bake at 350 for 40-45 minutes, or until a knife inserted in the center comes out clean.



Parmesan Scallops with Asparagus Puree

A very quick dish that is bursting with flavor. Warming the puree to serve with the warm just-cooked scallops makes for a meal that feels just a little bit special. That's not such a bad thing every once in awhile!

INGREDIENTS

	YOUR CHANGES						
	protein	net carbs	fat		protein	net carbs	fat
cooking spray							
2.25 Cups fresh asparagus							
2 tsp EVOO			10				
S&P to taste							
1/4 red onion, chopped							
chicken broth							
1/4 Cup spinach leaves							
1/4 Cup to 1/2 Cup water							
1/2 tsp red wine vinegar							
3/4 pound raw sea scallops	60						
2 Tbsp parmesan cheese	6		5				
1 Tbsp EVOO			15				
1 Tbsp chopped chives							
fresh ground pepper, to taste							
Total recipe	66		30				
If divided into 4 equal portions	17		7				
If divided into 2 equal portions	33		15				

INSTRUCTIONS

- 400 oven. Spray a rimmed baking sheet with cooking spray.
- Break asparagus into thirds and place on prepared baking sheet; Drizzle with EVOO, toss to coat and season with S&P.
- Bake about 15 minutes. Allow to cool slightly.
- Meanwhile sauté onion over medium heat in chicken broth until tender. Allow to cool.
- Combine asparagus, onion and spinach in a food processor.
- Process, adding water as needed to reach a smooth puree consistency; mix in red wine vinegar.
- Dry scallops very well with paper towels.
- Add raw scallops to a freezer bag with parmesan cheese and shake to coat well.
- Heat 1 Tbsp EVOO in a large sauté pan over medium high heat.
- Cook scallops for about 5 minutes, turning once, until well browned on two sides.
- Add some asparagus puree to your plate and microwave a few seconds to warm.
- Serve warm scallops on top of warm asparagus puree. Sprinkle with fresh chives and pepper, to taste.



Seafood Nachos

Who doesn't love nachos? Creamy, crunchy and salty all at the same time....YUM. This is a tasty version with shrimp and crab. Just use less cheese to cut the fat down, if needed!

INGREDIENTS

INGREDIENTS	protein	net carbs	fat	YOUR CHANGES	protein	net carbs	fat
1/4 pound cooked shrimp	24						
1/4 pound lump crabmeat	24						
3/4 tsp cumin							
1/4 tsp garlic powder							
1/4 tsp seafood seasoning							
1/4 tsp dried dill							
1/8 C chopped green onion, more for garnish							
2 Tbsp lowfat sour cream	2	2	3				
1 oz "clean" tortilla chips	2	14	7				
3/4 Cup 2% milk shredded mozzarella	21	3	18				
chopped jalapenos, optional							
Total recipe	73	19	28				
If divided into 4 equal portions	18	5	7				
If divided into 2.5 equal portions	29	8	11				

INSTRUCTIONS

- Preheat broiler. Line a rimmed baking sheet with foil.
 - Chop shrimp into bite sized pieces.
 - Gently combine shrimp, crabmeat, spices, onion and sour cream with a spatula in a mixing bowl.
 - Lay out chips on the prepared baking sheet.
 - Top evenly with seafood topping.
 - Sprinkle with cheese.
 - Broil 2-3 minutes, just until cheese melts.
 - Top with additional green onions and jalapenos, if using.



Lemony Shrimp and Scallops Salad

The key to beautifully seared sea scallops is to make sure they are very, very dry when you add them to your hot oiled pan. You can certainly eat the seafood without the herb oil, but if you can make the fats work for you, you'll love the blend of flavors. And yes, regular EVOO is totally fine if you can't find lemon infused oil.

INGREDIENTS

1/2 Tbsp meyer lemon infused olive oil			8
3 oz raw sea scallops, halved	15		
3 oz cooked shrimp, no shell or tails	18		
1 lemon, separated			
1/2 Tbsp herb oil (recipe below)		6	
coarse sea salt, to taste			
salad greens of your choice			
Total recipe	33	14	
If divided into 2 equal portions	17	7	

YOUR CHANGES

protein	net carbs	fat	protein	net carbs	fat
		8			
15					
18					
		6			
33		14			
17		7			

Herb Oil

1/4 Cup EVOO		60			
1/4 Cup fresh cilantro					
2.5 Tbsp fresh chives					
1 tsp fresh rosemary leaves					
pinch fine sea salt					

Total recipe, about 5 Tbsp

Per 1/2 Tbsp		60			
Per Tbsp		6			

INSTRUCTIONS

- Dry scallops well with paper towels. If you can, let them air dry in your fridge for a couple of hours.
- Heat oil over medium high heat. Add scallop halves and cook about 5 minutes, turning once.
- Once cool, combine scallops with shrimp in a bowl with half a lemon, sliced and the juice of the other half.
- Toss to combine. Refrigerate, covered, until seafood is cold - up to one day.
- Place a handful of greens on your plate, top with cold seafood (leaving excess juice behind) and drizzle with Herb Oil.
- Sprinkle to taste with coarse sea salt.
- Herb Oil - process everything in a mini food processor

PROTEINS

CHICKEN



Parmesan Ranch Chicken Strips

This is one of my favorite methods to keep lean chicken breast cuts moist. Covering the chicken for the majority of the cooking time, while allowing juices to drip through a rack, allow for moisture retention without essentially poaching the flavor right out of the poultry. My kids would call these grownup chicken nuggets, and I wouldn't disagree!

INGREDIENTS

	YOUR CHANGES			
	protein	net carbs	fat	
cooking spray				
2 lb pounded chicken breast	192			
1 Tbsp sriracha sauce		5		
1 Tbsp EVOO			15	
2 tsp lime juice		1		
2 packets dry Ranch dressing mix		32		
S&P to taste				
2 Tbsp shredded parmesan cheese	5	0.5	4	
Total recipe	197	39	19	
If divided into 11 equal portions	18	4	2	
If divided into 6 equal portions	33	6	3	

INSTRUCTIONS

- 375 oven.
- Place a large cooling rack inside a large rimmed baking sheet and coat the rack with spray.
- Cut the chicken into tenderloin shaped pieces - you're essentially making a bunch of, let's say 3 or 4-bite, chicken strips.
- In a large bowl, whisk to combine sriracha, EVOO and lime juice.
- Add chicken and toss to evenly coat.
- Add in dry Ranch dressing packets and toss lightly to coat.
- Place tenders on the prepared rack set in a rimmed baking sheet, taking care not to crowd.
- Spray lightly with cooking spray, season well with S&P and cover loosely with foil.
- Bake 25 minutes, remove foil, sprinkle with cheese and bake 10 minutes more or until cooked through.

Peach Mango Slow Cooker Chicken

It doesn't get much simpler than this, so my apologies to you if you consider yourself above something this basic. I wanted to include this recipe for those of us that occasionally find ourselves in need of a recipe that gives us a lot of bang for our buck – food that is fast, super easy, flavorful and makes a TON of portions. Look no further. The whole family will eat this one; trust me.

INGREDIENTS

	YOUR CHANGES					
	protein	net carbs	fat	protein	net carbs	fat
1/2 Cup low sodium chicken broth, more as needed						
4.5 lb boneless skinless chicken breasts	432					
16 oz jar peach mango salsa		48				
1 Cup your favorite fresh chopped herbs						
S&P to taste						
Total recipe	432	48				
If divided into 24 equal portions	18	2				
If divided into 14 equal portions	31	3				

INSTRUCTIONS

- Pour in just enough chicken broth to cover the bottom of the crockpot.
- Add in whole chicken breasts.
- Top with salsa.
- Cook on low 4-5 hours.
- Remove chicken, shred, return to the crockpot to heat through.
- You can discard some of the liquid at this point, if you prefer.
- Stir in fresh chopped herbs and season with S&P.

Chicken Parm Casserole

Ok, so we now know from experience that casseroles are a pretty big hit with you guys. This one is very easy and quick to assemble, and so tasty....you and your family are going to love it. Of course, you could always keep this one all for yourself and knock out a few days of meal prep in one dish. Reduce or eliminate the croutons if you want this to be very close to carb free.

INGREDIENTS

	YOUR CHANGES					
	protein	net carbs	fat	protein	net carbs	fat
1 Tbsp EVOO			15			
5 oz. package whole grain Caesar croutons		80	20			
3.75 pounds skinless boneless chicken	360					
4 garlic cloves, finely chopped						
crushed red pepper, to taste						
S&P to taste						
2 Cups veggies only pasta sauce						
fresh basil, chopped to make 1/4 Cup						
1/4 Cup grated parm	12		9			
1 Cup shredded part skim mozzarella cheese	28	4	24			
Total recipe	400	84	68			
If divided into 22 equal portions	18	4	3			
If divided into 13 equal portions	31	6	5			

INSTRUCTIONS

- 350 oven. Coat a 13x9x2 pan with EVOO.
- Add croutons to a freezer bag and crush, but not finely.
- Cut chicken into strips that would be 3-4 bites per piece (or better yet, ask your butcher to do it!).
- Cover the pan with a single layer of chicken strips.
- Sprinkle with chopped garlic, red pepper and S&P.
- Pour pasta sauce over chicken.
- Top with basil and crouton pieces, then cheeses.
- Bake 45-60 minutes, depending on the thickness of your chicken.

Chicken Enchilada Stew

Who doesn't love a warm and flavorful stew on a Fall or Winter day. I know I do, and for some reason, people think that soup is difficult to do on RP – not true! You'll see that this one is packed with a ton of veggies and yummy spices. And it makes a lot! Win-win.

INGREDIENTS

	YOUR CHANGES					
	protein	net carbs	fat	protein	net carbs	fat
2 lb boneless skinless chicken breasts	192					
2 Tbsp canola oil, divided			30			
2 Tbsp chili powder						
2 tsp cumin						
2 tsp cinnamon						
1 medium onion, chopped						
6 cloves garlic, minced						
28 oz can whole peeled tomatoes						
1.5 Cups enchilada sauce (recipe #160)		10	30			
1 Cup roasted red peppers, chopped		3				
jalapeno pepper rings (jarred)						
1 small can green chiles		8				
3 Cups low sodium chicken broth						
2 Tbsp tomato paste						
1 tsp ancho chili pepper						
1 tsp salt						
1/4 tsp black pepper						
2 bay leaves						
handful chopped cilantro						
Total recipe, about 14 Cups	192	21	60			
If divided into 14 equal (1 Cup) portions	14	2	4			
If divided into 7 equal (2 Cup) portions	27	3	9			

INSTRUCTIONS

- Chop chicken into bite sized pieces. Combine 1 Tbsp canola oil with chili powder, cumin and cinnamon.
- Toss chicken with spiced oil mixture and marinate overnight.
- In a large stock pot, sauté onions, garlic and marinated chicken pieces in remaining Tbsp of EVOO over medium high heat until browned.
- Add all remaining ingredients (except cilantro) to stockpot, breaking up tomatoes with a wooden spoon.
- Cover and cook about an hour.
- Remove bay leaves, add in chopped cilantro and season to taste.

(Not) Fried Chicken

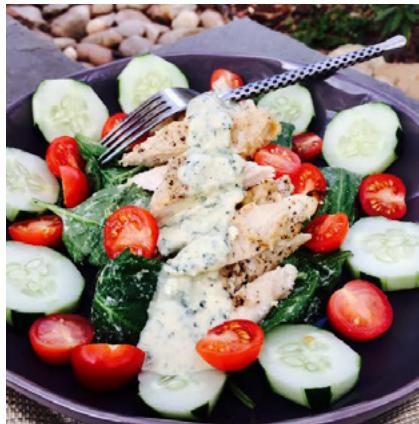
OMG. Think you can't have fried chicken on RP....think again, folks! I remember when I was playing around with this recipe one cold winter Sunday morning. I had brined the chicken overnight, and was trying to get the grilling outdoors out of the way while the kids were watching Sunday morning cartoons. Running in and out of the house in the freezing cold while wearing slippers totally paid off. Nick and I couldn't believe how much this tasted like fried chicken. Our 3 y/o daughter couldn't get enough! I have also made this in the oven, and although the flavor just didn't compare to the grill version, definitely go for it if grilling isn't an option for you; I think you'll still be pleased with the finished product.

INGREDIENTS

	YOUR CHANGES					
	protein	net carbs	fat	protein	net carbs	fat
8 bone-in chicken thighs	112					
2 Tbsp fine Kosher salt						
1 Cup warm water						
2 Tbsp canola oil			30			
1/2 Cup white rice flour		62				
1 Tbsp paprika						
1 Tbsp fine sea salt						
zest of 1 lemon						
1 tsp dried thyme						
	112	62	30			
less 1/2 coating, not used		-31				
Total recipe, 8 thighs	112	31	30			
Per chicken thigh	14	4	4			
for 2 thighs	28	8	8			

INSTRUCTIONS

- Remove skin and excess fat from chicken thighs.
- Combine 2 Tbsp salt and a cup of warm water in a 2 Cup glass measuring cup. Stir well until salt dissolves.
- Pour brine solution in a large bowl; add chicken, cover with cold water, then add in a tray of ice cubes.
- Give everything a final swish around with your hands or a long handled spoon.
- Cover securely and refrigerate overnight, up to 24 hours.
- When you're ready to cook the chicken, remove and dry thoroughly with paper towels. No need to rinse!
- Add canola oil to the bottom of a large disposable foil baking pan and place on the main rack of an outdoor grill on medium high heat.
- Add flour and seasonings (paprika through thyme) to a large freezer bag, shake to thoroughly mix.
- Add dried chicken thighs, two at a time and shake to coat.
- Remove to a handheld strainer and shake well over your sink or a trash can to remove all excess flour mixture.
- Once all are coated, using tongs, carefully add the coated thighs - meaty side down - to your hot oiled pan on the grill.
- Cover and let them cook, undisturbed, for 20-25 minutes before you check on them.
- Depending on doneness, you can turn and continue cooking a few more minutes, or remove.



Tahini Chicken with Tahini Mint Dressing

If you've never had tahini before (other than as an ingredient in hummus), you're definitely missing out! The richness takes chicken breasts to a whole new level, which isn't an easy job. The ingredient list for the dressing is long, I know, but once made, you've got about 14 whole servings, or 28 half servings of fat right there – ready to drizzle on everything you eat! Sometimes, you just want a change from nut butter!

INGREDIENTS

2 pounds skinless boneless chicken breasts			
1/2 Cup tahini	192		
1/4 Cup brown rice syrup	24	16	68
2 tsp fine sea salt			
1 tsp pepper			
warm water, as needed			
coarse sea salt & more pepper, to taste		62	

Total recipe

If divided into 11 equal portions

If divided into 6 equal portions

YOUR CHANGES

	protein	net carbs	fat		protein	net carbs	fat
	192						
	24	16	68				
			62				
Total recipe	216	78	68				
If divided into 11 equal portions	20	7	6				
If divided into 6 equal portions	36	13	11				

INSTRUCTIONS

- 375 oven. Place a large cooling rack inside of a rimmed baking sheet, and spray rack well.
- Pound chicken to thin and even out thickness, then cut into strips that would make for 3-4 bites per strip.
- Pat chicken pieces dry and place on a large platter or in a 13x9x2 baking dish.
- Mix tahini, brown rice syrup, salt and pepper in a small bowl.
- Add warm water as needed to make a thick, easily spreadable (but not watery) consistency.
- Brush or spread the tahini mixture over the tops of the chicken strips.
- Transfer one by one to the prepared cooling rack/baking pan setup, taking care not to crowd.
- Spray chicken lightly with more cooking spray (to prevent foil from sticking).
- Season generously with coarse sea salt and more pepper and cover loosely with foil.
- Bake 25 minutes, then remove foil and bake another 5-10 minutes until cooked through.

See next page for dressing recipe.

(see previous page for Tahini Chicken recipe)

Tahini Mint Dressing

INGREDIENTS

	YOUR CHANGES					
	protein	net carbs	fat	protein	net carbs	fat
1/3 Cups tahini	16	11	45			
1/3 Cup fresh chopped mint						
1/4 Cup water						
1/4 Cup lime juice		5				
2 garlic cloves						
1 Tbsp EVOO			15			
1 tsp dijon mustard						
1 tsp fine sea salt						
1/2 tsp balsamic vinegar						
1/4 tsp pepper						
1/4 tsp SF brown sugar cinnamon syrup						
1/4 tsp mild curry powder						
Total recipe - makes about 14 Tbsp	16	15	60			
Per 1 Tbsp portion	1	1	4			
Per 2 Tbsp portion	2	2	9			
Per 3 Tbsp portion	3	3	13			

INSTRUCTIONS

- Add all ingredients to a blender or food processor and process until very smooth.
- Taste and season to your liking.



Chicken Roulade with Pan Juices

This is a really flavorful chicken dish, nice enough to serve to dinner guests. The presentation is beautiful. If you can get your butcher to pound out the chicken breasts, prep is a breeze!

