

**Diet Plan - 3 meals 1300 cal + 1-2 snacks up to 225 cal**  
**1300-1700 calories - 1500 calorie average**

**Meal 1: 400-460 calories**

1. 1 serving **Anabolic French Toast** 270 + 3/4 cups 0% Plain Greek yogurt 100 + 1 serving Fruit of choice 100 + Low Calorie Syrup 30 = 400
2. 1 serving **French Toast Blueberry Pancake** 330 + 3/4 cup fat free no sugar added Greek yogurt 100 + low calorie syrup 30 = 460
3. 1 serving **Banana "No"tella French Toast Roll Ups** 340 + 3/4 cup fat free no sugar added Greek yogurt 100 = 430
4. 1 serving **Egg White Avocado Rice Cake** 390 + 1/2 serving fruit of choice 50 = 440
5. 1 serving **Ham & Cheese Omelette** 295 + 1/3 cup fat free no sugar added Greek yogurt 50 + 1 serving Fruit of choice 100 = 445 Cals
6. 1/2 cup (45g) Cream of Wheat or Oatmeal 165 + 1 1/2 servings **HTLT Whey + Casein Protein** 180 + 3/4 cup fat free no sugar added Greek yogurt 100 = 445
7. 2 slices Bread/toast 160 calories + 1.5 cups egg whites 180 + 90 calories of Guacamole/Avocado/Turkey Bacon/Or any protein of choice 90 = 430
8. 3 servings of **Smoked Salmon Rice Cake Sandwich** 360 + 1 serving fruit of choice 100 = 460

**Meal 2: 400-460 calories**

9. Beef Burger (120g extra lean ground beef 210 + 1 bread/bun 150 + Lettuce/pickles whatever veggie 20 + (cond. SUGAR free Heinz ketchup/mustard/relish 30) 410 = 410
10. 2 servings **Anabolic Pizza Pockets** 360 + 1/2 serving fruit or veggies of choice 50 = 410
11. 1/2 serving of **Sloppy Greg "Open Faced"** 275 + 1 serving fruit or veggies of choice 100 + 1/3 cup fat free no sugar added Greek yogurt 50 = 425
12. 1 serving **"Flat Out" Pizza with Bison** 310 + 1 serving Fruit or Veggies of Choice 100 = 410
13. 1 serving **Chicken or Turkey on Joseph's Lavash Wrap** 290 + 1 1/2 servings fruit or veggies of choice 150 = 440
14. 1 serving **Spicy Shredded Chicken on Rice Cakes** 375 + 1/2 serving fruit or veggies of choice 50 = 425

15. 2 Servings of **SMOKED SALMON PINWHEELS** 400 + 1/2 serving fruit or veggies of choice 50 = 450

### Meal 3: 400-460 calories

16. 1 serving **Chicken Cacciatore** 255 + 1 serving **Cauliflower Mashed Potatoes** or  $\frac{3}{4}$  cup rice 150 = 405

17. 90g Fresh salmon OR 120g smoked salmon OR 100g extra lean steak/Hamburg or 120 g extra lean ground turkey/chicken 140 g chicken/Turkey/bison/elk OR 1.5 cups egg whites 180 +  $\frac{1}{2}$  cup rice OR 110g potato OR 125g sweet potato OR 1 cup **Light Cauliflower Mashed Potatoes** OR mini bag smart pop popcorn 100 + 1.5 servings of veggies 150 + cond. 20 = 450

18. 1 serving **Anabolic Meat Lasagna** 345 + 1 serving fruit or veggies of choice 100 = 445

19. 1 serving **Citrus Tilapia, Shrimp & Veggies** 380 + 1/2 serving fruit or veggies of choice 50 = 430 Cals

20. 1 serving of **Pedon MORE THAN Pasta with Chicken & Tomato Sauce (Small)** 290 + 1  $\frac{1}{2}$  serving Fruit of Choice 150 = 440 Cals

21. 1 serving **Spicy Pork Chili Stew** 250 + 1 serving **Cauliflower Mashed Potatoes** 150 or  $\frac{3}{4}$  serving rice + 1/2 serving fruit or veggies of choice 50 = 450

21. Large salad with 200g chicken/turkey OR 150g extra lean Steak OR 260g Haddock/cod/shrimp OR 260g YVES Veggie Cuisine Original Ground Round OR 130g SALMON OR 160g smoked salmon 260 + Up to 450g of Spinach + Walden farms toppings + 2 TBSP light dressing 60-80 + = 430-450

### Snack Options: Up to 225 calories (You can have any snack you want within this calorie limit!)

1. 1 **Blueberry Protein Muffin** 160 or **Carrot Apple Muffin** 155

2. 1 **SKOR Protein Bar (Medium Size Piece)** 164 or **CICO Bar** 220

3. 1 Bag of **Smart Pop Popcorn** 200

4. **Jelly Filled Pronut** 160

5. 1 serving of **Chocolate Strawberry Almond Proteinsicles** 200

6. 1 small size serving of **Chocolate PB Protein Ice Cream** 190

7. 1 serving of **Chocolate Protein Mug Cake** 200

## FRENCH TOAST BLUEBERRY PANCAKES

MAKES 2 PANCAKES

### INGREDIENTS:

- 480 g (2 cups) egg whites
- 4 slices regular ass bread (up to 80 calories per slice)
- 4 packets (~3 tbsp) sweetener
- 5 g (2 tsp) cinnamon
- 5 g (1½ tsp) guar gum
- 100 g blueberries
- Cooking spray

