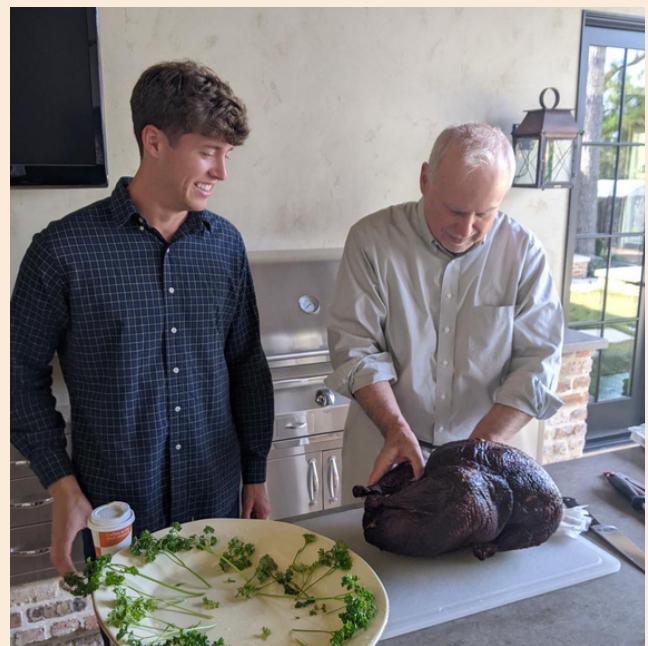


STEALTH HEALTH

INDULGENT & NOSTALGIC FOODS, MADE HEALTHIER



TOM WALSH



Hey! My name is Tom Walsh, the man behind @Stealth_Health_Life!

Why do I do this?

Many of my best memories from childhood were at the dinner table with my family, sharing delicious meals together. It shaped me into who I am today and sharing experiences around food was (and is) a significant part of my identity.

After high school, I turned to weightlifting as an outlet for my need to be physically active. I started looking at food purely for fuel, not joy. Diet culture told me that good tasting food = "bad for you", and it felt necessary to sacrifice that part of my life to reach my goals. Before long, I began to feel like I was sacrificing too much - but I wasn't willing to give up either my love for food or my passion for fitness.

I began combining my knowledge of the basic principles of nutrition with my love for food and cooking, and after tons of trial and error - I was able to learn techniques to combine the best of both worlds. I found that it was actually very possible to significantly improve the "health" / "nutrition" of foods without really sacrificing on taste, it just took a few ingredient swaps here and there.

It turns out countless people face the same struggles I dealt with years ago.

Diet culture tells us that there are two options when it comes to food:

- 1.) Great tasting, indulgent food that is "bad" for you
- 2.) "Health" food that is "diet-friendly", but is boring and doesn't taste good

That's why when people learn that it is possible to have the best of both worlds - it feels like you discovered something truly magic. **My goal is to help you experience this "magic" on a daily basis. The recipes I share are designed to make this as easy as possible for you to experience. The best diet is one you enjoy - the less you feel like you're "dieting", the better.**

Before You Get Started

STAPLE INGREDIENTS

- **Boneless Skinless Chicken thighs**
 - The calories/macronutrients are barely different from breasts (~3g more fat per 4oz) - but they pack MUCH more flavor
- **Lean ground beef (93% or 96%)**
 - I generally prefer using 93% beef - in my opinion, it's the leanest beef you can get that still has good flavor
- **Cottage cheese (I use GoodCulture 2%)**
 - Has a very mild, mozzarella-like flavor - but has incredibly high protein and low fat. The perfect base for any cheese sauce when blended and takes on the flavors you add to it!
- **English muffins (I recommend Whole Foods brand)**
- **Essential Spices**
 - Salt, pepper, garlic, onion, paprika, smoked paprika, chili powder, cumin, italian herbs, red chili flakes
- **Plain Greek Yogurt (I use FAGE 2%)**
- **Bolthouse Farms dressings (Ranch, Cilantro Avocado)**
- **Parmigiano Reggiano**
 - Tastes like an entirely different cheese than typical Parm. The benefit of this is a small amount goes a VERY long way
- **Siete Red Enchilada Sauce**
- **Quest protein chips**
- **Barilla Protein Plus Pasta**
- **RightRice (Vegetable based, high protein rice)**

Before You Get Started

APPLIANCES / COOKING NOTES

- **Air fryer**

- I use, and highly recommend, the "Instant Vortex 7-in-1"
- The air fryer is my preferred method of cooking (especially chicken) - it is a much more efficient, easier method to cook my recipes. Air fryers heat up faster, and cook faster, when compared to an oven. Owning an air fryer is not 100% necessary to make my recipes. The vast majority can also be prepared in the oven - I'd recommend adding 2-3 minutes to the cook time for most recipes that call for an air fryer (but it may take some trial and error based on appliance)

- **Immersion blender (aka "hand blender")**

- I use an immersion blender for blending sauces - similar to the air fryer, it is primarily because I personally find it more convenient. When bulk blending cottage cheese, for example, I just blend it directly in the container with an immersion blender - but it could just as easily be done with a normal blender or food processor!

- **Broiling**

- There are several recipes where I use the "broil" function in my oven. Broiling uses heat from directly above to cook your food, so it's like upside-down grilling. My oven has specific temperature options - but some will just have "high" or "low" settings. In those cases, I suggest defaulting to "low" - or just standard bake using the temperature instructions I use!

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SANDWICHES, WRAPS & QUESADILLAS

Chicken Avocado Sandwiches



NUTRITION FACTS

Per sandwich

460 Calories
37g Protein
30g Carbs
22g Fat

INGREDIENTS

2 brioche buns
2, 5oz boneless skinless chicken thighs
Season with: salt, garlic, onion, smoked paprika, chipotle chili powder
1 medium avocado (~120g)
50g green enchilada sauce/salsa verde
20g shredded provolone (10g each)
Hot sauce of choice

ADDITIONAL NOTES

- The buns I used here (Brioche) were ~160 cals each. I think they're worth it for the taste, but use your favorite bun
- To reduce fat - simply use 1/4 avocado for each sandwich (instead of 1/2)
- Add tomato if you're into that!

INSTRUCTIONS

1. Pre-heat air-fryer to 375
2. Tenderize/flatten chicken thighs (even out the thickness), and season (lightly coat each side with each seasoning) and add to air fryer for 12 minutes. *If you don't have an air fryer, you can bake or grill the chicken*
3. While chicken is cooking, mix 1 medium avocado with green sauce/salsa and add a pinch of salt/pepper. Mix and mash until it reaches a guacamole-like consistency
4. Remove chicken from the air fryer, let rest for 5 mins. Add buns to air fryer for 3-5 mins to toast while the chicken rests (or toast using your preferred method)
5. Once buns are toasted, add avocado to top and bottom bun, add chicken, cheese and top with hot sauce and red chili flakes

"Lazy" Hot Chicken Sandwiches



NUTRITION FACTS

Per sandwich

360 Calories

33g Protein

30g Carbs

13g Fat

INGREDIENTS

2, 5oz boneless skinless chicken thighs, seasoned with: salt, garlic, onion, paprika, chili powder, cayenne (lightly)
30g coleslaw veggie mix
20g bolthouse ranch
10g Mike's hot honey
Pickle slices (optional topping)
30g Hot sauce of choice (I used Truff)
20g Light Mayo
1/2 tspn water
2 English muffins

INSTRUCTIONS

1. Season both chicken thighs lightly on each side with each seasoning. Add to air fryer at 375 for 12 mins
2. While chicken is cooking, prep the toppings
3. Combine coleslaw mix, bolthouse ranch, and mikes hot honey and mix
4. Combine hot sauce, light mayo, and 1/2 tspn of water (or pickle juice) in a small bowl and mix
5. Once chicken is done, remove from air fryer and let rest for ~5 mins
6. While the chicken rests, toast english muffins. I like to toss them in the air fryer for 6-7 mins (closed, so the exterior gets crispy and the interior stays soft) - but toast however you prefer
7. Assemble sandwiches - Add sauce to the bottom bun, add chicken, pickles, coleslaw and top with more sauce
8. Enjoy!

ADDITIONAL NOTES

- If you don't want to use Truff hot sauce, I recommend using buffalo sauce!
- You can also use brioche or potato buns in place of english muffins

Chicken Parmesan Wraps



NUTRITION FACTS

Per wrap

425 Calories

52g Protein

22g Carbs

17g Fat

INGREDIENTS

2 Lavash flatbreads

10oz boneless skinless chicken thighs
seasoned with salt, pepper, garlic, onion

1 sprig Rosemary, chopped

4 basil leaves, sliced

30g Parmigiano Reggiano

30g 2% mozzarella

120g tomato sauce

40g blended cottage cheese (optional)

INSTRUCTIONS

1. Season chicken thighs and air fry at 375 for 12 mins
2. While chicken cooks, prep herbs + cheeses. Finely chop rosemary, slice basil in to thin strips. Mix mozzarella and freshly grated parmesan
3. Grab two Lavash flatbreads and add tomato sauce, rosemary, basil and cheese mixture on top. Place chopped chicken on one end and gently roll in to a wrap
4. Lightly spray with oil, and place in air fryer at 375 for 4 mins until golden brown
5. Remove, slice in half, and enjoy!

ADDITIONAL NOTES

- Chicken breast also would work in place of thighs!
- I highly recommend using fresh rosemary and basil - if you don't have any on hand you could also use dried basil/rosemary
- Cottage cheese is optional, but adds creaminess

Chicken Bacon Ranch Quesadilla



NUTRITION FACTS

Per quesadilla

440 Calories

39g Protein

36g Carbs

16g Fat

INGREDIENTS

8oz boneless skinless chicken thighs

Season with: salt, garlic, onion, ranch seasoning (optional)

2 slices of bacon*

40g 2% greek yogurt

40g bolthouse ranch dressing

40g 2% mozzarella

2 burrito tortillas

INSTRUCTIONS

1. Pre-heat oven to 400 degrees
2. Place foil on a baking sheet, add bacon, and place in oven for ~20 minutes. Halfway through, remove, drain ALL grease, and flip. Add back to oven to finish cooking. Once done, remove, drain grease, and place on paper towels to let cool/crisp
3. Chop chicken thighs, season, and add to a pan over medium-high heat for 2-3 mins on each side or until cooked through
4. Add chopped chicken, bacon, greek yogurt and ranch dressing to a bowl and mix until combined
5. Place mixture in your tortillas (makes 2), and sprinkle mozzarella on top
6. Fold over your tortilla into a quesadilla, and lightly spray the outside with oil
7. Add to your oven for ~8-10 minutes
8. Remove, and enjoy!

ADDITIONAL NOTES

- *Bacon used was ~70 calories per 2 slices. These are the cals if you cook/drain the fat in the process
- Use turkey bacon for lower fat content
- Instead of using a tortilla, you could also use the filling to make a flatbread!

"Lazy" Chicken Parmesan Sandwiches



NUTRITION FACTS

Per sandwich

400 Calories

42g Protein

30g Carbs

13g Fat

INGREDIENTS

2 English muffins

120g Tomato sauce (30g each half)

2 boneless skinless chicken thighs

Seasoned with: salt, garlic, onion, paprika, rosemary, oregano

40g fresh grated mozzarella

10g Parmigiano Reggiano

INSTRUCTIONS

1. Pre-heat oven to broil at 450 ("Low" setting if it doesn't have temperature options), and pre-heat air fryer to 375
2. Take your english muffins and split in half, add tomato sauce to all 4 halves
3. Add english muffins, sauce side up, to the oven for 8 minutes
4. Season chicken thighs (lightly coat each side with each seasoning) and add to air fryer for 12 minutes. *If you don't have an air fryer, you can add to the oven along with the english muffins and cook for 12-15 minutes, flipping halfway
5. While cooking, mix together mozzarella and Parmesan cheese
6. Remove muffins and chicken once done cooking. Add cheese on top of the chicken, and add to the oven (broil at 450) to let the cheese melt/brown
7. Remove from oven, add to english muffins, and enjoy!

ADDITIONAL NOTES

- For an even lower calorie option, you can sub chicken thighs for chicken breast (but I highly recommend using thighs)
- Fresh grated mozzarella and Parmigiano Reggiano will yield best results (instead of pre-shredded)

Air Fryer Creamy Chicken Quesadillas



NUTRITION FACTS

Per quesadilla

305 Calories

29g Protein

24g Carbs

10g Fat

INGREDIENTS

6oz Boneless skinless chicken thighs
Seasoning: taco seasoning, chili powder
80g 2% plain Greek yogurt
40g Red Enchilada Sauce
Spoon of salsa (optional)
30g 2% cheddar
Dash of Garlic, onion, chili powder,
smoked paprika, salt
2 flour tortillas (Mission Fiber tortillas)

INSTRUCTIONS

1. Season chicken thighs, add to air fryer at 375 for 12 minutes
2. While chicken cooks, prep sauce. Mix greek yogurt, red enchilada sauce, salsa, cheddar and seasonings in a bowl
3. Once chicken is done cooking, remove, chop in to small pieces, then add in to your sauce mixture. Mix until completely combined - this will be your quesadilla filling
4. Get two flour tortillas of choice, place in the microwave for 10-15 seconds (helps soften)
5. Add half of your quesadilla filling to each tortilla and fold in half
6. Lightly spray with oil, then add to your air fryer at 375 for 4-5 mins or until crispy

ADDITIONAL NOTES

- Chicken tenderloins are also a great option - I generally cook tenderloins on a pan instead of the air fryer, then shred the chicken once done
- Both the chicken and quesadilla can also be cooked in the oven! Generally I'll add 2-3 mins to the cook time when using the oven instead of the air fryer

Ham & Swiss Melt



NUTRITION FACTS

Per melt

340 Calories

26g Protein

29g Carbs

14g Fat

INGREDIENTS

80g smoked ham

30g swiss cheese

15g light mayo

10g sriracha

1 English muffin

INSTRUCTIONS

1. Combine sriracha and light mayo to make sauce
2. Split open English muffin, slightly moisturize each side with water (on the interior), add sauce to bottom and top bun, then layer on half slice of Swiss cheese, 40g of ham, half slice of Swiss cheese, 40g ham, and another half slice of Swiss cheese on top
3. Close the sandwich, then add the entire thing to the air fryer or oven at 300, for ~10-12 minutes
4. Remove once cheese is melty and english muffin is lightly crispy on the exterior

ADDITIONAL NOTES

- Sriracha can be subbed out for any other hot sauce! I've also used Jalapeño hot sauce and it worked just as well
- Highly recommend getting the deli meat fresh from a deli counter vs pre-packaged!