INGREDIENTS

	YOUR CHANGES						
	protein	net carbs	fat		protein	net carbs	fat
cooking spray							
4 6 oz chicken breasts	144						
3 Tbsp EVOO, divided			45				
S&P, to taste							
4 Tbsp sundried tomato basil spread			12				
kitchen twine							
1 Cup low sodium chicken stock							
2 Tbsp lemon juice		3					
1 lemon cut in half							
Total recipe	144	3	57				
If divided into 8 equal portions	18		7				
If divided into 5 equal portions	29	1	11				

INSTRUCTIONS

- 450 oven. Cover a large rimmed baking sheet with a piece of wax paper and spray well with cooking spray.
- Ask at your meat counter if they will pound out your chicken breasts right there for you.
- Alternatively, firmly pound out each breast between two pieces of parchment until very thin.
- Place pounded out chicken breasts on prepared pan.
- Divide one Tbsp of EVOO between the top side of the 4 breasts and rub in. Season well with S&P.
- Spread 1 Tbsp sundried tomato basil spread all over each chicken breast, but not to the edges.
- Starting at the narrow end, roll up each breast tightly, enclosing filling.
- Tie rolled up breast tightly with twine at 1-inch intervals.
- Heat remaining 2 Tbsp oil over medium high heat in a large stainless steel pan.
- Brown roulades on all sides - about 10 minutes.
- Transfer browned roulades to a rimmed baking sheet and roast another 10 minutes or so, until chicken is cooked through.
- Meanwhile, add chicken stock, lemon juice and lemon halves to the stainless steel pan.
- Heat to simmering, deglaze and reduce, 5-8 minutes.
- Remove chicken from the oven and let rest a few minutes before cutting strings, slicing and serving with pan juices.



Stuffed Yogurt Chicken Breasts

This is another recipe that proves that with some effort and care, you can coax great flavors out of skinless boneless chicken breasts – contrary to popular belief! This makes a ton of portions, so the effort really pays off. And, bonus that you end up with a few portions of veggies at the same time. You will love the flavor here!

INGREDIENTS

	YOUR CHANGES					
	protein	net carbs	fat	protein	net carbs	fat
2 Tbsp EVOO, divided			30			
8 Cups roasting veggies (onions, fennel, shallots, etc)						
6 large (4.5 lb) boneless skinless chicken breasts	432					
S&P to taste						
1 lemon, cut into 6 equal pieces		4				
6 cloves garlic						
1 bunch fresh thyme, divided into 6 small bunches						
3 bay leaves, cut in half						
1 Cup chicken broth, plus more, as needed						
1 Cup full fat plain Greek yogurt	20	9	11			
1 Tbsp coarse grated garlic						
1 tsp ancho chili pepper						
1/4 tsp coarse sea salt						
Total recipe	452	13	41			
If divided into 25 equal portions	18	1	2			
If divided into 15 equal portions	30	1	3			

INSTRUCTIONS

- 450 oven. Cover the bottom of a large roasting pan with 1 Tbsp EVOO.
- Divide your veggies, chopped into large chunks, over the bottom of the pan. Toss veggies with the EVOO.
- Cut around each chicken breast, leaving one side attached - you're making a pocket. Season inside with S&P and juice of one lemon piece.
- Stuff each pocket with the lemon piece, clove of garlic, thyme bunch and half a bay leaf. Wrap a long piece of twine 2-3 times tightly around and tie or tuck in the end.
- Drizzle last Tbsp of EVOO over the chicken breasts. Distribute evenly with a brush or your fingers and season well with more salt.
- Pour chicken broth around the chicken (not over). Bake 40 minutes.
- Meanwhile, mix yogurt with chicken broth; thin it enough that it will run down when you apply it. Stir in grated garlic, ancho chili pepper and 1/4 tsp coarse sea salt.
- Remove pan after 40 minutes; Generously brush about 2/3 yogurt sauce on chicken so that it runs down onto the veggies.
- Return to oven and bake another 10 minutes.
- Remove, brush chicken again, with remaining sauce, and return to oven for another 10 minutes.
- Let stand briefly. Serve chicken with veggies and pan sauce.



BBQ Chicken

Who doesn't love barbecued chicken? This method works like a dream – tender chicken with a thickened sauce that hangs on instead of running off. Try it! And bonus, my kids love it too; hopefully, yours will agree!

INGREDIENTS

	YOUR CHANGES						
	protein	net carbs	fat		protein	net carbs	fat
2 lb skinless boneless chicken breasts, pounded thin	192						
garlic powder, cayenne pepper, S&P to taste							
1/3 Cup ketchup		27					
1/3 Cup brown rice syrup		83					
3.5 Tbsp wheat free Tamari		4					
2 cloves garlic, minced							
dash of tabasco sauce							
Total recipe	192	113					
If divided into 11 equal portions	17	10					
If divided into 6 equal portions	32	19					

INSTRUCTIONS

- 350 oven. Spray a cooling rack and set it in a rimmed baking sheet.
- Cut chicken into 3-bite or 4-bite sized pieces.
- Place chicken pieces on the prepared rack and season well with S&P and your choice of spices.
- Lightly spray tops of seasoned chicken, cover with nonstick foil and bake 30 minutes.
- Meanwhile, mix ketchup through tabasco in a small saucepan and heat to boiling.
- Reduce heat and simmer until sauce thickens.
- Remove pan from the oven and carefully lift off the rack with chicken.
- Dump out any cooking juices from the rimmed baking sheet, then cover the bottom of the baking sheet with the foil.
- Place the rack with chicken back in the now-foil-lined pan.
- Brush thickened sauce on one side of the chicken.
- Return to the oven for 5 minutes.
- Remove, turn chicken with tongs, coat the other side with sauce.
- Bake 5-10 more minutes.

Slow Cooker Chicken over Brussels Sprouts

Essentially a guilt free protein option bursting with flavor. This makes so many portions – (with very little prep!) – that the carbs from the seasoning packets become inconsequential. And it's a 2-fer since you end up with veggies too!

INGREDIENTS

	YOUR CHANGES						
	protein	net carbs	fat		protein	net carbs	fat
1/2 Cup low sodium chicken broth							
2 lb raw brussels sprouts							
2 0.6 oz zesty Italian dressing - dry packets		16					
5 lb skinless boneless chicken breasts	480						
Total recipe	480	16					
If divided into 27 equal portions	18	1					
If divided into 16 equal portions	30	1					

INSTRUCTIONS

- Pour chicken broth into the bottom of a slow cooker.
- Wash brussels sprouts, trim off stems and add to crockpot.
- Sprinkle one seasoning packet over brussel sprouts.
- Nestle chicken breasts on top of brussel sprouts.
- Sprinkle second dressing packet over chicken breasts.
- Cover and cook on low 7-8 hours.

PROTEINS

GROUND TURKEY/ TURKEY BREAST





Turkey Apple Cheddar Cups

You will not believe how addicting these are. I remember the night I was playing around with the recipe. When I finally got it right, I couldn't stop eating them! I think I overdid it on protein that night, but you guys now get to reap the benefits, so it's all worth it!

INGREDIENTS

INGREDIENTS	YOUR CHANGES						
	protein	net carbs	fat		protein	net carbs	fat
9 slices packaged deli sliced turkey	18						
1/2 Cup 2% shredded sharp cheddar	17	2	12				
1/3 Cup peeled, diced apple		5					
dijon mustard							
1 Tbsp balsamic vinegar		3					
S&P, to taste							
Total recipe	35	10	12				
If divided into 2 equal portions	18	5	6				

INSTRUCTIONS

- 400 oven. Coat 9 cups of a 12 cup muffin tin with cooking spray.
 - Press one piece of turkey into each cup and bake about 5 minutes until crispy.
 - Remove pan and leave turkey to cool in cups for another 5 minutes.
 - Transfer turkey cups to a pie plate.
 - Divide cheese among turkey cups and top with apple and a dot of mustard.
 - Bake about 4 more minutes.
 - Sprinkle with S&P and drizzle with balsamic vinegar.



Deli Turkey Tacos

This is another one that could end up becoming an obsession of yours - like it has with me! You can certainly use chicken broth to sauté your veggies if you need to cut the fat. To prep this ahead, cook your veggies ahead of time, cool and refrigerate in their own container. When you're ready to eat, just assemble and broil and in just a few minutes, a hot protein/veggie combo is ready for you!

INGREDIENTS

	YOUR CHANGES			
	protein	net carbs	fat	
8 slices packaged turkey	16			
1 Tbsp EVOO			15	
2 Cups raw spinach leaves				
1 Cup chopped green pepper				
1/2 Cup chopped green onion				
1/2 Cup fresh, no oil pico de gallo				
S&P, to taste				
1/2 Cup 2% shredded sharp cheddar	17	2	12	
Total recipe	33	2	27	
If divided into 2 equal portions	17	1	14	

INSTRUCTIONS

- Preheat broiler. Spray a glass pie plate with cooking spray.
- On a long platter or a couple of paper plates, lay out rows of 2 slightly overlapping turkey slices.
- There only needs to be about 1 inch of overlap with 2 turkey slices.
- Heat EVOO over medium heat and sauté veggies, with pico, until desired doneness. Add S&P.
- Remove from heat. In the pan, divide veggie mixture into 4 equal sections.
- Spoon 1/4th of the veggie mixture down the center of 2 slightly overlapping turkey slices.
- Sprinkle with 1/4th shredded cheese.
- Fold turkey over to form a “taco” and place it on its side in the prepared pie plate.
- Repeat wth remaining ingredients to form 4 “tacos”.
- Place under the broiler for 3-4 minutes to crisp turkey and melt cheese. Turkey may blacken, but shouldn’t taste burnt.



Slow Cooker Turkey Breast with Pan Juices

I love a turkey breast in the slow cooker; if you haven't tried my recipe from the last cookbook, definitely look it up – it's one of my favorites. This time, I played around with more of a wet paste flavoring method as opposed to a dry rub. Elevating the turkey with the onions and garlic makes a big difference in the texture and flavor of the turkey. The juices that are left must not be wasted! They will take the turkey to the next level, believe me. Enjoy!

INGREDIENTS

	YOUR CHANGES					
	protein	net carbs	fat	protein	net carbs	fat
1 medium yellow onion						
1 head of garlic						
3 Tbsp EVOO			45			
1 Tbsp dried fennel seeds						
1 Tbsp fine sea salt						
2 tsp onion powder						
2 tsp garlic powder						
1.5 tsp paprika						
3/4 tsp cinnamon						
3/4 tsp black pepper						
3/4 tsp fresh thyme leaves						
4 lb boneless skinless turkey breast	384					
Total recipe	384		45			
If divided into 20 equal portions	19		2			
If divided into 13 equal portions	30		3			

INSTRUCTIONS

- Remove loose skin from garlic and cut the head in half horizontally.
- Remove outer layer of skin from onion, and halve. Place garlic and onion halves, cut side down in your slow cooker pan.
- Combine EVOO with all spices to make a wet paste. Rub all over - primarily top and sides - of turkey breast.
- Place turkey on top of the onion and garlic halves so that the meat is elevated and won't be left to cook in its own juices.
- Cook on low for 6-7 hours. Remove and let rest for 20 minutes. Broil 12 inches from heat for 3-5 minutes to brown.
- Serve with pan juices.



Turkey Mushroom Muffins

You all know how much I love handheld foods. Due to a very bad experience with a turkey burger when I was pregnant with our daughter, I steer clear of ground turkey just about always. But, of course, for the cookbook, I can't do that! And, I have to say, when I got this recipe where I wanted it, I couldn't help but crave these babies until they were all gone.

INGREDIENTS

	YOUR CHANGES						
	protein	net carbs	fat		protein	net carbs	fat
cooking spray							
2 slices whole grain bread		32					
1/2 Cup nonfat milk	5	7					
1 lb mushrooms							
1/4 of an onion							
1/4 Cup shredded carrots		2					
2 garlic cloves							
2.5 Tbsp EVOO			38				
1 tsp fresh thyme							
S&P to taste							
1 Cup shredded zucchini							
3 Tbsp red curry paste		9					
2 pounds lean ground turkey	192						
3/4 Cup finely shredded mozzarella cheese	21	3	18				
Total recipe	218	53	56				
Per muffin	18	4	5				

INSTRUCTIONS

- 375 oven. Spray a 12 cup muffin tin well with cooking spray
- Tear bread into small pieces in a bowl and pour milk over; let set.
- Add mushrooms, onion, carrots and garlic to a large food processor and pulse to finely chop.
- In a large sauté pan, heat EVOO over medium heat and sauté veggies with thyme and S&P about 10 minutes.
- Pour into a large mixing bowl to cool slightly.
- Add shredded zucchini, soaked bread and red curry paste to the cooled veggies; stir with a wooden spoon until combined.
- Add turkey and thoroughly mix.
- Divide half the mixture evenly among 12 muffin cups. Use the back of a cookie scoop to make a depression in the center.
- Divide shredded cheese among the muffin cups, then top with remaining turkey mixture, mounding as needed (it will cook down).
- Bake 40 minutes, or until completely cooked through.
- Immediately remove with a large spoon to paper towel lined cooling rack, leaving excess grease behind.

Turkey Sandwich Spread

Growing up, we were kind of a sandwich spread family. We didn't have it often, but everyone in my family liked it. I realized I haven't had it in years, and figured I could come up with a way to make an RP friendly version that might allow all of us lunch packers out there a little more variety in our sandwich options. Try it out and definitely tweak it to your own tastes. If you need to reduce the fat, use nonfat yogurt and leave out the egg yolks.

INGREDIENTS

	YOUR CHANGES						
	protein	net carbs	fat		protein	net carbs	fat
1 lb deli sliced turkey	72	6	8				
2 hard boiled eggs, yolks and whites separated	12		10				
4 Tbsp finely chopped celery							
1 Cup 2% Greek yogurt	23	9	4.5				
4 tsp dill pickle relish							
1 Tbsp yellow mustard							
2 tsp dried onion flakes							
1 tsp red wine vinegar							
S&P to taste							
paprika, to taste							
Total recipe	107	15	23				
If divided into 6 equal portions	18	3	4				
If divided into 3.5 equal portions	31	4	6				

INSTRUCTIONS

- Add turkey and egg whites to a food processor and pulse to chop into small pieces.
- Dump mixture into a large mixing bowl, and add chopped celery.
- In a small bowl, mash egg yolks and combine with yogurt, pickle relish, mustard, onion flakes, red wine vinegar and S&P.
- Add yolk mixture to turkey mixture and mix thoroughly.
- Sprinkle with paprika. Taste and adjust seasonings to your liking.

PROTEINS

BEEF/STEAK/BISON





Orange Beef

This is a scrumptious beef dish best reserved for a meal where you get carbs and fat with your protein – because I can't recommend any substitutions for this without altering the flavors completely, and believe, me, you don't want that!

INGREDIENTS

	YOUR CHANGES					
	protein	net carbs	fat	protein	net carbs	fat
2.25 lb lean steak	216					
2.75 Cups pure orange juice, divided		80				
4 Tbsp cornstarch		28				
1.75 Cups low sodium beef broth		4				
1/2 Cup wheat free low salt Tamari		8				
1/2 Cup SF orange marmalade		24				
1 tsp red pepper flakes (less if you don't like spice!)						
3 Tbsp toasted sesame oil, divided			42			
3 Cups chopped broccoli						
6 cloves garlic, chopped						
1 tsp ground ginger						
3 Cups snow peas						
1 Cup chopped green onions	216	143	42			
less 1/2 marinade		29				
Total recipe	216	114	42			
If divided into 7 equal portions	31	16	6			
If divided into 12 equal portions	18	10	4			

INSTRUCTIONS

- In advance, slice the beef into thin strips. Add to a freezer bag and pour 2 Cups OJ over.
- Seal bag, place on a plate and refrigerate as long as possible, up to one day, flipping it as you think of it.
- For sauce, combine cornstarch through red pepper flakes plus the remaining 3/4 Cup orange juice in a med bowl, whisking together until smooth.
- Remove beef from marinade and discard excess.
- Heat 1.5 Tbsp toasted sesame oil over medium high heat. Sauté beef, in batches as needed, until cooked through.
- Remove beef strips to paper towel lined bowl or plate to rest.
- Wipe out the pan and add remaining 1.5 Tbsp toasted sesame oil over med high heat again. Sauté broccoli until just tender.
- Add in chopped garlic and ground ginger and sauté only about 30 seconds.
- Add beef back to the pan and dump in all of the prepared sauce. Add snow peas and stir together.
- Cook over medium high heat until thickened. Sprinkle with chopped green onions before serving.



Slow Cooker Chipotle Beef

Nick is a huge Chipotle fan; this is my attempt at something close to that concept. Eye of round, sirloin tip side steak, top round and bottom round would all be good choices in this recipe. No carbs with very little fat and makes a ton of portions, which is always good.

INGREDIENTS

	YOUR CHANGES						
	protein	net carbs	fat		protein	net carbs	fat
2 Tbsp canola oil			30				
4 lb any lean roast	384						
2 canned chipotle peppers in adobo sauce, chopped		2					
5 garlic cloves, chopped							
1 Tbsp ground cumin							
1 Tbsp dried oregano							
1/4 tsp ground cloves							
1/2 Cup beef broth							
1/4 Cup balsamic vinegar		11					
1/4 Cup lime juice		5					
2 bay leaves							
S&P to taste							
handful of fresh chopped cilantro							
Total recipe	384	18	30				
If divided into 20 equal portions	19	1	2				
If divided into 13 equal portions	30	1	2				

INSTRUCTIONS

- Cut roast into 6-8 large chunks. Season well with S&P.
- Heat oil in a large skillet and brown beef chunks on all sides.
- Transfer to a slow cooker.
- Combine chipotles through lime juice in the warm skillet where you browned the beef, stirring to scrape up browned bits.
- Pour warm sauce over beef and add bay leaves and S&P to taste.
- Cover and cook over low 8-10 hours.
- Discard bay leaves. Remove and shred meat and return to slow cooker along with cilantro.
- Heat through about 10 minutes more.
- After cooling and refrigerating overnight, remove the fat that will solidify.



