

AnabolicMD

# The Anabolic Cookbook

DELICIOUS HIGH PROTEIN AND  
LOW CALORIE RECIPES

BY JIMMY METELLUS, M.D.



# MY CONCEPT

Food should be exciting and something that works for you and not against you! You do not have to take an extreme of over indulging yourself with fast food or junk food on your "cheat day" then restricting yourself with boring meals the majority of the days of week.

In this cookbook my purpose was to make every recipe feel like a "cheat meal" without the consequences. Every recipe in this cookbook can be eaten on a daily basis and help you achieve your fitness goal of losing weight, gaining muscle, or both!

# MEET THE CHEF

"It's said that a wise person learns from his mistakes. A wiser one learns from others' mistakes. But the wisest person of all learns from others's successes."

-John Calvin Maxwell



*Jimmy Metellus M.D.*

I am currently a resident finishing up my residency training in psychiatry and have a strong passion for health, fitness, and wellbeing. Throughout my training I was not always as good as I am now in making sure to give myself time to work in areas outside of my profession. The more time I allotted for my wellbeing the more I succeeded in other areas of my life.

I hope this book finds you well and leads to a domino effect of success not only in the realm of fitness but in every aspect of your life. Remember to never neglect yourself and always strive to be a better version of yourself every single day.

-Jimmy Metellus M.D.

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High Protein  
**TURKEY  
CHEESEBURGER  
WITH CHEESE  
FRIES**

# High Protein Turkey Cheesburgers With Cheese Fries

## INGREDIENTS

- 6 oz Ground Turkey (99% lean) or Ground Chicken(99% lean)
- 2x Non-Fat Yellow Single Cheese
- 2x L'oven Keto Friendly Buns
- 126g Ore-Ida Golden Fries
- 14g Fat Free Cheddar Cheese
- 14g Fat Free Mozzarella Cheese
- 24g G Hughes Ketchup
- 28g Kosher Dill Sliders, Mustard, Romaine Lettuce, and Tomatoes (optional)
- Salt, Ground Pepper, Paprika, Onion Powder, Worcestershire Sauce, and Cayenne Pepper(optional)

## DIRECTION

1. Place 126g of Ore-Ida Golden Fries in air fryer and spray with non stick cooking spray then season with salt and pepper. Air fry at 400° for 7-8 mins then flip and air fry again at 400° for 7-8 mins. Once cooked take out of air fryer and put on a plate then add 14g of fat free cheddar cheese and 14g of fat free mozzarella cheese. Set to the side (place cheese immediately on fries after its airfried so that cheese melts).
2. In a bowl add 6 oz of ground turkey then season with salt, ground pepper, paprika, onion powder, and cayenne pepper(optional). Using your hands mix then make two patties.
3. Set stove top to medium heat temperature and spray non stick cooking spray to cast iron griddle or skillet then add patties. Also add 2 Keto Friendly buns to cast iron griddle to toast it. Flip patties and once almost cooked add worcestershire sauce to patties. Let patties cook fully then add non-fat single cheese on each patty. Once cheese melted turn off stove top and remove patties and buns from cast iron griddle and place on plate with cheese fries.
4. To cheeseburger add sliced tomato, lettuce, 24g G Hughes ketchup, mustard, and dill sliders.



[Video Instruction](#)

SERVING  
I

For Entire Recipe:				
KCAL.	PROTEIN	CARBS(FIBER)	FAT	
547.5	78G	70G(39.5G)	11.5G	

AnabolicMD | 2



# High Protein LOADED FRIES

# High Protein Loaded Fries

## INGREDIENTS

- 168g Ore-Ida Golden Fries
- 7oz Ground Chicken (99% lean) or Ground Turkey (99% lean)
- 9g McCormick Taco Seasoning (mild)
- 12g Bacon Bits
- 28g Fat Free Cheddar Cheese
- 28g Fat Free Mozzarella Cheese
- 15g Skinny Girl Ranch
- Salt, Ground Pepper, and Paprika
- Green Onions/Scallions (optional)

## DIRECTION

1. Place 168g of Ore-Ida Golden Fries in air fryer and spray with non stick cooking spray then season with salt and pepper. Air fry at 400° for 7-8 mins then flip and air fry again at 400° for 7-8 mins. Once cooked set to the side.
2. Set stove top to medium heat temperature and spray non stick cooking spray to skillet then add 7 oz of ground chicken or ground turkey. Season with salt, ground pepper, and paprika. While cooking break up ground chicken into small pieces. Once cooked add 9g of McCormick Taco Seasoning and 50ml of water then mix.
3. Preheat oven to broil on high. In a oven safe dish add fries, ground chicken, 28g fat free mozzarella, 28g fat free cheddar cheese, and 12g of bacon bits. Place dish in oven and broil for 1 minute.
4. Take dish out of oven and top with 15g of skinny girl ranch and garnish with chopped green onions/scallions.

Tip: rinse fat free cheese with water for a better cheese melt.



[Video Instruction](#)

SERVING  
I

For Entire Recipe:	KCAL.	PROTEIN	CARBS(FIBER)	FAT
	530	73G	38G(2G)	10G

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*High Protein*

# PEPPERONI AND BACON THIN CRUST PIZZA

## High Protein

# Pepperoni and Bacon Thin Crust Pizza

## INGREDIENTS

- 2x Mission Carb Balance Flour Tortilla
- 125g Roasted Garlic Pasta Sauce
- 70g Fat Free Mozzarella Cheese
- 70g Fat Free Cheddar Cheese
- 28g Turkey Pepperoni
- 14g Bacon Bits

## DIRECTION

1. Place 140g of fat free cheese (70g cheddar 70g mozzarella) in a bowl and add water than mix. Drain water and set cheese aside (rinsing fat free cheese results in it melting better when cooked).
2. Set stove top to medium heat temperature and apply nonstick cooking spray on cast iron griddle or cast iron skillet (cast iron griddle used in video).
3. Cook two Mission Carb Balance Flour Tortilla until crispy on both sides (flip).
4. Add 62.5g of roasted garlic pasta sauce on each tortilla.
5. Add 70g of fat free cheese on each tortilla
6. Add 14g of turkey pepperoni on each tortilla
7. Add 7g of Bacon Bits on each tortilla.
8. Place cast iron griddle or cast iron skillet in oven and bake at 350°F for 3-5mins



[Video Instruction](#)



SERVING  
I

For Entire Recipe:

KCAL.	PROTEIN	CARBS(FIBER)	FAT
530	73G	58G(32G)	12.5G



High Protein  
**MAC AND  
CHEESE**

# High Protein Mac and Cheese

## INGREDIENTS

- 226g 1% Milk Fat Cottage Cheese
- 112g Fat Free Cheddar Cheese
- 125ml Unsweetened Almond Milk
- Kernel Season's Nacho Cheddar Popcorn Seasoning(optional)
- 140g Banza Cavatappi Chickpea

## DIRECTION

1. Boil water in a pot and cook 140g of Banza Cavatapi for 7-8 minutes. Once cooked drain pasta water and set pasta to the side.
2. Set stove top to medium heat temperature and spray pot with non stick cooking spray.
3. Add 226g of 1% milk fat cottage cheese, 112g of fat free cheddar cheese.
4. Stir cheese until it melts and is smooth consistency.
5. Add kernel Season's nacho cheddar popcorn seasoning to taste of liking and 125ml of unsweetened almond milk. Kernel Season's is optional salt can be used instead; kernel season is added for color.
6. Stir until smooth consistency.
7. Add cooked pasta to cheese mixture and mix.

Tip: Top 4oz of chopped cooked chicken thigh for a higher protein meal. Also different variety of Banza Chickpea pasta can be used.



[Video Instruction](#)

SERVING  
2

Amount Per Serving:

KCAL.	PROTEIN	CARBS(FIBER)	FAT
425	49G	52G(6.2G)	6G



# Healthy SHRIMP TACOS

# Healthy

# Shrimp Tacos

## INGREDIENTS

- 11 oz Shrimp(frozen, precooked, peeled, and tail-off)
- 4x Mission Street Tacos Carb Balance Tortillas
- 85g Greek Yogurt Non-Fat Plain
- 64g Top Crop Mango Salsa
- 28g Feta Cheese Reduced Fat
- 20g Red Cabbage
- 30g Skinny Girl Ranch
- Frank's Red Hot Ranch or Frank's Hot Sauce
- 1x Lime
- Garlic Powder, Onion Powder, and Smoked Paprika

## DIRECTION

1. Defrost 11 oz of precooked shrimp
2. In a bowl add shrimp than season with smoked paprika, onion powder, and garlic powder. Mix to rub seasoning on all surface area of shrimps.
3. Set stove top to medium heat temperature and spray skillet with nonstick cooking spray. Warm up shrimp then set to side once cooked.
4. To make sauce: in a small bowl add 85g of non-fat plain greek yogurt, fresh chopped cilantro, Frank's Hot Sauce(recommended) or Frank's Red Hot Ranch, and lime juice(quarter of a lime). Mix well then set to side.
5. On 4x Mission Street Taco Carb Balance Tortillas add sauce first then shrimps, 64g top crop mango salsa, 28g reduced fat feta cheese, 20g red cabbage, and 30g skinny girl ranch.



[Video Instruction](#)



SERVING  
I

For Entire Recipe:

KCAL.	PROTEIN	CARBS(FIBER)	FAT
454	70G	55G(35G)	8.5G



High Protein  
**STEAK  
QUESADILLA**

## High Protein

# Steak Quesadillas

## INGREDIENTS

- 6 oz Tenderloin Steak
- 100g Green Bell Pepper
- 100g Spanish Onion
- 3x Mission Carb Balance Flour Tortillas
- 42g Fat Free Cheddar Cheese
- 42g Fat Free Mozzarella Cheese
- Salt, Pepper, and Smoked Paprika

## DIRECTION

1. Chop up 6 oz tenderloin steak, 100g green bell pepper, and 100g spanish onion.
2. Set stove top to medium heat temperature then spray skillet with non stick cooking spray. Add chopped bell peppers and onion. Once vegetables are cooked add chopped up steak tenderloin and season with salt, pepper, and smoked paprika. Once steak is cooked set to the side
3. On cast iron griddle spray non stick cooking spray then add 3 mission carb balance flour tortillas. Cook both sides of tortillas until slightly crispy.
4. Sprinkle a total of 42g fat free cheddar cheese and 42g fat free mozzarella cheese then add steak/vegetables on tortillas.
5. Fold tortillas in half and cook both sides until crispy.
6. Cut all 3 quesadillas in thirds.