Buffalo Chicken Melt



NUTRITION FACTS

Per melt

410 Calories

35g Protein

34g Carbs

16g Fat

INGREDIENTS

6oz Boneless Skinless Chicken Thighs
Seasoned with salt, garlic, onion and
smoked paprika
40g Buffalo sauce
15g Honey
20g Tomato paste
2 laughing cow wedges
40g fat free (or 2%) Cheddar
2 slices provolone
4 slices bread of choice
20g light butter

INSTRUCTIONS

1. Season chicken thighs, add to air fryer or oven at 375 for 12 minutes
2. Prep sauce. Add Buffalo sauce, honey, tomato paste and cheddar to a bowl and mix. I'll usually microwave this for 20 seconds just so it isn't cold when you add in the chicken.
3. Shred chicken thighs, add to sauce. Add in laughing cow wedges and combine
4. Spread light butter on 4 slices of bread (5g each) - place the buttered side down on a plate and add chicken mixture and top with provolone
5. Toss on pan heated to medium, cook until golden brown on both sides (usually takes 7-8 minutes total). You could also use a panini press!
6. Remove once cheese is fully melted and bread is lightly browned, and enjoy!

ADDITIONAL NOTES

- Shredded chicken breast or rotisserie chicken would also work great instead of chicken thighs!
- Makes 2 sandwiches since the typical chicken thigh is ~6oz, but you could easily use a small chicken thigh to make just 1 and divide everything by 2!

Buffalo Ranch Chicken Sandwich



NUTRITION FACTS

Per sandwich

520 Calories

46g Protein

48g Carbs

15g Fat

INGREDIENTS

1, 8oz Chicken breast

Breading/dipping stations:

1 bag Quest ranch chips + 10g panko

1 beaten egg + 1 tblspn buffalo sauce

10g flour + salt, garlic, paprika

Buffalo sauce coating:

60g Buffalo sauce

40g Light butter

8g Honey

Sandwich ingredients:

2 Brioche Buns

6 pickle slices

50g (25g each) Bolthouse Farms Ranch

INSTRUCTIONS

1. Tenderize chicken breast (flatten so it is even thickness), trim, and slice in to two pieces
2. Set up *dipping stations* and mix all ingredients
3. Coat both chicken pieces with flour/seasoning mixture, then dip in egg, followed by chip/panko mixture. Place on air fryer rack
4. Air fry at 375 for 10 minutes
5. Prep *buffalo sauce coating* by mixing each ingredient together, and microwaving 10-15 seconds to help mix
6. Remove chicken from air fryer and dip each in Buffalo sauce mixture, then place back on to air fryer rack. Drizzle leftover sauce on top of chicken before placing back in air fryer (if you have more leftover, you can place it on the buns or use as a dip for the sandwiches)
7. Air fry at 375 for ~4 mins
8. Add to toasted buns, top with pickles and ranch, and enjoy!!

ADDITIONAL NOTES

- If you can't find Quest chips, you can use just Panko - it will just be slightly lower protein and slightly higher carb
- I used a higher calorie bun for this one (Brioche) - so you could substantially reduce calories by using a low cal bun

Honey Chipotle Chicken Sandwich



NUTRITION FACTS

Per sandwich

325 Calories

28g Protein

34g Carbs

9g Fat

INGREDIENTS

1 Honey Chipotle Chicken Thigh ([see recipe on page 64](#))

1 english muffin

30g light sour cream

5g light mayo

1-2 tspn chives

Garlic powder

INSTRUCTIONS

1. Pre heat, air fryer to 400 degrees. Lightly moisturize the interior of your english muffin, close it, then lightly spray the exterior with oil and add to the air fryer for ~7-8 mins. This will crisp up the exterior, and steam the interior
2. In a small bowl, combine light sour cream, light mayo, a dash of garlic powder, chives and mix
3. Place sauce on each half of the english muffin, add on your honey chipotle chicken thigh, top with more chives, and enjoy!

ADDITIONAL NOTES

- Calories/macros assume chicken thigh is ~4oz. May be slightly higher if thigh is larger
- If you don't want to make the full honey chipotle chicken recipe for this one - season one boneless skinless chicken thigh with salt, garlic, onion, smoked paprika, chipotle chili powder and air fry at 375 for 12 mins

In-n-Out "Animal Style" Double-Double



NUTRITION FACTS

Per burger

500 Calories

45g Protein

41g Carbs

19g Fat

INGREDIENTS

5oz 96% beef, divided into two patties, seasoned with salt and pepper

1/2 onion, chopped and caramelized

2 slices 2% American cheese

Bun of choice (I used Brioche)

Sauce:

20g light Mayo

20g sugar-free ketchup

10g relish

1/4 tspn white vinegar

INSTRUCTIONS

1. Start by prepping your sauce - add each ingredient to a small bowl, and mix until smooth
2. Chop half an onion, add to pan, and cook until caramelized. I keep the pan on medium low heat, and add a splash of water when the onions start to stick to the pan, and repeat the process until the onions are dark brown/caramelized
3. Form burger patties and season each side with salt and pepper. Add to pan on medium-high heat. Since the patties are small, it will only take 1-1.5 mins on each side to fully cook
4. After first flip, add cheese to each patty to help it melt down
5. Toast buns, then add burger, sauce, burger, sauce - and enjoy!!

ADDITIONAL NOTES

- I used a higher calorie bun for this one (Brioche) - so you could substantially reduce calories by using a low cal bun instead
- I batch prep caramelized onions each week - making 3-4 onions worth at once saves a ton of time!

Chicken Parmesan Sandwiches



NUTRITION FACTS

Per sandwich

520 Calories

49g Protein

37g Carbs

18g Fat

INGREDIENTS

1 chicken breast

30g mozzarella + 10g parmesan (mixed and used as the chicken topping)

120g tomato sauce

2 brioche buns + 10g light butter

Breading/dipping stations:

1 bag quest ranch chips + 15g parmesan

1 beaten egg

10g flour + 1tsp of garlic, thyme, rosemary, salt

INSTRUCTIONS

1. Tenderize and slice chicken in to two pieces, lightly salt each side and then set up dipping stations
2. Prepare dipping stations: combine flour + seasonings, beat 1 egg, combine 1 bag of crushed quest chips with 15g parmesan
3. Pat dry chicken, cover with flour mixture until coated
4. Dip chicken in egg wash
5. Coat chicken with chip/cheese mixture
6. Air fry at 375 for 12 minutes, flipping halfway
7. Remove from air fryer, add sauce on each chicken, then top with mozzarella and parmesan mixture
8. Broil/air fry at 400 for 2.5 mins. Keep an eye on it until melted and lightly browning on edges
9. Add tomato sauce on each bun, add chicken to the bun and top with more tomato sauce and Italian seasoning, and enjoy!

ADDITIONAL NOTES

- Recipe makes 2 sandwiches
- If you can't find quest chips, you can use italian style bread-crumbs or panko - it will just be lower in protein
- I used normal mozzarella, but you could also just reduced fat and have similar results

Meatball Sub "Bread Boat"



NUTRITION FACTS

Per sub

480 Calories

43g Protein

32g Carbs

20g Fat

INGREDIENTS

Meatball recipe (makes 15)

16 oz beef

1/4 cup breadcrumbs

1/4 cup milk

1 egg

1/2 grated yellow onion

1 tsp salt, 1 tsp garlic powder, 1 tsp

Italian seasoning, Pepper

Meatball Sub ingredients:

1 Bolillo roll

3 meatballs

60g blended cottage cheese (optional)

10g parmesano Reggiano

1 slice provolone

100g tomato sauce

INSTRUCTIONS

1. Start by making the meatballs - I make them in a large batch (much more convenient this way) - then store the leftovers. Mix non-beef ingredients, then add beef and lightly mix until combined. Form into 15 meatballs and place on a baking sheet
2. Bake @ 375 for 20-25 minutes
3. Now, prepare subs - for each sub, you'll need 3 meatballs. If making more than one, just multiply the "meatball sub ingredients" by the number of subs you are preparing
4. Place meatballs, tomato sauce, and cottage cheese in a pot and simmer for ~10 mins
5. Create bread boat. To do this, cut around the top of your bread roll, pull off the top, and scoop out all the bread that you can to create space for the meatballs
6. Add meatball and sauce mixture to the bread boat. Top with parmesan, and then layer the provolone on top.
7. Broil @ 450 for 6 minutes
8. Top with italian seasoning, and enjoy!

ADDITIONAL NOTES

- I weigh the bread before and after to calculate cals. Mine lost 50% of the original weight, so I logged 1/2 a roll

Beef & Cheese Burrito Meal Prep



NUTRITION FACTS

Per burrito (makes 6)

365 Calories

28g Protein

35g Carbs

13g Fat

INGREDIENTS

1 pound 93% beef

1 packet taco seasoning + garlic, onion, smoked paprika

200g 2% Greek yogurt

100g Siete red enchilada sauce

60g 2% cheddar

2 laughing cow cheese wedges

2 tablespoons chopped cilantro

6 burrito tortillas (mine were ~180 Cals each)

INSTRUCTIONS

1. Start by cooking beef - brown over medium heat in a large pan
2. Once beef is browned, add in taco seasoning, garlic, onion, smoked paprika and a tablespoon of water. Mix to combine
3. Add in greek yogurt, red enchilada sauce, cheddar, laughing cow wedges and chopped cilantro - mix. I keep the pan over the lowest heat setting until everything is melted and combined
4. Form burritos. Grab 6 square pieces of foil, place the tortilla on top, and add filling. I use a scale to weigh out the filling for each to keep them even. Roll burrito, then wrap in foil and fold edges.
5. Place in fridge or freezer, or serve!

ADDITIONAL NOTES

- Makes ~6 burritos! You can easily double or triple the recipe for even more burritos! These also would be great served immediately
- If you plan on eating within a week, store in fridge for shorter re-heat times

RE-HEATING INSTRUCTIONS:

- Oven: Keep in foil, add to oven at 450 for 30-40 mins
- Microwave: Remove from foil, cover with damp paper towel, microwave 4-5 mins (time varies based on appliance)

The Ultimate Breakfast Sandwich



NUTRITION FACTS

Per sandwich

385 Calories

31g Protein

28g Carbs

17g Fat

INGREDIENTS

- 1 English muffin
- 2.5oz lean turkey sausage
- 15g 2% Cheddar cheese
- 1 Egg
- 30g 2% Plain greek yogurt OR light mayo
- 15g Siete habenero hot sauce
- Pinch of chopped cilantro

INSTRUCTIONS

1. Prep sauce by mixing Greek yogurt or Mayo, hot sauce and cilantro.
2. Pre heat air fryer (or oven) to 375, split an English muffin and moisturize the interior with water - close the muffin, spray the exterior with light oil, then add to air fryer for 7-8 mins (flip halfway)
3. Form turkey sausage in to a patty, add to pan on medium heat (cook ~2-3 mins each side), add cheese after flipping and cover to melt cheese
4. Add a mason jar lid (mine was from an 6oz mason jar) to your pan, crack an egg inside of it, then add a splash of water to the pan and cover for ~3 mins (this will help cook through the whole egg). Remove egg from ring once firm
5. Add sauce to top and bottom bun, add sausage patty, egg, and top with chives

ADDITIONAL NOTES

- I recommend using light mayo for best flavor! Greek yogurt is the higher protein option
- I used Jennie-O Hot turkey sausage

Chipotle Chicken Burger



NUTRITION FACTS

Per burger

450 Calories

48g Protein

31g Carbs

18g Fat

INGREDIENTS

Chicken burger:

5.5oz Ground Chicken Breast

1/4 tspn salt, 1/4 tspn garlic, 1/4 tspn cumin, 1/2 tspn smoked paprika

1 slice of pepperjack cheese

1 Bun of choice + 10g light butter

Chipotle sauce ingredients:

1 tspn blended chipotles in adobo*

1/2 tspn sugar free ketchup

20g 2% Greek yogurt

10g Light Mayo

2g Honey

1/4 tspn lime

INSTRUCTIONS

1. Prep chipotle sauce by blending canned chipotle's in Adobo (I place the leftover blended chipotles back in the can, and store in the fridge), and mix all sauce ingredients until smooth
2. Caramelize onions (or buy premade). I typically "meal prep" 3-4 caramelized onions each week to save time
3. Add light butter to buns and toast until golden brown
4. Season ground chicken breast and form in to a burger patty. Add to pan over medium heat. I typically cook for 2 minutes on the first side, flip, place cheese on patty immediately and cook for another 2-3 minutes
5. Assemble burger - add chipotle sauce to top and bottom bun, add your burger and top with caramelized onions

ADDITIONAL NOTES

- *I blend up entire cans on chipotles in adobo to make a smooth sauce - you can also finely chop chipotles
- I toasted the buns in my pan, but if you use a toaster then you won't need the butter to toast

Pepperoni Pizza Panini



NUTRITION FACTS

Per panini

495 Calories

37g Protein

48g Carbs

16g Fat

INGREDIENTS

2 slices of Sourdough (or bread of choice)

1 serving (30g) Turkey Pepperoni

30g Fat free Mozzarella

10g Parmigiano Reggiano

1 slice provolone

50g Marinara

1 roasted red bell pepper (optional)

10g Garlic paste (or light butter)

Italian seasoning or basil

INSTRUCTIONS

1. Pre-heat panini press, and apply garlic paste (or light butter) to the outside of each piece of bread
2. Mix together fat free mozzarella and parmesan cheese
3. In the following order, assemble your panini on the bottom piece of bread: half of marinara sauce, half of mozzarella parmesan mixture, turkey pepperoni, second half of mozzarella parmesan mixture, second half of marinara sauce, provolone slice, italian seasonings, top with second slice of bread
4. Add to panini press, and cook for 2-3 mins on each side, or until golden brown

ADDITIONAL NOTES

- I use a panini press for this recipe, but you could also use a pan and just use a spatula to apply pressure
- I use fat free mozzarella to add extra protein, but you can also use just provolone or full fat mozzarella

Egg McMuffin



NUTRITION FACTS

Per sandwich

295 Calories
26g Protein
28g Carbs
7g Fat

INGREDIENTS

1 English muffin
120g Egg whites (generously season with salt, pepper, garlic, onion, smoked paprika)
1 slice Turkey Canadian bacon (salt and lots of pepper)
1 slice of american cheese
10g Light butter

INSTRUCTIONS

1. Start by heating a pan over medium heat
2. Butter your english muffins, and place on griddle to toast
3. Season and add canadian bacon to your pan to cook
4. Mix egg whites with seasoning in a bowl, then using an egg ring or mason jar lid, pour in to pan
5. Remove canadian bacon, add a splash of water to the pan, and cover for ~2 mins while egg cooks
6. Flip egg patty, cook until firm
7. Assemble your sandwich - add cheese, bacon, and egg, and any sauce of choice!