Bison Meatballs

These are super moist and have low carbs. To reduce the fat, just sauté the leeks in chicken broth. If you get carbs at a meal, this would be amazing served with a clean pasta sauce over whole grain pasta.

INGREDIENTS

	YOUR CHANGES						
	protein	net carbs	fat		protein	net carbs	fat
1 large leek, thoroughly washed							
2 Tbsp EVOO			30				
3 cloves garlic, minced							
1 Tbsp dried basil							
1 Tbsp dried parsley							
1 tsp dried oregano							
1 tsp spiced sea salt							
1/2 tsp pepper							
1/4 tsp red pepper flakes							
1/4 tsp cayenne pepper							
1 lb ground bison	96						
3/4 Cup lowfat cottage cheese	21	5	2				
1/3 Cup dry old fashioned oats		15					
1/4 Cup shredded parm	9	1	8				
Total recipe, about 22 meatballs	126	21	40				
Per meatball	6	1	2				
If divided into 7 equal portions (roughly 3 meatballs)	18	3	6				
If divided into 4 equal portions (roughly 5.5 meatballs)	31	5	10				

INSTRUCTIONS

- 350 oven. Line a large rimmed baking sheet with parchment.
- For the leek, cut off green top and root end and remove any tough outer layers. Finely chop.
- Heat EVOO over medium heat and sauté leek about 5 minutes.
- Stir in garlic for about 1 minute, then remove pan from heat.
- Transfer veggie mixture to a large mixing bowl. Stir in all of the spices.
- Mix in ground bison, then fold in cottage cheese, oats and shredded parm. Thoroughly combine.
- Use a medium cookie scoop to scoop out about 22 mounds, then form into round meatballs with your hands.
- Transfer to your prepared pan and bake about 15 minutes.
- Remove pan from oven, and use a paper towel to absorb some of the liquid.
- Then flip each meatball and put the pan back in the oven for another 10 minutes or until cooked through.



Slow Cooker Italian Beef

Another super easy slow cooker beef recipe. The spices come together to make an amazingly flavored and tender protein, virtually void of carbs and fat.

INGREDIENTS

	YOUR CHANGES						
	protein	net carbs	fat		protein	net carbs	fat
2.5 lb lean roast	240						
4 cloves of garlic, cut into slivers							
1/2 tsp pepper							
1 tsp dried oregano							
1 tsp dried basil							
1 tsp dried onion powder							
1 tsp dried parsley							
1 tsp garlic powder							
1 bay leaf							
2 .7oz packets dry Italian style dressing mix		32					
2 Cups low sodium beef broth							
1 Cup water							
S&P, to taste							
Total recipe	240	32					
If divided into 13 equal portions	18	2					
If divided into 8 equal portions	30	4					

INSTRUCTIONS

- Place roast in a slow cooker.
- Make shallow slits all over the roast and insert slivers of garlic.
- Combine spices through water in a small saucepan and bring to a boil.
- Pour over roast.
- Cover and cook on low 10-12 hours, until meat shreds easily with a fork.
- Remove beef and bay leaf; shred beef and return to slow cooker for another 60-90 minutes, discarding the bay leaf.
- Season to taste.
- After refrigerating overnight, easily remove any solidified fat.



Sesame Beef Lettuce Wraps

Ready in just over 10 minutes, once you've marinated the beef, this dish is super tasty, and just a different way to get your protein and greens in. Just sub in a template veggie if you want to avoid the carbs from the carrots. If you do get carbs at a meal, this is great in a whole grain tortilla!

INGREDIENTS

	YOUR CHANGES					
	protein	net carbs	fat	protein	net carbs	fat
9 oz lean steak	54					
2 Tbsp low sodium Tamari	4	2				
1 Tbsp SF pineapple syrup						
1 tsp toasted sesame oil			5			
1 tsp Chinese Five Spice powder						
1 tsp dried minced onion						
1/2 tsp dried ginger						
2 stalks celery, chopped						
1 Cup shredded carrots		7				
1/2 Cup water						
2 green onions, chopped						
bibb lettuce leaves						
Total recipe	58	9	5			
If divided into 3 equal portions	19	3	2			
If divided into 2 equal portions	29	5	2			

INSTRUCTIONS

- 30 minutes ahead, cut steak into 1/2" dice.
- Mix together Tamari through dried ginger.
- Add steak pieces and let marinate at room temp, stirring occasionally.
- When you're ready to cook, add chopped celery, carrots and water to a large sauté pan over medium high heat.
- Cook and stir 4-5 minutes, until veggies are tender.
- Add meat with marinade and cook and stir continuously another 4-5 minutes.
- Add chopped green onion and cook 1 more minute.
- Spoon filling into lettuce leaves like tacos, or wrap up as bundles.



Crusted Beef

This is a dish that you'll want to eat at a meal where you can have protein, carbs and fats. Very simple, but elegant, it's another dish you could serve to guests.

INGREDIENTS

	YOUR CHANGES					
	protein	net carbs	fat	protein	net carbs	fat
3 lbs lean roast	288					
2.5 Tbsp avocado oil, divided			34			
S&P, to taste						
1 Cup whole grain bread crumbs		22				
1.5 anchovies	2					
1/2 Tbsp fresh thyme						
1/2 Tbsp fresh parsley						
2 cloves garlic						
2 Tbsp horseradish		4				
Total recipe	290	26	34			
If divided into 16 equal portions	18	2	2			
If divided into 10 equal portions	29	3	3			

INSTRUCTIONS

- 425 oven
- Allow roast to come to room temperature.
- Rub 1 Tbsp avocado all over the roast and set in a heavy rimmed baking pan.
- Season well with S&P.
- Roast in the top third of your oven for 20 minutes.
- To make the crust mixture, combine remaining ingredients except remaining oil in a food processor.
- Add in the oil and process to form moist crumbs.
- Remove pan from oven and press crust mixture firmly onto top of roast.
- Lower oven temp to 400 and bake another 25 minutes or so, or until cooked to desired doneness.
- Remove roast to a cutting board to rest for 15 minutes.
- Place rimmed pan over burners and reheat pan, scraping up browned bits.
- Serve meat with pan juices poured over top.

Slow Cooker Cabbage Rolls

If you're a fan of cabbage rolls, you'll love how easy and tasty this version is. I've heard of lots of different methods for removing the tough cabbage leaves, but this super easy microwave trick is the best of them! Works every time. You can certainly sub in a store bought marinara; just be sure to count any added fats!

INGREDIENTS

	YOUR CHANGES						
	protein	net carbs	fat	protein	net carbs	fat	
1 head, green cabbage							
1 Cup grated zucchini							
1 egg	6		5				
1/4 C refrigerated coconut milk			1				
1/4 Cup chopped red onion							
1 lb lean ground beef	96						
1.25 tsp salt							
1.25 tsp pepper							
1.5 Cups veggies only pasta sauce							
Total recipe	102		6				
If divided into 6 portions	17		1				
If divided into 3 portions	34		2				

INSTRUCTIONS

- Score the cabbage around the core, place the head in a bowl and microwave for 3 minutes. Let sit to cool slightly.
- Meanwhile, grate zucchini, then wrap in a double thickness of paper towels and squeeze out excess water.
- When your cabbage is cool enough to handle, peel off the outer layers and set aside.
- They should be softened and pliable. When you reach tougher layers, put the head back in the bowl and microwave 3 more minutes.
- Let sit again. You should be able to remove remaining cabbage leaves once slightly cooled.
- Beat the egg in a medium sized mixing bowl.
- Stir in milk, zucchini, onion, beef, salt and pepper.
- Divide filling into equal portions and place in the center of a softened cabbage leaf. Roll up and tuck ends under.
- Cover the bottom of your slow cooker pot with softened cabbage leaves.
- Place your cabbage rolls on top of the leaves, then top each roll with an equal portion of sauce.
- Top with a final layer of cabbage leaves.
- Cook on low in your slow cooker for 9 hours.



Hamburger Veggie Soup

Yes, you can still eat soup on RP! This one is ready in about 30 minutes and has zero fat and essentially no carbs. A great Fall or Winter comfort soup!

INGREDIENTS

	protein	net carbs	fat	YOUR CHANGES		
					protein	net carbs
1.5 lb lean ground beef	144					
4 Cups low sodium beef broth						
28 oz can diced tomatoes						
2 Cups chopped fennel						
2 Cups chopped green onion						
1 Cup chopped celery						
1 bay leaf						
4 tsp beef base	4	4				
1 Tbsp dried parsley						
1/4 tsp pepper						
1/4 tsp oregano						
1 tsp garlic powder						
1 tsp cinnamon						
1/2 tsp thyme						
2 Cups green beans						
5.5 Cups fresh spinach						
Total recipe	148	4				
If divided into 8 equal portions	19	1				
If divided into 5 equal portions	30	1				

INSTRUCTIONS

- Brown beef in a large stock pot. Drain.
- Add beef broth through thyme to the same pot, and bring to a boil.
- Reduce heat, cover and simmer about 15 minutes.
- Add green beans, cover and simmer another 10 minutes.
- Turn off heat and stir in spinach.



Beef Foil Packets

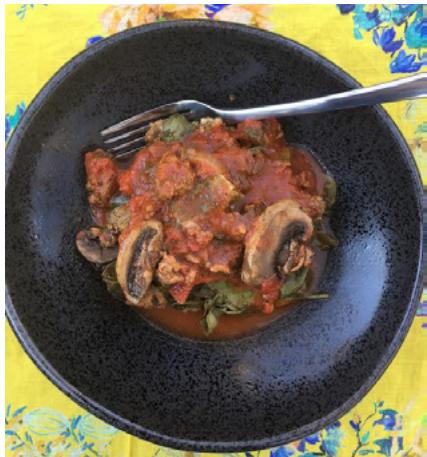
A fix-it-and-forget-it protein option, this takes less than 5 minutes to get into the oven. The flavors are just awesome, especially if you're a mushroom fan. Save that gravy that forms inside the packet for, well, whatever you're eating with this, anything from veggies to carbs!

INGREDIENTS

	YOUR CHANGES					
	protein	net carbs	fat	protein	net carbs	fat
9 oz 1/2" or 3/4" thick lean steak	54					
2 tsp roasted beef base	2	2				
1/2 Cup "clean" condensed cream of mushroom soup		10	2			
Total recipe	56	12	2			
If divided into 3 equal portions	19	4	1			

INSTRUCTIONS

- 350 oven
- Tear off a very large piece of foil.
- Place steak on the foil and spread with beef base.
- Top with condensed soup.
- Seal up very tightly and bake for 1 hr 15 min to 1 hr 30 min.



Beef and Veggie Slow Cooker Lasagna

A lasagna style no-noodles dish that is very hearty and filling. Use less cheese, and/or a homemade, no-oil pasta sauce to reduce fat. Use more veggies, as needed, if you want to knock out your veggie requirement all in one dish!

INGREDIENTS

	YOUR CHANGES					
	protein	net carbs	fat	protein	net carbs	fat
1 lb lean ground beef	96					
1/2 red onion, chopped						
1 26 oz jar marinara sauce			30			
12 oz log of fresh mozzarella, cut into 12 slices	84		48			
6 oz fresh baby spinach						
1 green pepper, chopped						
8 oz sliced mushrooms						
Total recipe	180		78			
If divided into 10 equal portions	18		8			
If divided into 6 equal portions	30		13			

INSTRUCTIONS

- Cook ground beef with chopped onion. Use a paper towel to absorb any grease in the pan.
- Add 1 Cup pasta sauce to cover the bottom of your slow cooker.
- Top with 1/3 beef, 1/3 cheese and 1/3 veggies.
- Repeat layers - 1/2 remaining sauce/beef/cheese/veggies twice more.
- Cover and cook over low 4-5 hours.

PROTEINS

EGG WHITES





Egg Drop Soup

Believe me when I tell you this is a filling soup, even though it's light and delicate at the same time. If you enjoy the classic dish, you'll love whipping up this nonfat, very low carb version at home on a cold day. Bonus points since you're probably knocking out that meal's veggie requirement as well!

INGREDIENTS

	YOUR CHANGES						
	protein	net carbs	fat		protein	net carbs	fat
4 Cups low sodium chicken broth	4						
2 Tbsp wheat free Tamari sauce	4	2					
1.5 Tbsp ginger paste							
2.5 Cups spinach leaves							
1 Cup thinly sliced mushrooms							
1/2 Cup thinly sliced green onions							
1 Cup liquid egg whites	27						
S&P to taste							
Total recipe	35	2					
If divided into 2 equal portions	17	1					

INSTRUCTIONS

- In a large stock pot, bring chicken broth, Tamari and ginger to a boil. Turn down heat and simmer 15 min.
- Add spinach, mushrooms and most of the green onions and simmer 5 more minutes.
- Add egg whites to a ziplock bag.
- Cut a small end off the egg white bag and slowly drizzle into soup, stirring very slowly.
- Add S&P to taste.
- Top with remaining green onion and enjoy immediately!



4 Minute Eggs

Raise your hand if you have all the time in the world every morning to leisurely prepare an RP friendly egg dish for yourself....yeh, I didn't think so. That's where this recipe comes in! If you're really tight on time in the mornings, you can have your filling already mixed with veggies in the fridge. Here's how it would go – spray > stir > pour > microwave 1 minute > stir > microwave 1.5 minutes > EAT! You're welcome.

INGREDIENTS

INGREDIENTS	YOUR CHANGES						
	protein	net carbs	fat		protein	net carbs	fat
cooking spray							
1 large whole egg	6		5				
5 Tbsp liquid egg whites	8						
2 Tbsp 2% shredded cheese	4	1	3				
1/2 Cup finely chopped veg of your choice							
fresh chopped mint (or herb of your choice)							
S&P to taste							
Total recipe	18	1	8				

INSTRUCTIONS

- Spray a microwave friendly small souffle dish or wide mouth coffee mug with cooking spray.
 - Stir all ingredients together and pour into prepared dish or mug.
 - Microwave 1 minute; stir.
 - Microwave another 1.5 minutes until cooked through.



No Carb Bread

This is one of those game changer recipes if you're a sandwich person that doesn't get many carbs. Once you get the hang of it, it's super easy to prepare. You'll have to save this one for a meal where you can have some fats. I want you to think of this as a Master Recipe – one that could be adapted to make garlic bread, pizza crust, cookies, etc.! Have fun!

INGREDIENTS

	YOUR CHANGES						
	protein	net carbs	fat		protein	net carbs	fat
cooking spray							
3 Tbsp lowfat cottage cheese, strained	5	2	1				
3 large whole eggs, separated	18		15				
1/4 tsp cream of tartar							
Total recipe	23	2	16				
If divided into 2 equal portions	11	1	8				

INSTRUCTIONS

- 300 oven. Line a rimmed baking sheet with parchment and spray well with cooking spray.
- Combine strained lowfat cottage cheese and egg yolks in a mini food processor and process until very smooth.
- Using cold beaters and a cold bowl, whip cold egg whites with cream of tartar in a small mixing bowl to very stiff peaks.
- Add egg yolk mixture into the bowl with the egg whites, and very carefully fold to combine.
- You want to thoroughly combine yolks and whites, but minimize deflation of the whites as much as possible.
- Carefully pour mixture into 5-6 round piles or “buns” on your prepared baking sheet. Flatten just slightly and shape into circles with the back of a spoon.
- Quickly place in the oven for about 30 minutes or until browned on top.
- They will puff in the oven and deflate some as they cool, which is to be expected.
- For best texture, leave out uncovered overnight.
- Store separated with parchment paper in an airtight container or Ziploc in the refrigerator.



Lemon Custard

You're going to love that you have discovered a way to eat eggs even though it tastes like you're having dessert! You can experiment with lower carb and/or lower fat milks, but the whole eggs are essential, so you won't be able to get fats all the way down to zero. It takes next to no time at all to get these babies into the oven, and my favorite way to eat this dish is cold right out of the fridge the next day! My new lemon love!

INGREDIENTS

	YOUR CHANGES					
	protein	net carbs	fat	protein	net carbs	fat
coconut oil spray						
2 2/3 Cups 2% milk	21	32	13			
4 large whole eggs	24		20			
4 Tbsp lemon zest						
4 Tbsp lemon juice		5				
3 packets lemon meringue Flex Flavors*						
Total recipe	45	37	33			
Per ramekin	11	9	8			

INSTRUCTIONS

- 350 oven. Spray 4 small ramekins well with coconut oil spray.
- Whisk all ingredients until well combined.
- Pour into prepared ramekins.
- Place filled ramekins in a high sided pan (like a 13x9x2).
- Carefully add water to come halfway up the sides of the ramekins.
- Bake in the center of the oven about 55 minutes, or until no longer jiggly in the center.
- Enjoy warm or cold. Store in the fridge.

* Sold by Devotion Nutrition



Scrambled Eggs with Smoked Salmon

Yum! I see questions all the time from folks looking for some other way to eat eggs. You've got to try this if you're a smoked salmon fan; look for smoked salmon that is very lean. These eggs are rich and creamy and perfectly appropriate to have at a meal with no carbs! Enjoy it with a simple green salad on the side to satisfy your veggie requirement for the meal.