Tip: Rinse fat free cheese with water for a better cheese melt.



[Video Instruction](#)



SERVING  
I

KCAL.	PROTEIN	CARBS(FIBER)	FAT
560	80G	75G(49G)	10.5G

For Entire Recipe:

AnabolicMD | 12



# High Protein SHRIMP TACOS

## High Protein

# Hard Shell Shrimp Tacos

## INGREDIENTS

- 8 oz Shrimp(frozen, precooked, peeled, and tail-off)
- Smoked Paprika, Cayenne Pepper, and Salt
- 85g Non-Fat Plain Greek Yogurt
- Fresh Cilantro
- 1x Lime
- 5x Casa Mamita Crunchy Taco Shells
- 40g Shredded Red Cabbage
- 34g Low Fat Feta Cheese
- Taco Stand(optional)

## DIRECTION

1. Defrost 8 oz of precooked shrimp
2. In a bowl add shrimp than season with smoked paprika, small amount of cayenne pepper, and salt. Mix to rub seasoning on all surface area of shrimps.
3. Set stove top to medium heat temperature and spray skillet with nonstick cooking spray. Warm up shrimp.
4. To make sauce: in a small bowl put 85g of non-fat plain greek yogurt, fresh chopped cilantro, and lime juice(quarter of a lime). Mix well then set to side.
5. In 5 hard shells add some shredded red cabbage, shrimp, sauce, low fat feta cheese, and top with more shredded red cabbage.
6. Top tacos with fresh chopped cilantro(optional).



[Video Instruction](#)

SERVING  
I

For Entire Recipe:

KCAL.	PROTEIN	CARBS(FIBER)	FAT
580	69.5G	41G(4.3G)	14G

AnabolicMD | 14



# High Protein **STREET TACOS**

# High Protein Street Tacos

## INGREDIENTS

- 7 oz Ground Chicken (99% lean) or Ground Turkey (99% lean)
- 4x Mission Street Tacos Carb Balance Tortillas
- 56g Fat Free Cheddar Cheese
- 40g Hot Salsa
- 9g McCormick Mild Taco Seasoning
- 30g Skinny Girl Ranch
- Salt, Ground Pepper, Chili Powder
- Fresh Cilantro, 250ml Chicken Broth 99%, 55ml Frank's Red Hot Sauce, and Lime (All Optional)

## DIRECTION

1. Tortilla Sauce(optional): in a bowl add 250g of chicken broth and 55g of Frank's Red Hot Sauce then mix well and set to the side
2. Set stove top to medium heat temperature and spray cast iron griddle with non stick cooking spray.
3. Dip 4 Mission Street Tacos Tortillas in tortilla sauce then place on cast iron griddle to warm up. Remove tortillas and add to a plate when warmed up. While tortillas are warming up add 7 oz ground chicken to cast iron griddle and season with salt, ground pepper, and chili powder. Once ground chicken is cooked add 9g of McCormick Taco Seasoning and 30ml of water then mix well then turn off stove top
4. Add the following to the tortillas: ground chicken, 40g salsa, 56g fat free cheddar cheese, fresh chopped cilantro, and 30g Skinny Girl Ranch. Cut lime in quarters and squeeze lime juice on top of tacos (optional).



[Video Instruction](#)

SERVING  
I

For Entire Recipe:

KCAL.	PROTEIN	CARBS(FIBER)	FAT
453	75.5G	48G(35G)	7G

AnabolicMD | 16



*Healthy*

# CHICKEN CHEESEBURGER WITH FRIES

Healthy

# Chicken Cheeseburgers With Fries

## INGREDIENTS

- 6.5 oz Ground Chicken(99% lean) or Ground Turkey (99% lean)
- 2x Non-Fat Yellow Single Cheese
- 2x L'oven Keto Friendly Buns
- 168g Ore-Ida Golden Fries
- 24g G Hughes Ketchup
- 28g Kosher Dill Sliders, Mustard, Romaine Lettuce, and Tomatoes (optional)
- Salt, Ground Pepper, Paprika, Onion Powder, Garlic Powder, and Worcestershire Sauce

## DIRECTION

1. Place 168g of Ore-Ida Golden Fries in air fryer and spray with non stick cooking spray then season with salt and pepper. Air fry at 400° for 7-8 mins then flip and air fry again at 400° for 7-8 mins. Once cooked take out of air fryer and put on a plate then set to the side.
2. In a bowl add 6.5 oz of ground chicken then season with salt, ground pepper, paprika, onion powder, and garlic powder. Using your hands mix then make two patties.
3. Set stove top to medium heat temperature and spray non stick cooking spray to cast iron griddle or skillet then add patties. Also add 2x Keto Friendly buns to cast iron griddle to toast it. Flip patties and once almost cooked add worcestershire sauce to patties. Let patties cook then add single cheese on each patty. Once cheese melted turn off stove top and remove patties and buns from cast iron griddle and place on plate with fries.
4. To cheeseburger add sliced tomato, lettuce, 24g G Hughes ketchup, mustard, and dill sliders.



[Video Instruction](#)

SERVING  
I

For Entire Recipe:

KCAL.	PROTEIN	CARBS(FIBER)	FAT
546	70.2G	75G(40G)	12G

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# High Protein **LOADED TATER TOTS**



## High Protein

# Loaded Tater Tots

## INGREDIENTS

- 172g Ore-Ida Tater Tots
- 6.5 oz Ground Turkey (99% Fat Free)
- 28g Fat Free Mozzarella
- 28g Fat Free Cheddar Cheese
- 28g Sliced Jalapeno
- 15g Skinny Girl Ranch
- Salt, Ground Pepper, Paprika, and Cayenne Pepper.
- Green onions (optional).

1. Place 172g of Ore-Ida Tater Tots in air fryer and spray with non stick cooking spray then season with salt and pepper. Air fry at 400° for 8 mins then flip and air fry again at 400° for 6 mins. Once cooked set to the side.
2. Set stove top to medium heat temperature and spray with non stick cooking spray then add 6.5 oz of ground turkey. Season with salt, ground pepper, paprika, and small amount of cayenne pepper. While cooking break up ground turkey into small pieces. Once cooked set to the side.
3. Preheat oven to broil on high. In a oven safe dish add tater tots, ground turkey, 28g fat free mozzarella, 28g fat free cheddar cheese, and 28g of sliced jalapeno. Place dish in oven and broil for 1 minute.
4. Take dish out of oven and top with 15g of skinny girl ranch and garnish with chopped green onions.

Tip: rinse fat free cheese with water for a better cheese melt.



Video Instruction



SERVING  
I

For Entire Recipe:

KCAL.	PROTEIN	CARBS(FIBER)	FAT
552	67.5G	35G(2G)	17.6G



High Protein  
**CHEESEBURGER**  
**AND DOUBLE**  
**CHEESEBURGER**



High Protein

# Cheeseburgers And Double Cheeseburger

## INGREDIENTS

- 8 oz Ground Beef (96% Lean)
- 2x Non-Fat Yellow Single Cheese
- 28g Fat Free Cheddar Cheese
- 2x L'oven Keto Friendly Buns
- 24g G Hughes Ketchup
- 28g Kosher Dill Sliders, Mustard, Romaine Lettuce, and Tomatoes (optional)
- Salt, Ground Pepper, Paprika, Onion Powder, Garlic Powder, and Worcestershire Sauce

## DIRECTION

1. In a bowl add 8 oz of ground beef then season with salt, ground pepper, paprika, onion powder, and garlic powder. Add 28g of fat free cheddar cheese. Using your hands mix then make two patties.
2. Set stove top to medium heat temperature and spray non stick cooking spray to cast iron griddle or skillet then add patties. Also add 2x Keto Friendly buns to cast iron griddle to toast it. Flip patties and once almost cooked add worcestershire sauce to patties. Let patties cook then add single cheese on each patty. Once cheese melted turn off stove top and remove patties and buns from cast iron griddle and place on plate.
3. To cheeseburger add sliced tomato, lettuce, 24g G Hughes ketchup, mustard, and dill sliders.

Tip: To make a double cheeseburger use one bun instead! Macros for double cheeseburger: 490 Calories, 73g Protein, 34g Carbs(19g Fiber), and 11g Fat. [Video Instructions \(click here\)!](#)



[Video Instruction](#)

SERVING  
I

For Entire Recipe:				
KCAL.	PROTEIN	CARBS(FIBER)	FAT	
550	81G	55G(38G)	13G	

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High Protein  
**HOT DOGS**

# High Protein Hot Dogs

## INGREDIENTS

- 3x Franz Keto Hot Dog Buns
- 3x BilinSki's Spicy Italian With Red Pepper Chicken Sausage
- 56 Fat Free Cheddar Cheese
- G Hughes Ketchup, Mustard, And Sugar Free Relish

## DIRECTION

1. Set stove top to medium heat temperature and spray cast iron griddle or skillet with non stick cooking spray. Add sausage and cook (make sure to flip several times to cook all surfaces). Once cooked set to the side
2. Place keto buns in oven safe dish then add a total of 56g fat free cheddar cheese divided amongst the 3 keto buns. Spray keto buns with non stick cooking spray or I Can't Believe It's Not Butter Spray. Place buns in oven and bake at 350° for 5 mins.
3. Remove buns from oven then add sausages, G Hughes Ketchup, mustard, and sugar free relish.