ADDITIONAL NOTES

- A fried egg in place of the egg whites is a great alternative for more flavor
- Make sure to really season the egg whites!
- I used turkey Canadian bacon, but if you find a lean pork Canadian bacon you can use that as well

BBQ Bacon Cheeseburgers



NUTRITION FACTS

Per burger

380 Calories

32g Protein

29g Carbs

15g Fat

INGREDIENTS

6oz 93% beef

Seasonings: Salt, pepper, garlic, onion, smoked paprika

20g G Hughes BBQ sauce

2 slices turkey bacon, sliced in half

2 English muffins

2 slices cheese of choice

Pickles

Sauce:

30g light Mayo

10g bbq sauce

2 teaspoons Adobo sauce

Splash of hot sauce and Worcestershire

Seasonings: salt, onion, smoked paprika

INSTRUCTIONS

1. Season beef and mix in BBQ sauce, then form in to two 3oz patties
2. To toast english muffins, I like to toss them in the air fryer for 5-6 mins. Keeping it closed will crisp up the exterior and keep the interior soft, but toast how you prefer!
3. Slice turkey bacon in half, and add to a pan over medium high heat. After adding turkey bacon, add your beef patties
4. Cook beef over medium-high heat for 1.5-2 mins on each side. After the first flip, add cheese to melt down
5. Prep your sauce - add each ingredient in a small bowl and mix until smooth
6. Assemble burgers: add sauce to top and bottom bun, add pickles on the bottom bun, then add your beef patty, turkey bacon and any remaining sauce

ADDITIONAL NOTES

- 96% beef would also work, but I find 93% to be the best balance of macros and flavor

"California Burrito" Wrap



NUTRITION FACTS

Per wrap

570 Calories

48g Protein

47g Carbs

21g Fat

INGREDIENTS

2, 5oz boneless skinless chicken thighs,
season with salt, garlic, onion, paprika,
chili powder, cumin

2 Lavash flatbreads

180g Frozen Fries

80g Guacamole

100g FAGE 2% Greek yogurt

40g 2% cheddar

Hot sauce of choice

INSTRUCTIONS

1. Pre-heat oven and cook fries according to instructions on packaging
2. Season and cook chicken thighs in air fryer (or oven) at 375 for 12 mins.
3. Chop chicken, and assemble wraps
4. Add chicken, guacamole, greek yogurt, fries, and cheese to flatbreads, and roll in to a wrap
5. Once rolled, add to oven for ~4-5 minutes until lightly toasted.
6. Remove, slice in half, and enjoy!

ADDITIONAL NOTES

- You can also make homemade fries instead of frozen, or use sweet potato fries!
- Burrito tortillas will also work in place of wraps - just will be slightly higher calorie

Pizza Burger



NUTRITION FACTS

Per burger

490 Calories

43g Protein

35g Carbs

20g Fat

INGREDIENTS

1 brioche bun
4oz 93% beef seasoned with salt, pepper, garlic, onion, oregano, basil & 10g tomato paste
20g 2% Mozzarella
10g Parmesan
6 turkey pepperonis
Fresh Basil
40g tomato sauce
5g hot honey
10g Bolthouse farms ranch dressing

INSTRUCTIONS

1. Pre heat oven to broil at 450 (Low setting)
2. Add bun to oven for ~3-4 mins to crisp up slightly
3. Add marinara, cheese, fresh Basil, hot honey and pepperonis to each bun. Each bun should look like miniature pizzas. Add to oven (450 broil) for ~8-10 mins (all ovens are different, so check every few mins)
4. While pizzas are cooking, prep/cook burger. Add each seasoning and tomato paste, mix, and form in to a patty. I cook over medium-high heat for about 1.5 mins on each side
5. Remove pizzas from oven, add burger patty, top with a spoonful of marinara and ranch dressing

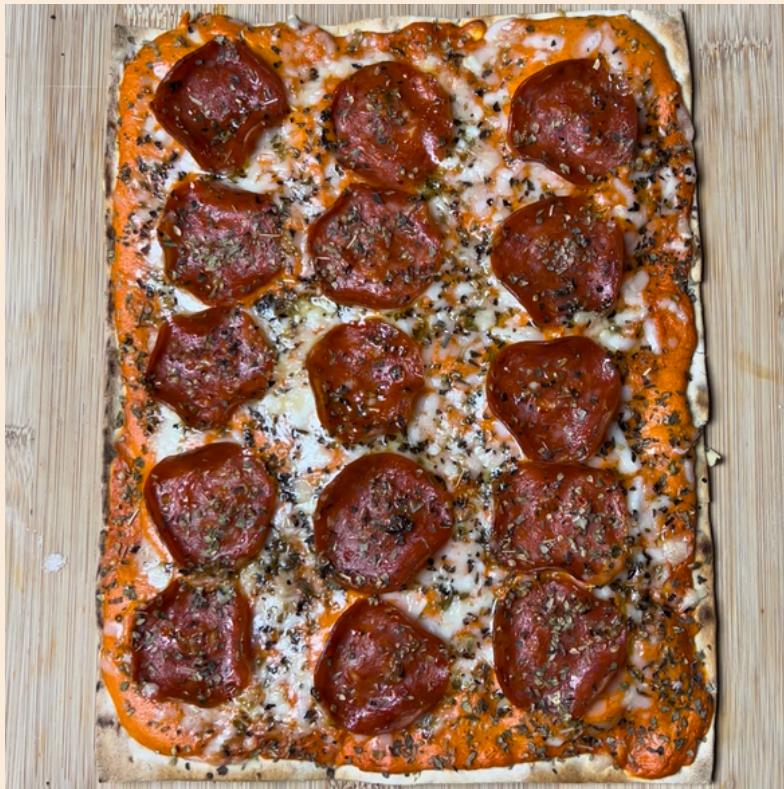
ADDITIONAL NOTES

- You could also use english muffins or low cal bread instead of brioche
- Ranch and honey are both optional add-ins, but highly recommended!



PIZZA & FLATBREADS

Flatbread Pepperoni Pizza



NUTRITION FACTS

Whole pizza

420 Calories

30g Protein

30g Carbs

18g Fat

INGREDIENTS

1 Lavash bread (I used Atoria brand)

80g tomato sauce

40g 2% cottage cheese

1 roasted red pepper

5g habenero sauce

15g pecorino Romano

15g parmesiano reggiano

12 turkey pepperonis

Oregano, basil

INSTRUCTIONS

1. Pre-heat oven to broil at 500
2. While pre-heating, prep sauce. Add tomato sauce, roasted red pepper, hot sauce, and cottage cheese to a small bowl or blender and blend (I use a hand blender)
3. Add flatbread to the oven for 3-4 mins to let lightly crisp up, remove
4. Add sauce, pecorino romano and parmesan, turkey pepperoni
5. Add to oven (broil at 500) and let cook for 6-8 mins
6. Remove, slice, and enjoy!

ADDITIONAL NOTES

- I recommend using pecorino and parmesan cheese - but you could also sub in mozzarella to keep it simple
- All ovens vary, so check every few minutes when cooking the pizza to be sure it doesn't overcook!

"Lazy" Personal Pizzas



NUTRITION FACTS

Per pizza

135 Calories

9g Protein

15g Carbs

4g Fat

INGREDIENTS

3 English muffins
150g Tomato sauce
80g 2% cottage cheese
20g Parmigiano Reggiano
80g Part-Skim Mozzarella

INSTRUCTIONS

1. Split English muffins, add to oven with a light oil spray and broil at 525 for 5 mins or until lightly toasted (inside facing up)
2. Add tomato sauce, cottage cheese, Parmesan and a few pinches of salt to a blender and blend until completely smooth
3. Add sauce to toasted English muffins, top with shredded mozzarella (grated fresh from a full block will yield best results)
4. Add to oven on top rack, broil for 4 mins at 525 or until cheese begins to lightly brown
5. Remove, top with Italian seasoning (and sea salt if needed) and enjoy!!

ADDITIONAL NOTES

- Cottage cheese is optional, but it adds a nice creaminess + extra protein
- Highly recommend using fresh parmesan and mozzarella for best flavor/results

Extra Cheesy Cheese Pizza



NUTRITION FACTS

Whole pizza

820 Calories

55g Protein

88g Carbs

27g Fat

INGREDIENTS

Dough:

100g Flour

1.5 tspns baking powder

1 tspn salt

Dash of Garlic powder and basil

120g plain 2% Greek yogurt

Toppings:

100g of Tomato Sauce

100g Part Skim Mozzarella

10g parmesan

Homemade Tomato Sauce:

28oz San marzano tomato can

30g tomato paste

5g olive oil

1 tspn garlic, 1.5 tspn Italian seasoning,

1 tspn onion powder, 1/2 tspn crushed

red pepper, 1 tspn salt

INSTRUCTIONS

1. Pre-heat oven to 450 degrees
2. Add dry dough ingredients to a bowl, mix, then add the Greek yogurt and mix again. Finish it off with your hands by pressing together/lightly kneading. Roll into a ball and place on parchment paper. Start spreading the dough into a pizza shape with your hands. If overly sticky, add a sprinkle of flour. Once you get the dough spread as far as you can with your hands, grab a rolling pin – start from the middle and roll all the way past the outside edges (don't roll back and forth) until the dough is ~12-13 inches wide. Grab the very outer edge and roll it over ~1mm to form a second layer around the entire outside of the dough – this helps form a crispy crust.
3. Place dough/parchment paper on a baking tray. Grab ~1.5 tsps. of water, and spread over the top of the dough - this will help keep it moisturized. Add to oven for 10 minutes
4. Combine sauce ingredients and blend
5. Remove dough from oven and change the setting to broil at 525 degrees
6. Add sauce to cooked dough, add Parmesan, and layer on mozzarella cheese
7. Add to the top rack for 5-6 minutes, or until the cheese has started lightly browning
8. Remove, slice, and enjoy!!

ADDITIONAL NOTES

- For lower calories, reduce mozzarella content!

Buffalo Chicken & Ranch Flatbread



NUTRITION FACTS

Entire flatbread

560 Calories
66g Protein
23g Carbs
23g Fat

INGREDIENTS

8oz Boneless Skinless Chicken Thighs

Seasonings: salt (lightly), garlic, onion, paprika, cayenne

20g Buffalo sauce

5g Honey

1 Lavash flatbread, toasted

Green onions

Bolthouse farms ranch dressing

Sauce:

50g Blended Cottage Cheese*

50g 1/3 fat cream cheese

20g Buffalo sauce

15g Milk

Couple splashes Worcestershire

Garlic, onion, smoked paprika

INSTRUCTIONS

1. Season and air fry chicken thighs at 375 for 10 mins
2. In a small bowl, mix honey and buffalo sauce. Remove chicken thighs from air fryer, toss in Buffalo/honey mixture, add back to air fryer for 2 more mins. Chop in to small pieces
3. Prep sauce by mixing blended cottage cheese (or greek yogurt), cream cheese, buffalo sauce, milk, Worcestershire, and seasonings - microwave for ~30 seconds to slightly warm, then mix until combined
4. Lightly spray flatbread with oil, add to oven at 450 for ~3-4 minutes or until lightly browned and crispy
5. Top flatbread with sauce, chopped chicken, green onions, and ranch dressing - slice, and enjoy!

ADDITIONAL NOTES

- *Plain greek yogurt also works in place of cottage cheese

White Truffle Chicken & Bacon Pizza



NUTRITION FACTS

ENTIRE PIZZA

900 Calories

91g Protein

81g Carbs

24g Fat

INGREDIENTS

100g Flour

1.5 tspns baking powder

1 tspn salt

Dash of Garlic powder and basil

120g plain 2% Greek yogurt

White sauce:

100g 2% Cottage cheese

20g Milk

20g Gruyere (or Swiss)

15g Parmigiano Reggiano

1/2 tspn of garlic powder

Toppings:

6oz boneless skinless chicken thighs

Seasoning: salt, garlic, onion, paprika

2 slices Turkey bacon

5g White Truffle Oil

INSTRUCTIONS

1. Pre-heat oven to 450 degrees
2. Add dry dough ingredients to a bowl, mix, then add the Greek yogurt and mix again. Finish it off with your hands by pressing together/lightly kneading. Roll into a ball and place on parchment paper. Start spreading the dough into a pizza shape with your hands. If overly sticky, add a sprinkle of flour. Once you get the dough spread as far as you can with your hands, grab a rolling pin – start from the middle and roll all the way past the outside edges (don't roll back and forth) until the dough is ~12-13 inches wide. Grab the very outer edge and roll it over ~1mm to form a second layer around the entire outside of the dough – this helps form a crispy crust.
3. Add to baking tray, place in oven for 10 mins
4. Add sauce ingredients to a bowl, mix, microwave 45 seconds, and then blend until smooth. Cook chicken and bacon (I air fry at 375, 10 mins)
5. Remove pizza dough from oven and change the setting to broil at 525 degrees
6. Add sauce to cooked dough, place chopped chicken and bacon on top. Add back to the oven for ~6-7 minutes, Remove & drizzle with truffle oil

ADDITIONAL NOTES

- This would also be fantastic without the truffle oil! Just would be a white chicken & bacon pizza

Buffalo Ranch Mini Pizzas



NUTRITION FACTS

Per pizza

180 Calories

18g Protein

15g Carbs

6g Fat

INGREDIENTS

8oz boneless skinless chicken thighs
Salt, garlic, onion, smoked paprika
50g buffalo sauce
50g bolthouse farms ranch
4 pickles
60g 2% mozzarella
2 english muffins

INSTRUCTIONS

1. Chop chicken thighs and coat with seasonings
2. Bring a pan to medium-high heat, add chicken thighs. Cook 2-3 mins each side. Once almost done cooking, I like to add a splash of buffalo sauce and pickle juice to infuse some extra flavor
3. In a small bowl, mix together buffalo sauce and low calorie ranch
4. Split open your english muffins, and assemble pizzas. Add sauce on each bun, top with chopped pickles (optional), then layer on the chopped chicken thighs, and top with mozzarella
5. Add to air fryer at 400 for 4-5 mins or until cheese has started lightly browning
6. Remove, let set 5-10 mins, then enjoy!