OPTIONAL TOPPINGS: 60 ml (¼ cup) low-calorie syrup (20 cal)

### DIRECTIONS:

1. Add all ingredients (except blueberries) into the blender and blend on high for 1 minute or until a uniform consistency is achieved.
2. (OPTIONAL) Transfer blended mixture to an airtight container, and let sit in the refrigerator for 4 hours. (Note: these can be eaten right away, but it is preferable to let the batter thicken over a few hours).
3. Heat a griddle over low-medium heat. Spray griddle with cooking spray. Add mixture to griddle and let sit for 1-2 minutes until edges appear cooked through.
4. Add blueberries to the pancake on the griddle.
5. Once edges start to brown and the pancake appears to be visibly cooked about  $\frac{2}{3}$  of the way, flip the pancake in the griddle and let sit another 1-2 minutes.
6. Remove pancake from the griddle and serve on a plate with low calorie syrup or leftover blueberries.

**TOTAL NUTRITION PER BATCH: 665 Calories**

**NUTRITION PER PANCAKE: 330 Calories**

## BANANA “NO”TELLA FRENCH TOAST ROLL-UPS

<b>MAKES 2 ROLL-UPS (1 serving)</b>	<b>EXTRA ANABOLIC LARGE BATCH (4 ROLL-UPS)</b>
<b><i>CALORIES: 340 PER SERVING</i></b>	<b><i>CALORIES: 680 PER SERVING</i></b>
<b>Filling:</b>	<b>Filling:</b>
30 g banana	55 g (½ serving) banana
8 g (¼ scoop) HTLT Chocolate PB Whey+Casein Protein Powder	16 g (½ scoop) HTLT Chocolate PB Whey+Casein Protein Powder
15 ml (1 tbsp) water	30 ml (2 tbsp) water
2.5 g (½ tbsp) cocoa powder	5 g (1 tbsp) cocoa powder
<b>French Toast Base:</b>	<b>French Toast Base:</b>
2 slices regular bread (up to 80 cal per slice)	4 slices regular bread (up to 80 cal per slice)
120 g (½ cup) egg whites	240 g (1 cup) egg whites
2 packets (4 tsp) sweetener	3 packets (2 tbsp) sweetener
1 g (½ tsp) cinnamon	2 g (1 tsp) cinnamon
1.3 g (¼ tsp) vanilla extract	2.5 g (½ tsp) vanilla extract
cooking spray	cooking spray
<b>TOPPINGS: Use different topping, Sugar Free Syrup!</b>	<b>TOPPINGS: Use different topping, Sugar Free Syrup!</b>
3 g (½ tbsp) powdered peanut butter (PB2)	6 g (1 tbsp) powdered peanut butter (PB2)
40 g strawberries	75 g strawberries
30 ml (2 tbsp) sugar free syrup	60 ml (¼ cup) sugar free syrup

<b>LARGE BATCH (5 ROLL-UPS)</b>
<b><i>CALORIES: 760 PER SERVING</i></b>
<b>Filling:</b>
55 g (½ serving) banana
16 g (½ scoop) protein powder
30 ml (2 tbsp) water
5 g (1 tbsp) cocoa powder
<b>French Toast Base:</b>
5 slices regular bread (up to 80 cal per slice)
240 g (1 cup) egg whites
3 packets (2 tbsp) sweetener
2 g (1 tsp) cinnamon
2.5 g (½ tsp) vanilla extract

cooking spray
<b>TOPPINGS: Use different topping, Sugar Free Syrup!</b>
6 g (1 tbsp) powdered peanut butter (PB2)
75 g strawberries
60 ml (¼ cup) sugar free syrup

**DIRECTIONS:**

1. In a bowl, mix the filling ingredients with a fork or whisk until a thick & uniform paste is formed.
2. There are two ways to make the roll-ups.
  - a. • Option 1: Spread the mixture on top of the bread and add the sliced bananas. Then, fold the piece of bread in half and pinch/press the edges to seal in the filling (like a burrito).
  - b. • Option 2: Flatten the bread with your hands. Then, spread the paste onto the slices of bread, and add the sliced banana on top. Then, roll up the bread like a burrito.
3. Whisk egg whites, cinnamon and vanilla extract into a bowl until fully mixed.
4. Heat a pan over medium heat, and spray with cooking spray.
5. Once the pan has achieved medium heat, submerge the sealed bread pockets into the egg white/cinnamon/vanilla extract mixture.
6. Remove and place onto the pan until the egg whites are fully cooked.
7. Remove from the pan and plate with optional toppings of powdered peanut butter (either mixed with water or dry), strawberries and sugar-free syrup.