[Video Instruction](#)

SERVING  
I

KCAL.	PROTEIN	CARBS(FIBER)	FAT
495	81G	58G(48G)	15G

Entire Recipe:



*Healthy*

# STEAK AND FRITES

Healthy

# Steak and Frites

## INGREDIENTS

- 10oz New York StripLoin Steak
- 168g Ore-Ida Golden Fries
- Salt, Ground Pepper, Smoked Paprika

## DIRECTION

1. Add 10 oz of new york strip to a plate then season with salt, ground pepper, and smoked paprika(optional). Rub Seasoning in. Before cooking steak let it sit for 20-30mins to bring it to room temperature.
2. Place 168g of Ore-Ida Golden Fries in air fryer and spray with non stick cooking spray then season with salt and pepper. Air fry at 400° for 7-8 mins then flip and air fry again at 400° for 7-8 mins. Once cooked take out of air fryer and set to the side.
3. Pre heat oven to 350°.
4. Set stove top to medium heat temperature and once cast iron skillet is sizzling hot(test this by dropping a drop of water on skillet; you should hear it sizzling) apply non stick cooking spray then add steak. Cook 2-3 minutes then flip steak and cook for another 2-3 mins. cook the thin sides of the steak for 1 min each.
5. Place cast iron skillet in oven and bake at 350° for 5-7 minutes.



[Video Instruction](#)

SERVING  
I

For Entire Recipe:

KCAL.	PROTEIN	CARBS(FIBER)	FAT
530	69G	28G(2G)	15.5G

AnabolicMD | 26

A close-up photograph of several slices of low-calorie cheesy garlic bread stacked on top of each other. The bread is golden brown with visible herbs and cheese. A white rectangular box is overlaid on the center of the image, containing the text.

# Low Calorie CHEESY GARLIC BREAD

## Low Calorie

# Cheesy Garlic Bread

## INGREDIENTS

- 12x Aunt Millie's Live Carb Smart Dinner Rolls or L'oven Dinner Rolls.
- 112g Fat Free Mozzarella Cheese
- 56g I Can't Believe It's Not Butter (The Light One)
- Garlic Powder, Italian Seasoning, Parsley, and Salt
- Basting Brush

## DIRECTION

1. Pre heat oven at 350°.
2. Garlic Butter: in a small bowl add 56g I Can't Believe It's Not Butter, garlic powder, italian seasoning, parsley, and salt. Microwave for 30 seconds then mix well. Set to the side.
3. Put all 12 dinner rolls in a baking safe dish/casserole. Using a knife make 3 long insertion then place a total of 112g of Fat Free Mozzarella Cheese into those insertion.
4. Using a basting brush put garlic butter on dinner rolls.
5. Place dinner rolls in over and bake at 350° for 10 minutes.

Tip: Rinse fat free cheese with water before baking for a better cheese melt.



[Video Instruction](#)

SERVING  
6

KCAL.	PROTEIN	CARBS(FIBER)	FAT
123	14G	27G(22G)	3.6G

AnabolicMD | 28



Low Calorie  
**CRAB AND  
SHRIMP  
ROLL**

Low Calorie

# Crab and Shrimp Roll

## INGREDIENTS

- 45g Light Mayo
- 25g Celery
- Chopped Fresh Herbs (Dill, Parsley, and Chives).
- Salt, Pepper, and Old Bay Seasoning
- Half a Lemon
- 3oz Pre Cooked Shrimp
- 6oz Pre Cooked Crab
- 3x Aunt Millie's Live Carb Smart Hot dog Bun

## DIRECTION

1. In a mixing bowl put 45g of light mayo, chopped fresh herbs, 25g of celery, half lemon juice, and seasoning (salt, pepper, and old bay) then mix.
2. Add 3oz of pre cooked shrimp and 6oz pre cooked crab then mix (crab can be pricey! You may use 9 oz of shrimp instead as well).
3. Set stove top to medium heat temperature and apply non stick cooking spray to skillet.
4. Place 3x Aunt Millie's Live Carb Smart Hot Dog Buns on skillet to toast buns. Make sure to flip buns.
5. Place toasted buns on a plate and then fill buns with seafood mix. May add additional chopped fresh chives.



[Video Instruction](#)

SERVING  
I

For Entire Recipe:

KCAL.	PROTEIN	CARBS(FIBER)	FAT
453	63G	61G(48G)	14.5G

AnabolicMD | 30



*High Protein*  
**CHICKEN  
POT PIE**

## High Protein

# Chicken Pot Pie

## INGREDIENTS

- 2lbs Chicken Tenderloins
- Salt, Pepper, Garlic Powder, and Onion Powder
- 1 Can (298g) Fat Free Cream of Chicken
- 1 Can (298g) Fat Free Cream of Mushroom
- 255g Frozen Peas & Carrots
- 168g Fat Free Cheddar Cheese
- 1x Pillsbury pie crust

## DIRECTION

1. Cut 2lbs of chicken tenderloins into 1 inch pieces.
2. Set stove top to medium heat temperature and spray large cast iron skillet with non stick spray then add chicken tenderloins and season(salt, pepper, garlic powder, and onion powder).
3. Cook chicken tenderloins.
4. Once chicken cooked, add 1 can of fat free cream of chicken and 1 can of fat free cream of mushroom and stir for 1-2 mins.
5. Add 255g of frozen peas & carrots. Stir until vegetable defrosted than turn off stove top.
6. Sprinkle 168g of fat free cheddar cheese than cover cast iron skillet with 1x Pillsbury pie crust (roll out Pillsbury pie crust with rolling pin if needed).
7. Pierce center of pie crust with a knife than put cast iron skillet in oven and bake at 400°F for 20mins.



[Video Instruction](#)



SERVING  
4

Amount Per Serving:

KCAL.	PROTEIN	CARBS(FIBER)	FAT
600	71G	44G(3G)	16G

High Protein  
**LOADED  
NACHO**

# High Protein Loaded Nacho

## INGREDIENTS

- 4 oz Ground Beef (96% Lean)
- 7g McCormick Taco Seasoning (Mild)
- 2x Proti or Quest Chips
- 28g Fat Free Mozzarella
- 28g Fat Free Cheddar
- 14g Bacon Bits
- 14g Sliced Jalapeno
- 15g Skinny Girl Ranch
- Frank's Red Hot Sauce
- Smoked Paprika and Onion Powder

## DIRECTION

1. Set stove top to medium heat temperature and spray skillet with non stick spray then add 4 oz ground beef and season(smoked paprika and onion powder). Once ground beef is cooked add 7g of taco seasoning and 50 ml of water then stir. Turn off stove top and set to side
2. In a oven safe bowl add 2 bags of proti chips or quest chips(proti chips recommended), cooked ground beef, 28g fat free mozzarella, 28g fat free cheddar, 14g bacon bits, and 14g sliced jalapeno.
3. Put bowl in oven and broil on high for 1 min.
4. Top nacho with 15g skinny girl ranch and frank's hot sauce.

Tip: Macros seen below are with Proti Chip(recommended).



[Video Instruction](#)

SERVING  
I

For Entire Recipe:	KCAL.	PROTEIN	CARBS(FIBER)	FAT
	550	77G	27G(10G)	14.5G

AnabolicMD | 34



linhnguyen@sandiego.edu 05 Apr 2022

# High Protein NACHO CHEESE

# High Protein Nacho Cheese

## INGREDIENTS

- 113g Cottage Cheese 1% Fat
- 56g Fat Free Cheddar Cheese
- Kernel Season's Nacho Cheddar Popcorn Seasoning
- 2 Quest Chips
- 40ml-50ml Almond Milk or Water

## DIRECTION

1. In a bowl add 2 bags of quest chips then set to the side
2. Set stove top to medium heat temperature and spray small pot with non stick cooking spray. Add 113 cottage cheese 56 cheddar cheese than mix until melted. Once melted at 40ml-50ml of almond milk and Kernel Season's Nacho Cheddar Popcorn Seasoning then mix until smooth consistency. Turn off stove top and immediately pour nacho cheese over quest chips.

Tip: ingredients showed here makes for a better recipe compared to ingredients seen in TikTok video below.



[Video Instruction](#)



SERVING  
I

<b>KCAL.</b>	<b>PROTEIN</b>	<b>CARBS(FIBER)</b>	<b>FAT</b>
477	72G	22G(2G)	10.5G

For Entire Recipe:



High Protein  
**BEEF  
QUESADILLA**

# High Protein Beef Quesadillas

## INGREDIENTS

- 5 oz Ground Beef (96% lean)
- 60g Red Bell Pepper
- 2x Mission Carb Balance Flour Tortillas
- 49g Fat Free Cheddar Cheese
- 49g Fat Free Mozzarella Cheese
- 9g McCormick Mild Taco Seasoning
- Salt, Pepper, and Smoked Paprika

## DIRECTION

1. Set stove top to medium heat temperature then spray non stick cooking spray on cast iron griddle. Add 2 tortillas to cast iron griddle.
2. While tortillas are getting crispy set another stove top to medium heat temperature and spray non stick cooking spray to a skillet. Add 60g red bell pepper and 5 oz ground beef then season with salt, pepper, and smoked paprika. Once cooked add 9g mild taco seasoning with 40 ml of water then mix.
3. Add cooked ground beef to tortillas on cast iron griddle then sprinkle a total of 49g fat free cheddar cheese and 49g fat free mozzarella cheese(divided amongst 2 tortillas).
4. Fold tortillas in half and cook both sides until crispy. Can add a plate or other heavy object on quesadillas while its cooking.