INGREDIENTS

	YOUR CHANGES						
	protein	net carbs	fat		protein	net carbs	fat
2 large whole eggs	12		10				
3 Tbsp liquid egg whites	5						
pinch ground pepper							
3 Tbsp unsweetened refrigerated coconut milk			1				
2 Tbsp goat cheese	3		4				
2 Tbsp chopped green onions							
3 oz wild smoked salmon	15		2				
Total recipe	35		16				
If divided into 2 equal portions	18		8				

INSTRUCTIONS

- Whisk together eggs, egg whites and pepper.
- Add the milk to a large saucepan over low heat.
- Once warm, add the eggs to the warm milk.
- Allow to sit until eggs start to firm slightly.
- Start folding and stirring eggs to finish cooking.
- Stir in goat cheese to melt.
- Remove from heat and stir in green onions and smoked salmon.

VEGGIES



Creamed Kale

This creamy side dish sneaks in some protein, and tastes amazing. If you like kale, you've got to try this one!

INGREDIENTS

	YOUR CHANGES					
	protein	net carbs	fat	protein	net carbs	fat
2 large bunches of fresh kale						
4 Tbsp EVOO			60			
1 Cup chopped onion						
8 cloves garlic, sliced						
1 Cup water						
16 oz block silken tofu	20	5	10			
3/4 Cup 2% milk	6	9	4			
3/4 Cup grated parm	54		27			
1/2 tsp garlic powder						
1/2 tsp ground nutmeg						
pinch of red pepper flakes						
S&P, to taste						
Total recipe	80	14	101			
If divided into 13 equal portions	6	1	8			
If divided into 7 equal portions	11	2	14			

INSTRUCTIONS

- Use two large sauté pans to make the full recipe, following the instructions, but dividing all ingredients evenly between pans.
- Wash kale well and tear or rough chop stems and leaves.
- Heat EVOO over med high heat.
- Add onion and garlic and cook just until soft; you don't want it to brown.
- Turn heat to high and add kale and water. Toss, then cover and cook for 5 minutes.
- While that's cooking, make your sauce:
- Add tofu, milk, parm and spices to a blender and puree until combined. Mixture will be thin.
- Taste and adjust seasonings as desired.
- Remove pan lids, toss kale again and continue cooking, uncovered, until liquid has evaporated.
- Turn heat down to low, add sauce, toss to combine and warm through.
- Do a final taste and adjust seasonings as desired.

Skillet Mushrooms in Sauce

This is one of those veggie dishes that evolved in the pan. I started out thinking I'd do something with simple flavors; next thing I knew I'm adding ingredients into the pan, stirring, and tasting, adding, stirring and tasting some more, and then BOOM. I couldn't stop eating these when I finally got the taste right. So rich and meaty and flavorful; if you like umami flavors, this may become one of your favorite dishes from the book! As always, try sautéing veggies in chicken broth instead of oil if you need fewer fats.

INGREDIENTS

	YOUR CHANGES						
	protein	net carbs	fat		protein	net carbs	fat
1 Tbsp EVOO			15				
5 Cups sliced cremini mushrooms							
1 poblano pepper, seeds removed, thin sliced							
2.5 Cups angel hair green cabbage							
S&P to taste							
1 Tbsp red wine vinegar							
3 Tbsp low sodium wheat free Tamari sauce	6	3					
1 Tbsp porcini powder, optional							
3 Tbsp peanut butter powder		2	2				
chicken broth							
Total recipe	6	5	17				
If divided into 4 equal portions	2	1	4				

INSTRUCTIONS

- Heat oil in a large sauté pan over medium high heat.
- Add mushrooms and pepper and cook about 8 minutes.
- Add cabbage and S&P and cook a couple more minutes.
- Reduce heat to medium and add red wine vinegar and Tamari sauce.
- Immediately sprinkle porcini powder and PB powder over veggies.
- Stir and heat through, adding chicken broth as needed to make a loose sauce.
- Top with more fresh pepper to taste.



Asian Roasted Brussels Sprouts

A super quick and easy veggie side, this one could very easily deserve a place on your holiday dinner table with family and friends. Eliminate the nuts and experiment with cutting back on the oil if you need fewer fats.

INGREDIENTS

	YOUR CHANGES					
	protein	net carbs	fat	protein	net carbs	fat
8 Cups brussels sprouts						
1.5 Tbsp EVOO			23			
S&P to taste						
2 Tbsp wheat free Tamari sauce						
3 Tbsp rice wine vinegar						
1/8 tsp sriracha powder						
1 Tbsp EVOO			15			
1/2 Tbsp SF brown sugar cinnamon syrup						
1/2 Tbsp cilantro paste						
6 Tbsp cashews, chopped			30			
coarse sea salt						
lemon juice						
Total recipe			68			
If divided into 8 equal portions			8			
If divided into 4 equal portions			17			

INSTRUCTIONS

- 400 oven. Line 2 large rimmed baking sheets with foil.
- Trim and halve the brussels sprouts. Spread out on prepared pans.
- Toss sprouts with EVOO, sprinkle with S&P and roast 12-13 minutes.
- In a large mixing bowl, whisk together Tamari sauce through cilantro paste.
- Add hot brussels sprouts to bowl and toss to combine.
- Sprinkle with cashews, sea salt and a squirt or two of lemon juice.



Caramelized Onions and Leeks

A refreshing and hearty side dish to get those all-important veggies in! This would be terrific alongside a lean steak or piled high atop an RP friendly burger. Eliminate or reduce the EVOO to cut back on fats as needed.

INGREDIENTS

	YOUR CHANGES						
	protein	net carbs	fat		protein	net carbs	fat
2 Tbsp EVOO, divided			30				
1/4 Cup unsweetened applesauce		6					
1.5 Tbsp lemon juice		2					
1 Tbsp apple cider vinegar							
1/4 tsp salt							
1/4 tsp pepper							
3 Cups sliced sweet onions							
1 Cup thinly sliced leeks							
4 Cups baby spinach							
Total recipe	8	30					
If divided into 4 equal portions	2	8					
If divided into 8 equal portions	1	4					

INSTRUCTIONS

- In a medium sized heatproof mixing bowl, whisk together 1 Tbsp EVOO, applesauce, lemon juice, apple cider vinegar, and S&P.
- Meanwhile, heat remaining 1 Tbsp EVOO over medium-high heat.
- Sauté onions in EVOO for about 6 minutes, moving around with a wooden spoon occasionally.
- Add in the leeks and cook a couple more minutes.
- Transfer the hot onion and leek mixture to the bowl with dressing, and add in the 4 Cups spinach.
- Toss everything to combine.



Pesto Veggie Pasta

Ok, so I know you won't be prepping this regularly, but hear me out; there may come a time where you want to do a really special veggie dish, or you just desperately need to mix things up with your meal prep. That's the time to remember this recipe! It's a beautiful veggie dish, just bursting with color and flavor!

INGREDIENTS

	YOUR CHANGES					
	protein	net carbs	fat	protein	net carbs	fat
7 Cups zucchini and squash "noodles"						
1 tsp salt						
1/2 Cup mint leaves						
1/2 Cup parsley						
1/4 Cup grated parm	12		9			
1.5 Tbsp EVOO			23			
1/2 tsp salt						
1/4 tsp pepper						
1/4 tsp garlic powder						
water, as needed						
1/2 Tbsp EVOO			8			
2 Cups chopped fresh tomatoes						
1 Tbsp balsamic vinegar		3				
Total recipe	12	3	39			
If divided into 5 equal portions	2	1	8			

INSTRUCTIONS

- A couple of hours earlier:
- Spread zucchini and squash "noodles" out on a double layer of paper towels placed on top of a cotton kitchen towel.
- Sprinkle with salt, cover with another double layer of towels, press down gently and leave for about 20 minutes.
- Replace top layer of paper towels if very wet, then roll everything up in the towel and squeeze. Let sit, rolled up, for at least an hour.
- To make your pesto, combine mint through garlic powder in a mini food processor and process until combined.
- Transfer to a large bowl and whisk in water as needed to make a smooth consistency.
- Heat 1/2 Tbsp EVOO over medium high heat, using two pans or working in batches as needed.
- Sauté zucchini and squash noodles 5-7 minutes.
- Add sautéed noodles to pesto bowl and toss to combine.
- Fold in the best tasting tomatoes you can find, wedged or chopped into bite sized pieces.
- Drizzle with balsamic vinegar, and season to taste with more fresh herbs, pepper and coarse sea salt.



Pistachio Mint Cucumbers

Yes, they're as good as they sound. And since they'll be ready in about 5 minutes, there's really no reason NOT to try them!

INGREDIENTS

3/4 Tbsp EVOO			11
2 Tbsp chopped fresh mint			
1 Tbsp SF orange marmalade		5	
1/2 Tbsp red wine vinegar			
4 Cups chopped cucumbers			
2 Tbsp chopped pistachios		7	

Total recipe

If divided into 4 equal portions	1	5
If divided into 2 equal portions	3	9

YOUR CHANGES

protein	net carbs	fat	protein	net carbs	fat
		11			
		5			
		7			
	5	18			
	1	5			
	3	9			

INSTRUCTIONS

- In a medium mixing bowl, whisk together EVOO, mint, orange marmalade and red wine vinegar.
- Fold in cucumbers and pistachios.



Sweet Onion Pasta Sauce

The red sauce recipe in my first cookbook, The Renaissance Kitchen, will always be my favorite. But I see so many recipes out there using a basic pasta sauce, I felt I had to include a new sauce alternative in this book. And this one is a winner! Leave out the cheese if you're trying to cut back on fat. You could also try using a nonstick pan with cooking spray for the onions instead of EVOO, but I can't be held responsible for the caramelization results (or lack thereof!)

INGREDIENTS

	YOUR CHANGES					
	protein	net carbs	fat	protein	net carbs	fat
2 Tbsp EVOO			30			
1 Cup red onion slices						
4 Tbsp tomato paste						
1/2 tsp crushed red pepper						
1 Tbsp fresh chopped parsley, divided						
20 oz. canned pureed tomatoes						
1 Tbsp balsamic vinegar		3				
1/2 Cup grated parmesan	15	2	19			
Total recipe, about 2 Cups pasta sauce	15	5	49			
If divided into 6 equal portions	2	1	8			
If divided into 3 equal portions	5	2	16			

INSTRUCTIONS

- In a large sauté pan, cook onions in EVOO over medium heat 7 or 8 minutes to caramelize.
- Add in tomato paste, crushed red pepper and half the parsley.
- Allow the paste to cook until slightly dark, 1-2 minutes.
- Stir in tomato puree and balsamic. Simmer a couple more minutes to reduce.
- Stir in remaining fresh parsley, and cheese.
- Puree if you prefer a smooth sauce.



Thai Curry Veggies

Save this veggie dish for a meal where you can have fats. Totally worth it if you love coconut curry flavors!

INGREDIENTS

2 Tbsp red curry paste			
1 Tbsp rice vinegar			
1 tsp crushed red pepper			
1 tsp ground cumin			
1 tsp SF vanilla syrup			
1/4 tsp white miso			
1 Cup light coconut milk	3	14	
1 Tbsp EVOO		15	
1 Cup 2" long green onion pieces			
1 Cup green pepper strips			
1 Cup red onion wedges, separated			
3 Cups fresh spinach			
1 tsp lime juice			
coarse sea salt, to taste			

Total recipe

YOUR CHANGES					
protein	net carbs	fat	protein	net carbs	fat
3	29				
1	5				
1	10				

INSTRUCTIONS

- Combine red curry paste through miso in a 2 Cup glass measuring cup.
- Stir well to fully combine.
- Add in lite coconut milk and whisk to unify.
- Heat EVOO in a large sauté pan over medium heat.
- Add peppers and onions and sauté 7-8 minutes.
- Pour in curry coconut mixture and leave heat at medium to reduce sauce.
- Once sauce reduces from watery to slightly thickened, add in spinach.
- Toss just to incorporate, then remove from heat.
- Top with lime juice and coarse sea salt.

Roasted Squash with Spinach

This is a really easy veggie and carb side dish. Yes, I counted the excess carbs in the squash since it's not on the approved veggie list. If you're eating the same boring veggies day in and day out (not that there's anything wrong with that!), and you can afford the carbs, this dish is a satisfying treat full of flavor.

INGREDIENTS

	YOUR CHANGES						
	protein	net carbs	fat		protein	net carbs	fat
3 Tbsp EVOO, divided			45				
4 Cups cubed butternut squash		37					
6 garlic cloves, finely chopped							
1.5 - 2 tsp crushed red pepper flakes							
8 Cups fresh spinach							
1.5 lemons, zest and juice		6					
S&P to taste							
Total recipe		43	45				
If divided into 6 equal portions		7	8				

INSTRUCTIONS

- 400 oven
- Toss squash cubes with 1.5 Tbsp EVOO and roast on a rimmed baking pan for 40-50 minutes.
- When squash is almost done, heat the remaining EVOO in a large sauté pan over low-medium heat.
- Add garlic and stir frequently until just starting to brown.
- Add in crushed red pepper and cook an additional 1-2 minutes, continuing to stir frequently.
- Add spinach and toss to wilt.
- Stir in roasted squash cubes.
- Remove from heat and squeeze lemon juice over top along with S&P and lemon zest.



Eggplant Crisps

If you have my first cookbook, you know that I love veggies made into "chips." These eggplant crisps may just be some of my favorites. You can certainly experiment with reducing or replacing the EVOO with cooking spray, if you're avoiding fats.

INGREDIENTS

	YOUR CHANGES						
	protein	net carbs	fat	protein	net carbs	fat	
cooking spray							
1 medium firm eggplant (about 450g, or 16 oz)							
1.5 Tbsp EVOO			23				
paprika							
chili powder							
garlic powder							
fine sea salt							
Total recipe			23				
If divided into 2 equal portions			11				

INSTRUCTIONS

- 275 oven. Set sprayed cooling racks inside of 2 large rimmed baking sheets.
- Thinly slice the eggplant, skin on.
- If you use a mandoline to slice the eggplant paper thin, you'll go with the shorter cooking time.
- Paper thin slices will yield crisp, fragile chips that may break when you remove them from cooling racks.
- Sliced thin by hand (sort of like a thick bacon) and baked the full amount will yield larger, thicker, but still crisp, slices.
- Use your fingers to spread the EVOO evenly among the pieces.
- Liberally season with spices and salt.
- Bake 1-2 hours, depending on thickness and desired crispness.
- Let cool slightly on racks before removing.

..... HEALTHY FATS





Frozen Lime Mini Pies

Yes, these are amazing! Try them now! Seriously, I absolutely love this crust recipe and can't wait to experiment with all types of different ways to use it, different fillings, etc.. Have some fun with your food!

INGREDIENTS

	YOUR CHANGES						
	protein	net carbs	fat		protein	net carbs	fat
Crust							
coconut oil spray							
1/2 Cup raw pecans			36				
1/2 Cup raisins		55					
1/2 tsp vanilla							
1/4 tsp cinnamon							
pinch salt							
splash of SF Coconut syrup							
Filling							
1/2 avocado			15				
1/8 Cup coconut oil			27				
zest of 1 lime							
1/8 Cup lime juice		2					
1 Tbsp brown rice syrup		18					
1/4 tsp vanilla							
pinch salt							
2 tsp butter vanilla emulsion							
splash of SF coconut syrup							
Total recipe		75	78				
If divided into 5 pies		15	16				
If divided into 10 mini pies		8	8				

INSTRUCTIONS

- In a mini food processor, combine pecans through salt and pulse.
- Add enough SF syrup so that mixture sticks together.
- Press crust mixture into the bottom of muffin tins lightly sprayed with coconut oil spray.
- Wipe out the mini food processor, then process all filling ingredients.
- Top crust with filling and spread evenly.
- Freeze.
- Let thaw about 20 minutes, just until soft enough to remove from pan and eat.

Avocado Crema

Just a great topping for all kinds of dishes – from simple proteins to enchiladas! Couldn't be faster or easier. Keep a batch in your fridge; you'll use it!

INGREDIENTS

	YOUR CHANGES			
	protein	net carbs	fat	
1 avocado			30	
1 Cup full fat Greek yogurt	20	9	11	
S&P to taste				
Total recipe	20	9	41	
If divided into 16 equal portions	1	1	3	

INSTRUCTIONS

- In a mini food processor, process all ingredients together until smooth.
- Add water if needed to get to the desired consistency.



Stovetop Pumpkin Pie

Holiday coming up and craving the classic pumpkin pie? Check out the amazing macros on this no bake version. My advice is to not monkey with the crust very much – it really makes the pie!

INGREDIENTS

	YOUR CHANGES					
	protein	net carbs	fat	protein	net carbs	fat
Crust						
coconut oil spray						
3/4 Cup raw pecans			54			
3/4 Cup raisins		83				
3/4 Tbsp SF coconut syrup						
3/4 tsp vanilla						
1/2 tsp cinnamon						
pinch salt						
Filling						
.25 oz envelope unflavored gelatin						
2 tsp pumpkin spice						
1/2 tsp salt						
13.66 oz can coconut cream	5	10	85			
2 large beaten eggs	12		10			
15 oz can pure pumpkin, separated	4	25	2			
4 crème brûlée Devotion Nutrition Flex Flavors						
Total recipe	21	117	151			
If divided into 12 equal slices	2	10	13			
If divided into 10 equal slices	2	12	15			
If divided into 8 equal slices	3	15	19			

INSTRUCTIONS

- Spray a 10inch glass pie plate with coconut oil spray.
- In a food processor, combine all crust ingredients; process and pulse until combined, adding syrup as needed.
- Press crust mixture in bottom and up sides of prepared glass pie plate. Place in the fridge to chill.
- In a med saucepan, combine gelatin through eggs with 1/2 Cup pumpkin. Stir well to combine; Let sit for about a minute.
- Cook over low heat, stirring continuously for about 15 minutes, or until thickened.
- Remove from heat and add in remaining pumpkin and flavor packets. Stir to completely combine.
- Pour into chilled crust and place in the fridge overnight to set up.