ADDITIONAL NOTES

- Sub in shredded chicken breast for lower fat! Either one works for this recipe
- If you don't have access to bolthouse ranch, use 50g of low fat plain greek yogurt and add in ranch seasoning!

Avocado Cream Flatbread w/ Chicken & Bacon



NUTRITION FACTS

Entire flatbread

525 Calories
53g Protein
35g Carbs
20g Fat

INGREDIENTS

5oz boneless skinless chicken thighs, seasoned with salt, garlic, onion, paprika, Chile powder
2 slices turkey bacon
1/2 tomato, sliced
1 Lavash flatbread
60g Avocado (1 small avocado)
50g 2% Plain Greek yogurt
5g Parmigiano Reggiano
1-2 tbspn of Milk
Lemon juice
Balsamic glaze

INSTRUCTIONS

1. Season chicken thighs and turkey bacon, add to air fryer or oven at 375 for 12 minutes (can also cook turkey bacon separately, I prefer to keep it simple)
2. Prep avocado cream sauce - mix avocado, Greek yogurt, parmesan, lemon juice, milk and salt/pepper until smooth
3. Toast lavash bread by lightly spraying with oil and adding to oven until crispy (I broil at 450 for 3-4 mins usually)
4. Spread avocado cream sauce on toasted lavash, add sliced tomatoes, then layer on chopped chicken thighs and bacon
5. Finish with a drizzle of balsamic glaze and enjoy!

ADDITIONAL NOTES

- Normal bacon is also a great option if you have the calories! If using normal bacon, I'd recommend cooking in the oven at 400 for 20 mins, flip halfway and drain grease

Taco Pizza



NUTRITION FACTS

Whole pizza

570 Calories

51g Protein

47g Carbs

22g Fat

INGREDIENTS

1 Mission jalapeño cheddar wrap tortilla

5oz 96% beef

Half packet of taco seasoning

1oz of water

60g red enchilada sauce

25g Greek yogurt

30g 2% cheddar

Handful of Pico de Gallo

Hot sauce drizzle of choice

20g Bolthouse cilantro avocado
dressing

INSTRUCTIONS

1. Pre heat oven to 450, add tortilla wrap for 7-8 mins to crisp up
2. Add beef to a pan and brown, add in half packet of taco seasoning and 1oz of water, mix until combined
3. Prep sauce - mix red enchilada sauce and greek yogurt in a small bowl
4. Once tortilla is crispy, remove from oven. Add prepped sauce, taco meat, cheddar cheese and pico
5. Add to the oven at 450 for 3 mins
6. Remove, slice like a pizza, drizzle hot sauce and cilantro avocado dressing, and enjoy!

ADDITIONAL NOTES

- You can use any type of burrito tortilla or wrap for this one! The Jalapeno Cheddar flavor paired nicely with the sauce + taco meat
- Chicken would also work great in place of beef

"Lazy" Pepperoni Pizzas



NUTRITION FACTS

Per pizza

130 Calories

9g Protein

16g Carbs

4g Fat

INGREDIENTS

3 English muffins
120g Marinara sauce
15g Truff hot sauce (optional)
60g 2% Mozzarella
18 slices turkey pepperoni
10g hot honey
10g parmesano reggiano
Oregano + basil

INSTRUCTIONS

1. Lightly spray each English muffin half, and toss in the oven on broil at 525 for 3-4 mins, or until crispy (inside facing up)
2. Once done, add marinara, mozzarella, pepperonis and hot honey to each English muffin - then toss back in the oven for ~5 mins.
3. Top with fresh grated parmesan and oregano/basil

ADDITIONAL NOTES

- I highly recommend the Whole Foods brand English muffins!
- You can omit adding the honey, but the sweetness pairs very well with the pepperoni and caramelizes the exterior
- Use full-block parmesan for best results

Flatbread Creamy Chicken Enchilada



NUTRITION FACTS

Entire recipe
475 Calories
58g Protein
25g Carbs
13g Fat

INGREDIENTS

1 chicken breast
Marinade: 5g olive oil, salt, garlic, onion, smoked paprika, chili powder, 10g habenero hot sauce
60g blended cottage cheese
20g 2% cheddar
5g habenero hot sauce
1 Lavash flatbread
30g Siete red enchilada sauce
20g Bolthouse cilantro avocado dressing

INSTRUCTIONS

1. Pre-heat oven to 450
2. Start by tenderizing and flattening one chicken breast, then toss in marinade and let sit for ~30 mins
3. Heat pan over medium heat, add chicken. Cook ~2-3 mins on each side or until it reaches an internal temp of 165
4. Once chicken is done cooking, remove from pan and shred
5. To a bowl, add shredded chicken, blended cottage cheese, 2% cheddar & habenero hot sauce and mix to combine. This is your enchilada filling
6. Grab your lavash flatbread, add your filling along the LONG side, then roll to form your flatbread enchilada
7. Add to an oven safe baking sheet. Cover the top with red enchilada sauce until completely coated. Add to oven for ~8-10 mins
8. Remove, drizzle more enchilada sauce on top, and finish with bolthouse cilantro avocado dressing, and enjoy!

ADDITIONAL NOTES

- You could also make normal enchiladas with this recipe - but the giant flatbread enchilada is more fun
- Cilantro avocado dressing is optional

Hot Honey Pepperoni Pizza



NUTRITION FACTS

Whole pizza

850 Calories

60g Protein

105g Carbs

20g Fat

INGREDIENTS

Dough:

100g Flour

1.5 tspns baking powder

1 tspn salt

Dash of Garlic powder and basil

120g plain 2% Greek yogurt

Toppings:

100g of Tomato Sauce

60g Part Skim Mozzarella

75g 2% blended cottage cheese

15 Turkey pepperonis

20g Mike's Hot Honey

INSTRUCTIONS

1. Pre-heat oven to 450 degrees
2. Add dry dough ingredients to a bowl, mix, then add the Greek yogurt and mix again. Finish it off with your hands by pressing together/lightly kneading. Roll into a ball and place on parchment paper. Start spreading the dough into a pizza shape with your hands. If overly sticky, add a sprinkle of flour. Once you get the dough spread as far as you can with your hands, grab a rolling pin – start from the middle and roll all the way past the outside edges (don't roll back and forth) until the dough is ~12-13 inches wide. Grab the very outer edge and roll it over ~1mm to form a second layer around the entire outside of the dough – this helps form a crispy crust.
3. Add to baking tray, place in oven for 10 mins
4. Remove dough, change setting to broil at 525
5. Add toppings to the cooked dough. I usually add the sauce first, then layer on the cottage cheese, followed by the mozzarella then pepperoni. Then put the honey on top of each pepperoni and drizzle over the whole pizza
6. Add back to the top rack for ~5-6 minutes, or until the cheese has started lightly browning all over
7. Remove, slice and enjoy!!

ADDITIONAL NOTES

- Cottage cheese is optional, I use it for extra creaminess + protein
- Homeade tomato sauce is included in the "Extra Cheesy Cheese Pizza" recipe!



PASTA & RICE DISHES

Classic Mac n Cheese



NUTRITION FACTS

Per serving (2)

340 Calories
20g Protein
45g Carbs
10g Fat

INGREDIENTS

112g Elbow Pasta
120g Cottage cheese
20g Sharp cheddar
5g Parmigiano Reggiano
15g Light butter
7g Cheddar powder
20g Pasta water
Salt/Pepper to taste

ADDITIONAL NOTES

- I used normal pasta here - you can easily increase protein content by using a high protein pasta instead!
- For cheddar powder - I use a product from Hoosier Hill called "Big Daddy Mac" - I found it on Amazon!
- Recipe makes 2 servings!

INSTRUCTIONS

- Boil pot of water with a few pinches of salt, begin cooking pasta
- In a microwave safe bowl, add cottage cheese, light butter, parmesan, cheddar and cheddar powder. Mix, then microwave for 30 seconds.
- Scoop 20g (~2 tablespoons) of water from pasta (once it is nearly done cooking), add to cheese sauce bowl. Mix, then either a.) grab handheld immersion blender (this is what I use) or b.) add to blender. Blend until completely smooth and creamy
- Strain pasta, and let cool for a minute. I also recommend cooling off the pot with cold water before adding pasta + cheese sauce
- Pour cheese over cooked pasta, and mix until pasta is fully coated with cheese sauce.
- Enjoy!

Buffalo Chicken Mac n Cheese



NUTRITION FACTS

Per serving (2)

450 Calories
36g Protein
47g Carbs
12g Fat

INGREDIENTS

Mac n cheese:

112g pasta
120g 2% cottage cheese
50g 1/3 fat cream cheese
5g Cheddar powder
5g Ranch seasoning
2 laughing cow cheese wedges
30g Buffalo sauce

Chicken:

6oz Boneless skinless chicken thighs
Seasonings - Smoked paprika, Ancho Chili powder, Onion powder, Garlic powder, Salt and Pepper

INSTRUCTIONS

1. Season chicken thighs and add to air fryer at 375 degrees for 12 minutes, flipping halfway
2. Boil pot of water with a few pinches of salt, begin cooking pasta
3. In a microwave safe bowl, add cottage cheese, cream cheese, cheese wedges, cheddar powder, ranch seasoning and buffalo sauce. Mix, microwave for 30-45 seconds
4. Remove, and blend until smooth and creamy. I use an immersion blender, but a normal blender should work as well!
5. Once pasta is done, drain, and let cool for ~1-2 mins. **I generally rinse the pot with cool water as well - I've found that having the pot too hot, specifically with cottage cheese sauces, can sometimes cause it to separate. Letting it cool will prevent this**
6. Pour sauce over cooked pasta, and mix until pasta is fully coated with cheese sauce.
7. Remove cooked chicken thighs from air fryer, and chop in to small pieces. Add to mac n' cheese and mix until fully combined

ADDITIONAL NOTES

- Cheddar powder and ranch powder are "optional", but I highly recommend using them!
- I used normal pasta for this one, but use protein pasta for better macros!

Creamy Bacon Avocado Pasta



NUTRITION FACTS

Per serving (2)

335 Calories

27g Protein

35g Carbs

13g Fat

INGREDIENTS

112g Protein pasta

75g Avocado (~1/2 medium avocado)

50g blended 2% cottage cheese or
Greek yogurt

0.5 tsp Lemon juice

8g Parmigiano Reggiano

0.5 tsp minced garlic (can sub powder)

A few dashes of onion powder

Salt & pepper to taste

20g milk of choice

0.5 slice of pork bacon, crumbled

2 slices turkey bacon, chopped

INSTRUCTIONS

1. Boil water with salt, add pasta
2. Using your preferred method, cook bacon. I use the air fryer for ease/efficiency
3. While pasta and bacon cook, add avocado, lemon juice, garlic, and seasonings to a bowl and mix. Then add blended cottage cheese or Greek yogurt, 20g of milk, and blend until smooth (I use an immersion blender)
4. Remove bacon once cooked, chop up the turkey bacon and crumble the pork bacon
5. Mix your turkey bacon and parmesan in to the avocado sauce
6. Mix sauce with pasta, place on a serving dish, and top with crumbled pork bacon and chili powder

ADDITIONAL NOTES

- I use normal bacon for the topping because I think it's worth it for the flavor, but using turkey bacon for the sauce and topping will work great!
- I prefer blended cottage cheese for this one but greek yogurt is also a great option, just slightly more tart

Hatch Chile White Mac n' Cheese



NUTRITION FACTS

Per serving (3)

470 Calories

29g Protein

59g Carbs

13g Fat

INGREDIENTS

224g Pasta

240g cottage cheese

40g white cheddar

2 laughing cow Swiss wedges

1 tablespoon green enchilada sauce

3 tablespoons hatch green chiles

Salt, pepper, garlic

Topping:

15g cheddar

1 bag chili lime quest chips

Green chilis

INSTRUCTIONS

1. Boil pot of water with a few pinches of salt, begin cooking pasta
2. In a bowl, add cottage cheese, white cheddar, laughing cow wedges, green enchilada sauce, green chiles, and seasonings. Mix, microwave for 30-45 seconds
3. Remove, and blend until smooth and creamy. I use an immersion blender, but a normal blender should work as well!
4. Once pasta is done, drain, and let cool for ~1-2 mins. **I generally rinse the pot with cool water as well - I've found that having the pot too hot, specifically with cottage cheese sauces, can sometimes cause it to separate. Letting it cool will prevent this**
5. Pour sauce over cooked pasta, and mix until pasta is fully coated with cheese sauce
6. Add pasta to an oven safe baking dish
7. Crush up one bag of chili lime quest protein chips and mix with cheddar cheese. Sprinkle over the top of pasta along with green chiles
8. Broil at 475 for ~7 mins
9. Remove, let sit 5 mins, then serve!

ADDITIONAL NOTES

- This recipe is also great without the topping/baking! Just skip the last few steps and serve after mixing in the sauce!
- If you can't find chili lime quest chips, you can just use normal bread crumbs!