**Tip:** Rinse fat free cheese with water for a better cheese melt.



[Video Instruction](#)



SERVING  
I

KCAL.	PROTEIN	CARBS(FIBER)	FAT
511	71G	52G(31G)	15G

For Entire Recipe:



Low Calorie  
**SESAME  
CHICKEN  
WITH RICE**

## Low Calorie

# Sesame Chicken With Rice

## INGREDIENTS

- 10 oz Skinless Boneless Chicken Thighs
- 297g Frozen Hanover Cauliflower Rice
- Soy Sauce
- Rice vinegar
- Five Spice Seasoning
- Garlic Powder
- Sesame Seeds
- Sesame Oil
- Corn Starch
- Baking Powder
- Egg Beaters or Egg Whites
- Sugar Free Syrup
- G Hughes Ketchup
- Swerve Brown Sugar
- Minced Garlic (optional)
- Green Onions (optional)

## DIRECTION

1. In a large bowl add 10 oz boneless skinless chicken thighs, 1 tbsp soy sauce, 1 tsp rice vinegar, 1/2 tsp five spice seasoning, 1/2 tsp garlic powder, 1/2 tsp sesame oil, 1/2 tbsp corn starch, and 23g egg beaters or egg whites. Mix well.
2. In a separate bowl add 23g of corn starch and 5g baking powder and mix with a dry fork.
3. Dip chicken thigh in corn starch bowl one by one and cover all surface area of chicken thigh with corn starch then set to side
4. Air Fry chicken thighs at 390° for 12 mins.
5. While chicken is in the air fryer make the sauce.
6. Sauce: in a bowl add 2 tbsp soy sauce, 30g sugar free syrup, 32g G Hughes Ketchup, 1.5 tbsp Swerve brown sugar, and 1/2 tbsp rice vinegar. Mix well.
7. Set stove to top to medium heat temperature and spray skillet with non stick cooking spray then add 5g minced garlic. Cook for 1 mins then add sauce. Once sauce is bubbling add air fried chicken thighs into skillet and mix until completely covered with the sauce. Sprinkle with sesame seeds then turn off stove top and set to side.
8. Microwave 297g of frozen cauliflower rice then put in a bowl. Once cooked cover cauliflower rice with sesame chicken and garnish with chopped green onions.

Tip: Macros seen below are with the 297g of cauliflower rice. Macros without cauliflower rice are: 502 calories, 59g protein, 30g carbs(0g fiber) 11g fat.



[Video Instruction](#)

SERVING  
I

For Entire Recipe:

KCAL.	PROTEIN	CARBS(FIBER)	FAT
572	66G	44G(7G)	11G

AnabolicMD | 40



# High Protein Mozzarella Sticks

## INGREDIENTS

- 7x Light Low Moisture Part Skim Mozzarella String Cheese
- 1x Quest chips
- 15g Italian Seasoned Panko
- Egg Beaters or Egg Whites
- Skinny Girl Ranch (optional)
- Walden Farms Seafood Dipping Sauce (optional)

## DIRECTION

1. Put 7x mozzarella string cheese in the freezer for 1-2 hours. Once frozen removed from package then add to a plate and set to the side.
2. Breading: In a blender add 1 bag of quest chips and 15g italian seasoned panko. Blend then put in a bowl and set to the side.
3. Egg Wash: In another bowl add 150g of egg beaters or egg whites then set to the side.
4. Dip frozen mozzarella cheese one by one in egg wash bowl then breading bowl and set to the side on a plate with parchment paper.
5. Freeze coated mozzarella sticks for 45 minutes
6. Remove mozzarella sticks from freezer and spray air fryer tray with non stick cooking spray then add mozzarella sticks to tray then spray mozzarella sticks with non stick cooking spray
7. Air fry at 375° for 5 minutes.
8. For dipping sauce use desired amount of Skinny Girl Ranch and Walden Farms Seafood Dipping Sauce.

Tip: macros seen below does not include dipping sauce.



Video Instruction

SERVING  
I

For Entire Recipe:			
KCAL.	PROTEIN	CARBS(FIBER)	FAT
545	62.5G	21G(1.5G)	23G

AnabolicMD | 42

High Protein  
**BUFFALO  
CHICKEN  
TENDERS**

## High Protein

# Buffalo Chicken Tenders

## INGREDIENTS

- 20g Panko
- 15g Twin Peaks Protein puffs
- 9oz Chicken Tenderloin
- Egg Whites
- Frank's Hot Sauce
- Garlic Powder, Onion Powder, Salt, Smoked Paprika, and Worcestershire Sauce.
- Rice Vinegar
- 14g Reduce Fat Feta Cheese
- 80g Celery
- 85g Baby Carrots

## DIRECTION

1. Breading: In a blender add 20g panko bread crumbs, 15g protein puffs, salt, smoked paprika, and onion powder. Blend then empty in a bowl and set to side
2. Egg Wash: In another bowl add egg whites and Frank's Hot sauce. Measurements not specified given this is solely to dip the chicken tenderloins in which will add minimal calories. Set bowl to the side.
3. In another bowl add 9 oz chicken tenderloins then season with garlic powder, salt, and smoked paprika.
4. Dip chicken tenderloins one by one in egg wash bowl then breading bowl so that all surface area are coated then set to side.
5. Air Fry chicken tenders at 350° for 8mins. Spray chicken with non stick cooking spray before air frying.
6. While chicken is in the air fryer make the sauce.
7. Sauce: in a bowl add 100g frank's hot sauce, 10g worcestershire sauce, and 5g rice vinegar.
8. Dip chicken tenders in sauce so that all surface area is coated and air fry again at 350° for 6mins.
9. Once cooked sprinkle 14g of reduced fat feta cheese on buffalo chicken tenders. Serve with 80g celery and 85g baby carrots.

Tip: Macros seen below are with the celery and baby carrots. Macros without vegetables: 408 calories, 74g protein, 17g carbs(0g fiber), 4g fat.



[Video Instruction](#)

SERVING  
I

For Entire Recipe:

KCAL.	PROTEIN	CARBS(FIBER)	FAT
450	76G	26G(4.3G)	4G

AnabolicMD | 44



*High Protein*

# BUFFALO RANCH CHICKEN SANDWICH

High Protein

# Buffalo Ranch Chicken Sandwich

## INGREDIENTS

- 14g Panko Bread Crumbs
- 25g Twin Peaks Protein Puffs
- 6 oz Chicken Breast
- 2x L'Oven Keto Friendly Buns
- Frank's Hot Sauce
- 30g Skinny Girl Ranch
- 2x Non-Fat Single Cheese White
- 75g Egg Beaters or Egg Whites
- 28g Pickles

## DIRECTION

1. Get two chicken breast and cut the center portion of the chicken breast to obtain two 3 oz pieces. Put cling wrapping paper over the two pieces of chicken breast and tenderize(using a meat tenderizer). Set meat to the side
2. Breading: in a blender add 14g Panko Bread Crumbs and 25g Twin Peaks Protein Puffs then blend. Put in a bowl and set to the side
3. Egg Wash: in a bowl add 75g of egg beaters and 25g of Frank's Hot sauce. Mix then set to the side.
4. Sauce: Add 60g of Frank's Hot Sauce Bowl and set to the side.
5. Dip chicken breast pieces one by one in egg wash bowl then breading bowl so that all surface area of chicken is covered.
6. Air Fry chicken at 375° for 11mins. Spray chicken with non stick cooking spray before air frying.
7. Dip air fried chicken pieces in sauce bowl so that all surface area is coated and air fry again at 375° for 5mins.
8. Put buffalo chicken in 2x L'oven Keto Friendly Buns then add non-fat single cheese in each sandwich and a total of 30g Skinny Girl Ranch and 28g Pickles.



[Video Instruction](#)

SERVING  
I

For Entire Recipe:

KCAL.	PROTEIN	CARBS(FIBER)	FAT
526	83.5G	65G(39G)	7G



linhnguyen@sandiego.edu 05 Apr 2022

High Protein  
**CHICKEN  
FAJITAS**

## High Protein

# Chicken Fajitas

## INGREDIENTS

- 200g Bell Peppers
- 100g Sweet Onions
- 8 oz Chicken Tenderloins
- 2x Mission Carb Balance Flour Tortillas
- Swerve Granular Or Stevia
- Chili Powder, Ground Cumin, Garlic Powder, Onion Powder, and Salt

## DIRECTION

- 1.Cut 200g of bell peppers into strips and chop up 100g of sweet onions then set to the side
- 2.Fajitas Seasoning: In a small bowl add 2 tsp chili powder, 1 tsp ground cumin, 1 tsp paprika, 1 tsp swerve granular, 1/2 tsp garlic powder, 1/2 tsp onion powder, and salt. Mix well with a fork then set to side
- 3.Slice 8 oz of chicken tenderloins into strips. Put chicken strips into fajitas seasoning and mix until all surface area of the chicken is covered with fajitas seasoning. Set to side.
- 4.Set stove top to medium heat temperature and apply non stick cooking spray to skillet then add bell peppers and sweet onions. Once vegetables are cooked remove from skillet and set to the side.
- 5.Apply non stick cooking spray into a empty skillet and add chicken strips. Once chicken strips are cooked add the cooked vegetables and mix.
- 6.Place 2 tortillas on a plate and add meat/vegetables.



[Video Instruction](#)

SERVING  
I

For Entire Recipe:

KCAL.	PROTEIN	CARBS(FIBER)	FAT
453	65G	57G(35G)	6.7G

AnabolicMD | 48



A black rectangular frame contains the title text. The background image shows a plate of golden-brown, breaded chicken tenders and fries. In the top left corner, there's a bowl of yellow mustard and another bowl of red ketchup or barbecue sauce.

Low Calorie  
**CHICKEN  
TENDERS  
WITH FRIES**

## Low Calorie

# Chicken Tenders With Fries

## INGREDIENTS

- 8oz Chicken Tenderloins
- 25g Protein Puff Garlic Parmesan
- 168g Ore-Ida Golden Fries
- Egg Whites
- Frank's Hot Sauce
- Salt, Ground Pepper, Smoke Paprika, and Italian Seasoning
- G Hughes Ketchup(optional)
- G Hughes Honey Mustard(optional)

## DIRECTION

1. Add 168g of Ore-Ida Golden Fries in air fry and spray with non stick cooking spray and season with salt and ground pepper. Air fry at 400° for 8 mins then flip and air fry again at 400° for 8 mins.
2. Breading: In a blender add 25g protein puff, salt, smoked paprika, and italian seasoning. Pour into a bowl and set to the side.
3. Egg wash: In another bowl add 150g egg whites and Frank's Hot Sauce. Set bowl to side.
4. In another bowl add 8 oz chicken tenderloins and season with salt and smoked paprika. Set bowl to the side.
5. One by one dip chicken tenderloins in egg wash then breading bowl then set to the side.
6. Air fry chicken at 350° for 10-12 minutes (flip halfway).

Tip: Dip chicken tenders with G Hughes Ketchup and G Hughes Honey Mustard (macros seen below do not include dipping sauce).