**TOTAL NUTRITION PER 2 ROLL UPS: 340 Calories**

**TOTAL NUTRITION PER 4 ROLL UPS: 680 CALORIES**

**TOTAL NUTRITION PER 5 ROLL UPS: 760 CALORIES**

# EGG WHITE AVOCADO RICE CAKES

MAKES 3 RICE CAKES

## **INGREDIENTS:**

- 3 rice cakes
- 60g avocado
- 90g sliced tomato
- 40g chopped onion
- 40g chopped tomato
- 240g (1 cup) egg whites of choice (I prefer cheddar and chive)
- 1 tbsp minced garlic
- 1 tsp paprika 1 tbsp lemon juice (desired taste)
- Salt (desired taste) Cooking spray

## **DIRECTIONS:**

1. In a medium bowl, mash up avocado to make it into a paste. Add the chopped tomato, paprika, minced garlic, lemon juice, salt & pepper, and mix.
2. Heat a pan over medium-high heat. Spray with cooking spray for 1 second. Place three egg rings on the skillet and place the egg whites in the egg rings. NOTE: If you don't have egg rings, simply place the egg whites in the pan, cook and flip, then divide it into 3 pieces for each rice cake.
3. Lay the 3 rice cakes on a plate. Stack each rice cake with one of the egg white circles cooked in the egg white rings.
4. Divide the avocado mash and place on top of the egg white rings. Add sliced tomato on top.
5. Serve as three open-face pieces of rice cake deliciousness. You may add fresh-squeezed lemon and cracked pepper if desired.

**TOTAL NUTRITION (3 SERVINGS): 390 Calories**

**CALORIES PER RICE CAKE: 133 Calories**

## HAM & CHEESE OMELETTE

### INGREDIENTS:

- 480g (2 cups) egg whites
- 100g lean deli ham, diced
- 1 serving veggies up to 100 calories (bell peppers, spinach, tomatoes, yellow onions)
- 4 slices (or 76g shredded) fat-free cheese (120 calories)
- Salt & Pepper to taste
- 4 tbsp of your favorite salsa OR 2 tbsp no sugar-added ketchup

### DIRECTIONS:

1. In a bowl, whisk the egg whites well. Add all the remaining ingredients (except for the cheese) and mix well.
2. Heat the stove to medium heat. Using a nonstick skillet, spray with cooking spray then add the egg mixture and cook on one side for 3 minutes or until the egg whites are partially cooked.
3. Add half the cheese and fold over in half and cook for 2 min on low heat.
4. Then when ready, flip, turn or roll the omelette over and cook for an additional 2 minutes with remaining cheese slices on top to melt.
5. Once it is fully cooked, serve with salsa on top or on the side.

**TOTAL NUTRITION (1 SERVING): 295 Calories**

## SMOKED SALMON RICE CAKE SANDWICH

### INGREDIENTS:

- 1 rice cake 28g
- (~1 oz) smoked salmon (35- 60 calories, depending on type of salmon used)
- 15g (1 tbsp) fat-free cream cheese (15 calories)
- Pepper (to taste)
- Veggie Options (5-10 calories total): spinach, tomato, capers, red onion, Romaine lettuce

### DIRECTIONS:

1. Set the rice cake on a plate. Spread the cream cheese on the rice cake.
2. Place the smoked salmon on top of the cream cheese.
3. Add veggies of your choice. Top with lettuce and enjoy.

**TOTAL NUTRITION: 120 CALORIES**

**NUTRITION PER SERVING (1 SERVING): 120 CALORIES**

# PIZZA POCKETS

## INGREDIENTS:

- 4 hamburger buns
- 76 g (4 slices) of fat-free cheese (or equivalent shredded fat free cheese)
- 60 g (¼ cup) egg whites
- 60 g (20 pieces) of veggie pepperoni (eg. Yves)
- 30 g pizza sauce

## DIRECTIONS:

1. Start by placing parchment paper onto a baking sheet and heat the oven to 350°F (177°C).
2. Place the egg whites in a flat surface bowl.
3. Cut all 4 hamburger buns in half if not pre cut.
4. Quickly dip (~1/2 second) each half of the hamburger bun on both sides in egg whites and place on a plate with the inside part of the bun facing up.
5. Press in the center of the 4 top buns slightly with your fingers to make a bowl like indentation in the centre. (This will hold the filling)
6. Spread the sauce and add the cheese to the indentations you just made.
7. Preheat the veggie pepperoni in the microwave for 20 seconds and add them to the sauce/cheese.
8. Place the bottom half of the buns on top and seal the buns by slightly pinching around the edges to seal the pieces together forming the pizza pockets.
9. Flip the pockets and place them on the baking sheet with parchment paper to prevent sticking.
10. 10 minutes or until golden brown.
11. Remove from the oven and enjoy! (Be careful, they may be very hot).

**TOTAL NUTRITION (4 SERVINGS): 718 Calories**

**NUTRITION PER SERVING: 179 Calories**



# SLOPPY GREG SANDWICH

## INGREDIENTS:

- 450g (16 oz) extra lean ground turkey or extra lean meat of choice (measured raw)
- 8 slices regular ass bread/bun
- 1 packet Sloppy Joe Seasoning or you can use Paprika , Chilil Pepper, & Garlic.
- 1 jar/can 650-680ml of tomato sauce
- 6g (2 tsp) guar/xanthan gum
- 2 servings (200 calories) Veggies of Choice OR what I use: 250g red/yellow/orange bell pepper
- 225g mushrooms, sliced
- 250g onion
- 2 tsp garlic (4 garlic cloves)

## DIRECTIONS:

1. Heat a pan to medium heat. Cook the turkey meat until it is fully cooked through. Remove from the pan and drain in a colander/strainer.
2. Add in the onions, garlic, mushrooms and pepper. Cook and stir for 5 minutes or until thoroughly mixed with the meat.
3. Add in the Sloppy Joe Seasoning, tomato sauce and the guar/xanthan gum. Mix with a spoon and reduce heat to low.
4. Place one serving (two slices of bread...toasted if you like it crispy!) on a plate and spread  $\frac{3}{4}$  cup (180ml) of the Sloppy Greg mixture on top of bread.
5. **Optional:** Add a fat-free cheese slice on top of the Sloppy Greg sandwich (adds 30 calories per serving).