Fettuccine Alfredo



NUTRITION FACTS

Per serving (2)

370 Calories
20g Protein
43g Carbs
7g Fat

INGREDIENTS

112g Fettuccine pasta
120g 2% Cottage cheese
15g Parmigiano-Reggiano
15g Pecorino Romano OR Gruyere
1 Laughing Cow cheese wedge
0.5 tspn Roasted garlic/minced garlic
0.5 tspn lemon juice
0.25 tspn Parsley
20g pasta water
Salt/pepper to taste

INSTRUCTIONS

1. Boil salted water, begin cooking pasta
2. Grab a microwave safe bowl and add cottage cheese, laughing cow cheese wedge, grated Parmesan, grated Romano or Gruyere, minced garlic, lemon juice, parsley, and a pinch of salt/pepper. Mix, then microwave for 30-45 seconds.
3. Remove from microwave, mix again, then place in to blender (alternatively, if you have a handheld immersion blender, you can keep it in the bowl). Add in ~20g of pasta water (either reserved when you drained pasta, or scooped from pot once pasta is almost done). Blend until completely smooth and creamy.
4. Once pasta is done, drain, and let cool for ~1-2 mins. **I generally rinse the pot with cool water as well - I've found that having the pot too hot, specifically with cottage cheese sauces, can sometimes cause it to separate. Letting it cool will prevent this**
5. Pour Alfredo sauce over the pasta. Mix, let sit for ~5 minutes. Top with fresh Parmesan

ADDITIONAL NOTES

- Pecorino cheese is a much "sharper" cheese than Gruyere - I personally couldn't decide which version I liked better, but you can't go wrong with either cheese!
- This sauce will work with any type of pasta - I couldn't find any high protein fettuccine, but have used it many times with Farfalle/Penne!

Mexican-Italian Chicken & "Rice"



NUTRITION FACTS

Per serving (2)

350 Calories

28g Protein

43g Carbs

10g Fat

INGREDIENTS

5oz Boneless skinless Chicken thighs
Season with: Salt, garlic, onion, paprika, chili powder (and cumin if desired)
112g (4oz) Orzo pasta
20g Firelli or Truff Hot sauce
40g 1/3 fat Cream cheese
Lime slice
20g Bolthouse farms cilantro avocado dressing

INSTRUCTIONS

1. Boil salted water, begin cooking pasta
2. Season your chicken thigh with each seasoning, add to air fryer at 375 for 12 minutes, flipping halfway
3. Once pasta is almost done cooking, scoop out some pasta water using a measuring cup or bowl. This will be used to add to pasta if it's too thick
4. Drain pasta, add back to pan, mix in cream cheese, hot sauce, and salt/pepper to taste
5. Place pasta on a plate, top with cooked chicken thigh, squeeze some lime juice over the chicken, and drizzle with bolthouse farms cilantro avocado dressing

ADDITIONAL NOTES

- Firelli and Truff are both hot sauces available online and will add a unique flavor profile. Firelli has a more distinctive "italian" flavor, but Truff has a great flavor as well

BBQ Chicken & Bacon Mac n Cheese



NUTRITION FACTS

Per serving (2)

460 Calories
51g Protein
40g Carbs
12g Fat

INGREDIENTS

5oz boneless skinless chicken thighs
lightly coated w/ salt, pepper, garlic,
onion, paprika, chili powder
2 slices turkey bacon (I used Applegate)
112g protein pasta (I used Banza here)
120g 2% cottage cheese
10g cheddar powder
1 laughing cow cheese wedge
20g BBQ sauce of choice

Toppings:

30g 2% cheddar
30g fat free mozzarella
20g sugar free BBQ sauce
Chopped Green onions

INSTRUCTIONS

1. Season chicken thighs, place on air fryer rack along with bacon. Air fry at 375 for 12 mins, flip halfway
2. Prep cheese sauce. Combine cottage cheese, laughing cow wedge, cheddar powder, and BBQ sauce in microwave safe dish. Mix, then microwave 45-60 seconds. Remove and blend until smooth (I use an immersion blender and blend straight in the container)
3. Boil salted water, cook pasta
4. Once pasta is done cooking, drain, and let cool for ~1-2 mins
5. Combine pasta, chicken, bacon, and cheese sauce in an oven safe container and mix. Top with 2% cheddar, FF mozzarella and BBQ sauce
6. Broil at 500 for 8 minutes
7. Remove, mix, top with green onions and enjoy!

ADDITIONAL NOTES

- This recipe would also be great without the toppings + baking! Just serve after mixing the pasta with the chicken, bacon and cheese sauce

Creamy Southwest Chicken & Veggie Orzo



NUTRITION FACTS

Per serving (Makes 2)

550 Calories

39g Protein

60g Carbs

15g Fat

INGREDIENTS

8oz boneless skinless chicken thighs

Seasoned with salt, garlic, onion, smoked paprika, cumin, dash of cinnamon

112g Orzo

1 can Amy's southwest vegetable soup

4oz vegetable or chicken broth

Hot sauce of choice

40g 2% cheddar

80g 2% plain Greek yogurt

INSTRUCTIONS

1. Add soup, vegetable broth and salt, garlic, onion, smoked paprika to a pot and bring to a boil. Add in Orzo, cover and cook for ~10 minutes
2. While orzo is cooking, season chicken thighs and add to air fryer at 375 for 12 mins
3. Chop chicken once done
4. Reduce heat on orzo to low, remove lid, and stir. Simmer until pasta has thickened
5. Add in chicken, hot sauce, cheddar and Greek yogurt, mix, and enjoy!!

ADDITIONAL NOTES

- Add any seasonings to the soup/orzo that you like! This is where a lot of the flavor will come from so don't be shy with adding as much as you like!
- Add fresh vegetables if you want more volume/flavor!

Chipotle Style Burrito Bowl



NUTRITION FACTS

Entire recipe
665 Calories
54g Protein
67g Carbs
21g Fat

INGREDIENTS

4oz chicken thighs seasoned w/ salt, pepper, garlic, onion, paprika, chili
100g RightRice (see notes)
50g Avocado (~1/2 a medium avocado)
Lime juice
50g 2% Fage yogurt
1 Tblspn Salsa verde
20g 2% cheddar cheese

INSTRUCTIONS

1. Boil 160g water (2/3 cup) - once boiling, remove from heat and add 100g Right Rice. Cover and let sit for 12 mins
2. Season boneless skinless chicken thigh, add to air fryer for 12 mins at 375 degrees
3. While chicken is cooking, prep toppings. Mash up 50g of avocado (usually 1/2 a medium avocado), add salt and a few drops of lime juice. Measure out 50g of plain Greek yogurt and 20g of 2% cheddar
4. Remove chicken thighs from air fryer, chop in to small pieces (let rest ~5 mins before chopping)
5. Place cooked rice on a plate or bowl, add chicken and toppings and enjoy!

ADDITIONAL NOTES

- RightRice is a higher protein, vegetable based rice option! I generally use the Spanish or Garlic & Herb flavor - but you could also just use normal rice and it would turn out great as well!
- Add any additional toppings you like to pair with a burrito bowl!

Chipotle Cheddar Mac n Cheese



NUTRITION FACTS

Per serving (2)

360 Calories
25g Protein
36g Carbs
9g Fat

INGREDIENTS

112g Protein pasta
120g 2% Cottage cheese
20g Pepperjack cheese
15g Cheddar cheese
5g Cheddar Powder
20g Milk of choice
1 tspn blended chipotles in adobo
1/4 tspn garlic powder
1/4 tspn lemon
1/8 tspn Chile powder

INSTRUCTIONS

1. Salt and boil water, begin cooking pasta
2. Blend chipotles in adobo sauce until smooth
3. Add all ingredients to a microwave safe bowl.
Mix and microwave for 45 seconds. Blend cheese sauce until completely smooth - I use an immersion blender
4. Once pasta is done, drain, and let cool for ~1-2 mins. **I generally rinse the pot with cool water as well - I've found that having the pot too hot, specifically with cottage cheese sauces, can sometimes cause it to separate. Letting it cool will prevent this**
5. Pour cheese sauce over cooked pasta, mix, and enjoy!

ADDITIONAL NOTES

- I take an entire can of chipotles in adobo and blend, then take the amount needed (1 tspn). Use 2 tspn's if you prefer spicier. You can also use chipotle chili powder!

Sweet & Spicy Korean Chicken & Rice



NUTRITION FACTS

Per serving (2)

325 Calories
29g Protein
40g Carbs
4g Fat

INGREDIENTS

8oz chicken breast
Garlic + onion powder
1 tablespoon Gochugaru (Korean chili flakes)
1/4 tablespoon neutral oil
1 tablespoon soy sauce
1 tablespoon rice vinegar
1 tablespoon honey
Sesame seeds
Chopped green onions
90g Jasmine rice

INSTRUCTIONS

1. Start by cooking rice. I use Jasmine - cooking instructions will vary by rice type. Add 140g of water and 90g of dry rice to a pot. Mix, then bring to a boil over high heat. Once it starts boiling, place a lid on top and reduce heat to the lowest setting for 12 mins. Remove from heat and keep covered for another 10 mins. Remove lid and fluff once ready to serve
2. Chop chicken breast in to cubes, lightly tenderize/flatten each piece, then season with garlic, onion and Gochugaru and mix until each piece is entirely coated
3. Prep sauce by adding honey, soy sauce and rice vinegar (you can also add sriracha for extra spice), mix until smooth
4. Add oil to a pan over medium heat (I used grapeseed), then add chicken and cook
5. Remove chicken, add sauce to pan and simmer for 2-3 mins or until thickened
6. Add chicken to the pan with sauce, toss to coat with sauce and simmer for ~2 mins
7. Add sesame seeds to chicken, mix
8. Remove chicken, serve over rice

ADDITIONAL NOTES

- You can use red chili flakes instead of Gochugaru - however, Gochugaru will give the best overall flavor
- I personally prefer using Jasmine rice - instructions for cooking will vary based on rice type, feel free to use your favorite type!

Taco Mac n Cheese



NUTRITION FACTS

Per serving (4)

450 Calories
31g Protein
54g Carbs
12g Fat

INGREDIENTS

Ingredients (taco mixture):

1 yellow bell pepper, 1 red bell pepper
1 onion
8oz 93% beef
1/2 taco seasoning packet
1 tbspn adobo sauce or hot sauce
50g water (~2 tablespoons)

Ingredients (Mac n cheese):

224g pasta
240g 2% cottage cheese
80g 1/3 fat cream cheese
10g Cheddar powder
4 laughing cow cheese wedges

INSTRUCTIONS

1. Chop onion and bell peppers. Add to a pan over medium heat, and cook until soft/caramelized. Add a splash of water every few minutes if they start to stick to the pan.
2. Set veggies to the side, add beef to same pan, cook until browned. Prepare taco sauce by mixing taco seasoning, adobo sauce, and 50g water. Add to beef, then mix in onion/peppers, and set to the side
3. Add pasta to boiling salted water
4. Add cottage cheese, cream cheese, laughing cow wedges and cheddar powder to microwave safe bowl. Microwave for 30-45 seconds, and then blend until smooth
5. Once pasta is done, drain, and let cool for ~1-2 mins. **I generally rinse the pot with cool water as well - I've found that having the pot too hot, specifically with cottage cheese sauces, can sometimes cause it to separate. Letting it cool will prevent this**
6. Pour cheese sauce over pasta and then mix in the taco beef mixture until combined

ADDITIONAL NOTES

- Cheddar powder is optional
- This recipe makes a ton of food - so it's perfect for meal prep!

Spicy Chicken Alfredo



NUTRITION FACTS

Per serving

340 Calories

28g Protein

40g Carbs

8g Fat

INGREDIENTS

112g Protein pasta

120g 2% blended cottage cheese

1 roasted red bell pepper

15g Pecorino Romano

15g Parmigiano Reggiano

10g Tomato paste

10g Siete Habenero hot sauce

Salt, pepper, garlic, onion (for sauce)

5oz Boneless Skinless Chicken Thigh

Seasoned with salt, garlic, onion,
smoked paprika, crushed red pepper

INSTRUCTIONS

1. Boil salted water and pre-heat air fryer to 375
2. Season chicken thigh, and add to air fryer. I generally add the chicken to the air fryer ~5 minutes before starting to cook the pasta
3. Add pasta to boiling water
4. Prep sauce. Add blended cottage cheese, roasted red pepper, Romano and Parmesan cheese, tomato paste, hot sauce, and seasonings to a small bowl. Add to microwave for ~15-30 seconds, then blend until completely smooth and creamy. If having difficulty blending, add some milk to thin it out slightly
5. Once pasta is done cooking, drain, and let cool for ~1-2 mins. **I generally rinse the pot with cool water as well - I've found that having the pot too hot, specifically with cottage cheese sauces, can sometimes cause it to separate. Letting it cool will prevent this from happening**
6. Mix sauce with pasta, add to a plate, and top with chopped chicken

ADDITIONAL NOTES

- I typically blend the entire container of cottage cheese, then add the amount needed for the recipe
- If you don't want to use hot sauce, you could just add a few dashes of cayenne pepper for the spice

Breakfast Mac n Cheese



NUTRITION FACTS

Per serving (2)

500 Calories
56g Protein
37g Carbs
20g Fat

INGREDIENTS

112g Protein pasta
120g 2% cottage cheese
15g 2% cheddar
10g Parmigiano Reggiano
7g cheddar powder
10g light butter
30g milk
1/2 tspn garlic powder, 1/2 tspn smoked paprika, 1/4 tspn rubbed sage (optional)
2 slices turkey bacon
5oz turkey sausage
Toppings:
5g Parmigiano Reggiano
20g 2% cheddar
20g fat free cheddar

INSTRUCTIONS

1. Pre-heat oven to broil at 525
2. Add cottage cheese, 2% cheddar, parmesan, powdered cheddar, milk, and seasonings to a microwave safe bowl and mix. Microwave for 45 seconds, then blend until completely smooth (I use a hand blender)
3. Boil salted water, cook pasta
4. Cook sausage/bacon in a pan over medium heat
5. Once pasta is done cooking, drain, and let cool for ~1-2 mins (reserve some pasta water in case sauce is too thick)
6. Add cooked pasta to pan with sausage + bacon, then mix in the cheese sauce
7. Add mixture to an oven safe dish, top with cheese topping. Add to oven and broil at 525 for ~4 minutes or until cheese is entirely melted
8. Remove, add toppings of choice (I used bacon salt and green onions) - and enjoy!