[Video Instruction](#)

SERVING  
I

For Entire Recipe:

KCAL.	PROTEIN	CARBS(FIBER)	FAT
508	73.5G	29G(2G)	12.3G

AnabolicMD | 50



High Protein  
**CRUNCHWRAP  
SUPREME**

## High Protein

# Crunchwrap Supreme

## INGREDIENTS

- 4 oz Ground Beef (96% lean)
- 2x Mission Carb Balance Flour Tortillas
- 84g Fat free Cheddar Cheese
- 85g Greek Yogurt Non-fat Plain
- 5g Proti Chips or Quest Chips
- 7g McCormick Taco Seasoning
- 40g Tomato
- Shredded Lettuce
- Salt, Smoked Paprika, Onion Powder

## DIRECTION

1. Set stove top to medium heat temperature and apply non stick cooking spray to skillet then add 4 oz ground beef and season with salt, smoked paprika, and onion powder. Once meat is cooked add 7g taco seasoning and 50ml of water and mix. Turn off stove top and set skillet to the side.
2. Sauce: in a small bowl add 85g of greek yogurt and Frank's Hot Sauce. Mix well and set to the side.
3. Get two plates and place 1 tortilla on each plate.
4. On each tortillas first add 42g of fat free cheddar cheese then add the following ingredients: cooked ground beef, the sauce, shredded lettuce, 20g chopped tomatoes(each tortillas), and Proti(5g total) or Quest Chips.
5. Fold Tortilla in half and continue folding as seen in the video.
6. Set stove top to medium heat temperature and apply non stick cooking spray on cast iron griddle or skillet and place crunchwrap with folded side directly on cast iron griddle. Cook for 3 mins on each side (put a plate or other heavy object on top of crunchwrap while it cooks).



[Video Instruction](#)



SERVING  
I

For Entire Recipe:

KCAL.	PROTEIN	CARBS(FIBER)	FAT
497	70G	52G(31G)	11G

AnabolicMD | 52



linhnguyen@sanDiego.edu 05 Apr 2022

Low Calorie  
**CHEESEBURGER  
SLIDERS**

## Low Calorie

# Cheeseburger Sliders

## INGREDIENTS

- 24 oz Ground Beef (96% Lean)
- 12x Aunt Millie's Dinner Roll or L'oven Keto Friendly Dinner Roll
- 156g Fat Free Cheddar Cheese
- 4x Fat Free Single Cheese
- Garlic Powder, Onion Powder, Salt, Dried Parsley, Sesame Seeds, Worcestershire Sauce, and Ground Black Pepper
- 100g Sweet Onion
- 28g I Can't Believe It's Not Butter(light one)

## DIRECTION

1. In a large bowl add 24 oz of ground beef, onion powder, garlic powder, salt, ground pepper, and 156g fat free cheddar cheese. Mix well.
2. Make 12 patties(2oz each).
3. Set stove top to medium heat temperature and spray skillet with non stick cooking spray. Add 100g of chopped sweet onions then cook. Set to side once cooked.
4. Set stove top to medium heat temperature and spray cast iron griddle with non stick cooking spray.
5. Add 12x patties and cook on both sides. Add Worcestershire sauce towards end of cooking patties. Once cooked set to side.
6. Grab dinner rolls and with a knife cut dinner rolls in half to make one big bottom bun and one big top bun. Place bottom bun in baking dish/casserole.
7. To bottom bun add sweet onions, and patties then top patties with a total of 4 fat free single cheese. Cover with top bun then set to side.
8. Garlic Butter: in a small bowl add 28g of I Can't Believe It's Not Butter, garlic powder, dried parsley, and sesame seeds. Microwave for 30 seconds then mix well.
9. With a basting brush cover top bun with garlic butter.
10. Bake at 350° for 8 mins.



Video Instruction



SERVING  
12

KCAL.	PROTEIN	CARBS(FIBER)	FAT
144	21G	15G(11G)	3.3G

AnabolicMD | 54



High Protein  
**MEATBALL  
SUB**

## High Protein

# Meatball Sub

## INGREDIENTS

- 6 oz Ground Beef (96% lean)
- 15g Panko Bread Crumbs
- Salt, Garlic Powder, Onion Powder, Dried Parsley
- 208g Roasted Garlic Pasta Sauce
- 2x Aunt Millie's Live Carb Smart Hot Dog Bun
- 56g fat free Mozzarella Cheese

## DIRECTION

1. In a bowl add 6 oz ground beef, 15g panko bread crumbs and season with salt, garlic powder, onion powder and dried parsley. Using your hands mix well.
2. Using your hands roll up the ground beef to make 8 meatballs.
3. Set stove top to medium heat temperature and spray skillet with non stick cooking spray then add the meat balls. Make sure to flip meatballs several times to cook all surfaces.
4. Once meatballs cooked add 208g of roasted garlic pasta sauce to skillet. Mix until all meatballs are covered with pasta sauce. Turn off stove top and set skillet to the side.
5. Place 2 Aunt Millie's Live Carb Smart Hot dog bun in a plate. Add 4 meatballs and 28g of fat free mozzarella cheese in each hot dog. Drizzle left over pasta sauce from skillet in each hot dog bun.
6. Place meatball subs in a oven safe dish and bake at 350° for 10mins.
7. Garnish with dried parsley(optional).

Tip: Rinse fat free cheese with water before baking so that it melts better.



[Video Instruction](#)

SERVING  
I

For Entire Recipe:

KCAL.	PROTEIN	CARBS(FIBER)	FAT
520	69G	66G(35G)	9.5G

AnabolicMD | 56

A close-up photograph of a stack of golden-brown pancakes. The top pancake is topped with a variety of fresh fruits, including blueberries, strawberries, and kiwi slices, all drizzled with a dark, glossy syrup. The pancakes have a slightly textured appearance with some visible specks, likely from the pumpkin spice mix.

# High Protein PUMPKIN SPICE PANCAKES

## High Protein

# Pumpkin Spice Pancakes

## INGREDIENTS

- 53g Kodiak Cakes  
Pumpkin Flax
- 40g Casein
- 1 Cup(150g) Light + Fit  
Pumpkin Pie Greek Yogurt  
or 150g of Non-fat Plain  
Greek Yogurt
- 92g Egg Whites
- 1/8 TSP Pumpkin Spice  
Extract
- McCormick Pumpkin  
Spice(optional)
- 85g Greek Yogurt Non-  
Fat Plain
- Sugar Free Syrup
- Strawberries and  
Blueberries (optional)
- Swerve Confectioners

## DIRECTION

1. Pancake Batter: In measuring cup(or easy to pour cup) add 53g Kodiak Cakes, 40g casein, 1 cup(150g) of Light + Fit Pumpkin Pie Greek Yogurt, 92 g egg whites, 1/8 tsp pumpkin spice extract, and 60g of water(yes grams). If you do not have access to Light + Fit Pumpkin Pie Greek yogurt add 150g of non-fat plain greek yogurt with an additional 1/8 tsp pumpkin spice extract. Mix well.
2. Set stove top to medium heat temperature and apply non stick cooking spray to cast iron griddle or skillet. Add pancake mold(optional) and pour pancake batter to make 6 small pancakes. Remove pancake mold and flip once side is cooked. Turn off stove top and put pancakes on a plate and set to the side.
3. Icing: in a small bowl add 85g non-fat plain greek yogurt, 1 tbsp swerve confectioners, and McCormick Pumpkin Spice or pumpkin spice extract(measurements not specified add to taste of liking). Mix well and set to the side.
4. Apply icing on 3 pancakes then add remaining 3 pancakes on top of icing to make 3 pancake like sandwiches filled with icing.
5. Add berries of your liking, 30ml-60ml of sugar free syrup, and sprinkle Swerve Confectioners(all of which are optional)

Tip: macros seen below does not include the fruits.



[Video Instruction](#)



SERVING  
I

For Entire Recipe:  
**KCAL.** 495    **PROTEIN** 70G    **CARBS(FIBER)** 48G(5G)

**FAT**  
2G

AnabolicMD | 58

A close-up photograph of several golden-brown, wrapped spring rolls arranged on a dark, round wooden cutting board. In the background, a clear glass filled with a light-colored liquid, likely milk, sits on the same surface.

# High Protein **SPRING ROLLS**

# High Protein Spring Rolls



## INGREDIENTS

- 6 oz Ground Chicken (99% Lean)
- 4x Athens Phyllo Dough Sheets
- 42g Fat Free Cheddar Cheese
- 1x Long Hot Pepper
- 45g Greek Yogurt Non-Fat Plain
- Frank's Hot Sauce
- 7g McCormick Taco Seasoning Mild
- Garlic Powder, Onion Powder, and Chili Powder

## DIRECTION

1. Dipping Sauce: in a small bowl add 45g greek yogurt and Frank's Hot Sauce. Mix well then set to side.
2. Set stove top to medium heat temperature and apply non stick cooking spray to skillet.
3. Add 1x chopped up long hot pepper and when cooked add 6 oz ground chicken. Season with garlic powder, onion powder, chili powder then cook. Once ground chicken cooked add 7g McCormick taco seasoning and 50ml of water and mix. Turn off stove top and set to side.
4. Grab 4 Athens Phyllo Dough Sheets and fold each sheets in half. Fill sheets at the top with ground chicken and a total of 42g of fat free cheddar cheese(divided amongst 4 sheets).
5. Wet corners of sheets with a small amount of egg white or water and fold in half then roll up.
6. Spray spring rolls with non stick cooking spray then air fry at 350° for 10mins.



[Video Instruction](#)

SERVING  
I

For Entire Recipe:

KCAL.	PROTEIN	CARBS(FIBER)	FAT
440	62G	41.5G(1G)	1G

AnabolicMD | 60



*High Protein*  
**FRIED  
CHICKEN  
WINGS**

## High Protein

# Fried Chicken Wings

## INGREDIENTS

- 9 oz Wings
- Twin Peaks Protein Puffs
- 70g G Hughes Sweet Honey Wing Sauce
- 150g Egg Beaters or Egg Whites
- Salt and Garlic Powder
- Green Onions (optional).

