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# Whole Food Protein Pancake

Mix the following:

1. ¼ cup apple sauce
2. ¼ cup fairlife 0% fat
3. 2 whole eggs
4. 2 egg whites

Then mix in:

1. ½ tsp baking powder
2. Pinch of salt
3. ½ vanilla extract
4. ¼ cup coconut flour

Macros:

345 calories

31 g protein

11g fat

17.5g carbs

# Peanut Butter and Maple Yogurt

Mix the following:

1. 1.5 cups of 0% fat Greek Yogurt
2. 36g Powdered Peanut Butter
3. 45g Sugar Free Maple Syrup

Macros:

1. 345 Calories
2. 54g protein
3. 22g carbs
4. 4.5g Fat

# Fat Free Buffalo Ranch Tuna Salad:

Mix the following:

1. 12oz can of tuna (drained)
2. 3 tbsp Buffalo Sauce
3. 1 tsp Ranch Seasoning

Macros:

210 Calories

51g protein

3g fat

0g carbs

# Egg and Cheese Breakfast Sandwich

## Directions:

- 1) Mix 2 whole eggs and 2 egg whites
- 2) Pour in frying pan
- 3) Immediately Place 2 slices of thin sliced Daves Killer Bread on top of eggs
- 4) Once cooked through, FLIP
- 5) Place 2 slices of fat free american cheese on top of bread slices
- 6) Fold into sandwich

## Macros

370 calories

38g protein

28g carbs

10g fat

# Pumpkin Pie Greek Yogurt

Mix the following

1.  $\frac{3}{4}$  cup 0% fat greek yogurt
2. 1 serving canned pumpkin puree
3.  $\frac{1}{2}$  tsp of pumpkin spice
4. 2 packets of stevia

Macros:

140 calories

19g protein

0.5g fat

7g carbs

# Carrot Cake Smoothie

Put the following into a blender:

1. 125g Bananna (1 medium banana)
2. 1 cup carrot juice
3. [1 scoop of Redcon1 Vanilla Isotope Protein](#)
4. ½ tsp of cinnamon

Macros:

280 calories

25g protein

39g carbs

0g fat

# Chocolate Mug Cake

Mix the following:

1. ¼ cup of 0% fat Fairlife milk
2. 1 egg
3. 1 tsp baking powder
4. 1 packet stevia
5. [1 scoop of Redcon1 Vanilla Isotope Protein](#)
6. 1 tbsp coconut flour
7. 1 tbsp cocoa powder

Directions:

1. Pour into a coffee mug
2. Microwave for 75 seconds

Macros:

260 calories

37g protein

7.5g carbs

6g fat



# Protein Milkshake

Put the following in blender:

1. 1 serving Halo Top
2. 1 cup 0% fat fairlife milk
3. [1 scoop of Redcon1 Vanilla Isotope Protein](#)

Macros

290 calories

44g protein

28g carbs

3g fat

# 4-ingredient Protein Pancakes

Mix the following:

1. ½ cup 0% fairlife milk
2. ¼ cup coconut flour
3. 2 whole eggs
4. [1 scoop of Redcon1 Vanilla Isotope Protein](#)

Macros:

410 calories

51g protein

12g carbs

11g fat

# Fajitas Tacos

What you need:

12.5 oz can chicken

Fajitas seasoning packet

0% fat shredded cheese

2 Xtreme Wellness High fiber tortillas

Mix the following in a bowl:

1. 12.5oz can chicken (drained)

2. 1 tbsp fajitas mix (recommend taco bell brand)

Then:

1. Place meat mixture in 2 tortillas

2. Sprinkle  $\frac{1}{4}$  cup cheese in each tortilla ( $\frac{1}{2}$  cup total cheese)

Macros:

435 calories

80g protein

8g fat

8g carbs

# Peanut Butter Cup Jello

Put the following in a blender:

1. 2 cups 0% fairlife milk
2. 36g Powder Peanut Butter
3. [1 scoop chocolate Redcon1 Isotope protein](#)
4. 1 box (4 servings) sugar free chocolate pudding mix

Macros:

470 calories

59g protein

49g carbs

6g carbs

# Chicken Enchiladas

Mix in a bowl:

1. 12oz can of chicken (drained)
2.  $\frac{1}{4}$  cup enchilada sauce
3.  $\frac{1}{2}$  cup 0% fat shredded cheese

Directions:

1. Assemble into 2 Xtreme Wellness High Fiber tortillas
2. Pour another  $\frac{1}{4}$  cup over the enchiladas

Macros:

470 calories

78g protein

16g carbs

5g fat

# Protein French Toast

Blend together:

- 1.3 servings egg whites
2. [1 scoop of Redcon1 Vanilla Isotope Protein](#)

Directions:

1. Dunk 4 slices of Dave's thin sliced bread into egg mixture
2. Throw on a frying pan
3. Sprinkle with cinnamon

Macros:

465 calories

48g protein

44g carbs

7g fat

# BBQ Chicken Pizza Wrap

## Directions:

- 1)Lay out 1 of Joseph's Lavish Flatbreads
- 2)Spread ¼ cup Sugar Free Stubbs BBQ sauce
- 3)Drain a 12oz can of chicken and use half the chicken (2 servings)
- 4)Spread chicken evenly over BBQ sauce
- 5)Add ½ cup of 0% fat shredded mozzarella
- 6)Fold over once or twice
- 7)Put on frying pan until cheese melts

## Macros

360 calories

65g protein

12g carbs

4g fat

# Giant Peanut Butter Protein Cookie

Mix in a bowl:

1. 1 egg
2. 2 tbsp water
3. ¼ cup powdered peanut butter
4. [1 scoop of Redcon1 Vanilla Isotope Protein](#)
5. 1 tbsp coconut flour
6. Dash of salt
7. ½ tsp baking powder

Bake for 8-10 mins at 350 degrees

Macros:

310 calories

45g protein



# Chicken Nuggets

Mix in a bowl:

1. 1 12oz can of chicken (drained)
2. 1 cup fat free mozzarella
3. [2 scoops of Redcon1 Collagen Protein](#)
4. 1 egg
5. [1 tbsp Dano's original seasoning](#)

Directions:

1. Make 2 inch diameter nuggets
2. Place on baking tray
3. Cook at 400 degrees for 18 mins (flip halfway through)

Macros:

636 calories

130g protein

7g carbs

10g fat

# Simple low fat Tuna Salad

Mix the following items together in a bowl:

1. 2 4oz cans of tuna (drained)
2. ¼ cup 0% greek yogurt
3. [1 tbsp Dano's original seasoning](#)

Macros

230 calories

50g protein

2g carbs

2g fat

# Spicy Chicken Sandwich

Mix the following in a bowl:

1. 12.5oz can of chicken
2. [2 scoops of Redcon1 Collagen Protein](#)
3. 1 cup fat free mozzarella
4. 1 egg
5. [1 tbsp Dano's hot chipotle seasoning](#)

Makes two patties

Bake at 400 degrees for 20 mins (flip half way)

Macros per patty:

325 calories

67g protein

4g carbs

5g fat

# Protein Fudge Brownie Bites

Mix in a bowl

1. 1 cup of canned pumpkin
2. ¼ cup cocoa powder
3. 3 servings of almond butter
4. [2 scoops of Redcon1's MRE Lite chocolate Protein powder](#)

Directions:

1. Pour into muffin tins
2. Bake at 350 for 20 mins
3. Makes 4 brownies

Macros per brownie:

250 calories

18g protein

8g fat

15g carbs

# Chicken Cheesesteak

## Directions:

1. Add 1 tbsp olive oil to frying pan
2. Add 2 servings of frozen mixed peppers
3. Cook until soft
4. Add a 12oz can of chicken (drained)
5. Add [1 tbsp Dano's original seasoning](#)
6. Move chicken mixture into a Joesph's Lavish Flatbread
7. Top with 2 fat free american cheese slices

## Macros:

560 calories

74g protein

17g fat

16g carbs

# Protein Donuts

Mix in a bowl:

1. 2 eggs
2. 1 cup greek yogurt (0% fat)
3. [2 scoops of Redcon1 Isotope protein \(flavor of choosing\)](#)
4. ¼ cup coconut flour
5. 2 tbsp truvia
6. 1 tsp baking powder
7. Pinch of salt