ADDITIONAL NOTES

- This recipe would also be great without the toppings + baking! Just serve after mixing the pasta with meat and cheese sauce

Lemon Pepper Chicken & Rice



NUTRITION FACTS

Per serving (2)

370 Calories
37g Protein
37g Carbs
6g Fat

INGREDIENTS

100g RightRice (or normal rice)
8oz boneless skinless chicken thighs
Seasoned with, garlic, salt, pepper,
paprika

Sauce/chicken marinade:

1 tbspn white wine vinegar
1/2 teaspoon garlic powder
1/4 teaspoon onion powder
1/4 teaspoon crushed red pepper
1/4 teaspoon pepper
1 teaspoon lemon juice
5g Honey

INSTRUCTIONS

1. Chop chicken thighs into cubes and season
2. Add to air fryer at 375 for 8-9 mins
3. Cook RightRice or rice of choice according to instructions on packaging
4. While the rice/chicken cook, add all ingredients for the chicken marinade in a small bowl and mix
5. Once chicken is done cooking, toss in the sauce until completely coated
6. Add rice to plate and top with chicken, garnish with parmesan or basil
7. Pour over any remaining sauce from your bowl, and enjoy!

ADDITIONAL NOTES

- I use RightRice because it is higher in protein and contains veggies - but feel free to use normal rice! I buy RightRice at Whole Foods generally

Jalapeno Popper Mac n Cheese



NUTRITION FACTS

Per serving (2)

350 Calories
27g Protein
46g Carbs
9g Fat

INGREDIENTS

112g protein pasta
120g 2% cottage cheese
40g 1/3 fat cream cheese
2 laughing cow cheese wedges
2 jalapeno peppers
2 slices turkey bacon
1/2 tspn garlic powder
1/2 tspn onion powder
Salt/pepper to taste

INSTRUCTIONS

1. Boil water and begin cooking pasta
2. Combine cottage cheese, cream cheese, laughing cow wedges and seasonings to a microwave safe bowl. Microwave 30-45 seconds, then blend until completely smooth
3. Cook turkey bacon, remove from pan and chop
4. Chop jalapeños in to small pieces, add to pan over medium heat, cook until softened (4-5 mins, add splashes of water if it begins sticking to pan)
5. Once pasta is done cooking, drain, and let cool for ~1-2 mins. **I generally rinse the pot with cool water as well - I've found that having the pot too hot, specifically with cottage cheese sauces, can sometimes cause it to separate. Letting it cool will prevent this from happening**
6. Pour cheese sauce, jalapenos and bacon over the pasta and mix until combined

ADDITIONAL NOTES

- I typically blend the entire container of cottage cheese, then add the amount needed for the recipe
- Make sure you really thoroughly blend the cheese sauce - if it isn't completely blended, it can separate when added to the pasta

Pasta with Meat Sauce



NUTRITION FACTS

Per serving (2)

350 Calories
32g Protein
38g Carbs
9g Fat

INGREDIENTS

Homemade sauce:

1 can San marzano tomatoes
1/2 sweet onion
15g olive oil (to cook onions)
4 cloves garlic, minced
0.5-1 tbspn salt (adjust based on taste)
1 tspn of garlic, onion, smoked paprika

Pasta:

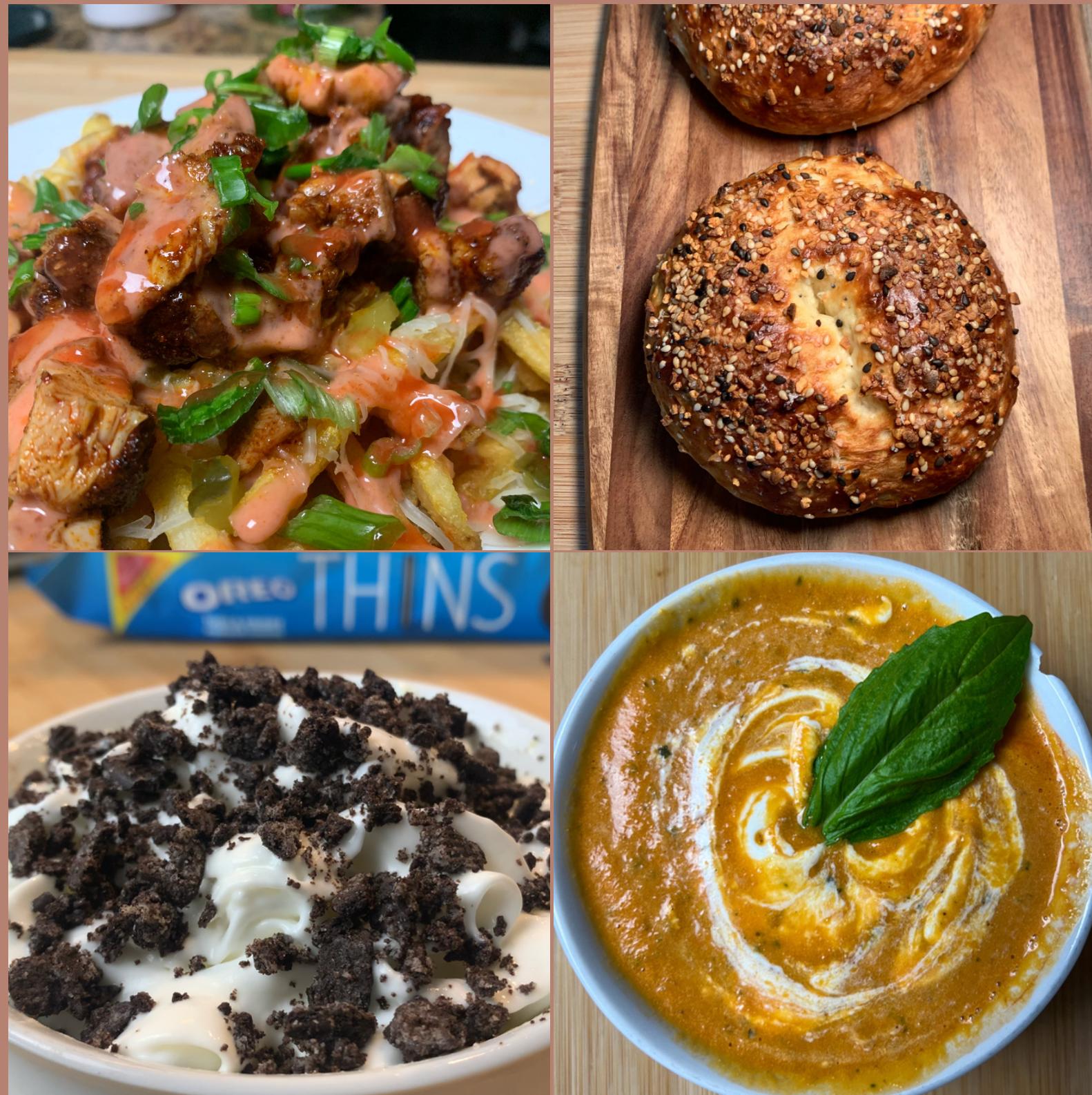
112g Banza pasta (or pasta of choice)
4oz lean beef (I used 96%)
1 slice turkey bacon, chopped
30g milk
10g pecorino Romano
120g homemade tomato sauce

INSTRUCTIONS

1. Add diced onions to pan on medium heat with olive oil, cook for 5 mins or until soft. Add seasoning blend, mix, then add garlic and cook for ~1 minute.
2. Blend can of tomatoes, and add to pan. Reduce heat to low and let simmer for 20 mins
3. Boil a pot of water, and begin cooking pasta
4. Add beef/chopped turkey bacon to pan to brown
5. Once meat is cooked, add in homemade tomato sauce, milk, and pecorino romano cheese and mix to combine
6. Add cooked pasta to meat sauce and mix. Once thickened and combined, add to a plate and top with a few spoonfuls of tomato sauce, basil, and fresh Parmesan

ADDITIONAL NOTES

- I'm typically not a huge fan of chickpea pasta, but I find it works particularly well with meat based sauces! You can also sub in any pasta you prefer



MISCELLANEOUS

Loaded fries, sweets, homemade bagels, soups, and everything else that doesn't fit in the other categories

Tomato Basil Bisque



NUTRITION FACTS

Entire recipe*

550 Calories

40g Protein

47g Carbs

20g Fat

INGREDIENTS

1 28oz can San Marzano tomatoes
1 onion
2 garlic cloves
1 tspn smoked paprika
2 tspn olive oil
Salt & black pepper
12 leaves fresh Basil
200g blended cottage cheese
20g Parmigiano Reggiano

INSTRUCTIONS

1. Chop onion in to fine pieces, mince garlic cloves. Add to pan with olive oil over medium heat, cook 3-4 minutes or until translucent
2. Add full can of tomatoes and break apart with a wooden spoon
3. Add smoked paprika and salt/pepper - let simmer until liquid has reduced by half usually 15-20 minutes. If it starts boiling too heavily, reduce heat
4. Remove from heat, let cool for 5 mins, then add to a food processor or blender
5. Add in fresh basil leaves, cottage cheese, and parmesan reggiano. Blend until completely smooth, and serve

ADDITIONAL NOTES

- *Makes 2-3 small bowls worth!
- You can use any canned tomatoes, I find that San Marzano have the best flavor (especially paired with Basil)
- Full-block Parmigiano Reggiano is essential for this one!

Easy Chipotle-Style Steak



NUTRITION FACTS

Per serving (4oz)

200 Calories
24g Protein
0g Carbs
11g Fat

INGREDIENTS

1-1.5lb flank steak
Juice of 3 limes
20g olive oil
2 tablespoons cumin
1 tablespoon smoked paprika
2 teaspoon oregano
1/2 teaspoon onion powder
1/2 teaspoon chipotle chili powder
1 tablespoon minced garlic
2 tablespoons water
1 tablespoon Salt
Couple cracks of pepper

INSTRUCTIONS

1. Add juice of 3 limes, olive oil, seasonings, and 2 tablespoons of water to a large bowl and mix until combined
2. Grab 1-1.5 pounds of flank steak, lightly tenderize (I use a meat tenderizer), then add to a gallon freezer bag. Pour over marinade and let marinate for at least 1 hour (max 2-3 hours)
3. When ready to cook, remove marinating steak from fridge and sit out to bring to room temp
4. Pre-heat broiler to 475, and add in your baking sheet immediately. This will heat up the pan so the bottom of the steak will sear when added. Once the oven is pre-heated, let the sheet heat up for another 5-10 minutes
5. Remove sheet from oven, add a light oil spray, and place steak on sheet. Add to oven for 9-10 minutes
6. Remove, place on cutting board and let rest (covered with foil) for ~10 minutes. Once ready, slice in to strips against the grain, and then chop in to bite size pieces!

ADDITIONAL NOTES

- You can also prep this using a grill or cast iron! I personally find the broil method to be the easiest/most convenient - but use your preferred method!

Everything Bagels



NUTRITION FACTS

Per bagel (2)
230 Calories
11g Protein
47g Carbs
0g Fat

INGREDIENTS

100g All-Purpose Flour
120g Plain 0% (or 2%) Greek Yogurt
2 Teaspoons Baking Powder
1/2 Teaspoon Salt
1 Egg*
20g melted honey
Everything Seasoning

INSTRUCTIONS

1. Combine all dry ingredients in a bowl and mix. Mix until it reaches a crumbly texture
2. Add in your melted honey (I typically microwave it for ~10 seconds) - and mix again. Finish mixing with your hands, then split in to two equal sized balls (be careful to not overwork the dough, it can get too sticky if you turn it in on itself too many times)
3. Whisk one egg, then begin forming bagels
4. Form each ball of dough in to a “rope”, I roll it in my hands, then flip to even out each side, until it's ~6 inches in length. IF it is too sticky, add a bit of flour to the exterior/your hands
5. Pinch the rope together at the ends (forming a circle with a hole in the middle, dunk in the egg mixture, then transfer to a baking sheet. Top with everything seasoning, press it in lightly, then add to the oven
6. Bake at 375 for 15 mins
7. Switch to broil at 525 for 2-4 mins (varies from oven to oven, keep an eye on it)
8. Let sit for ~10-15 mins to firm up, then enjoy!

ADDITIONAL NOTES

- *I weighed the amount used to cover 1 bagel, and it equaled ~1/10 of the egg. It basically adds no calories while being essential for the browning on the exterior and helps keep the seasoning stuck to the bagel
- Be very careful to not overwork the dough! If you're struggling with the dough getting too sticky, use 120g of all-purpose flour

Bacon & Chive Cream Cheese



NUTRITION FACTS

Per serving (3)

195 Calories
17g Protein
5g Carbs
13g Fat

INGREDIENTS

180g blended cottage cheese
80g 1/3 fat cream cheese
4 slices bacon*
Garlic, onion, salt
1 tablespoon chopped chives

INSTRUCTIONS

1. Pre-heat oven to 400 degrees
2. Add blended cottage cheese, cream cheese and seasonings to a bowl and mix. I pre-blend my cottage cheese in bulk, but you could also add all ingredients at this stage to a food processor and blend until smooth
3. Place foil on a baking sheet, add bacon, and place in oven for ~20 minutes. Halfway through, remove, drain ALL grease, and flip. Add back to oven to finish cooking. Once done, remove, drain grease, and place on paper towels to let cool/crisp
4. Once bacon has rested ~5 mins, finely chop in to small bits
5. Add bacon and chives to your cheese mixture. Mix, then either serve immediately on a bagel, toast, or bread of choice or store in your fridge. It will thicken up in the fridge!