## DIRECTION

1. Add 9 oz of wings in a bowl then set to the side.
2. Coating: In a blender add 25g of protein puffs, garlic powder, and salt. Blend then put in a bowl then set to the side.
3. Wing Sauce: add 70g of G Hughes Sweet Honey Wing Sauce in a bowl then set to the side.
4. Egg wash: In another bowl add 150g of egg beaters then set to the side.
5. Dip the wings one by one in egg wash bowl then the coating bowl then air fry at 360° for 10mins. Make sure to spray the wings with non stick cooking spray before air frying.
6. Take wings out of the air fryer and dip in the wing sauce bowl one by one then air fry again at 360° for 5 mins. Make sure to spray the wings with non stick cooking spray before air frying.
7. Garnish wings with chopped up green onions (optional).



[Video Instruction](#)

SERVING  
I

For Entire Recipe:			
KCAL.	PROTEIN	CARBS(FIBER)	FAT
558	67G	6G(0G)	28G

AnabolicMD | 62



High Protein  
**RICE  
KRISPIES**

# High Protein Rice Krispies

## INGREDIENTS

- 186g Marshmallow
- 1 Scoop Casein/Whey
- 224g High Key Cereal(frosted)

## DIRECTION

1. Set stove top to medium heat temperature and apply non stick cooking spray to skillet.
2. Add 186g of marshmallows to skillet and spray marshmallow with non stick cooking spray. Stir marshmallows until melted.
3. Turn off stove top and then mix in 1 scoop casein or whey protein.
4. Mix in 224g of HighKey Protein Cereal
5. Put rice krispies in large baking dish/casserole and spread out into baking dish with hands.
6. Cut rice krispies into 8 equal size pieces.

Tip: Weight out empty baking dish and then weight out baking dish with rice krispies and subtract difference. Divide answer by 8 to get serving size.



[Video Instruction](#)

SERVING  
8

Amount Per Serving:				
KCAL.	PROTEIN	CARBS(FIBER)	FAT	
176	14G	30G(3G)	5G	

AnabolicMD | 64



High Protein  
**CHOCOLATE CHIP RICE KRISPIES**

# High Protein

# Chocolate Chip Rice Krispies

## INGREDIENTS

- 186g Marshmallow
- 1 scoop Casein/Whey
- 224g HighKey Protein Cereal (Cocoa)
- 30g Sugar Free Chocolate Chips

## DIRECTION

1. Set stove top to medium heat temperature and apply non stick cooking spray to skillet.
2. Add 186g of marshmallows to skillet and spray marshmallow with non stick cooking spray. Stir marshmallows until melted
3. Turn off stove top and then mix in 1 scoop casein or whey protein.
4. Mix in 224g of HighKey Protein Cereal and 15g of sugar free chocolate chips.
5. Put chocolate rice krispies in large baking dish and press it into baking dish with hands.
6. Top rice krispies with additional 15g of sugar free chocolate chips(press into rice krispies).
7. Cut rice krispies into 8 equal size pieces.

Tip: Weight out empty baking dish and then weight out baking dish with rice krispies and subtract difference. Divide answer by 8 to get serving size.



[Video Instruction](#)

SERVING  
8

Amount Per Serving:

KCAL.	PROTEIN	CARBS(FIBER)	FAT
184	14G	31G(3G)	6G

AnabolicMD | 66



# High Protein CINNAMON TOAST CRUNCH TREATS

# High Protein Cinnamon Toast Crunch Treats



## INGREDIENTS

- 186g mini marshmallows
- 1 scoop Casein Protein
- 252g Catalina Crunch Cinnamon Toast Keto Cereal

## DIRECTION

1. Set stove top to medium heat and apply non stick cooking spray to skillet.
2. Add 186g of marshmallows to skillet and spray marshmallow with non stick cooking spray.
3. Stir marshmallows until melted.
4. Turn off stove top and then mix in 1 scoop casein or whey protein.
5. Mix in 252g of Catalina Crunch Cereal
6. Put Cinnamon Toast Crunch Treats in a large baking dish and press it into baking dish.
7. Cut treats into 8 equal size pieces.

Tip: Weight out empty baking dish and then weight out baking dish with cinnamon toast crunch treats and subtract difference. Divide answer by 8 to get serving size.



[Video Instruction](#)

SERVING  
8

Amount Per Serving:

KCAL.	PROTEIN	CARBS(FIBER)	FAT
178	13G	31G(8G)	4G

AnabolicMD | 68



High Protein  
**SHEPHERD'S  
PIE**

## High Protein

# Shepherd's/Cottage Pie

## INGREDIENTS

- 32 oz Ground Beef (96% lean)
- Salt, Paprika, Thyme, Worcestershire Sauce, Rosemary Leaves, Garlic Powder and, Onion Powder
- 8 oz Beef Broth
- 255g Frozen Mixed Vegetables(carrots, green beans, corn, peas, and lima beans).
- 888g Russet Potatoes
- 4 oz Almond Milk
- 28g I Can't Believe It's Not Butter (light one)
- 112g Fat Free Cheddar Cheese
- 112g Fat Free Mozzarella Cheese

## DIRECTION

1. Set stove top to medium heat temperature and spray large cast iron skillet with non stick cooking spray
2. Add 32 oz of ground beef to skillet and add seasoning (salt, paprika, thyme, worcestershire sauce, rosemary leaves, garlic powder, and onion powder).
3. Once ground beef is cooked add 8 oz of beef broth and 255g of frozen mixed vegetables then stir until cooked. Turn off stove top and set skillet to the side.
4. Mashed Potatoes: Cut 888g of russet potatoes into quarters than boiled until soft (12-15 minutes) than drain. In a large bowl add boiled potatoes, 28g of I cant believe it's not butter, 84g of fat free cheddar cheese, 84g of fat free mozzarella cheese, 4 oz almond milk, and then mash with a fork or potato masher.
5. Add mashed potatoes on top of cooked ground beef in skillet and spread out until ground beef is not visible. Top mashed potatoes with 28g of fat free cheddar cheese and 28g of fat free mozzarella cheese(Recommend rinsing fat free cheese with water prior to adding for a better melt).
6. Place cast iron skillet in oven and bake at 400° for 30 mins.



[Video Instruction](#)

SERVING  
4

Amount Per Serving:

KCAL.	PROTEIN	CARBS(FIBER)	FAT
596	70.5G	51G(5G)	11G

AnabolicMD | 70



# High Protein EGG SANDWICH

## High Protein

# Egg Sandwich

## INGREDIENTS

- 230g Egg Whites
- 2x 647 Sliced Bread
- 2oz Turkey Breast Deli Meat
- 28g Fat Free Cheddar Cheese
- Frank's Hot Sauce
- Everything Bagel Seasoning

## DIRECTION

1. Set stove top to medium heat temperature and spray skillet with nonstick cooking spray. Add 230g of egg whites and immediately add 2 sliced bread and press down so that it soaks the egg whites. Flip sliced bread and press down and let it sit in the egg whites to cook.
2. Sprinkle everything bagel seasoning over egg whites and bread.
3. Once egg white is cooked flip everything over (can use two spatulas).
4. On one sliced bread add 2oz turkey breast and on the other sliced bread add 28g fat free cheddar cheese. Add frank's hot sauce then fold corners of egg whites into the bread and close up sandwich.
5. Flip sandwich over and cook.



[Video Instruction](#)

SERVING  
I

For Entire Recipe:

KCAL.	PROTEIN	CARBS(FIBER)	FAT
300	47G	30G(14G)	2G

AnabolicMD | 72



High Protein  
**WAFFLE  
GRILLED  
CHEESE**

# High Protein

# Waffle Grilled Cheese

## INGREDIENTS

- 2x L'oven Keto Friendly Bread
- 28g I Can't Believe It's Not Butter
- Garlic Powder and Dried Parsley
- 17g Fat Free Mozzarella Cheese
- 17g Fat Free Cheddar Cheese
- 1x Fat Free Singles Cheese
- Organic Imagine Tomato Creamy Soup(optional)

## DIRECTION

1. In a small bowl add 28g of I Can't Believe It's Not Butter, garlic powder, and dried parsley. Microwave for 15 seconds then add 6g of fat free cheese and mix well(3g mozzarella 3g cheddar).
2. Coat melted garlic cheese butter on one side of 2 sliced bread.
3. On noncoated side of one sliced bread add 1x fat free singles cheese, 14g fat free mozzarella cheese, and 14g fat free cheddar cheese. Place other sliced bread on top with coated side facing up.
4. Spray waffle maker with non stick cooking spray and place grilled cheese on waffle maker to cook.
5. Serve with 120ml of tomato soup.