Spicy Tamari Cashews

Definitely try this recipe to add some variety to your rotation of nuts. Nothing boring about these babies!

INGREDIENTS

	YOUR CHANGES					
	protein	net carbs	fat	protein	net carbs	fat
3 Cups raw cashew halves			189			
1/4 Cup tamari						
1/4 tsp cayenne pepper						
1/4 tsp dried thyme						
coarse sea salt, to taste						
Total recipe			189			
If divided into 26 equal portions			7			
If divided into 13 equal portions			15			

INSTRUCTIONS

- 350 oven
- Spread nuts on a rimming baking sheet and bake 5 minutes.
- Meanwhile, combine tamari, cayenne and thyme in a medium bowl.
- Remove from the oven and add hot nuts to the tamari bowl. Toss.
- Let sit, stirring occassionally, about 5 minutes.
- Use a slotted spoon to transfer nuts back to the baking pan; discard remaining liquid.
- Sprinkle with coarse sea salt.
- Bake nuts another 5 minutes, stir, then turn off oven and leave in 3-5 minutes longer.
- Remove to cool completely (I'll typically leave these in the oven overnight to completely dry out).
- Store in an airtight container at room temp.

Enchilada Sauce

Sure, you can buy enchilada sauce at the grocery store, but the mainstream brands typically contain sugar. In about 30 minutes, you can whip up a batch of this from scratch and you'll know without a doubt that it's 100% RP approved. And it just happens to taste amazing as well. Use it in recipes (like in #119 Chicken Enchilada Soup), as a zippy sauce over proteins and/or carbs, etc..

INGREDIENTS

	YOUR CHANGES						
	protein	net carbs	fat		protein	net carbs	fat
2 Tbsp canola oil			30				
2 Tbsp spelt flour		10					
4 Tbsp chili powder							
1 tsp cinnamon							
1 tsp cocoa powder							
1/2 tsp garlic powder							
1/2 tsp salt							
1/2 tsp cumin							
1/4 tsp oregano							
2 Cups chicken broth							
Total recipe, about 1.5 Cups		10	30				
If divided into 6 quarter-cup portions		2	5				
If divided into 3 half-cup portions		3	10				

INSTRUCTIONS

- Heat oil over medium-high heat in a small saucepan.
- Add spelt flour and whisk for about a minute.
- Stir in all seasonings (chili powder through oregano).
- Gradually add chicken broth, whisking until smooth.
- Reduce heat and simmer 10-15 minutes to thicken slightly.



Almond Tamari Salad Dressing

I see lots of posts in our RP Clients Group from folks looking for RP approved salad dressings. There aren't many fully compliant options in the store, so do yourself a favor – take a few minutes and whip up this yummy dressing and keep it in the fridge. Not a fan of mint? Just swap it out for your favorite herb instead. And think beyond salads – this is a terrific way to add some zing to proteins and other veggies as well!

INGREDIENTS

	YOUR CHANGES						
	protein	net carbs	fat				
1/2 Cup raw almonds			36				
water							
1 minced garlic clove							
2 Tbsp + 1 tsp wheat free Tamari							
2 Tbsp + 1 tsp apple cider vinegar							
3 Tbsp avocado oil			41				
1/2 Cup water							
1/2 tsp fine pepper							
1 tsp lemon juice							
2 Tbsp chopped fresh mint leaves							
Total recipe, approx. 1.5 Cups			77				
Per Tbsp			3				

INSTRUCTIONS

- Soak almonds in water to cover at least overnight, and up to 24 hours.
- Drain and combine almonds with all other ingredients in a food processor or blender.
- Process until smooth, adding more water, as needed, to reach the desired consistency.



Cashew Cream

Here comes a Master Recipe. I call it that because there is a world of possibilities, with a really neutral dish like this, to change its flavor – from sweet to savory, and everything in between, to suit your mood! It's a terrific non dairy spread for bagels and bread; eat as is or add any number of flavorings – cinnamon raisin, orange spice, blueberry lemon, raspberry oat crunch, just to name a few. Blend in fruit or brown rice syrup to make a sweet dip for fruit, an icing for your protein treats or even a topping for pancakes; add herbs and combine with hot pasta to make a creamy savory sauce. Have fun experimenting!

INGREDIENTS

	YOUR CHANGES					
	protein	net carbs	fat	protein	net carbs	fat
8 Cups water						
2 Cups raw cashews			126			
1/2 Cup cold water						
Total recipe, approx. 2 Cups			126			
Per Tbsp			4			

INSTRUCTIONS

- Bring 8 Cups water to a boil in a stock pot.
- Remove from heat, add cashews and cover with a clean kitchen towel.
- Allow to sit at room temp for 6-8 hours.
- Drain and transfer cashews to a large food processor.
- Add around 1/2 Cup (more or less based on preference) of cold water.
- Process several minutes until very smooth and light, scraping sides as needed.



Peanut Butter Caramel Dip with Chocolate Chips

I'm not surprised this one caught your eye! There are a few magic words in that title – peanut butter, caramel and of course, chocolate! If you're craving sweets, this quick little dip, which pairs great with apple slices if you get carbs at that meal, will hit the spot for sure. Would also make a great topping for protein pancakes and bagels, or spread between 2 pieces of whole grain toast and heated with a heavy pan on top to make a hot sweet "panini" style sandwich! Um.....YUMMM!

INGREDIENTS

	YOUR CHANGES					
	protein	net carbs	fat	protein	net carbs	fat
2 Tbsp creamy PB			15			
1 Tbsp unsweetened coconut milk						
1/2 tsp SF caramel syrup						
1/4 tsp ground cinnamon						
15 (about 1 Tbsp) stevia sweetened dark chocolate baking chips		1	1			
Total recipe		1	16			
If divided into 2 equal portions		1	8			

INSTRUCTIONS

- Combine all ingredients except choc chips in a small bowl and stir to combine.
- Taste and adjust add-ins and/or milk to suit desired flavor and consistency.
- Top with dark chocolate baking chips.



Sundried Tomato Basil Spread

This super quick and simple-to-make topping is great over proteins, stirred into soup, smeared on a sandwich, etc. Liven up your fats rotation!

INGREDIENTS

	YOUR CHANGES					
	protein	net carbs	fat	protein	net carbs	fat
10 oz jar sundried tomatoes in oil			27			
3/4 Cup basil leaves						
1/2 Cup raw almonds			36			
1 tsp balsamic vinegar		1				
1/2 tsp garlic powder						
1/4 tsp pepper						
1/4 Cup grated parmesan cheese	10	1	7			
sea salt, to taste						
Total recipe, about 1.75 Cups	10	2	70			
If divided into 28 portions (about 1 Tbsp)	0	0	2			
If divided into 9 portions (about 3 Tbsp)	1		8			
If divided into 5 equal portions (about 5.5 Tbsp)	2		14			

INSTRUCTIONS

- Transfer sundried tomatoes to the bowl of a food processor, leaving the excess oil in the jar for now.
- Add basil through pepper to the food processor and pulse to rough chop and start to combine everything.
- Drizzle in all of the sundried tomato oil as the processor is running. Process until smooth.
- Once smooth, add cheese and process just until incorporated.
- Taste and add sea salt as needed.

Chocolate Whipped Coconut Cream

Craving no guilt whipped cream for your protein pancakes, parfaits and other RP friendly sweets? Look no further! This feels so wrong, but it's so right... Have nothing that needs topping? Go ahead and eat it off the measuring spoon; this is a judgment free zone!

INGREDIENTS

	YOUR CHANGES						
	protein	net carbs	fat		protein	net carbs	fat
1 13.66 oz can coconut cream	5	10	85				
1 Tbsp unsweetened cocoa powder	1	1	1				
2 tsp SF chocolate syrup							
1 tsp SF vanilla syrup							
1 tsp espresso powder							
Total recipe (around 1 Cup)	6	11	86				
If divided into 11 portions (about 1.5 Tbsp)	1	1	8				
If divided into 6 portions (just over 2.5 Tbsp)	1	2	14				

INSTRUCTIONS

- Leave the can of coconut cream in your fridge for at least a day.
- About 30 minutes ahead, stick a small bowl and your mixer beaters in the freezer.
- Open the can of coconut cream and slowly remove only the solids.
- Add the solids to your cold mixing bowl along with all other ingredients.
- Mix on medium for a few minutes, then on very high until mixture is light and fluffy, scraping the bowl as needed.

HEALTHY CARBS





One Pan Creamy Pasta

Seriously...an amazingly creamy, fresh, hearty – and don't forget gorgeous - pasta dish, all in one pan – made in under 20 minutes... sign me up! Definitely serve this to your family. With nothing but classic Italian flavors, I hope they'll love it as much as we do at our house!

INGREDIENTS

	protein	net carbs	fat	YOUR CHANGES		
					protein	net carbs
13.25 oz box dry whole grain thin spaghetti		231				
2 Cups low sodium chicken broth						
3 Cups water						
2 large tomatoes, rough chopped						
large handful fresh basil leaves, more for garnish						
3 Tbsp EVOO			45			
1 Tbsp tomato paste						
4 cloves thinly sliced garlic						
dried red pepper flakes, to taste						
1 tsp Kosher salt						
1/2 Cup grated parmesan cheese	24		18			
3 creamy swiss cheese wedges	6	3	12			
pepper and coarse sea salt to taste						
Total recipe, roughly 8.5 Cups	30	234	75			
If divided into 17 equal (1/2 Cup) portions	2	14	4			
If divided into 8.5 equal (1 Cup) portions	4	28	9			

INSTRUCTIONS

- Break dry pasta in half as you add it to a large high sided skillet.
- Add in chicken broth, water, tomatoes, basil, EVOO, tomato paste, garlic, red pepper flakes and salt.
- Bring to a boil over medium high heat.
- Cook and stir to prevent sticking, about 8 minutes.
- Stir in parm and turn off the heat. Add cheese wedges and let sit to soften.
- Once softened, mash cheese wedges with back of wooden spoon and stir to incorporate.
- Garnish with fresh torn basil leaves.
- Add S&P to taste.



Parsley Pistachio Brown Rice

This is an interesting little twist on classic brown rice. The flavors tend to meld as it sits a bit in the fridge, so don't judge it based on first bite if you sample when you finish cooking. The flavors seem pretty bland at first, but something special happens as it hangs out. You'll find yourself craving this, especially if you've been eating plain steamed rice for a while now. Reduce or eliminate EVOO to cut back on fat.

INGREDIENTS

	YOUR CHANGES						
	protein	net carbs	fat		protein	net carbs	fat
1/2 Cup shelled pistachios			28				
2 C low sodium chicken broth							
1 Tbsp EVOO			15				
1 C uncooked brown rice		124					
2 Tbsp chopped parsley							
coarse sea salt							
fresh cracked pepper							
Total recipe		124	43				
If divided into 7 equal portions		18	6				
If divided into 3 equal portions		41	14				

INSTRUCTIONS

- Toast the nuts for a few minutes in a 350 oven or in a dry pan on the stove over low heat.
- Allow to cool, then rough chop.
- Bring broth and EVOO to a boil in a medium saucepan.
- Add rice, stir and return to a boil.
- Cover the pan and reduce heat to low.
- Simmer until liquid is absorbed, 25-30 minutes, stirring occasionally.
- Add nuts and parsley and stir to combine; add S&P to taste.



Fruit and Oat Bars

This is a terrific make ahead, grab and go fat and carb source. Sweet, chewy and crunchy, you'll find yourself making these time and time again. You could easily make the macros hit your numbers by reducing or leaving out the fruit filling as needed. To round out a quick meal, eat one of these babies with a protein shake or some jerky and some celery strips. On the go meal mission accomplished!

INGREDIENTS

3/4 Cups raisins	
boiling water	
1.25 Cups old fashioned oats	
1.5 Cups crispy brown rice cereal	
1/4 Cup nut butter	
1/4 Cup brown rice syrup	
2 Tbsp canola oil	
1/4 tsp fine sea salt	
1 Cup no sugar added fruit pie filling	
Total recipe	
If divided into 8 equal bars	
If divided into 4 equal bars	

	YOUR CHANGES		
	protein	net carbs	fat
3/4 Cups raisins	87		
boiling water	58		
1.25 Cups old fashioned oats	38		
1.5 Cups crispy brown rice cereal			30
1/4 Cup nut butter			72
1/4 Cup brown rice syrup			30
2 Tbsp canola oil			
1/4 tsp fine sea salt			
1 Cup no sugar added fruit pie filling	20		
Total recipe	274	60	
If divided into 8 equal bars	34	8	
If divided into 4 equal bars	68	15	

INSTRUCTIONS

- Line an 8x6 glass baking pan with parchment, leaving an overhang on the short sides to serve as handles later.
- Pour boiling water over raisins just to cover, and set a timer for 10 minutes. Drain and reserve soaking water.
- Lightly toast oats in a dry saucepan over low heat, or in a 350 oven for 7 or 8 minutes.
- Combine toasted oats and brown rice cereal in a large mixing bowl and set aside.
- Add drained raisins and 2 Tbsp of the soaking water to a mini food processor; process to form a paste.
- In a small saucepan over medium-low heat, stir together raisin paste, nut butter, brown rice syrup, oil and salt.
- Cook while continuously stirring until very smooth and pourable.
- Pour over oats and cereal and stir to combine.
- Scoop half of the cereal mixture into your prepared pan, and press lightly to level.
- Spoon pie filling to cover bottom layer, leaving a 1" border around the outside.
- Spoon remaining cereal mixture over the top, press with fingers to cover filling.
- Top with a sheet of plastic wrap and press bars into an even layer.
- Freeze for about 15 minutes, remove and cut into bars, then back to the freezer for at least 30 minutes or overnight.
- Remove to room temp for at least 10-15 minutes before enjoying.
- Can be stored refrigerated or frozen.



Corn Muffins

I love corn muffins. I can't even tell you how many trial recipes I created before I got this right. And when I say right, I'm telling you, I absolutely crave these things. They are big, and soft and fluffy with a pronounced corn flavor. Ideas on how to reduce the fat, if you need to....experiment with decreasing the canola oil while increasing the applesauce in a 1:1 ratio, try using 2% or nonfat yogurt and/or replace the whole eggs with an equivalent amount of liquid egg whites. As written, this really feels like a splurge, but it isn't!

INGREDIENTS

	YOUR CHANGES					
	protein	net carbs	fat	protein	net carbs	fat
2 Cups yellow cornmeal, separated *		144				
1 Cup white spelt flour		80				
1.5 tsp baking powder						
1 tsp baking soda						
1.25 tsp fine sea salt						
1.25 Cups 2% milk	13	18	6			
6 Tbsp canola oil			90			
1/4 Cup no sugar added applesauce		6				
1 Cup full fat plain Greek yogurt	20	9	11			
2 whole eggs	12		10			
Total recipe	45	256	117			
Per muffin, if divided into 12 large muffins	4	21	10			
Per muffin, if divided into 18 smaller muffins	2	14	7			

INSTRUCTIONS

- 425 oven. Line 12 or 18 muffin cups with paper liners.
- In a medium mixing bowl, whisk together 1.5 Cups cornmeal, spelt flour, baking powder, baking soda and salt. Set aside.
- In a large microwave safe bowl, whisk together the remaining 1/2 Cup cornmeal with 2% milk.
- Microwave cornmeal and milk, uncovered, 90 seconds, then whisk well.
- Continue microwaving, then whisking in 30 second intervals until a thick batter forms (an additional 1-3 minutes).
- Whisk in canola oil until smooth, then applesauce, then yogurt and lastly (once mixture is cooler), eggs.
- Fold in flour mixture until thoroughly combined.
- Divide among 12-18 muffin cups, as desired.
- Bake 15-20 minutes, until lightly browned on top and toothpick inserted in center comes out clean.
- Remove muffins to cooling rack to cool completely.

*stone ground whole grain

Sweet and Nutty Oat Bars

Super-fast and easy and these really hit the spot for quick carbs and fats. This would be very easy to custom fit to your macro requirement. You could stir in dried or even fresh fruit to increase carbs, nuts to bump up fats, etc.. As is, this recipe is just simple and tastes really, really good. Play around with it – I can think of lots of variations I'll be using with my own meal prep!

INGREDIENTS

	YOUR CHANGES						
	protein	net carbs	fat		protein	net carbs	fat
1/4 Cup sugar free pancake syrup		8					
1/4 Cup brown rice syrup		72					
1/4 Cup nut butter			30				
2 Cups quick oats		92					
Total recipe		172	30				
If divided into 8 equal bars		22	4				
If divided into 4 equal bars		43	8				

INSTRUCTIONS

- Line a medium rectangular glass baking dish with parchment paper.
- In a 2 Cup glass measuring cup, combine SF pancake syrup, rice syrup and nut butter. Mix well.
- Add quick oats to a medium sized mixing bowl and pour syrup mixture over top. Stir to combine.
- Press into prepared pan and freeze until set.
- Let sit at room temp until soft enough to cut and wrap individually.
- Store, individually wrapped, in the freezer.