Directions:

1. 350 degrees for 20 mins
2. Pour mixture into donut silicon mold
3. Makes 4 donuts

Macros (per donut)

150 calories  
23g protein  
4g carbs  
4g fat

# Buffalo Chicken Pizza roll up

## Directions:

- 1) Mix 3 servings of canned chicken and 2 tbsp buffalo sauce
- 2) Lay out a Joseph's Lavash Bread on baking sheet
- 3) Spread  $\frac{1}{4}$  cup of pizza sauce on lavash bread
- 4) Spread  $\frac{1}{2}$  cup fat free mozzarella cheese on bread
- 5) Disburse chicken over cheese
- 6) Fold in half or thirds
- 7) Cook on frying pan until cheese melts

## Macros:

415 calories

69g protein

12g carbs

4g fat

# Low Carb / Low fat chip hack

## Directions:

- 1)Cut Joseph's lavish bread into 24 squares
- 2)Spray baking sheet with cooking spray
- 3)Lay out all squares (not overlapping)
- 4)[Sprinkle some Dano's seasoning on it](#)
- 5)Spray cooking spray over top of lavish bread
- 6)Bake at 425 for 4 mins

## Macros:

130 calories

12g protein

8g carbs

4g fat



## Fat Free Ranch Dip (great with chips above)

### Directions:

1. 1: add half a cup of 0% Greek yogurt
2. 1-2 tsp of ranch seasoning packet
3. (optional) add [1tsp of Dano's spicy seasoning](#) for spicy ranch dip

### Macros:

60 calories

12g protein

3g carbs

0g fat

# Churros Chips

## Directions:

1. Cut Joseph's lavish bread into 24 squares
2. Spray baking sheet with cooking spray
3. Lay out all squares (not overlapping)
4. Sprinkle cinnamon and Truvia generously on top of squares
5. Spray cooking spray over top of lavish bread
6. Bake at 425 for 4 mins

## Macros:

130 calories

12g protein

8g carbs

4g fat

# Shredded Chicken Nachos

## Directions:

1. Cut Joseph's lavish bread into 24 squares
2. Spray baking sheet with cooking spray
3. Lay out all squares (not overlapping)
4. Bake chips at 425 for 2-3 mins
5. Drain 1 12oz can of chicken
6. Mix half the can of chicken in bowl with ½ cup of fat free shredded cheddar
7. Evenly distribute chicken/cheese mix over lavish squares
8. [Sprinkle some Dano's seasoning on it](#)
9. Back in over for another 3 mins

## Macros:

330 calories

56g protein

4g fat

8g carbs

# Cauliflower Pizza Bowl

## Directions:

1. Microwave 1 steamable bag of riced cauliflower
2. Put in bowl
3. Add ½ cup fat free mozzarella cheese
4. Add ½ cup pizza sauce
5. Add 2 servings turkey pepperoni (recommend Bridgeford brand)
6. Mix together
7. Microwave for another 2 mins

## Macros:

375 calories

40g protein

14g carbs

8g fat

# High Protein Blizzard

Add following to blender:

- 1.Redcon1 MRE Bar
- 2.½ cup fat free fairlife milk
- 3.2 servings of halo top icecream

Macros:

500 calories

38g protein

46g carbs

13g carbs

# Pepperoni Pizza Flatbread

## Directions:

- 1)Lay Josephs Lavash Bread on baking sheet
- 2)Spread ½ cup of pizza sauce over bread
- 3)Sprinkle ½ cup fat free mozzarella cheese over sauce
- 4)Evenly distribute 2 servings of Bridgeford turkey pepperoni
- 5)Bake at 425 for 5-6 mins

## Macros:

420 calories

48g protein

11g fat

16g carbs

# Chocolate Strawberry Pudding

Add the following to a blender:

1. 140g / 1 serving frozen strawberries
2. 30g or 3 servings of sugar free instant jello mix
3. 1 cup of fairlife milk
4. [1 scoop of Redcon1 Chocolate Isotope Protein](#)

Macros:

360 calories

41g protein

36g carbs

0g fat

# Fillet-O-Fish patty

Mix in a bowl:

1. 1 4oz can of tuna
2. 1 egg
3. [½ scoop of Redcon1 collagen protein powder](#)
4. ¼ cup fat free mozzarella cheese
5. [1-2 tsp of Dano's original seasoning](#)

Bake at 400 degrees for 20 mins (flip half way)

Macros:

255 calories

45g protein

0g carbs

4g fat



# Spicy Tuna Melt

Mix the following in a bowl:

1. 1 4oz can of tuna (drained)
2. 2 tbsp of 0% greek yogurt
3. [1 tsp of Dano's Spicy Seasoning](#)

Directions:

1. Put tuna mixture into a Joseph's Lavash Bread
2. Lay 2 slices of fat free american cheese
3. Fold into thirds
4. Heat of frying pan until cheese melts

Macros

285 calories

44g protein

14g carbs

4g fat

# Cheesy Mashed Cauliflower (tastes like mash potatoes)

## Directions:

1. Steam 1 bag of riced cauliflower
2. Put in blender or food processor and blend until desired texture
3. Put cauliflower in microwave safe bowl
4. Add ½ cup of fat free cheddar cheese
5. [Add 1 tbsp of Dano's Original seasoning](#)
6. Mix it up
7. Throw in microwave for 60 seconds

## Macros:

190 calories

22g protein

8g carbs

0g fat

# Protein Cornbread

Mix in a bowl:

2 tbsp coconut flour

5. [1 scoop of Redcon1 Vanilla Isotope Protein](#)

6. 100g corn meal

7. 2 tsp baking powder

8. Dash of salt

9. 1 egg

10. 1 cup 0% greek yogurt

11. ¼ cup of apple sauce

Bake at 425 for 20 mins

Macros for entire bread:

620 calories

65g protein

# Protein Pumpkin Muffins

Mix in a bowl:

1. 2 tbsp coconut flour
2. ½ cup of oatmeal
3. 1 tsp baking powder
4. 1 egg
5. 1 15oz can of pumpkin
6. 1 tsp cinnamon

Makes 6 muffins

Bake at 350 for 20 min

Macros per muffin:

113 calories

11g protein

# Low Fat Quesadilla

## Directions:

1. Drain a 12.5 oz can of chicken
2. Lay out two Xtreme Wellness High Fiber tortillas
3. Evenly distribute half the can on 1 tortilla
4. ½ cup of fat free shredded cheddar on the chicken
5. Place second tortilla on top
6. Spray cooking spray on pan and heat tortilla until cheese melts

## Macros:

310 calories

56g protein

8g carbs

4g fat

# BBQ Chicken Sandwich

Mix the following in a bowl:

1. ½ of a 12.5oz can of chicken
2. ½ cup fat free shredded cheese
3. [1/2 scoop of Redcon1 collagen protein powder](#)
4. 1 egg
5. 30g of sugar free stubbs BBQ sauce

Mix together then form patty and put on frying pan  
until both sides have browned

Medium heat for about 6 min each side

Macros:

320 calories

61g protein

4g carbs

4g fat

# Protein Cake Icing

(I eat alone as a dessert or add to baked goods)

Mix the following in a bowl:

1. 1.5 cups of 0% greek yogurt
2. [1 scoop of Redcon1 Vanilla Isotope Protein](#)
3. ¼ cup of Swerves Confectioners sugar

Macros:

310 calories

61g protein

7g carbs

1g fat

# Low Carb Chicken and egg Ramen

Directions:

1. Measure out 1.25 cups of water

Crack an egg into the water and whisk

Put [IMMI noodles](#) and water/egg mixture together and microwave for 7 mins

Drain 4oz can of chicken

Add chicken to bowl once out of microwave

Macros

480 calories

48g protein

6g carbs

19g fat



# Egg and Cheese Breakfast Taco

## Directions:

1. In a bowl scramble 2 egg whites and 2 whole eggs
2. Pour into frying pan
3. Immediately lay an Xtreme Wellness high fiber tortilla on top
4. Once egg cooks through flip it, tortilla side down
5. Distribute ½ cup of fat free shredded cheddar cheese
6. Fold in half and wait till cheese melts

## Macros:

360 calories

56g protein

8g carbs

8g fat