Tip: Rinse fat free cheese with water for a better cheese melt. Also macros seen below is without tomato. With tomato soup macros are: 275 Calories, 26g Protein, 30g Carbs(20g Fiber), and 10.5g Fat



[Video Instruction](#)



SERVING  
I

Entire Recipe:

KCAL.  
235

PROTEIN  
25G

CARBS(FIBER)  
22G(18G)

FAT  
10G

AnabolicMD | 74



# High Protein **STUFFED MUSHROOM**

## High Protein

# Stuffed Mushrooms

## INGREDIENTS

- 25g Chopped Spinach
- 140g Fat Free Cream Cheese
- 28g Reduced Fat Feta Cheese
- 73g Fat Free Mozzarella Cheese
- Garlic Powder, Salt, Pepper
- 4oz 96% Lean Ground Beef
- 235g Portobello Mushrooms(~4 Large Mushroom)

## DIRECTION

1. Chop 25g of spinach.
2. Cook 4oz of 96% lean ground beef with your seasoning of choice(I used salt and pepper). Set ground beef to the side.
3. Cheese mix: In a bowl put 25g of chopped spinach, 140g of fat free cream cheese, 28g of reduced fat feta cheese, 28g of fat free mozzarella, and season (garlic powder, salt, and pepper).
4. Mix well.
5. Rinse 4 large portobello mushrooms with water and dry with paper towel.
6. Remove mushroom cap and scrape inside of mushroom with a spoon.
7. Fill all 4 mushroom with ground beef first then add cheese mix.
8. Top stuff mushrooms with 45g of fat free mozzarella cheese.
9. Spray mushroom with non stick cooking spray then airfry at 350°F for 12 mins



[Video Instruction](#)



SERVING  
I

Entire Recipe:

KCAL.	PROTEIN	CARBS(FIBER)	FAT
505	78G	31.8G(3.6G)	6.8G

AnabolicMD | 76



linhnguyen@sandiego.edu 05 Apr 2022

# High Protein **APPLE PIE**

# High Protein Apple Pie

## INGREDIENTS

- 2 Apples
- Lemon Juice
- Ground Cinnamon
- Swerve Brown Sugar
- Xanthan Gum
- 184g Egg Whites
- 246g Unsweetened Apple Sauce
- Vanilla extract
- 2 Scoops Casein
- 8 oz Unsweetened Almond milk
- Baking Powder

## DIRECTION

1. Cut 2 apples in small pieces
2. Get two large mixing bowl and mix the ingredients below in the separate bowls.
3. Bowl #1: Add cut up apples, 1 tbsp lemon juice, 1/2 tsp cinnamon, 2 tbsp swerve brown sugar, and 1/4 tsp xanthan gum. Mix well and set to side
4. Bowl #2: add 184g egg whites, 246g apple sauce, 1 tsp vanilla extract, 1/2 tsp ground cinnamon, 120g rolled oats, 2 scoops casein, 8 oz unsweetened almond milk, 2 tbsp swerve brown sugar, 3/4 tsp baking powder. Mix well and set to side
5. In a large casserole pour bowl 1(apples) and spread out than pour bowl 2 over apples.
6. Bake 375° for 45 mins



[Video Instruction](#)

SERVING  
4

Amount Per Serving:

KCAL.	PROTEIN	CARBS(FIBER)	FAT
275	21G	41G(6G)	3G

AnabolicMD | 78



Low Calorie  
**PUMPKIN  
PIE**

Low Calorie

# Pumpkin Pie

## INGREDIENTS

- Frozen 9' Pie Crust
- 450g %100 Canned Pumpkin
- 184g Egg Whites
- 85g Non-Fat Plain Greek Yogurt
- 2 Scoop Casein/Whey
- 90g Swerve Brown Sugar
- 30ml Coffee Creamer Pumpkin Spice(optional)
- 1/2 Tsp Nutmeg
- 1/2 Tsp Ground Ginger
- 1/8 Tsp Ground Cloves
- 1 Tsp of Cinnamon

## DIRECTION

1. In a large mixing bowl put 450g pumpkin, 184g egg whites, 85g greek yogurt, 2 scoop casein, 90g swerve brown sugar, 30ml coffee creamer pumpkin spice, 1/2 tsp nutmeg, 1/2 tsp ground ginger, 1/8 tsp ground cloves, and 1 tsp cinnamon
2. Mix well.
3. Pour into pie crust.
4. Bake 400° for 1 hour.



[Video Instruction](#)

SERVING  
8

Amount Per Serving:			
KCAL.	PROTEIN	CARBS(FIBER)	FAT
148	11G	16G(2G)	4.6G

AnabolicMD | 80



High Protein  
**MANGO  
BOBA**

# High Protein Mango Boba



## INGREDIENTS

- 50g Tapioca Pearls
- 9oz Bai Malawi Mango
- 1 scoop Isopure Mango Lime
- 30g Sugar Free Syrup
- 1 Tbsp Swerve Brown Sugar
- Ice

## DIRECTION

1. In a large cup pour 9oz of Bai Malawi Mango
2. Add 1 scoop of Isopure Mango Lime and mix (It will become foamy while mixing however it will settle with time).
3. Set stove top to medium heat temperature and put 24 oz of water in a small pot and boil. Add 50g of tapioca pearls to boiling water.
4. Wait until tapioca floats to water surface than cover pot and cook for 2-3 minutes.
5. Turn off stove top and simmer for another 2-3 minutes (adjust time to soften tapioca to personal taste).
6. Scoop out tapioca and let it rest in cold water for 20 seconds.
7. Scoop out tapioca into a dry bowl or cup and mix in 1 tbsp swerve brown sugar with 30g of sugar free syrup.
8. Add tapioca and ice to Bai Malawi Mango and Isopure Drink.

Tip: Instead of adding sugar free syrup you may add 2tbsp of swerve brown sugar.



[Video Instruction](#)



SERVING  
I

Entire Recipe:

KCAL.	PROTEIN	CARBS(FIBER)	FAT
215	20G	38G(OG)	0

AnabolicMD | 82



High Protein  
**REESE'S  
PEANUT  
BUTTER CUP  
DESSERT**

# High Protein

# Reese's Peanut Butter Cup Dessert

## INGREDIENTS

- 120g Non-Fat Plain Greek Yogurt
- 16g PB Fit Peanut Butter Powder
- 5g Cocoa
- 2 tbsp Swerve Brown Sugar
- 8g Casein
- 1x Reese's Peanut Butter Cup

## DIRECTION

1. In bowl put 120g of greek yogurt, 16g of PB Fit, 5g cocoa, 2 tbsp swerve brown sugar and 8g of casein.
2. Mix until smooth consistency.
3. Crush 1x Reese's Peanut Butter Cup
4. Mix crushed Reese's Peanut Butter Cup in bowl.

Tip: Not a fan of Reese's Peanut Butter Cup? Put 100 calories worth of your favorite chocolate bar instead to match the macros seen below.



[Video Instruction](#)

SERVING  
I

Entire Recipe:

KCAL.	PROTEIN	CARBS(FIBER)	FAT
268	28.5G	24G(5.5G)	8.5G

AnabolicMD | 84



Low Calorie  
**MCDONALD'S  
SAUSAGE  
MCMUFFIN  
WITH EGG**

Low Calorie

# McDonald's Sausage McMuffin With Egg

## INGREDIENTS

- 129g Egg Beaters or Egg whites
- 4 oz Lean Ground Pork Or Lean Turkey Sausage
- 28g Fat Free Cheddar Cheese
- 2x 647 English Muffins
- 2x Non-Fat Singles Cheese
- Salt and Ground Pepper
- Blackstone Orange Silicone 6 Section Egg Ring Tray(recommend)

## DIRECTION

1. Set stove top to medium heat temperature and spray cast iron griddle with non stick cooking spray then put egg ring tray on cast iron griddle
2. Add 2oz lean ground pork in 2 egg ring tray. Press down on the sausage to make the shape of the mold. Pour 64.5g of egg beaters in two egg ring tray. Add 14g of fat free cheddar cheese in two of the egg ring tray filled with egg beaters. Season ground pork and eggs with salt and pepper. Add english muffins in the remaining 2 egg ring tray and spray with non stick cooking spray. (while eggs and sausage are cooking make sure to toast two 2 English muffins).
3. Once eggs are cooked using a spatula free the edges of each mold filled with egg beaters then remove entire silicone egg ring tray from cast iron griddle. Flip eggs, patties, and english muffins. Turn off stove top once cooked.
4. Add 1 non-fat single cheese in each english muffins then add patties and eggs.

Tip: lean ground pork macros for 4oz are 210 calories, 21g protein, 0g carbs, and 14g fat. Try to find the leanest ground pork or ground turkey sausage for this recipe.



Video Instruction

SERVING  
2

Per McMuffin:				
KCAL.	PROTEIN	CARBS(FIBER)	FAT	
272.5	30G	28.4G(9G)	7.5G	

AnabolicMD | 86

*High Protein*

# CHICKEN ALFREDO PIZZA

BROOKLYN  
STEEL CO.

## High Protein

# Chicken Alfredo Pizza

## INGREDIENTS

- 4 oz Chicken Thigh
- 40g Spinach
- 2x Fiber One Wraps  
Traditional White Or  
Mission Carb Balance  
Tortilla
- 120g Creamy Alfredo
- 112g Fat Free Mozzarella  
Cheese
- Salt, Ground Pepper,  
Onion Powder, Garlic  
Powder, and Oregano

## DIRECTION

1. Season 4 oz chicken thigh with salt, ground pepper, onion powder, garlic powder, and oregano. Spray chicken with non stick cooking spray then air fry chicken at 400° for 11 minutes. Once cooked cut chicken into small pieces
2. Set stove stop to medium heat temperature and spray a small skillet with non stick cooking spray. Add 40g of spinach and season with salt and cook. Once cooked set to the side.
3. Set another stove top burner to medium heat temperature and spray cast iron griddle with non stick cooking spray. Add 2 Fiber One Wraps and cook until slightly crispy then flip. Add 60g of creamy alfredo sauce on each wrap then add cooked chicken thigh, spinach, and 56 of fat free mozzarella to each wrap..
4. Put cast iron griddle in oven and bake at 350° for 5-8 minutes.



[Video Instruction](#)



SERVING  
I

For Entire Recipe:

KCAL.	PROTEIN	CARBS(FIBER)	FAT
564	71G	41G(17G)	15.5G



# High Protein HOT CHOCOLATE

# High Protein Hot Chocolate

## INGREDIENTS

- 8 oz Unsweetened Almond Milk
- 10.5g No Sugar Added Swiss Miss Hot Chocolate
- 1 Scoop Chocolate Casein
- 20g Marshmallows
- 20g Fat Free Reddi Wip
- 15g Zero Sugar Hershey's Syrup

## DIRECTION

1. In a small pot boil 8 oz almond milk. Once boiling, add 10.5g no sugar added swiss miss hot chocolate and 1 scoop of chocolate casein protein. Stir until smooth consistency. Turn off stove top.
2. Pour hot chocolate in a mug and add 20g marshmallows, 20g fat free Reddi Wip, and 15g Zero Sugar Hershey's Syrup.