Post Workout French Toast Sticks

This is a modification of a recipe I like to make on weekends for our 5-year-old. I was just playing around one morning and decided to coat his French toast sticks in Fruity Pebbles. He couldn't stop eating them. When I started thinking about how I could make this RP friendly, I decided that processing the cereal to crumbs allows them to go further – providing the same sweet taste with not a huge carb hit. I think only 2xday'ers get high GI carbs on their templates, but this could be terrific for those on Maintenance as well!

INGREDIENTS

	YOUR CHANGES						
	protein	net carbs	fat		protein	net carbs	fat
1 Cup Fruity Pebbles cereal		31	1				
7 Tbsp skim milk	4	5					
1 cup + 1 Tbsp liquid egg whites	28						
1/4 tsp cinnamon							
1 tsp vanilla							
1 lb loaf whole grain cinnamon raisin bread		192	24				
cooking spray							
Total recipe, 32 sticks	32	228	25				
Per french toast stick	1	7	1				
If divided into 9 equal portions (3.5 sticks)	4	25	3				
If divided into 5 equal portions (6.5 sticks)	6	46	5				

INSTRUCTIONS

- Process cereal in a mini food processor until just shy of a powder consistency. Set aside.
- In a large shallow dish or bowl, whisk to combine milk through vanilla.
- Cut the entire loaf of bread slices in half.
- Spray a large countertop flat top griddle with cooking spray and preheat.
- Working quickly, dunk each half-slice of bread briefly in your egg white mixture, letting excess liquid run off.
- Place dunked bread on griddle in a single layer.
- Once the griddle is covered, sprinkle about 2/3 cereal powder over the top sides of the slices.
- When side down is lightly brown, flip and sprinkle remainder of cereal powder on the top sides.
- Watch closely to prevent burning.
- Remove to paper towel lined plate to cool.



Pastacake

Have little ones that like to help in the kitchen? They will LOVE helping you with this one! It may seem a bit fussy, but believe me, once you've made it a few times as I have, it comes together pretty quick. From the coating pasta with cheese, to stacking the noodles on their ends in the springform pan to tapping the dish to get the sauce down in, there's something for all of your helpers!

And ps. It is SO yummy! And we love how easy it is to portion out for meal prep. Pro tip: If you want to cut the fat, use a thin or pureed salsa instead of marinara, and just decrease the cheese. Ole!

INGREDIENTS

	YOUR CHANGES					
	protein	net carbs	fat	protein	net carbs	fat
1 lb dry whole wheat rigatoni noodles		304				
3/4 Cup grated parmesan cheese	29	3	22			
1.5 26 oz jars of smooth marinara sauce			45			
1 Cup 2% shredded mozzarella cheese	28	4	24			
1/2 Cup fresh torn basil leaves						
Total recipe	57	311	91			
If divided into 16 equal slices	4	19	6			
If divided into 12 equal slices	5	26	8			
If divided into 8 equal slices	7	39	11			

INSTRUCTIONS

- 400 oven. Spray a springform pan with cooking spray.
- Cook rigatoni in salted water until slightly underdone. Drain and rinse under cold water.
- In a large bowl, gently toss cooled pasta with parmesan cheese to coat.
- Tightly pack the pasta into the pan, standing noodles on their ends.
- Pour some cold sauce over the noodles.
- Spread with a spoon and tap the pan on the counter to help the sauce run down into the noodles.
- Repeat process until 1.5 jars of pasta sauce has been added.
- Top with shredded cheese.
- Bake 25-30 minutes. Let sit about 15 minutes before you remove the ring from the pan and slice.
- Sprinkle with fresh basil.



Quick Whole Grain Focaccia

I'm still surprised when I meet folks that think bread is the enemy of weight loss. I've been making this focaccia for years; it is beautiful and easy and so, so comforting. Use your own favorite spices and toppings, and play around with reducing the various EVOO points here if you need less fat in the dish.

INGREDIENTS

	YOUR CHANGES						
	protein	net carbs	fat		protein	net carbs	fat
3.5 Cups sprouted whole grain wheat flour		336					
1.25 tsp salt							
1.5 Cups warm water							
1 packet active dry yeast							
3 Tbsp EVOO, divided			45				
coarse sea salt							
red pepper flakes							
dried rosemary							
1/4 Cup grated parmesan cheese	10	1	7				
Total recipe	10	337	52				
If divided into 12 equal wedges	1	28	4				
If divided into 6 equal wedges	2	56	9				

INSTRUCTIONS

- 375 oven
- Stir flour and salt together in a large bowl.
- In a 2 Cup glass measuring cup, stir to combine warm water, yeast and 1 Tbsp EVOO.
- Slowly add warm water yeast mixture to flour/salt mixture and stir about 5 minutes by hand to combine.
- Coat the bowl with about 1/2 Tbsp EVOO; add dough ball and turn to coat.
- Cover with a clean kitchen towel and leave to rise at room temp about 1 hour.
- Use another 1/2 Tbsp EVOO to coat bottom and sides of a round springform pan.
- Gently transfer dough to prepared springform pan.
- Use your fingers to lightly push the dough to the outer edges and dimple the dough at the same time.
- Drizzle remaining 1 Tbsp EVOO over dough, sprinkle with coarse salt, rosemary, red pepper flakes and parm.
- Bake about 20 minutes until golden brown.
- Remove pan to a cooling rack until cool enough to remove sides and transfer dough to rack to cool completely.
- Can serve warm or at room temp.
- Store in an airtight container at room temp.



Whole Grain Biscuits

Once I came up with my Breakfast Sausage Gravy recipe (179), I knew I had to include a biscuit recipe too! This one is rich and flaky, courtesy of the coconut oil and buttermilk. Yum! I can't wait for you to tell your friends you ate buttermilk biscuits with sausage gravy on your DIET!

INGREDIENTS

	YOUR CHANGES					
	protein	net carbs	fat	protein	net carbs	fat
1.25 Cups whole wheat pastry flour, divided		95				
1 Cup white whole wheat flour		76				
4 tsp baking powder						
1/2 tsp iodized salt						
1/4 Cup coconut oil (in solid form)			56			
1 Cup lowfat buttermilk	9	13	3			
Total recipe, 18 biscuits	9	184	59			
Per biscuit	1	10	3			

INSTRUCTIONS

- 450 oven. Line a baking sheet with parchment.
- In a large bowl, combine 1 Cup of each flour, baking powder and salt.
- Use a pastry blender or your hands to incorporate the coconut oil into the flour mixture.
- The mixture will look like coarse crumbs.
- Add buttermilk, stirring just until combined. Dough will be very wet.
- Turn dough out onto a floured surface (using your remaining 1/4 Cup of flour)
- Pat to about an inch thick; fold dough in half; repeat a couple more times.
- You want to build layers, but you want to handle the dough as little - and as gently - as possible so as not to toughen the biscuit.
- Cut with 2" inch round cutter into about 18 biscuits.
- Bake on your prepared pan 10-12 minutes, until golden.



Pie-chiladas

I'm a firm believer that simple is a great way to go when it comes to food prep. Sure, there are times that you'll have/want to spend time in the kitchen, but more often, you'll need to just get it done as quickly as you can. But that doesn't have to mean boring! You can have these babies in the oven in less than 10 minutes (eliminate the nuts for a nonfat version). 25 minutes later and you're essentially eating WARM PIE! What could be better! Portion out the rest because it reheats great!

INGREDIENTS

	YOUR CHANGES						
	protein	net carbs	fat		protein	net carbs	fat
cooking spray							
2 Cups sugar free pie filling		39					
1 tsp vanilla							
1 tsp cinnamon							
SF vanilla syrup							
6 large whole grain tortillas		36					
1/2 Cup finely chopped pecans			39				
Total recipe		75	39				
Per pie-chilada		13	7				
Per 1/2 a pie-chilada		6	3				

INSTRUCTIONS

- 350 oven. Spray a glasss 13x9x2 baking dish with cooking spray.
- Combine pie filling through cinnamon in a small mixing bowl.
- Pour enough SF vanilla syrup to cover the bottom of a large bowl.
- Dip each tortilla in the SF syrup to moisten. Squeeze off any excess syrup with your hands.
- Place the moist tortilla on a plate.
- Add 1/4 Cup filling down the center of the tortilla. Sprinkle with chopped nuts.
- Roll up and place seam side down in glass dish.
- Bake 20 - 25 minutes, until tortillas are slightly crisped and filling is warmed through.

SECTION 5

COMPLETE MEALS





Creamy Pumpkin Protein Smoothie

A great start to a crisp Fall day – or, well, any time of any day! Adjust the flaxseed amount to alter fats. Throw some spinach in to make it a complete meal!

INGREDIENTS

INGREDIENTS	protein	net carbs	fat	YOUR CHANGES	protein	net carbs	fat
3/4 Cup pumpkin spice coffee (or water)							
1/2 Cup ice							
1/2 small banana, frozen (50g)		10					
1/4 Cup full fat greek yogurt	5	2	3				
1/4 Cup pumpkin puree		3					
vanilla 80/10 whey/casein blend protein powder	13						
4 Tbsp ground flaxseed			12				
2 Tbsp SF pumpkin pie syrup							
1/4 tsp cinnamon							
1/4 tsp pumpkin pie spice							
Total recipe, makes 1 smoothie	18	15	15				

INSTRUCTIONS

Combine everything in a blender and process until smooth.



Fruity Protein Smoothie

So fruity and refreshing, and darn close to nonfat too! Knock out your protein and carbs with this quick smoothie – for a complete meal, drop in some greens, and if you get fats, add in PB or avocado!

INGREDIENTS

INGREDIENTS	YOUR CHANGES						
	protein	net carbs	fat		protein	net carbs	fat
Strawberry protein powder	14						
1/3 Cup refrigerated coconut milk			1				
1/3 C ice							
1/4 Cup chopped fresh pineapple		5					
2.5 Tbsp nonfat greek yogurt	4	1					
1/3 fresh medium banana		8					
2 tsp vanilla SF syrup							
water, as needed							
fresh mint leaves, to taste							
Total recipe, makes 1 smoothie	18	14	1				

INSTRUCTIONS

- Add everything to a blender and process until smooth.



Creamy Iced Coffee

A simple, classic iced coffee combo – chock full of protein and very low on fat. Sub in your favorite protein powder flavor and/or SF syrup to change things up.

INGREDIENTS

	YOUR CHANGES					
	protein	net carbs	fat	protein	net carbs	fat
1 Cup boiling water						
2 Tbsp espresso powder						
2 Tbsp SF hazelnut syrup						
1/4 tsp vanilla						
vanilla protein powder	18					
1 Cup unsweetened coconut milk			4			
1 Cup ice						
Total recipe, 1 serving	18		4			

INSTRUCTIONS

- Add espresso powder to boiling water and stir well to dissolve.
- Stir in SF syrup and vanilla, then protein powder, until thoroughly combined.
- Add ice to your cup and pour espresso mixture and coconut milk over the top.
- Stir to combine.



Breakfast Sausage Gravy

There's some time involved in this, but once you decide you love your homemade chicken breakfast sausage, make up a version of this spice blend that suits your taste buds and keep it on hand; then making a fresh batch is as easy as sprinkling on seasoning, adding a couple of things and letting it hang out in the fridge overnight. You can definitely sub in a "clean" chicken sausage, if you can find one. Try this gravy over my whole grain biscuits (# 174) – you will love it!

INGREDIENTS

	YOUR CHANGES					
	protein	net carbs	fat	protein	net carbs	fat
2.25 tsp salt						
2.25 tsp pepper						
1.5 tsp ground sage						
1.25 tsp ground ginger						
1/3 tsp cayenne pepper						
1/2 tsp apple pie spice						
1.5 pounds ground chicken	144					
1 Tbsp SF pancake syrup		2				
1/2 medium apple, grated		11				
1 Tbsp EVOO			15			
4 2/3 Cups 2% milk	37	56	23			
1/2 Cup sprouted whole grain flour		48				
S&P to taste						
Total recipe	181	116	38			
If divided into 10 equal portions	18	12	4			
If divided into 6 equal portions	30	19	6			

INSTRUCTIONS

- In a small bowl, mix salt through apple pie spice. Add to chicken in a large bowl and mix.
- Incorporate the SF maple syrup, then fold in the grated apple.
- Cover and allow to hang out in your fridge overnight if you have the time - to give flavors time to meld.
- Cook sausage in EVOO in a large skillet over medium high heat until well browned. Remove to a bowl or plate.
- Whisk together milk and flour in a medium bowl until smooth. Add to skillet and boil 3-5 minutes, whisking constantly.
- Mixture will thicken.
- Stir in cooked sausage and S&P to warm through.



Egg White Quiche

A refreshing meal prep idea, easily customizable to hit your numbers. Cut back on the cheese to reduce fat and add veggies (or eat on the side) to check that box. For additional carbs, enjoy with fruit on the side! You'll love the "clean" crust – play around with other fillings!

INGREDIENTS

	YOUR CHANGES						
	protein	net carbs	fat	protein	net carbs	fat	
cooking spray							
1/4 Cup EVOO			60				
3 Tbsp ice water							
1.5 Cups whole grain pastry flour		114					
2 Tbsp pistachios, toasted			7				
1/4 tsp baking powder							
1/4 tsp salt							
1/4 tsp pepper							
3/4 cup lowfat cottage cheese	21	2	4				
2.25 Cups liquid egg whites	60						
2 garlic cloves, minced							
1/2 tsp salt							
1/2 Cup fresh chopped mint							
3/4 Cup 2% shredded cheese	21	3	18				
Total recipe	102	119	89				
If divided into 6 equal wedges	17	20	15				
If divided into 4 equal portions	26	30	22				

INSTRUCTIONS

- 450 oven. Spray a glass pie plate with cooking spray.
- In a 2-cup glass measuring cup, stir together EVOO and ice water. Set aside.
- Combine flour through pepper in a food processor. Process to combine.
- While processor is running, slowly pour EVOO mixture through the chute.
- Dough will become crumbly. Use a spatula to ensure you incorporate all of the dry bits.
- Dump crust mixture out into your pie plate and press in bottom and most of the way up the sides.
- Bake 10 minutes.
- Meanwhile, add cottage cheese through mint to a blender and process to combine.
- Pour into crust and bake 15 minutes. Top with cheese and bake another 10 minutes, or until set.
- Top with more fresh chopped mint.



Fish Tacos with Crunchy Slaw

If you are missing fish tacos since starting RP, you can stop being sad! No need to avoid them now that you're armed with this quick and easy recipe! When you tell your friends you had a "fried" fish taco with crunchy slaw and crema, they're totally going to assume you cheated on your diet. HA! Tell them about RP!

INGREDIENTS

	YOUR CHANGES					
	protein	net carbs	fat	protein	net carbs	fat
1 lb red snapper, without skin	96					
1 small corn tortilla		9	1			
1/4 Cup white rice flour		31				
1/2 tsp salt						
1/2 Cup club soda						
2 Tbsp canola oil			30			
2 Cups angel hair coleslaw						
1/2 Cup chopped tomatoes						
4 Tbsp fresh chopped cilantro						
3 Tbsp chopped green onion						
1 Tbsp lime juice		1				
1/2 Tbsp EVOO			8			
5 whole grain wraps		25				
Total recipe	96	66	39			
If divided into 5 equal portions	19	13	8			
If divided into 3 equal portions	32	22	13			

INSTRUCTIONS

- Remove fish from the fridge at least 30 minutes prior to cooking.
- Cut snapper down the middle, then cut each side into chunks, on the diagonal.
- Process tortilla in a mini food processor to form fine crumbs; combine with white rice flour and salt in a wide bowl.
- Gradually whisk in club soda until you get a consistency of thin pancake batter.
- Heat canola oil in a large nonstick skillet over medium high heat.
- Once pan is hot, dunk fish chunks, a few at a time, into the batter, allowing excess to drip off.
- Sauté fish in oil until nicely browned; flip and continue cooking for 2-3 minutes, or until completely cooked through.
- Remove to a plate to rest.
- Meanwhile, combine coleslaw through EVOO to make your crunchy slaw.
- Serve fish in a whole grain tortilla on top of crunchy slaw. Top with some avocado crema (#157)!



Shrimp and Brown Rice Muffins

If you've read many of my recipes, you know how much I love complete-meal handheld foods! So, when I started playing around with the idea for this recipe, I was honestly being lazy when I threw in the shrimp, whole. Turns, out, that lazy move makes for the best part about these muffins! Instead of getting some small hint of shrimp when you bite into one of these, you get a huge flavor hit of the whole shrimp. This is now a recipe I crave for meal prep! Great flavor and great convenience.