ADDITIONAL NOTES

- *Bacon used was ~70 calories per 2 slices. These are the cals if you cook/drain the fat in the process
- Use turkey bacon for lower fat content
- You can easily adapt this recipe to make any flavor cream cheese you want!
- Store up to 1 week in your fridge

Low Calorie Chipotle Ranch



NUTRITION FACTS

Per serving (30g)

25 Calories

1g Protein

1g Carbs

2g Fat

INGREDIENTS

200g 1/3 Fat Mayo

200g 2% Greek yogurt

7oz can of chipotle peppers in adobo

2 tblopn lime juice

4 tspn garlic powder

2 tspn onion powder

3-4 tspn chopped fresh parsley

3-4 tspn chopped fresh dill

1.5 tspn salt (or salt to taste)

12 tablespoons milk (120g)

10g Hot Honey or normal honey

INSTRUCTIONS

1. This one is pretty simple... chop parsley and dill, then add all ingredients to a food processor and blend until smooth (usually a few minutes)
2. Remove lid, scrape the sides and lid, then blend again to be sure it is fully mixed
3. I buy empty sauce bottles off of Amazon to store! Should stay good for 7-10 days

ADDITIONAL NOTES

- If too thick, add milk 1 tablespoon at a time until smooth
- If you are sensitive to spice, use half the can of chipotle peppers
- The recipe shown is a tostada shell with chopped chicken thighs, pico and the chipotle ranch!

Meal Prep Honey Chipotle Chicken



NUTRITION FACTS

Per serving (4oz)

150 Calories
22g Protein
6g Carbs
4g Fat

INGREDIENTS

2 lb boneless skinless chicken thighs
Salt, garlic, onion, smoked paprika
7-8 chipotle peppers, minced
4 tablespoons adobo
30g Worcestershire sauce
60g hot honey
10g Dijon mustard

INSTRUCTIONS

1. Add minced chipotle peppers, adobo sauce, worcestershire, hot honey, dijon mustard, seasonings and several pinches of salt to a large bowl and mix until smooth
2. Add boneless skinless chicken thighs to the marinade, let sit for 1-2 hours (or overnight)
3. When ready to cook, pre-heat oven on broil to 475 degrees
4. Place baking sheet in oven right when you turn oven on - this will heat the tray so the bottom is hot when you add the chicken
5. Add oil spray to baking sheet, then add chicken to sheet (should sizzle when placed on) - then add to oven for ~12 mins to cook
6. Remove, let rest for 5-10 mins, then chop in to small pieces or keep whole. Store in fridge for up to a week or serve immediately

ADDITIONAL NOTES

- Normal honey will work in place of hot honey
- The longer you marinate, the better - I generally try to do at least an hour, but overnight is ideal
- If you don't have temperature settings on broil (i.e. your only options are high/low), bake at 475

Buffalo Chicken Dip



NUTRITION FACTS

ENTIRE DISH*

1220 Calories

135g Protein

41g Carbs

52g Fat

INGREDIENTS

- 250g blended cottage cheese
- 100g 1/3 fat cream cheese
- 4 laughing cow cheese wedges
- 10g Cheddar powder
- 10g Ranch seasoning
- 80g Buffalo sauce
- 16oz Boneless Skinless Chicken Thighs
- 20g Honey (optional)
- Handful green onions

INSTRUCTIONS

1. Pre-heat oven to 400 degrees
2. Blend cottage cheese - I generally use a hand blender and blend directly in the container, but you can add to a normal blender as well!
3. Add all cheeses to oven safe bowl, microwave for 45 seconds, and mix thoroughly
4. Add cheddar powder/ranch seasoning and Buffalo sauce and mix again. Blend again for smoothest results
5. Grab 16oz of chicken thighs and lightly coat each side with the following seasonings: salt, garlic powder, onion powder, smoked paprika, chili powder. Air fry or bake at 375 for 12 minutes, remove, and chop in to small pieces
6. Mix chicken with the cheese sauce, top with honey
7. Bake at 400 for 15-20 minutes
8. Remove, give it a mix, top with green onions, and enjoy!

ADDITIONAL NOTES

- *This recipe feeds 4-5 people - but can easily be cut in half or 1/4 for a more personal size serving!
- I like to pair with Quest ranch chips or celery!

Birthday Cake Frosting



NUTRITION FACTS

Entire recipe
360 Calories
43g Protein
21g Carbs
13g Fat

INGREDIENTS

200g 2% Plain Greek Yogurt
10g Salted Butter
25g vanilla whey-casein protein powder
20g milk
6g sprinkles
Topping: 6g sprinkles

INSTRUCTIONS

1. Start by melting butter (I add to the microwave for ~15 seconds)
2. Combine melted butter, greek yogurt, and milk in a bowl and mix until combined
3. Add in vanilla protein powder and sprinkles and mix
4. Add to fridge overnight, or freezer for 20-30 mins to thicken
5. When ready, add more sprinkles on top, and enjoy!

ADDITIONAL NOTES

- Alternative to melted butter - add 50g of light cool whip instead! This will give it an even fluffier, more frosting-like texture

Sweet & Spicy Chicken Avocado Soup



NUTRITION FACTS

Entire recipe*

690 Calories

52g Protein

52g Carbs

32g Fat

INGREDIENTS

1 can of Amy's Southwestern Soup
8oz Chicken Thighs
Seasoning: Ancho Chile Powder,
Smoked Paprika, Garlic Powder, Onion
Powder, Salt & Pepper
1 Small Avocado
40g 2% Greek Yogurt
15g Hot Honey

INSTRUCTIONS

1. Season each side of your chicken with each seasoning. Add to air fryer at 375 for 12 mins, flip halfway
2. Cook soup over stovetop until hot (you can use any store bought soup, but I highly recommend Amy's for this one!)
3. Remove chicken from air fryer, chop in to small pieces
4. Prep Avocado by slicing in to strips
5. Pour soup in to bowl of choice, add chopped chicken on one half, avocado on the other half, and a greek yogurt in the middle. Drizzle with hot honey, and enjoy!

ADDITIONAL NOTES

- *Macros without Avocado: 520 cals, 50g Protein, 43g Carbs, 17g Fat
- You can also reduce cals by using less chicken!

Chipotle-Style Chicken Meal Prep



NUTRITION FACTS

Per 4oz

130 Calories

22g Protein

0g Carbs

5g Fat

INGREDIENTS

2 lbs boneless skinless chicken thighs
Base seasonings (adjust based on what you prefer): Salt, garlic, onion, smoked paprika, chipotle chili powder

*Additional seasonings/flavors I use occasionally: cumin, black pepper, cayenne, lime juice

INSTRUCTIONS

1. Pre heat oven on broil to 475
2. Place baking sheet in oven right when you turn oven on - this will heat the tray so the bottom is hot when you add the chicken
3. Once preheated, let baking sheet continue to heat up for 5-10 mins
4. Season chicken thighs by sprinkling light layer of each seasoning on each side. I like to give a light oil spray on the side that will face up in the oven as well.
5. Add oil spray to baking sheet, then add chicken to sheet (should sizzle when placed on) - then add to oven for ~12 mins to cook
6. Remove, let rest for 5-10 mins, then chop into small pieces. Store in fridge for up to a week or serve immediately

ADDITIONAL NOTES

- Actual chipotle uses "chipotles in adobo" as part of a marinade to prep their chicken - I prefer to just use chipotle chili powder here instead
- The pre-heating of the baking sheet is optional, but I find I get best results following this method (and you don't have to flip halfway)

Buffalo Chicken Strips



NUTRITION FACTS

Entire recipe
770 Calories
93g Protein
35g Carbs
28g Fat

INGREDIENTS

10oz Chicken breast

Breading/dipping stations:

- 1.) 1 bag Quest ranch chips (crushed up) + 15g panko
- 2.) 1 beaten egg + 1 tbpsn franks red hot
- 3.) 10g flour + 1/2 tspn baking powder, salt, garlic, paprika

Buffalo sauce coating

80g Buffalo sauce

20g Reduced fat mayo

30g Light butter

10g Honey

INSTRUCTIONS

1. Tenderize/flatten chicken breast, slice in to strips (each breast should make ~4 strips)
2. Set up *dipping stations* and mix all ingredients
3. Coat each chicken strip with flour/seasoning mixture, then dip in egg, followed by chip/panko mixture
4. Place on air fryer rack, and air fry at 375 for 10 minutes
5. Prep *buffalo sauce coating* by mixing each ingredient together, and microwaving 10-15 seconds to help mix
6. Remove strips from air fryer and dip each in Buffalo sauce mixture, then place back on to air fryer rack
7. Air fry @375 for 4-5 mins
8. Enjoy! Pair with Bolthouse Farms ranch dip, place in a sandwich, or eat it however you like!

ADDITIONAL NOTES

- You can also use chicken tenderloins instead of slicing chicken breast! I prefer the texture of sliced chicken breast, but either way works
- If you can't find Quest chips, you can just replace with more Panko and add Ranch seasoning!

Italian-Style Grilled Chicken Nuggets



NUTRITION FACTS

Entire recipe

505 Calories
61g Protein
8g Carbs
26g Fat

INGREDIENTS

10oz boneless skinless chicken thighs (or chicken breast), cut in to cubes

Marinade:

10g olive oil

2 tbpsn white wine vinegar

1/2 teaspoon garlic powder, 1/2 teaspoon dried oregano, 1/2 teaspoon dried basil, 1/4 teaspoon onion powder, 1/4 teaspoon crushed red pepper, 1/4 teaspoon truffle salt (or normal salt), 1/4 teaspoon pepper, 1/2 teaspoon lemon juice

10g Honey

15g finely grated Parmesan

INSTRUCTIONS

1. Place chicken thighs (or breast) on a cutting board and cut into small cubes
2. Add all marinade ingredients in a bowl and mix thoroughly
3. Add chicken to marinade and completely coat each piece. Cover, and let marinate for a few hours (or at least 30 mins). The longer, the better
4. When ready, add to air fryer at 400 degrees for ~9 minutes, then enjoy!

ADDITIONAL NOTES

- Macros breast 490 Cals, 70g Protein, 8g Carbs, 18g Fat
- This same marinade could be used with a full chicken thigh instead of nuggets!

High Protein Classic PB&J



NUTRITION FACTS

Per PB&J

360 Calories

25g Protein

50g Carbs

12g Fat

INGREDIENTS

2 slices of any bread (I use white)
50g Sugar-Free Jelly (I used Polaner brand, use fruit of choice! I liked both grape and raspberry)
15g Creamy Peanut Butter
15g PBFit Powder
10g Unflavored Casein Protein (Or use vanilla / Peanut butter flavor!)
5 sweetleaf sweet drops (Optional)

INSTRUCTIONS

1. Start with making the high protein Peanut butter. Add peanut butter to microwave safe bowl, microwave for 30 seconds. Add in PBFit and protein powder. Mix until combined with peanut butter (it will be clumpy at this stage). Add milk of choice ~20g at a time until it reaches your desired consistency
2. Spread peanut butter on first slice of bread, then spread jelly on second slice - put them together and enjoy!

ADDITIONAL NOTES

- I use the sweetleaf drops for extra sweetness when using an unflavored protein - if you're using a sweetened protein powder, omit the sweet drops
- Peanut butter flavor protein will of course work very well - I generally only have vanilla/unflavored protein on hand because they are more versatile/customizable

The Perfect Cheesy Eggs



NUTRITION FACTS

Entire recipe

300 Calories

30g Protein

3g Carbs

19g Fat

INGREDIENTS

3 eggs

40g 2% Cottage cheese, blended

15g 2% or reduced fat cheddar

3g Parmigiano Reggiano

Salt/pepper to taste

Chives

INSTRUCTIONS

1. Blend cottage cheese using an immersion blender (or normal blender). I typically blend the entire container using an immersion blender, then take the amount needed for the recipe!
2. Crack eggs in to a bowl, whisk, then add in blended cottage cheese. Whisk until completely combined - by the time you're done mixing you shouldn't see any cottage cheese, it should be a smooth mixture
3. Heat pan over medium low heat, and add oil spray or Ghee
4. Add eggs, and constantly scrape across the middle of the pan. The goal is to prevent any portion of the egg from spending too much time on direct heat (this ensures the eggs come out smooth and creamy)
5. Once the eggs are ~80% done cooking (still slightly runny), remove from heat and add in your cheddar, parmesan, and salt/pepper
6. Mix, then place back on heat until there are no runny portions remaining in the egg. Add to a plate, top with chives, and enjoy!

ADDITIONAL NOTES

- I generally make these with Ghee butter (5g for every 3 eggs) - the flavor is much richer, but it increases the fat content. For breakfast I generally like to eat higher fat/lower carb, so it works for me - but spray oil also gets the job done!

Chicken Tostadas



NUTRITION FACTS

Per tostada

160 Calories

16g Protein

12g Carbs

4g Fat

INGREDIENTS

6oz boneless skinless chicken thigh, seasoned lightly with salt, pepper, garlic, onion, paprika, Chile powder, cumin

3 corn tortillas (or tostadas)

2 Laughing cow cheese wedges

Pico de Gallo

Hot sauce of choice

Cilantro

INSTRUCTIONS

1. Prep Pico, or buy premade (for homemade: 1 chopped roma tomato, chopped onion, lime juice, salt and pepper to taste)
2. Season chicken thigh and add to air fryer at 375 for 12 minutes, flipping halfway. If you don't have an air fryer, you can also broil in the oven using the same temp and time (place on middle rack)
3. Lightly coat tortillas with spray oil, and crisp up using preferred method. I typically add to the oven and broil at 450 degrees, flipping after a few minutes and removing once it has begun slightly browning. Just be sure it is completely crisped and not flimsy on the edges
4. Chop cooked chicken, spread cheese wedges on tostadas, and top with chopped chicken and pico. Finish with a hot sauce drizzle and cilantro

ADDITIONAL NOTES

- I made the tostada's homemade in this recipe - a more convenient option would be to just buy them pre-made. It will be slightly higher calorie, but the convenience makes up for it

Massive Roasted Chicken Salad



NUTRITION FACTS

Entire recipe
715 Calories
78g Protein
52g Carbs
22g Fat

INGREDIENTS

100g kale & spinach mix
4 red bell peppers
1 onion
1 tsp olive oil
2 tblspn balsamic
Salt, pepper, smoked paprika
10oz chicken breast
Chicken broth
Homemade chipotle ranch

INSTRUCTIONS

1. Preheat oven to 400
2. Slice your bell peppers and onion into strips, add to an oven safe baking sheet
3. Toss with olive oil, balsamic, salt, pepper and smoked paprika - mix thoroughly
4. Add to oven to roast for ~40 minutes, remove and mix halfway
5. Bring a pot of chicken broth to a boil, add in seasonings and herbs of choice (the more the better)
6. Add chicken breast to boiling broth, cover and cook for ~12 minutes
7. Remove, shred chicken and season with salt, pepper, garlic, onion and paprika. Mix
8. Grab the largest bowl you can find, add your kale + spinach, roasted veggies, shredded chicken, then drizzle with chipotle ranch OR dressing of choice