**TOTAL NUTRITION: 1800 Calories**

**NUTRITION PER SERVING (1 SERVING): 450 Calories**

## "FLATOUT" PIZZA WITH BISON

MAKES 2 MINI PIZZAS

### INGREDIENTS:

- 2 "Flatout" Rustic White Artisan Thin Pizza Crust or 2 thin pizza crusts of choice (260 calories)
- 2 slices OR 38g fat-free cheese (60 calories)
- 100g ground bison (measured cooked)
- 125g (½ cup) low-fat pizza sauce (up to 50 calories)
- **Toppings of choice (up to 50 calories):** Peppers, onions, mushrooms, spinach.
- Cooking spray
- Spices (to taste)

### DIRECTIONS:

1. Heat a frying pan over medium heat. Add cooking spray and sauté onions, mushrooms, and peppers until fully cooked through. Add ground bison and sauté until fully cooked.
2. Toast the pizza crusts on a baking sheet in the oven or toaster oven at 350°F (177°C) for 3 minutes. Remove from the oven and let sit for a few minutes.
3. Add all ingredients to the flatbread except for the cheese. Place in the oven for another 3 minutes.
4. Place the cheese slices on the pizzas and place in the oven for 3 minutes. Remove from the oven and enjoy the melted deliciousness.

**TOTAL NUTRITION (2 SERVINGS): 310 Calories**

## JOSEPH'S FLAX OAT BRAN & WHOLE WHEAT LAVASH BREAD WRAP

### INGREDIENTS:

- 1 x Joseph's Flax Oat Bran & Whole Wheat Lavash Breads (4 square breads) = 120 calories/12g protein
- 100g chicken OR 80g extra lean ground turkey OR 65g extra lean ground beef/steak
- Cucumber + spinach + mushroom + onion
- Walden farms toppings + mustard Walden Farms sauce + Mrs. Dash + 2 tsp. of omega crunch shelled flax or soy bacon bits

**TOTAL NUTRITION: 290 CALORIES**

## **SPICY SHREDDED CHICKEN ON RICE CAKES**

### **INGREDIENTS:**

- 4 original or lightly salted rice cakes
- 100g chicken breast (measured raw) (130 calories)
- 30g (2 tbsp) low-fat or fat-free mayonnaise (up to 70 calories)
- 15g (1 tbsp) Sriracha
- 15g (1 tbsp) dijon mustard
- Salt and Pepper to taste
- Veggies of your choice (up to 10 calories total)
- Tomato, red onion, spinach, lettuce

### **DIRECTIONS:**

1. Boil chicken breast in a pot of water until fully cooked for about 10-15 minutes.
2. Remove chicken from the pot and transfer to a cutting board. Pat dry. Shred the chicken breast. You can do this with a fork, with a large grater, or with your hands.
3. In a bowl, mix mayonnaise, Dijon mustard and Sriracha.
4. Place the chicken in the bowl with the mayo, mustard, and sriracha, and toss well until all of the chicken is coated.
5. Arrange rice cakes on a plate. Spread chicken over the four rice cakes.
6. Place veggies on top of the shredded chicken.
7. Top with one large piece of lettuce.
8. Serve and enjoy

**TOTAL NUTRITION: 375 CALORIES**

**NUTRITION PER SERVING (4 SERVINGS): 94 CALORIES**

# SMOKED SALMON PINWHEELS

## INGREDIENTS:

- 60g (~2 oz) cold smoked salmon
- 1 low-carb tortilla wrap (Mission Carb Balance Tortilla, 70 calories)
- 50g frozen spinach, thawed and drained
- 30g red onion, shaved
- 10g capers 15g low-fat cream cheese (35 calories)
- ½ tsp black pepper

## Optional:

- 2 tsp fresh dill, chopped

## DIRECTIONS:

1. Lay the tortilla wrap out flat and spread the cream cheese around to cover it. Next, cover the whole tortilla with the strips of smoked salmon. Sprinkle the black pepper, capers and dill on the smoked salmon evenly.
2. Spread the shredded spinach and the onions out on top of everything evenly so it is covered with the ingredients. Start at the bottom of the tortilla and roll it up tightly all the way.
3. Use a knife to cut the burrito rollup in sections about 2 inches (5 centimeters) thick. Each section should look like a pinwheel from the side if you rolled it correctly.
4. Transfer the pinwheels to a plate, serve and enjoy!