INGREDIENTS

	YOUR CHANGES						
	protein	net carbs	fat		protein	net carbs	fat
cooking spray							
3 slices toasted whole grain bread		54					
5 tsp EVOO			25				
3 Cups chopped zucchini							
1 small shallot							
2 cloves garlic, minced							
1/2 tsp sea salt							
6 Cups cooked brown rice		252					
2 whole eggs, beaten	12		10				
4 egg whites	16						
1 Tbsp wheat free Tamari							
1 pound med sized whole cooked shrimp	96						
3/4 Cup fine shredded 2% cheddar cheese	21	3	18				
Total recipe - 24 muffins	145	309	53				
Per muffin	6	13	2				
for 3 muffins	18	39	7				
for 5 muffins	30	64	11				

INSTRUCTIONS

- 375 oven. Spray two 12-cup muffin tins with cooking spray.
- Tear the bread slices into small crouton sized pieces. Set aside.
- Sauté the zucchini, shallot and garlic in EVOO in a large sauté pan until tender. Sprinkle with salt and cool slightly.
- In a large bowl combine all remaining ingredients (leave shrimp whole), then fold in the sautéed veggies.
- Divide mixture among 24 muffin cups, packing down as needed. They will be mounded!
- Bake 25 - 30 minutes, until golden brown around the edges.
- Allow to cool slightly in pan before moving to cooling racks to cool completely.
- Stir in an airtight container in the fridge, or wrap well and freeze.



Nacho Bake

Move over Turkey Enchiladas (from the first cookbook), Nacho Bake is here! I like to use chia and quinoa tortilla chips that I find at my local grocery store in this recipe; the only other ingredients are corn, oil and salt. Just ramp up the veggies, as needed, and you could potentially hit all of your macros in this one dish. Did someone say “Meal Prep is Easy?” (ok, no one did).

INGREDIENTS

	YOUR CHANGES					
	protein	net carbs	fat	protein	net carbs	fat
1 pound lean ground beef	96					
1 Cup diced green pepper						
2 Cups chunky veggies only salsa						
1 15.25 oz can no salt added corn		39				
4.5 oz can chopped green chiles		8				
1/4 Cup full fat Greek yogurt	5	2	3			
1 tsp chili powder						
1/2 tsp cinnamon						
2 Cups crushed “clean” tortilla chips	4	28	14			
1.25 Cups 2% Mexican blend cheese	35		25			
shredded lettuce						
Total recipe	140	77	42			
If divided into 8 equal portions	18	10	5			
If divided into 5 equal portions	28	15	8			

INSTRUCTIONS

- 350 oven
- Cook beef with green pepper.
- Add in salsa, corn, green chiles, yogurt and spices; stir to combine.
- In a medium sized glass casserole dish (smaller than 13x9x2), layer as follows:
- Half the meat mixture, 1 Cup crushed chips, all of the cheese, remaining chips, remaining meat.
- Bake 20 minutes until heated through.
- Serve over shredded lettuce as needed to hit your veggie requirements.
- Serve topped with a Tbsp of avocado crema (recipe #157) if desired.



Slow Cooker Loaded Sweet Potatoes

Never been a sweet potato fan? Give this a try, and it may just change your mind about our good-for-you orange spudly friend. Probably best reserved for Maintenance unless you can find truly lean bacon options.

INGREDIENTS

	YOUR CHANGES					
	protein	net carbs	fat	protein	net carbs	fat
cooking spray						
2 pounds sweet potatoes		160				
1 tsp garlic powder						
coarse sea salt & pepper, to taste						
7 slices cooked lean turkey or chicken bacon	14	4	5			
1 7 oz bag 2% Colby & Monterey Jack cheese	49	7	42			
sweet paprika, to taste						
Total recipe	63	171	47			
If divided into 6 equal portions	11	28	8			
If divided into 4 equal portions	16	43	12			

INSTRUCTIONS

- Line a large crockpot with foil and spray with cooking oil spray.
- Cut each sweet potato into 6-8 large chunks, depending on the size of the potatoes.
- Scatter the potatoes in a single layer in the crockpot.
- Sprinkle with garlic powder and S&P.
- Chop or tear bacon into 2"-3" chunks and scatter over potatoes.
- Top with cheese and sprinkle with paprika.
- Cover and cook over high 5-6 hours, or until tender.



Curry Chicken Soup

A hearty, flavorful satisfying soup. Perfect for a chilly day. Spice is nice.

INGREDIENTS

	protein	net carbs	fat	YOUR CHANGES		
					protein	net carbs
1.5 pounds boneless skinless chicken thighs	144					
1 Tbsp dried ginger						
2 Tbsp dried mild red curry powder						
1 Tbsp canola oil			15			
2 cloves fresh garlic						
1 inch piece of fresh ginger, peeled						
1 shallot						
1 tsp ground dried chili peppers						
1 bunch fresh cilantro, leaves and stems separated						
2.5 Tbsp canola oil, divided			38			
4 Cups sweet potato cubes		92				
coarse sea salt, to taste						
4 Cups low sodium chicken stock						
2 Cups unsweetened coconut milk			1 8			
2 Tbsp fish sauce	4					
2 limes, juiced		8				
S&P to taste						
Total recipe, 8 enchiladas, about 7 Cups	148	101	61			
If divided into 7 equal (1 Cup) portions	21	14	9			

INSTRUCTIONS

- Trim fat from chicken thighs, and cut into 1 inch pieces.
- Combine ginger, curry powder and 1 Tbsp canola oil, then chicken; cover and refrigerate overnight, or up to 2 days.
- Add garlic through ground chilis and the cilantro stems to a mini food processor and process until finely minced.
- Heat 1.5 Tbsp canola oil over med high heat in a high sided heavy skillet; add sweet potatoes and fry until half browned.
- Remove potatoes from pan, leaving oil behind. Add 1 more Tbsp canola oil and brown chicken pieces, seasoning with sea salt.
- When chicken is almost browned, add the food processor mix, and cook on medium until the pan starts to get too dry.
- Add 2 Tbsp chicken broth and continue to cook and reduce.
- Again, when pan gets too dry, add in the rest of the chicken broth and the sweet potato cubes.
- Simmer for about 30 minutes. Stir in coconut milk, fish sauce and the juice of 2 limes and return to simmer. Add cilantro.



Creamy Chicken Enchiladas

Well, with the first cookbook, the Turkey Enchiladas was arguably the favorite recipe among RP Clients. If you like cheesy dishes, (with super macros!) try this one on for size! Quick and easy, it doesn't disappoint; trust me, this one's for the whole fam!

INGREDIENTS

	YOUR CHANGES						
	protein	net carbs	fat		protein	net carbs	fat
cooking spray							
16 oz jar salsa verde, divided							
1/2 Cup full fat Greek yogurt	10	5	6				
2 Cups 2% shredded Mexican blend cheese	56	16	48				
2 Tbsp cilantro paste							
1 lb chicken, cooked and shredded	96						
8 large whole grain tortillas		40					
1/4 Cup chopped green onions							
fresh chopped cilantro							
Total recipe	162	61	54				
Per enchilada	20	8	7				
For 1.5 enchiladas	30	11	10				

INSTRUCTIONS

- 375 oven. Spray a 13x9x2 pan with cooking spray.
- Spread 1 Cup of salsa verde in the prepared pan.
- Combine yogurt, 1 Cup cheese and 2 Tbsp cilantro paste in a small bowl. Fold in chicken.
- Warm tortillas per package directions.
- Spread 1/8 filling mix down the center of each tortilla.
- Roll up and place seam side down in prepared pan. Repeat until you've got all 8 in the pan.
- Pour remaining salsa verde over the top of the enchiladas, and spread with spoon or spatula to cover.
- Bake 15 minutes.
- Top with remaining cheese and bake an additional 5-10 minutes
- Sprinkle chopped green onions and fresh chopped cilantro over the top.



Sausage Stuffing

I know I'm biased, but this is a really good stuffing recipe; I'd proudly take this to any relative's house or serve to my guests at the holidays. The nuts and cranberries are your play here if you need to reduce fats and carbs – but then again, those are sort of key ingredients that makes the dish what it is, so try not to monkey with it if you don't have to. Save it for a meal where you get these types of macros.

INGREDIENTS

	YOUR CHANGES			
	protein	net carbs	fat	
2 Tbsp EVOO			30	
1/2 Cups no sugar added dried cranberries		44		
warm water				
2 14oz pkg ground chicken Italian sausage	168			
2 celery stalks, chopped				
1/2 Cups raw pecans, rough chopped			36	
1.5 tsp sea salt				
1 tsp pepper				
7 slices whole grain bread, cubed		112		
Total recipe	168	156	66	
If divided into 9 equal portions	19	17	7	
If divided into 5 equal portions	34	31	13	

INSTRUCTIONS

- 350 oven
- Use a tiny bit of your 2 Tbsp of EVOO to oil a 2 quart baking dish.
- Cover dried cranberries in a small bowl with water while you cook the sausage.
- Cook sausage in remaining oil over high heat about 5 minutes. Add celery and sauté another 5 minutes.
- Drain cranberries, reserving the soaking liquid.
- Add drained cranberries and nuts to the sausage pan and cook for 2 more minutes. Stir in S&P and remove from heat.
- Dump mixture into a large mixing bowl. Add in bread cubes.
- To reserved cranberry soaking liquid, add water to total 1.3 Cups; pour into sausage pan and heat, scraping up any browned bits.
- Pour hot water over sausage and bread mixture and toss to combine.
- Transfer mixture to prepared pan and cover tightly with foil.
- Bake 40 minutes. Uncover and bake 20-25 more minutes.



Apricot Chicken

So much flavor for so little work! This is a great recipe for bulk meal prep!

INGREDIENTS

	YOUR CHANGES						
	protein	net carbs	fat	protein	net carbs	fat	
4.5 lb skinless boneless chicken breasts	432						
S&P							
2 10 oz jars of all fruit apricot spread		300					
1/4 Cup wheat free Tamari	8	4					
3 Tbsp whole grain mustard							
1 Cup sliced almonds, lightly toasted			45				
Total recipe	440	304	45				
If divided into 24 equal portions	18	13	2				
If divided into 14 equal portions	31	22	3				

INSTRUCTIONS

- Season both sides of chicken breasts with S&P.
- In a glass measuring cup or small bowl, combine apricot spread, Tamari and mustard.
- Stir or whisk until combined.
- Pour a small amount to cover bottom of slow cooker.
- Top with chicken breasts.
- Pour remaining apricot mixture over chicken breasts
- Cook on low for 5-6 hours.
- Top with toasted almonds.



Quick Steakhouse Salad

This is less a recipe and more a flavor combo introduction (or re-introduction). Classic flavors, and look! It's the one recipe you'll see from me that uses blue cheese – party time!

INGREDIENTS

	YOUR CHANGES					
	protein	net carbs	fat	protein	net carbs	fat
3.5 Cups fresh baby spinach leaves						
1/2 Cup sliced red onion						
5 oz grilled steak, sliced into bite sized pieces	30					
1 Cup sliced strawberries		10				
3 Tbsp slivered almonds			10			
1/2 ounce crumbled blue cheese	3	1	4			
1/4 Cup balsamic vinegar		11				
fresh ground pepper						
Total recipe	33	22	14			
If divided into 2 equal portions	17	11	7			

INSTRUCTIONS

- Divide baby spinach and red onion evenly between two plates.
- Top with steak and strawberries.
- Sprinkle with slivered almonds and cheese and drizzle with balsamic vinegar.
- Grind fresh pepper over top.



Yogurt Covered Apricots

If you make this recipe, you'll seriously wonder where it's been all your life. Three simple ingredients, and it fits when you have a meal with no fat!

INGREDIENTS

	YOUR CHANGES						
	protein	net carbs	fat	protein	net carbs	fat	
1/2 Cup nonfat Greek yogurt	12	4					
1/3 scoop 80/20 vanilla protein powder	7						
60 grams dried unsweetened apricots (1/4 Cup plus 1/8 Cup)		30					
Total recipe	18	34					

INSTRUCTIONS

- In a small bowl, stir together yogurt and protein powder.
- Add apricots and toss to cover.
- Transfer apricots, one at a time, to a plate covered with a sheet of wax paper.
- Use any remaining yogurt in the bowl to dollop on top of the apricots.
- Place in the freezer for 40 minutes or so, until yogurt firms up.
- Store frozen.



Dessert Pizza

Beautiful and fun to decorate (your kids will love to help!) Oh, and did I mention you get to eat the WHOLE THING? (that is if you get a full serving of fat). Hey, even eating half a pizza while “on a diet” is pretty darn impressive. Tell your friends.

INGREDIENTS

	YOUR CHANGES					
	protein	net carbs	fat	protein	net carbs	fat
1 large whole grain tortilla		10				
coconut oil spray						
2 Tbsp natural crunchy peanut butter			15			
1/2 packet Devotion Nutrition coconut biscotti						
Flex Flavors						
1/2 Tbsp SF peanut butter syrup						
1/2 Tbsp warm water						
1/2 Cup nonfat Greek yogurt	12	4				
1/3 scoop vanilla protein powder	7					
1/2 Cup sliced strawberries		5				
1/4 Cup raspberries, sliced in half		2				
1/4 Cup blackberries		2				
1/4 Cup blueberries		4				
fresh mint, chopped						
Total recipe	19	26	15			

INSTRUCTIONS

- 400 oven.
- Spray tortilla with coconut oil spray and crisp in the oven for 6-8 minutes, staying close by to make sure it doesn't burn.
- Allow to cool.
- Mix together peanut butter through warm water. Fold in yogurt, then stir in protein powder.
- Spread cooled tortilla with peanut butter yogurt topping.
- Top with berries and sprinkle with fresh chopped mint.



Chocolate Chocolate-Chip Brownies

Our trash can saw a lot of failed brownie attempts as I was trying to get this right. I knew I wanted black beans to be a significant component in the base (you can sub in any bean that is “squishable”, not too hard), but I couldn’t quite nail the sweetness. As soon as I added in all fruit spread, I knew something amazing had happened. Not everyone is a fan of the sugar free chocolate options out there, so totally leave out the chips if it’s not right for you!

INGREDIENTS

	YOUR CHANGES						
	protein	net carbs	fat		protein	net carbs	fat
15 oz can reduced salt beans	25	46					
3/4 Cup unsweetened applesauce		16					
chocolate protein powder	44						
1/2 Cup unsweetened high quality cocoa powder	8	4	8				
2 Tbsp brown rice syrup		36					
1 Tbsp coconut oil, liquid form				14			
1.5 tsp vanilla							
1 tsp cold strong black coffee							
1/2 tsp baking powder							
1/2 tsp baking soda							
pinch fine sea salt							
6 Tbsp strawberry all fruit spread		60					
1/3 Cup stevia sweetened dark chocolate baking chips		28	25				
Total recipe	77	190	47				
If divided into 6 equal portions	13	32	8				
If divided into 3 equal portions	26	63	16				

INSTRUCTIONS

- 350 oven. Spray a 9x7 glass baking dish with baking spray, line with parchment and spray again.
- Drain beans in a colander and rinse with lots of cold water.
- Combine all ingredients, except fruit spread and choc chips, in a large food processor; process until smooth.
- Spread half of the batter in the prepared pan; drop half of the fruit spread by teaspoonfuls evenly over brownie batter.
- Top with remaining batter then remaining fruit spread; use a butter knife to swirl fruit spread throughout.
- Sprinkle choc chips, if using, then smooth top with spatula.
- Bake 35-40 minutes until center is no longer jiggly when you shake the pan.
- Cool pan on a wire rack for about an hour, then into the fridge for a few hours.
- Store and serve cold.



Peanut Butter Cup Mousse

Things are about to get real for my peanut butter cup fans out there (and I know there are LOTS of you). This tastes so much like a cheat, you might just feel guilty eating it (nah.....) And, if you only get half a serving of fat, just leave off the SF peanut butter cup and adjust the peanut butter/powder = easy fix!

INGREDIENTS

	YOUR CHANGES					
	protein	net carbs	fat	protein	net carbs	fat
6 oz nonfat Greek yogurt	18	7				
3 Tbsp powdered PB			2			
1 Tbsp SF PB syrup						
1 Tbsp natural peanut butter			8			
3 oz nonfat whipped topping		28				
1 SF peanut butter cup		8	6			
Total recipe, 1 portion	18	43	16			

INSTRUCTIONS

- Combine nonfat yogurt, powdered PB, SF syrup and nut butter until thoroughly combined.
- Fold in nonfat whipped topping.
- Spoon into a bowl or parfait glass and top with chopped peanut butter cup.



Life Changing FroYo

I don't use the term "life changing" lightly, so, people, this is the real deal. When I first got the base the way I wanted it, I whipped up a batch for Nick – strawberry cheesecake, one of his favorites. He told me he'd be hard pressed to tell this apart from a very RP-famous brand's version. Couldn't have given the recipe a higher compliment! I'm so excited about it that I decided I had to include not one, not two, but three! flavor combos. Totally crave-worthy! I hope you love it!

INGREDIENTS

INGREDIENTS	YOUR CHANGES						
	protein	net carbs	fat		protein	net carbs	fat
3/4 Cup 2% Greek yogurt	17	7	3				
pinch cinnamon							
1 Tbsp SF vanilla syrup							
2.5 Tbsp chopped pecans, divided			12				
3 Tbsp all fruit raspberry fruit spread		30					
2 Tbsp raisins		15					
Total recipe, 1 serving	17	51	16				

INSTRUCTIONS

- Stir yogurt, cinnamon and syrup to combine well.
 - Stir in half the nuts.
 - Spread in a layer about 1/2 " thick on a parchment lined cookie sheet.
 - Drop the fruit spread by dollops and swirl through with a knife.
 - Sprinkle with remaining nuts and raisins.
 - Freeze 1-2 hours.
 - Remove from freezer and allow to soften slightly.
 - When softened, scrape mixture into a large food processor.
 - Process until smooth.