ADDITIONAL NOTES

- Use any salad base you like! I prefer using a store bought kale + spinach mix instead of lettuce
- You can sub any type of chicken and cook in a pan/oven instead of boiling and get the same results
- The homeade chipotle ranch recipe is included in this book! But feel free to use any dressing that you like

Loaded Buffalo Ranch Fries



NUTRITION FACTS

Entire recipe
590 Calories
44g Protein
54g Carbs
22g Fat

INGREDIENTS

2 servings (~168g) of frozen fries
6oz chicken thigh seasoned with: salt, pepper, garlic, onion, smoked paprika
Optional: chili powder, cayenne
40g Buffalo sauce
20g Bolthouse farms ranch
Splash of Worcestershire
20g 2% mozzarella
8 dill pickles, chopped
Handful of chopped green onions

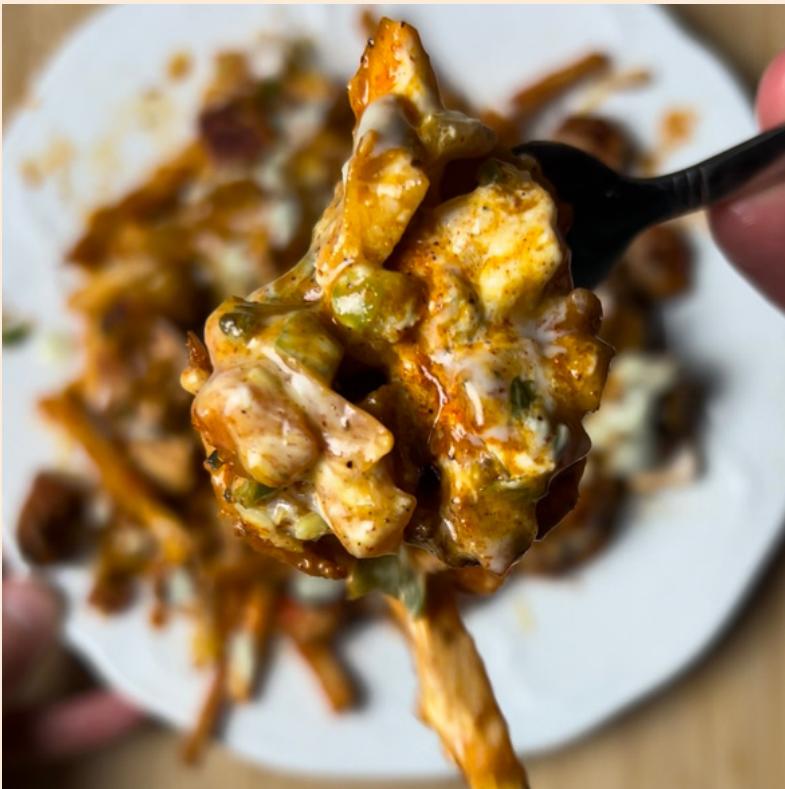
INSTRUCTIONS

1. Cook fries according to instructions on package (I did 20 mins at 425 in the oven)
2. Air fry chicken thigh at 375 for 12 mins, chop in to small pieces once done
3. In a small bowl, mix buffalo sauce, ranch and a splash of Worcestershire
4. Chop pickles in to small pieces, chop green onions
5. Remove fries from oven, add to a plate, top with mozzarella, chopped pickles, chicken, drizzle with buffalo ranch and finish with chopped green onions
6. Feel free to mix and match toppings however you prefer!

ADDITIONAL NOTES

- I prefer using store bought frozen fries for this one, but feel free to make homemade if you prefer (see my chili cheese fry recipe to see how I make them)
- If you don't have bolthouse ranch, you can add ranch seasoning to greek yogurt with a splash of milk

Loaded Enchilada Fries



NUTRITION FACTS

Entire recipe
620 Calories
49g Protein
53g Carbs
24g Fat

INGREDIENTS

2 servings (~168g) of frozen fries
6oz boneless skinless chicken thighs,
seasoned with: salt, garlic, onion,
paprika, chili powder
20g 2% cheddar
Handful of Pico
40g blended cottage cheese or plain
Greek yogurt
5g hot sauce of choice
20g red enchilada sauce
20g Bolthouse cilantro avocado dressing

INSTRUCTIONS

1. Pre-heat oven to 450, add frozen fries to sheet tray and bake for 15-20 mins (or follow instructions on french fry packaging)
2. Season each chicken thigh, and add to air fryer at 375 for 12 minutes, flip halfway
3. Once chicken is done cooking, remove and chop in to small pieces
4. Once fries are done cooking, add to a plate and top with chicken, pico, blended cottage cheese or greek yogurt, hot sauce, red enchilada sauce, cheddar cheese and finish with bolthouse cilantro avocado dressing (optional)

ADDITIONAL NOTES

- I prefer using store bought frozen fries for this one, but feel free to make homemade if you prefer (see my chili cheese fry recipe to see how I make them)

Chili Cheese Fries



NUTRITION FACTS

Entire recipe
800 Calories
59g Protein
79g Carbs
26g Fat

INGREDIENTS

1 potato (~350g)
5g olive oil
Lightly coat with salt + garlic
80g 2% cottage cheese
10g cheddar powder
30g milk
2 laughing cow wedges
1 tspn chipotle hot sauce
6oz lean beef (I used 96%)
Half packet of Taco seasoning

INSTRUCTIONS

1. Skin + slice potato's in to strips. Lightly toss with olive oil, salt and garlic
2. Add fries to air fryer at 375 for 15 minutes. Mine has 2 layers - so I cook them at the same time, and flip the positioning halfway. If yours has 1 layer, you can reduce the cook time to ~12 minutes (adjust if needed) and cook in 2 batches
3. Prepare cheese sauce. Mix cheddar, cheddar powder, milk, laughing cow wedges and hot sauce in a microwave safe bowl, and then add to microwave for 45 seconds. Blend until completely smooth. I'll usually add back to the microwave right before pouring over the fries for ~20 seconds as well
4. Cook beef with taco seasoning of choice
5. Add fries to a plate, top with beef, then pour over you cheese sauce

ADDITIONAL NOTES

- Frozen fries are a good alternative if you don't want to make homemade - just follow the instructions on the packaging!

Birthday Cake Overnight Oats



NUTRITION FACTS

Whole recipe

415 Calories

27g Protein

58g Carbs

9g Fat

INGREDIENTS

40g Oats

130g milk

15g Cake Mix (I used Duncan Hines Keto mix)

20g Vanilla whey/casein blend protein

7g Sprinkles

Topping:

20g Fat free whipped cream

3g Sprinkles

INSTRUCTIONS

1. Add oats, protein powder, cake mix and sprinkles to a bowl or mason jar and mix
2. Once combined, pour over milk and mix
3. Seal, place in fridge for at least 4 hours (preferably overnight)
4. Remove when ready, top with whipped cream and sprinkles, and enjoy

ADDITIONAL NOTES

- You can also make this recipe traditional style - I'd recommend still using old fashioned oats and cooking over the stove top!

Garlic Parmesan Breaded Chicken



NUTRITION FACTS

Per piece
290 Calories
40g Protein
18g Carbs
6g Fat

INGREDIENTS

1 chicken breast

Dipping stations:

20g Panko + 10g parmesan

1 egg*

10g flour + 1tsp of garlic, salt

Sauce:

3 tbpsn milk

2 tbpsn white wine vinegar

1 teaspoon garlic powder

1 teaspoon dried oregano

1/2 teaspoon onion powder

1/2 teaspoon salt

1/2 teaspoon pepper

15g Honey

15g finely grated Parmesan

INSTRUCTIONS

1. Place chicken breast on a cutting board and tenderize/flatten slightly. Trim the edges, and slice in to two halves
2. Set up your 3 dipping stations: mix parmesan and panko on a plate, crack/mix one egg in a bowl, mix flour + seasoning on another plate
3. Coat each half of the chicken in the flour, then dunk in the egg, then coat in the panko/parmesan mixture
4. Add each piece to your air fryer, give a light oil spray, and air fry at 375 for 12 minutes
5. While cooking, prepare your sauce. Mix each ingredient in a bowl and whisk together. It should have a creamy texture
6. Remove chicken from the air fryer, let cool for 2-3 mins, then dunk each piece in the sauce. Completely coat in the sauce, then add back to air fryer for 2-3 mins
7. Enjoy on its own or on a sandwich!

ADDITIONAL NOTES

- The parmesan needs to be very finely grated in the sauce (the powdery type)

Ultimate Avocado Toast



NUTRITION FACTS

For 2 toasts

520 Calories

28g Protein

63g Carbs

16g Fat

INGREDIENTS

2 slices sourdough
1 small avocado (~60g)
1 Roma tomato
120g 2% cottage cheese
15g Parmigiano Reggiano
15g Hot Honey
1 lemon wedge
1 garlic clove
Salt, pepper, red chili flakes

INSTRUCTIONS

1. Toast sourdough (add to toaster or oven to crisp up)
2. Slice avocado in to strips, slice tomato, cut lemon wedge
3. Mix cottage cheese with salt, pepper and Parmesan
4. Rub toasted sourdough with garlic clove (should file off about 1/2 of the clove)
5. Add sliced tomatoes to the toast and season with salt and pepper
6. Add cheese mixture, drizzle with mikes hot honey, then add half of avocado on each piece of toast.
7. Season with salt, pepper, and red chili flakes
8. Finish with more mikes hot honey and a squeeze of lemon

ADDITIONAL NOTES

- You can substitute ricotta for cottage cheese - but it will be lower in protein!
- Use full-block parmesan for best flavor

Oreo "Frosting"



NUTRITION FACTS

Entire recipe
450 Calories
42g Protein
41g Carbs
14g Fat

INGREDIENTS

200g 2% Greek Yogurt (Plain or Vanilla)
25g Vanilla whey-casein protein powder
20g Milk (I used 1%)
6 crushed Oreo thins (4 mixed in, 2 for topping)

INSTRUCTIONS

1. Mix yogurt with milk in a bowl
2. Add in protein powder and mix until fully combined
3. Crush 4 Oreo thins, and mix in
4. Add to fridge overnight (for best results), or add to freezer for 20-30 mins to help thicken
5. Once ready, top with 2 crushed Oreo thins, and enjoy!

ADDITIONAL NOTES

- For an even more "frosting" like flavor/textured, reduce greek yogurt to 170g and add in 30g of light cool whip
- Whey/casein blend is needed for proper texture

NO-BAKE Oreo Cheesecake



NUTRITION FACTS

Entire recipe
450 Calories
35g Protein
37g Carbs
17g Fat

INGREDIENTS

150g Blended Cottage Cheese
40g 1/3 fat cream cheese
5g sugar free fat free cheesecake
pudding mix
15g Vanilla whey-casein protein powder
1/4-1/2 tsp vanilla extract (optional)
35g milk (~3 tablespoons)
2 crushed Oreo thins, mixed in
2 crushed Oreo thins, for topping
30g fat free whipped cream

INSTRUCTIONS

1. Blend cottage cheese (I generally use a hand blender, but you could also use a normal blender or food processor). Make sure to get it as smooth as you can!
2. Add blended cottage cheese to bowl with cream cheese, pudding mix, protein powder, vanilla, and milk
3. Mix all ingredients thoroughly - I recommend using a hand blender to get the consistency perfect, but you could also use a whisk (or normal blender)
4. Add in 2 crushed Oreo thins, cover, and freeze for ~1 hour. Remove, top with whipped cream and 2 more crushed Oreo thins and enjoy!

ADDITIONAL NOTES

- -If you can't find the "cheesecake" flavor pudding mix, vanilla will work just as well!
- You could also use this filling and add to a pie crust before freezing for an extra-indulgent dessert option

Brownie Batter Overnight Oats



NUTRITION FACTS

Entire recipe
385 Calories
27g Protein
52g Carbs
9g Fat

INGREDIENTS

40g Old Fashioned Oats
20g chocolate or vanilla whey-casein blend protein (I use PeScience)
10g dry brownie mix (I use Ghirardelli)
5g cocoa (if using vanilla protein)
150ml 1% milk
20g fat free whipped cream (Topping)
3g crushed chocolate chips (Topping)

INSTRUCTIONS

1. Add all dry ingredients to a bowl and mix
2. Add milk, and mix again
3. Cover and place in fridge overnight (or for at least 4 hours). With overnight oats, the longer the better!
4. When ready, place oats in cup or bowl of choice and top with whipped cream and crushed chocolate chips

ADDITIONAL NOTES

- I generally only have vanilla protein on hand - I prefer the taste + I haven't found a chocolate protein I enjoy (I think using vanilla + adding high quality cocoa is much better). But if you have a chocolate protein you like, use that!

Chipotle Chicken Meatballs



NUTRITION FACTS

Per meatball

45 Calories
8g Protein
2g Carbs
1g Fat

INGREDIENTS

1 lb ground chicken
2 chipotle chiles in adobo
1 tablespoon adobo sauce
2 cloves garlic, minced
1/2 small onion, finely chopped
1 teaspoon salt
1.5 teaspoon ground cumin
1 tablespoon tomato paste
1 egg
1/4 cup plain bread crumbs

INSTRUCTIONS

1. Prep ingredients: remove two chipotle peppers from a can, finely chop. Mince two cloves of garlic and chop 1/2 an onion
2. Mix all ingredients to a large bowl, mix until completely combined
3. Begin forming meatballs with your hands: I use a scale to measure each meatball to ~40g, which yields 15 meatballs. I find the meatballs can start to get sticky after every 2-3 - to combat this, rinse your hands with water every couple of meatballs
4. Add to a baking tray with parchment paper and bake at 475 for 15 minutes
5. Remove, let cool for 5-10 minutes, and enjoy

ADDITIONAL NOTES

- Make sure to very finely chop your onion - excessively large chunks will make it difficult to form meatballs
- Recipe shown is a plate of RightRice (vegetable based rice), topped with chipotle meatballs, green onions, and bolthouse cilantro avocado dressing