**TOTAL NUTRITION (1 SERVING): 200 Calories**

# CHICKEN CACCIATORE

## INGREDIENTS:

- 300g (11oz) chicken breast, boneless and skinless, cut in 1-inch cubes
- 700g tomato,
- 200g yellow onion, diced
- 200g celery, diced
- 200g white mushrooms sliced
- 4 garlic cloves, minced
- 500ml chicken broth
- 156g (1 small can  $\frac{2}{3}$  cup) tomato paste
- Salt and pepper to taste

## DIRECTIONS:

1. Spray a nonstick skillet with cooking spray and add the chicken. Sear the chicken on all sides.
2. Add the chicken broth to the skillet with all the remaining ingredients and stir well.
3. Bring the mixture to a rolling boil, then cover with a lid and reduce to a low simmer. Continue to cook on medium low heat for 20 minutes. After 20 minutes, remove the lid and raise the temperature to medium high. Cook for 5 minutes to reduce the liquid in the skillet and form a thick sauce. You want the sauce to be slightly thick but not too much. The dish is supposed to be almost like a stew.
4. Remove from the heat and transfer the chicken cacciatore to a bowl. Garnish with fresh chopped parsley, serve and enjoy!

## NOTES:

- To make a more filling recipe add 1 litre of broth rather than 500 ml. This will increase the portion size without adding calories and help you to feel more full and keep “ghrelin” from punching you in the face and making you want to eat.

**TOTAL NUTRITION (4 SERVINGS): 1020 Calories**

**NUTRITION PER SERVING: 255 Calories**

# CAULIFLOWER MASHED POTATOES

MAKES 8 SERVINGS

- 900g (~2 lbs or ~6 medium) potatoes
- 900g (~2 lbs) cauliflower florets
- 230g (~1 1/4cup) fat-free sour cream
- 9g (3 tsp) guar gum
- 8g (2 tsp) baking powder
- Spices to taste
- Salt
- **Optional Garnish:**
- 1 tbsp chives or scallions, diced

## **DIRECTIONS:**

1. Boil 4 liters (or 4 quarts) of water with salt over high heat. Once water starts to boil, reduce heat to medium to bring the water to a simmer. Add the potatoes and leave in pot until fully cooked through. Drain in a colander and add to Ninja blender.
2. Separately, cook the cauliflower in a boiling pot of water. Drain in a colander and add to Ninja blender.
3. Add baking powder, spices, half of the fat-free sour cream, and guar gum to Ninja blender and pulse blend until smooth.
4. Serve with the remaining fat-free sour cream and any preferred spices and garnish

**TOTAL NUTRITION: 150 Calories**

## **"LITE" VERSION SUBSTITUTIONS MASHED POTATOES**

- 450g (~1 lb) potatoes instead of 900g (2 lbs)
- 450g (~1 lb) cauliflower florets instead of 900g (2 lbs)
- 6g (2 tsp) guar gum instead of 3 tsp
- 8g (2 tsp) baking powder (makes it thicker)

**TOTAL NUTRITION: 90**

# ANABOLIC MEAT LASAGNA

## INGREDIENTS:

- 2 cans (16 oz) Palmini low carb lasagna sheets
- 8 slices fat-free cheese (or 152g shredded fat-free cheese) (240 calories)
- 1 X 500g bag of frozen spinach (weighed frozen), thawed and drained
- 250g zucchini, sliced lengthwise
- 500g (2 cups) 0% fat cottage cheese
- 455g 93% lean ground turkey/chicken (measured raw)
- 1000g (4 cups) of flavoured pasta sauce of choice (up to 50 calories per 125g)
- 60ml (¼ cup) water
- 125g onion, diced
- 2 tsp minced garlic or 2 garlic cloves, minced

## DIRECTIONS:

1. Preheat the oven to 400°F (204°C).
2. Boil Palmini lasagna sheets for about 5 minutes to soften them.
3. Sauté garlic and onions on a pan over medium-high heat until golden brown.
4. Remove the onions and garlic and set aside in a large bowl.
5. In the same pan, cook the lean ground turkey until fully cooked. When fully cooked, remove from the pan, drain/rinse out any excess liquid, and add to the bowl of onions & garlic, along with 60ml (¼ cup) water
6. Add pasta sauce to the turkey mixture and mix well.
7. Mix OR blend 0% fat cottage cheese and spinach (thawed and drained).
8. Spray a 9 x 13 inch (22 cm x 33 cm) casserole dish with cooking spray
9. Spread ¼ cup of the turkey sauce on the bottom of the casserole dish (this is a very thin layer, it won't cover the entire dish). A. Place about 12 Palmini sheets over the sauce. B. Lay half of the zucchini on top of the Palmini lasagna sheets. C. Spread half of the cottage cheese/spinach mix on top of the zucchini. D. Spread ⅓ of the pasta sauce mix over the cottage cheese/spinach. E. Repeat steps A-D one more time
10. Lay the last 12 Palmini lasagna sheets and spread the remaining pasta sauce on them, and top with 8 fat-free cheese slices.
11. Spray the underside of tin foil with cooking spray (prevents sticking to the cheese) and cover the lasagna. Be sure to "tent" the foil so that there's space between the cheese and the foil (you don't want the cheese to stick to the foil when baking).
12. After 40 minutes, remove the foil and bake for another 10 minutes (to brown the cheese).