(more flavors on next page)

(see previous page for other FroYo recipe)

Chocolate Peanut Butter FroYo

INGREDIENTS

	YOUR CHANGES						
	protein	net carbs	fat		protein	net carbs	fat
2/3 Cup 2% Greek yogurt	15	6	3				
2 Tbsp unsweetened cocoa	2	1	2				
1 Tbsp SF PB syrup							
1 packet crème brûlée Flex Flavors							
1 Tbsp chunky PB			8				
7g (30) stevia sweetened dark chocolate baking chips		3	2				
2 Tbsp raisins		15					
Total recipe, 1 serving	17	24	15				

INSTRUCTIONS

- Combine yogurt, cocoa, syrup and flavor packet in a 2 Cup glass measuring cup. Stir to combine well.
- Spread in a layer about 1/2 " thick on a parchment lined cookie sheet.
- Drop small chunks of PB evenly over yogurt. Sprinkle with chips and raisins. Freeze 1-2 hours.
- Remove from freezer and allow to soften slightly. Scrape mixture into a large food processor; process until smooth.

Strawberry Cheesecake FroYo

INGREDIENTS

	YOUR CHANGES						
	protein	net carbs	fat		protein	net carbs	fat
1 1/3 Cup 2% Greek yogurt	31	12	6				
1 Tbsp SF vanilla syrup							
1 packet crème brûlée Flex Flavors							
1/4 tsp NY cheesecake flavor emulsion							
2 Tbsp all fruit strawberry fruit spread		20					
Total recipe, 1 serving	31	32	6				

INSTRUCTIONS

- Combine yogurt, SF syrup, flavor packet and NY cheesecake flavoring in a 2 Cup glass measuring cup. Stir to combine well.
- Spread in a layer about 1/2" thick on a parchment lined cookie sheet.
- Drop strawberry fruit spread by small spoonfulls on top of yogurt and swirl through. Freeze 1-2 hours.
- Remove from freezer and allow to soften slightly. Scrape mixture into a large food processor; process until smooth.



Frozen Chocolate Casein Peanut Butter Cups

I remember when I perfected this recipe, I was so excited I posted the pic in the RP Clients group – and had hundreds of people like the pic within a few hours. There's just something about the idea of eating a peanut butter cup before bed that just grabs everyone's attention! This happens to turn your nighttime casein requirement into the favorite part of your day! Some quick notes – if you don't get carbs, don't use the brown rice syrup. If you don't have the flavor packets, it will still be yummy without them, and finally, if you don't have any patience and want to mix everything together and divide among muffin tins, I promise no one here is going to judge.

INGREDIENTS

	YOUR CHANGES					
	protein	net carbs	fat	protein	net carbs	fat
chocolate casein protein powder	20					
water						
1 Devotion Nutrition Coconut Biscotti flavor packet						
2 Tbsp all natural crunchy PB			15			
1/2 Tbsp warm water						
1/2 Tbsp SF peanut butter syrup						
1/2 Tbsp brown rice syrup		9				
coarse sea salt						
Total recipe, 6 full size cups	20	9	15			

INSTRUCTIONS

- Add enough cold water to casein in a small bowl to make a thin pudding (it should drip off the spoon).
- Stir in half the flavor packet.
- Divide about 2/3 of the casein pudding equally between 6 full size cups of a silicon muffin pan.
- Use a spoon to spread the pudding slightly up the sides of each tin, while ensuring the bottom is still covered.
- Freeze until firm - when it's ready, the chocolate will have a dull appearance instead of shiny.
- To make the PB filling: in a small bowl, mix crunchy PB with rest of flavor packet, warm water, SF syrup and brown rice syrup. Stir to combine.
- Remove cups from freezer and top with equal portions of PB filling, leaving space around the edges so you can still see chocolate.
- Return cups to the freezer for a few minutes, until PB mixture sets slightly.
- Remove cups from freezer and top with remaining casein pudding. Spread with a spoon to cover PB. Sprinkle with coarse sea salt.
- Return cups to the freezer a final time to freeze 15-20 minutes until firm.

CHOCOLATE SPLURGES!





Peppermint Mocha Java

An amazing warm chocolate indulgence that won't break the carb and fat banks.

INGREDIENTS

	YOUR CHANGES						
	protein	net carbs	fat		protein	net carbs	fat
2 Cups unsweetened almond milk	2		5				
2 shots of espresso							
1 vanilla bean, slit lengthwise							
2 Tbsp SF peppermint syrup							
3/4 tsp peppermint extract							
3 Tbsp stevia sweetened dark chocolate baking chips		16	14				
Total recipe	2	16	19				
If divided into 2 equal portions	1	8	10				

INSTRUCTIONS

- Combine almond milk, espresso and vanilla bean (split) in a small saucepan over medium heat.
- Stir frequently until it starts to simmer. Remove from heat and discard vanilla bean.
- Transfer milk mixture to a blender and add SF syrup and extract; blend for about a minute.
- Add chocolate chips and process briefly, just until chips are melted.
- Serve warm or chilled.



Mint Infused Chocolate Truffles

Omg. If you have a chocolate craving, this is a serious fix for that! This will leave you wondering how 4 simple ingredients can combine to form something as other-worldly-good as this. Creamy, rich chocolate indulgence....by RP.

INGREDIENTS

	YOUR CHANGES						
	protein	net carbs	fat		protein	net carbs	fat
1 Cup coconut cream	3	6	51				
handful of fresh mint leaves							
6 oz stevia sweetened chocolate chips		61	55				
2 Tbsp cocoa powder	2	1	2				
Total recipe, 22 truffles	5	68	108				
Per truffle		3	5				
for 2 truffles		6	10				
for 3 truffles	1	9	15				

INSTRUCTIONS

- Bring coconut cream just to a simmer.
- Remove from heat, add in mint, cover and let sit for 15 minutes.
- Fish out the mint leaves; bring the cream to a rapid simmer.
- Pour over chocolate chips, and slowly stir until thoroughly melted.
- Pour into a shallow pan and refrigerate a few hours until set.
- Using a small cookie scoop, scoop 22 small truffles.
- Roll between your hands to form balls, then roll in cocoa powder.
- Store refrigerated.



No Bake Cookie Scoops

Who doesn't love cookies? This quick, no bake version will make you feel like you're cheating – but you're not! (unless you lose count...)

INGREDIENTS

	YOUR CHANGES						
	protein	net carbs	fat	protein	net carbs	fat	
1/4 Cup all natural peanut butter			30				
2 Tbsp SF hazelnut syrup							
3/4 tsp coarse sea salt							
2 Cups crispy brown rice cereal		50					
1/2 Cup dark choc stevia sweetened baking chips		42	38				
Total recipe, about 30 small cookie scoops		92	68				
If divided into 12 equal portions, roughly 2.5 scoops		8	6				
If divided into 6 equal portions, roughly 5 scoops		15	11				
Per cookie scoop		3	2				

INSTRUCTIONS

- Mix nut butter, SF syrup and coarse salt in a bowl until smooth.
- Fold in cereal and chocolate chips. Add more syrup as needed to get to a “packing” consistency.
- Use a small cookie scoop and pack tightly against the side of your mixing bowl before dropping onto waxed paper.
- Set in the freezer for several minutes to set. Store in the freezer.



Black Magic Whoopie Pies

You: "Whoopie pies?!?! On a diet?!?!"
 Me: "Yes."
 (mic drop)

INGREDIENTS

	YOUR CHANGES						
	protein	net carbs	fat		protein	net carbs	fat
1/3 Cup avocado puree			11				
1/3 Cup liquid egg whites	9						
6 Tbsp coconut sugar		72					
2 Tbsp unsweetened applesauce		3					
1 tsp vanilla							
1/2 Cup unsweetened cocoa powder		4	8				
1/3 Cup whole grain pastry flour		25					
1/2 tsp baking soda							
3 Tbsp stevia sweetened dark chocolate baking chips		16	14				
sea salt, optional							
12 Tbsp nonfat whipped topping		18					
Total recipe, 6 whoopie pies	9	138	33				
Per whoopie pie	1	23	6				
For 1 plain cookie	1	10	3				

INSTRUCTIONS

- 350 oven. Line a baking sheet with parchment paper.
- Combine wet ingredients (avocado puree through vanilla) in a small mixing bowl.
- Combine dry ingredients (cocoa powder through baking soda) in a separate small bowl.
- Stir dry ingredients into wet ingredients and mix just until combined.
- Fold in chocolate chips.
- Drop by even scoops to make 12 mounds on prepared baking sheet.
- Flatten slightly with the back of a spoon, and sprinkle with sea salt, if using.
- Bake 10-12 minutes until slightly firm when lightly pressed.
- Remove to a cooling rack to cool completely.
- To make whoopie pies, sandwich 2 cookies together with 2 Tbsp nonfat whipped topping.



Cookie Butter

I make a batch of this and leave the jar right next to the peanut butter. Great for mixing things up in my fats rotation. Super decadent and satisfying. A must try!

INGREDIENTS

	YOUR CHANGES						
	protein	net carbs	fat		protein	net carbs	fat
3 Cups raw hazelnuts			246				
4.5 oz sugar free dark chocolate		40	56				
1 tsp SF vanilla syrup							
1 packet crème brûlée Devotion Nutrition Flex Flavor							
Total recipe, about 1.75 Cups		40	302				
Per 2 tsp portion		1	7				
Per 1 Tbsp portion		1	11				

INSTRUCTIONS

- 350 oven. Line a large rimmed baking sheet with parchment.
- Toast hazelnuts on prepared baking sheet for 10-12 minutes, until you smell them.
- Remove from oven and slide warm hazelnuts on a clean terry cloth kitchen towel.
- Allow to cool slightly.
- Wrap nuts up in the towel and rub together to loosen skins.
- For any that aren't completely free of skins, rolling between your palms should help loosen them the rest of the way.
- Place skinless hazelnuts in a food processor and process on low about a minute.
- Scrape down sides and continuing processing until mixture turns into a nut butter, 2-3 more minutes.
- Melt chocolate in 30 second intervals in the microwave.
- Add melted chocolate, SF syrup and Flex flavor packet to the food processor and process until smooth and thoroughly combined.
- Can be stored at room temp for 2-3 weeks.

APPENDIX

QUICK GUIDES

We've all been there. It's time to eat! You're standing in your kitchen trying to figure out how you want to spend your precious fat or carb allotment, and you have no idea how many pecans make up a serving of fat, how many grapes you can have with your meal, or how much a handful of raspberries is going to set you back. For me, that's about the time I realize my phone is upstairs so I can't even google it. In defeat, I'll default to my PB Tbsp and brown rice cakes. Sad, but true! I always wanted a handy reference to hang on my fridge that had the most common healthy fat and carb amounts by portion size. I figured if I wanted it, there must be other people out there who could also use it. Hope you find these helpful.

QUICK GUIDE TO HEALTHY FATS

*all nut measurements in the table below are for raw nuts

	1/2 serving, *7.5 g fat	1 serving, *15 g fat
almonds, whole	11 / .5 oz / 14 g	22 / 1 oz / 28 g
almonds, chopped	.5 oz / 14 g	1 oz / 28 g
almond meal / almond flour	1/8 Cup	1/4 Cup
almond butter	1 Tbsp	2 Tbsp
avocado	1/4 avocado (~ 50g by weight)	1/2 avocado (~ 100g by weight)
canola oil	1/2 Tbsp	1 Tbsp
cashews	0.625 oz / 17.5 g	1.25 oz / 35g
cashew butter	1 Tbsp	2 Tbsp
olive oil	1/2 Tbsp	1 Tbsp
peanuts	.5 oz (14 g)	1 oz (28 g)
peanut butter	1 Tbsp	2 Tbsp
pecan halves	7 / 10.5 g	14 / 21 g
pecans, chopped	1.5 Tbsp / .375 oz	3 Tbsp / .75 oz
pistachios	0.625 oz / 17.5 g	1.25 oz / 35g
walnut halves	.4 oz / 11.5 g / 6 halves	.8 oz / 23 g / 12 halves
walnuts, chopped	.4 oz / 11.5 g / 1.5 Tbsp	.8 oz / 23 g / 3 Tbsp

* grams of fat FROM healthy sources, not total weight of food - this is the number that matches your template.

QUICK GUIDE TO HEALTHY CARBS

*Grams of Net Carbs (all fruit measurements in the table below are raw)

	*10	*15	*20	*25	*30	*35	*40	*50
rice, cooked	1/4 Cup	1/3 Cup	1/2 Cup		3/4 Cup		1 Cup	
whole grain pasta, cooked	1/4 Cup	1/3 Cup	1/2 Cup		3/4 Cup		1 Cup	
oats, uncooked		1/3 Cup	1.25 oz	1/2 Cup	2/3 Cup		2.5 oz	1 Cup
sweet potatoes, baked	1 small (60g)	90g	1 med (114g)	150 g	1 lg (180g)	1 Cup	2 med	1.5 Cups
quinoa, cooked	1/3 Cup	3 oz	2/3 Cup	5 oz	6 oz	1 Cup	8 oz	1.5 Cups
apple	1 xsmall (2.5" dia.)	1 small (2.75" dia.)	1 med (3" dia.)	1 lg (3.25" dia.)				
banana	2 oz.	1/2 Cup, sliced	1 sm (6" - 6.9")	1 med (7" - 7.9")	1 Cup, sliced			
blackberries	5 oz	2 Cups						
blueberries				1.5 Cups		2 Cups		3 Cups
cantaloupe	2 med wedges (138g)			2 Cups, cubes		1 sm melon (4.25" dia.)		4 Cups, cubes
cherries, without pits	1/2 Cup		1 Cup		1.5 Cups		2 Cups	
grapefruit	1/2 fruit (3.75" dia.)		1 Cup sections, with juice				2 Cups sections, with juice	
grapes	2/3 Cup	1 Cup	1 1/3 Cups	1 2/3 Cups	2 Cups	2 1/3 Cups	2 2/3 Cups	3 1/3 Cups
kiwi, without skin	1 med/lg fruit		1 Cup				2 Cups	
mango				1 Cup, sliced	1 fruit			2 Cups, sliced
orange	1 small (2.5" dia.)		2 small (2.5" dia.)		3 small (2.5" dia.)	2 Cups sections		
papaya	1 Cup cubes		1 Cup mashed	1 med (5" x 3")	1 large (5.75" x 3.25")			2 med (5" x 3")
peaches	1 small (2.5" dia.)	1 large (2.75" dia.)	1 xlarge (3" dia.)		2 large (2.75" dia.)		2 xlarge (3" dia.)	
pears	1/2 Cup cubes		1 Cup cubes		1 large (230 g)	2 Cups (slices)	2 Cups cubes	
pineapple	1 slice (3.5" x .75")		1 Cup chunks				2 Cups chunks	
raspberries		2 Cups			4 Cups			
strawberries	1 Cup, sliced	1.5 Cups, sliced	1 pint	3 Cups, whole	3 Cups, sliced	3 Cups, sliced	2 pints	6 Cups, whole
watermelon	1 Cup, diced		1 wedge (1/16 of melon)					

* grams of carbs FROM healthy sources, not total weight of food - this is the number that matches your template.

Below I've included a couple of additional kitchen guides, based on the comments I see most often in the RP Clients Group:

SIMPLE NUTRITION LABEL CALCULATOR

(works for any food you want to measure)

Here's how to figure out, in 2 easy steps, how much of a healthy fat (in this example), by weight, gives you the amount of fat you need for your meal or recipe. Use this if the serving size, as listed on the label, isn't quite what you need.

3 NUMBERS YOU'LL NEED TO START

1. You'll know the grams of fat you need for your meal or recipe	A
2. Locate the grams of fat in the serving size - from the food label	B
3. Locate the number of grams (by weight) per serving - from the food label	C

2 EASY CALCULATIONS

1. Divide the number of fat grams you need by the amt of fat in the serving size.	A/B = D
D is your multiplier to use to get the portion you need for your meal or recipe.	
2. Multiply D x C (your multiplier by the weight of the serving size, per the food label.)	D x C = your answer

You've calculated the amt of grams (by weight) of that food that will give you the amt of fat you need!

Works for protein, carbs and fats - just remember that if your food has other countable macros, you'll need to apply your multiplier (D) to all of the macros in the food.

TIPS FOR PORTIONING RAW PROTEINS

- Before you start cooking, figure out how many portions you're going to have based on the raw protein amount.
- Proceed with the recipe, then divide completed dish into that number of portions.
- If you're the only one eating the dish, and you plan to consume the entire recipe in the coming few days, it doesn't matter as much whether the portions are 100% equal - because it will even out over the 3 days you're eating it, for example.
- But if you won't be consuming the entire recipe, and you want to be 100% sure (i.e. you're stepping on stage next week), you can use a scale to ensure you get an exact portion.
- Weigh the completed dish; divide by the number of servings you made, and that will give you the weight of each equal portion.

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At RP, we have the best jobs in the world – because of all of you – because you are loyal and amazing clients and supporters. We hope you know that we are always trying to bring you new and exciting products and services to help you reach – and surpass! – your physique and athletic goals!

Thank you so much – we hope you find some recipe ideas in this book that work for you and your families! (You know I'm already working on the next cookbook, and will bring it to you as soon as humanly possible!)



Pictured: Nick and Lori Shaw, Renaissance Periodization

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