13. Let cool (10-20 minutes, time may vary depending on oven & cheese) before cutting and serving

**TOTAL NUTRITION (6 SERVINGS): 2074 Calories**

**NUTRITION PER SERVING: 346 Calories**

## **CITRUS TILAPIA, SHRIMP & VEGETABLES**

### **INGREDIENTS:**

- 850g (30oz) tilapia filet (measured raw)
- 425g (15oz) shrimp, peeled and POOP removed (measured raw)
- 550g zucchini, cut into strips
- 550g green cabbage, shredded
- 300g tomatoes, diced
- 550g yellow squash, cut into strips
- 300g carrots, cut into strips
- 5 garlic cloves, minced
- 50g yellow onion, minced
- Zest and juice of 5 lemons
- Salt & pepper to taste
- 75ml (5 tbsp) water

### **DIRECTIONS:**

1. Heat a skillet over medium-high heat. Spray with cooking spray. Add all of the vegetables, and toss with salt and pepper. Once the vegetables are mostly cooked, add the shrimp and sauté until mostly cooked.
2. Preheat the oven to 400°F (204°C). Spray a baking sheet with cooking spray, and then lay the tilapia flat on the baking sheet.
3. Pour lemon juice and zest over the fillets.
4. Transfer the sautéed vegetables and shrimp to the top of the tilapia filets.
5. Place all in the oven for 8-12 minutes, or until the tilapia is fully cooked.
6. Remove the fish and vegetables from the oven, and plate and serve. Enjoy

### **NOTES:**

- You can use any low-fat white fish if you do not have access to tilapia.
- In Canada, you can make this recipe with haddock or cod. Use whatever white fish is local to your area!

**TOTAL NUTRITION (5 SERVINGS): 1880 Calories**

**NUTRITION PER SERVING: 380 Calories**



## **SMALL SERVING (COSTCO) PEDON MORE THAN PASTA (GLUTEN FREE)**

### **INGREDIENTS:**

- 50g Pedon MORE THAN PASTA 165 cal
- ¼ cup \*Simply Natural Organic Tomato & Basil pasta sauce 1/4 cup
- 45g Chicken breast or 35 g extra lean ground beef/steak
- 1/4 serving veggies
- Spices/condiments

**TOTAL NUTRITION (1 SERVING): 290 Calories**

## **SPICY PORK CHILE STEW**

### **INGREDIENTS:**

- 440g (16 oz) pork tenderloin, raw
- 80g jalapenos
- 500g vine tomatoes
- 2 tbsp minced garlic (or 8 garlic cloves, minced)
- 240g yellow onion, large diced
- 400g chicken stock
- 16g cilantro
- Spices to taste: salt, black pepper, ground coriander

### **DIRECTIONS:**

1. Preheat the oven to 400°F/204°C. Place the pork tenderloin on a baking tray and bake in the oven for 10-15 minutes till completely cooked through or the internal temperature of the pork is 145°F/63°C. Remove from the oven and set aside.
2. In a sauce pot, place the tomatoes, peppers, garlic and onions in the pot. Cover with water and boil over high heat for 10 minutes or until the veggies are soft and tender.
3. Remove from the heat and drain the liquid.
4. Place the cooked veggies in a blender with the salt, pepper, cilantro, coriander and chicken stock.
5. Blend until the mixture is smooth.
6. Transfer the green mixture back to a sauce pot and heat to medium heat. Continue to cook for 5 minutes then reduce to a low simmer. The soup should have reduced by this point and thickened slightly.

7. Chop the pork tenderloin up into small diced cuts and add to the green chile stew. Continue to cook at a low simmer for an additional 5 minutes. Remove from the heat and transfer to a bowl. Serve and enjoy

**TOTAL NUTRITION (4 SERVINGS): 1010 Calories**

**NUTRITION PER SERVING: 250 Calories**

## **BLUEBERRY PROTEIN MUFFINS**

**MAKES 10 MUFFINS**

**INGREDIENTS:**

- 250g (1 cup) unsweetened apple sauce
- 175g (~3/4 cup) 0% fat Greek yogurt
- 60g (1/4 cup) egg whites
- 66g (2 scoops) cinnamon or vanilla protein powder
- 240g (2 cups) oat flour
- 270g fresh blueberries
- 5g (1 tsp) vanilla extract
- 6 packets (1/4 cup) sweetener
- 6g (1 ½ tsp) baking powder
- 4g (1/2 tsp) baking soda

**DIRECTIONS:**

1. Preheat the oven to 325°F (163°C)
2. Combine all wet ingredients into a bowl and mix until evenly distributed.
3. In another bowl, combine all dry ingredients and mix. Then, combine the wet and dry ingredients in a bowl.
4. Mix until you get a smooth consistency. Fold in blueberries.
5. Spray a muffin tray with cooking spray, and pour the batter into the muffin trays. Be sure to leave approx 1/4 - 1/2 inch (~1 cm) of room for the muffins to rise in each tray.
6. Bake for 15-20 minutes, or until a toothpick comes out clean (DON'T over bake or else they will be dry.)
7. Let cool on a cooling rack and serve.

**TOTAL NUTRITION (10 SERVINGS): 1620 Calories**

**NUTRITION PER SERVING: 160 Calories**

# CARROT APPLE MUFFINS

MAKES 10 MUFFINS

## INGREDIENTS:

- 190g (~ 1 ½ cups) oat flour 200g carrots (shredded)
- 100g (3 scoops) vanilla protein powder
- 180g (¾ cup) egg whites
- 185g (¾ cup) unsweetened applesauce
- 100g (1 cup) Granny Smith apples (peeled & cut into small pieces)
- 10g (2 tsp) vanilla extract
- 4g (1 tsp) baking soda
- 1 tsp Kosher salt
- 1 tsp cinnamon

## TO TASTE:

- 10 packets (3 tbsp) sweetener

## DIRECTIONS:

1. Preheat the oven to 350°F (177°C). Line a muffin tin with cupcake liners and spray with cooking spray.
2. In a large bowl, mix all the dry ingredients together thoroughly. In a separate bowl, mix the wet ingredients with the apples and carrots
3. Slowly mix the dry ingredients into the wet ingredients bowl, until everything is well blended (the texture should be thicker than last time)
4. Fill the cupcake liners about ¾ full of the batter. “I put ¼ cup in each cupcake liner!”
5. Bake in the oven for 20 minutes or until a toothpick comes out clean when you prick the cake with one.
6. Remove from the oven and allow to cool down for at least 20 minutes before serving.

**TOTAL NUTRITION (10 SERVINGS): 1535 Calories**

**NUTRITION PER SERVING: 155 Calories**

## SKOR PROTEIN BAR: MY PERSONAL FAVORITE

### **INGREDIENTS:**

- 264g (8 scoops) chocolate peanut butter protein powder
- 400g (~1¼ cup) IMO syrup such as Vitafiber syrup
- 80ml (⅓ cup) Walden Farms Caramel or Chocolate Syrup
- 20g (¼ cup) cocoa powder
- 40g Skor chipits (toffee bits)
- 5g (1 tsp) caramel extract
- Cooking spray

### **DIRECTIONS:**

1. Microwave IMO syrup in a bowl until bubbles start to form (about 30 seconds on high).
2. Remove bowl from microwave and add remaining ingredients. Combine all the ingredients together with a mixer or spoon until you achieve a sticky, doughy consistency.
3. Spread mixture onto a silicone tray and transfer to a freezer. Pro Tip: To help transfer the gooey mixture, Greg recommends that you spray one of your fingers with cooking spray to help to evenly distribute across the tray.
4. After about 1 hour in the freezer, remove the tray and let sit at room temperature for 5 minutes. Slice the batch into portion sizes of choice (for reference on the nutrition by portion size, see the nutrition table). Wrap individual pieces in wax paper and return them to the freezer.
5. Chocolate protein bars should remain in the freezer until they are ready to be eaten.

**TOTAL NUTRITION:** 1970 Calories

**Large (10 Pieces):** 246 Calorie

**Medium (12 Pieces):** 164 Calorie

**Small (24 Pieces):** 109 Calories

**Bite size (30 pieces):** 66 Calories

# JELLY FILLED PRONUT

## **INGREDIENTS:**

### **DONUT BASE:**

- 4 regular ass hamburger buns (up to 120 calories each)
- 80 g (1/3 cup) egg whites

### **FILLING:**

- 32 g (1 scoop) of vanilla protein powder
- 30 g (~2 tbsp) sugar-free strawberry jam
- 30 g (2 tbsp) low calorie maple syrup

### **TOPPING:**

- 8g (2 tsp) Swerve Icing Sugar

## **DIRECTIONS:**

1. Start by placing parchment paper onto a baking sheet and heat the oven to 350°F (177°C)
2. In a bowl add vanilla protein powder, sugar free strawberry jam, and low calorie maple syrup. Mix until smooth (~1 min) and set aside (it will look dry at first, just keep mixing!) You have now completed the filling for the Jelly filled donuts.
3. Place the egg whites in a flat surface bowl.
4. Cut all 4 hamburger buns in half if not pre cut.
5. Quickly dip (~1/2 second) each half of the hamburger bun on both sides in egg whites and place on a plate with the inside part of the bun facing up.
6. Press in the center of the 4 top buns slightly with your fingers to make a bowl like indentation in the centre. (This will hold the filling)
7. Add the filling to the 4 indentations you just made on the top half of the buns.
8. Place the bottom half of the buns on top and seal the buns by slightly pinching around the edges to seal the pieces together forming the donuts.
9. Flip the donuts and place them on the baking sheet with parchment paper to prevent sticking. (It should look like a hamburger at this point)
10. Bake at 350°F (177°C) for 10 minutes or until golden brown.
11. Take out and place on a cooling rack sprinkle with icing sugar and eat like a DONUT!

**NOTES:**

- Spray with cooking spray on a silicone baking sheet but it might stick.
- You can use any flavoured no sugar add jam

**TOTAL NUTRITION PER BATCH: 667 Calories**

**TOTAL NUTRITION PER SERVING (4): 167 Calories**

## **CHOCOLATE STRAWBERRY ALMOND PROTEINSICLES**

**MAKES 1 BATCH (APPROX. 4 MEDIUM SERVINGS)**

**INGREDIENTS:**

- 240g (1 cup) unsweetened almond milk
- 119g (3½ scoops) HTLT Whey+Casein protein powder
- 300g frozen strawberries
- 3g (1 tsp) guar gum
- 40g (1 package) fat-free Jell-O chocolate pudding (140 calories)
- 115g (½ cup) 0% fat Greek yogurt
- 5 packets sweetener (to taste)

**DIRECTIONS:**

1. Add all ingredients to a blender. Pulse blend on medium-high speed until there is a smooth consistency. You will likely need to take a spoon and push the ingredients down a few times. Note that the more casein protein is used, the thicker the pudding will be.
2. Remove pudding from the blender and transfer across 4 popsicle trays. Transfer to a freezer.
3. Wait a few hours, and pop out the proteinsicles from the tray when you are ready to have a delicious frozen treat!

**TOTAL NUTRITION PER BATCH: 810 CALORIES**

**TOTAL NUTRITION PER SERVING: 196 CALORIES**

# CHOCOLATE PB PROTEIN ICE CREAM

MAKES 1 SMALL BATCH OR 1 MEDIUM BATCH OR 1 LARGE BATCH (DEPENDING ON WHAT SUITS YOUR PLAN)

## INGREDIENTS:

### SMALL SIZE:

- 34g (~1 scoop) HTLT Whey + Casein Protein powder of choice
- 
- 10g (~2 tbsp) chocolate PB powder
- 5g (1 tbsp) cocoa powder
- 60ml (¼ cup) unsweetened almond milk
- 1.5g (½ tsp) guar/xanthan gum
- 1 packets (2 tsp) sweetener
- Ice

### MEDIUM SIZE:

- 51g (~1½ scoops) HTLT Whey + Casein Protein powder of choice
- 15g (~3 tbsp) chocolate PB powder
- 7.5g (1½ tbsp) cocoa powder
- 90g (¾ cup) unsweetened almond milk
- ~2g (¾ tsp) guar gum
- 2 packets sweetener
- Ice

### LARGE SIZE:

- 68g (2 scoops) HTLT Whey + Casein Protein powder of choice
- 20g (~¼ cup) chocolate PB powder
- 10g (2 tbsp) cocoa powder
- 120ml (½ cup) unsweetened almond milk
- 3g (1 tsp) guar/xanthan gum
- 3 packets (2 tbsp) sweetener
- Ice

**DIRECTIONS:**

1. Add all ingredients to a blender. Blend for 1 minute on medium-high speed until there is a smooth consistency. Note that if you use casein protein, the ice cream will be thicker.
2. Scrape sides of the blender and ensure all ingredients are blended. You may have to pulse the blender a few times depending on the consistency you want to achieve. You can always add more ice or water to get the consistency you desire.
3. Pour the mixture out of the blender and into a bowl to consume immediately. You may drizzle with powdered peanut butter, or fresh blueberries, or Walden Farms low-calorie syrup, or popcorn, anything that makes it more interesting and delicious for you. IT DOESN'T MATTER! There are NO rules in this kitchen! Just be sure that you account for your toppings when tracking your calories.

**TOTAL NUTRITION FOR SMALL BATCH: 190 Calories**

**TOTAL NUTRITION FOR MEDIUM BATCH: 280**

**TOTAL NUTRITION FOR LARGE BATCH: 380**

## **BIG BATCH PROTEIN LAVA CAKE**

**INGREDIENTS:**

- 180g chocolate whey protein
- 240g (1 cup) egg whites
- 40g cocoa powder
- 2 tsp guar gum
- 1 ½ cups water
- 15 Sugar Twin

**DIRECTIONS:**

1. Mix ingredients in ninja blender
2. Poor into separate containers to make your lava cakes in advance for convenience
3. Cook in the microwave on high for 35 seconds. Do not overcook. The center should be gooey while the sides are like cake.

**TOTAL NUTRITION: 1000 Calories**

**TOTAL NUTRITION PER SERVING (5 SERVINGS): 200 Calories**



## ANABOLIC FRENCH TOAST (2 SLICES)

### INGREDIENTS:

- 180 g (3/4 cup) egg whites
- 2 slices regular ass bread (up to 80 calories per slice)
- 2 packets (~1 tbsp) sweetener
- 2 g (1 tsp) cinnamon
- 5 g (1 tsp) vanilla extract
- Cooking spray

### TOPPINGS:

- 60 ml (4 tbsp) low-calorie syrup (20 calories)

### DIRECTIONS:

1. In a bowl, add egg whites, sweetener, cinnamon, and vanilla extract. Whisk until spices are evenly distributed throughout the mixture.
2. Heat a griddle over medium-low heat. Spray griddle with cooking spray.
3. Dip bread slices into egg white mixture, and transfer to pan.
4. Spoon any leftover egg white mixture onto the bread in the pan. If done slowly, the bread should absorb the mixture and get fluffy.
5. Let cook for about 3-4 minutes on each side.
6. Remove French Toast from the pan and serve on a plate with toppings. Suggestions for toppings are fresh fruit and low-calorie syrup

### NOTE:

- IF YOU WANT TO INCREASE THE PROTEIN CONTENT OF THE MEAL FURTHER ADD AN EXTRA ¼ CUP OF EGG WHITES HALFWAY THROUGH THE COOKING PROCESS FOR AN ADDED 30 CALORIES

**TOTAL NUTRITION: 270 Calories**