[Video Instruction](#)

SERVING  
I

For Entire Recipe:  
**KCAL.** 275    **PROTEIN** 27G    **CARBS(FIBER)** 31G(1.5G)    **FAT** 3.5G

AnabolicMD | 90



High Protein  
**SAUSAGE  
EGG &  
CHEESE  
BAGEL**

## High Protein

# Sausage Egg & Cheese Bagel

## INGREDIENTS

- 3oz Sweet Italian Ground Sausage
- 48g Fat Free Cheddar Cheese
- 92g Egg Beaters or Egg white
- 647 Plain Bagel
- Non-fat Single Cheese
- Salt and Ground Pepper
- Blackstone Orange Silicone 6 Section Egg Ring Tray(recommend)

## DIRECTION

1. In small bowl add 3 oz of lean ground sausage and 24g of fat free cheddar cheese. Mix and make into one patty
2. Set stove top to medium heat temperature and spray cast iron griddle with non stick cooking spray. Add silicone 6 section egg ring tray to cast iron griddle then place patty in one of the egg ring. Let patty cook then add 92g of egg beaters in a egg ring. In the egg ring filled with egg beaters add 24g of fat free cheddar cheese. Season patty and eggs with salt and pepper. Add 647 bagel to cast iron griddle(to toast).
3. Once eggs are cooked using a spatula free the edge of the mold filled with egg beaters then remove entire silicone egg ring tray from cast iron griddle. Flip eggs, patty, and bagel. Turn off stove top once cooked.
4. Add 1 non-fat single cheese to bagel then add patty and eggs.

**Tip:** Make sure to use lean ground sausage(pork or turkey). Macros of ground sausage used in recipe: 2oz = 130 calories, 15g protein, 2g carbs, and 9g fat



[Video Instruction](#)

SERVING  
I

For Entire Recipe:	KCAL.	PROTEIN	CARBS(FIBER)	FAT
	512	60G	58G(20G)	14.5G

AnabolicMD | 92



linhnguyen@sandiego.edu 05 Apr 2022

High Protein  
**GRILLED  
CHEESE**

# High Protein Grilled Cheese

## INGREDIENTS

- 4x Slice of Keto Culture White Bread or L'oven Keto Friendly Bread(slightly higher calories)
- 4x Fat Free Singles American Cheese
- 56g Fat Free Cheddar Cheese
- 28g I can't Believe It's Not Butter(the light one)

## DIRECTION

1. Grab four slices of Keto Culture Bread and add one single american cheese on each slices of bread.
2. Add 28g of fat free cheddar cheese on two slices of bread. Close it to make two grilled cheese sandwiches.
3. Spread 14g of I can't Believe It's Not Butter on each grilled cheese sandwiches (top and bottom outside sides of the bread).
4. Air fry at 400° for 4 minutes then flip and air fry again at 400° for another 4 minutes.



[Video Instruction](#)

SERVING  
2

Per Serving:

KCAL.	PROTEIN	CARBS(FIBER)	FAT
210	25G	32G(22G)	4G

AnabolicMD | 94



High Protein  
**JELLO**

# High Protein Jello

## INGREDIENTS

- 16g Jell-O Strawberry Sugar Free Gelatin Mix
- 2 Scoop Isopure Infusion (tropical punch)
- 16 oz Boiling Water
- 16 oz Cold Water

## DIRECTION

1. In a blender add 16 oz of cold water and 2 scoop of Isopure infusion. Blend then set to the side.
2. Boil 16 oz of water.
3. Pour boiling water in container of choice. Add 16g of Jell-O mixture then mix for two minutes with fork or whisk.
4. Add Isopure mixture into container and mix together for another 2 minutes.
5. Refrigerate until firm(90-120 minutes). To note, once Jell-O is firm top layer will have a foamy mixture which can be eaten or scraped off.



[Video Instruction](#)

SERVING  
2

Per Serving:

KCAL.	PROTEIN	CARBS(FIBER)	FAT
130	24G	2G	1G

AnabolicMD | 96



*Delicious*

# CHICKEN SANDWICH

Delicious

# Chicken Sandwich

## INGREDIENTS

- 8oz Skinless Chicken Thighs
- Salt, Ground Pepper, Onion Powder, and Paprika
- 90g G Hughes Sweet Chili Dipping Sauce
- 60g Coleslaw(Green Cabbage And Carrots)
- 15g Hellmann's Light Mayonnaise
- 42g Non-Fat Plain Greek yogurt
- 20g/ml Unsweetened Almond Milk
- 2x Keto Culture Hamburger Buns
- 2x Non-Fat Singles White Cheese

## DIRECTION

1. Season 8oz skinless chicken thighs on both sides with salt, ground pepper, onion powder, and paprika.
2. Add 90g of G Hughes Sweet Chili to chicken thighs and rub in seasoning
3. Air fry at 400° for 15 minutes(do not need to flip halfway).
4. Coleslaw: in a bowl add 60g coleslaw(buy precut green cabbage and carrots), 15g light mayonnaise, 42g non-fat plain greek yogurt, 20g almond milk, and dash of salt. Mix then set to the sides
5. Toast 2x Keto Culture Buns(optional) then on each bun add 1x non-fat singles white cheese, air fried chicken thighs, and coleslaw.



Video Instruction



SERVING  
I

KCAL.	PROTEIN	CARBS(FIBER)	FAT
529	69G	48G(31G)	15.5G

For Entire Recipe:

AnabolicMD | 98



*High Protein*  
**CHEESY  
GORDITA  
CRUNCH**

## High Protein

# Cheesy Gordita Crunch

## INGREDIENTS

- 4oz Ground Turkey (99%)
- Salt, Ground Pepper, and Paprika
- 5g McCormick Taco Seasoning Mild
- 3x Casa Mamita Taco Shells
- 3x Mission Street Tacos Carb Balance
- 42g Fat Free Cheddar
- 42g Fat Free Mozzarella
- 15g Skinny Girl Ranch
- 30g Fresh Pico De Gallo Mango
- Shredded Iceberg Lettuce

## DIRECTION

1. Set stove top to medium heat temperature and spray skillet with non stick cooking spray. Add 4 oz ground turkey and season with salt, ground pepper, and paprika. Make sure to break ground turkey in small pieces while cooking. Once ground turkey is almost cooked add 5g taco seasoning and 20ml of water. Mix seasoning in and once fully cooked set to the side.
2. Set stove top to medium heat temperature and spray cast iron griddle with non stick cooking spray. Add three mission street tacos and cook on bought sides until slightly crispy.
3. add a total of 28g fat free cheddar cheese and 28g of fat free mozzarella on the mission street tacos(divide cheese amongst all three)
4. Once cheese melted Add 1 hard taco shells on each mission street tacos. Wrap mission street tacos on hard taco shells.
5. In gordita crunch add cooked ground turkey meat, shredded iceberg lettuce, total of 30g fresh pico de gallo mango, 14g fat free cheddar cheese, and 14g of fat free mozzarella cheese(divided amongst al three).



[Video Instruction](#)



SERVING  
I

For Entire Recipe:

KCAL.	PROTEIN	CARBS(FIBER)	FAT
540	66G	64G(29G)	13G

AnabolicMD | 100



Macro Friendly  
**HOT DOG**

# Macro Friendly Hot Dog

## INGREDIENTS

- 3x BallPark Smoked Turkey Franks
- 3x Keto Culture Hot Dog Buns
- Fat Free Cheddar Cheese
- G Hughes Ketchup
- Mustard
- Mt. Olive Sweet Relish (No Sugar Added)

## DIRECTION

1. Using a knife cut slits on three smoked turkey franks.
2. Place turkey franks in air fry and spray with non stick cooking spray. Air Fry at 400° for 10 mins (flip halfway)
3. Add 65g of fat free cheddar cheese in three keto culture hot dog bun (divide cheese amongst three buns)
4. Add cooked turkey franks in bun. Spray hot dogs with non stick cooking spray and air fry at 400° for 3 mins.
5. Add condiments of choice: G Hughes ketchup, mustard, and sweet relish.



[Video Instruction](#)

SERVING  
3

Per Serving:

KCAL.	PROTEIN	CARBS(FIBER)	FAT
131	20G	23G(16G)	2G

AnabolicMD | 102



## Macro Friendly

# Big Mac

### INGREDIENTS

- 8 oz Ground Beef (96%)
- Salt, Ground Pepper, Worcestershire Sauce
- Keto Culture Buns
- 2x Non-Fat Single Cheese
- 15g Hellman's Light Mayonnaise
- 16g G Hughes Ketchup
- 10g Pickle Juice or Sweet Relish(no sugar added)
- Shredded Iceberg Lettuce
- Sliced Tomatoes
- Blackstone Orange Silicone 6 Section Egg Ring Tray(OPTIONAL NOT NEEDED)

### DIRECTION

1. Make two 4 oz patties with lean ground beef. Set stove top to medium heat temperature and spray cast iron griddle with non stick cooking spray. Add two patties to cast iron griddle. Season with salt and ground pepper.
2. Once side of patty is cooked flip and season other side with salt and ground pepper. May add keto culture buns to cast iron griddle to toast(optional).
3. Once patties almost cooked add worcestershire sauce.
4. Add non-fat single cheese on each patty and once melted take off cast iron griddle and set to the side.
5. To make big mac sauce: in a small bowl add 15g light mayonnaise, 16g G Hughes Ketchup, and 10g pickle juice. Mix well.
6. To two buns add big mac sauce, then patties, sliced tomato, and iceberg lettuce.



[Video Instruction](#)



SERVING  
I

For Entire Recipe:

KCAL.	PROTEIN	CARBS(FIBER)	FAT
480	68G	38G(30G)	15.5G

AnabolicMD | 104



*Delicious*  
**SHRIMP  
AND FRIES**

Delicious

# Shrimp and Fries

## INGREDIENTS

- 168 Ore-Ida Golden Fries
- 395g Large Shrimp(tail on, uncooked)
- Salt, Ground Pepper, Smoked Paprika, Onion Powder
- 150g G Hughes Sweet Chili dipping sauce

## DIRECTION

1. Add 168g Ore-Ida Golden Fries to air fryer tray and spray with non stick cooking spray. Season with salt and ground pepper. Air Fry at 400° for 14 mins(Flip halfway)
2. In a large bowl add 395g shrimps. Season with salt, ground pepper, smoked paprika, and onion powder. mix well and add more seasoning to taste.
3. Add 150g G hughes sweet chili to shrimps and mix well.
4. Air fry shrimps at 400° for 9 mins



[Video Instruction](#)

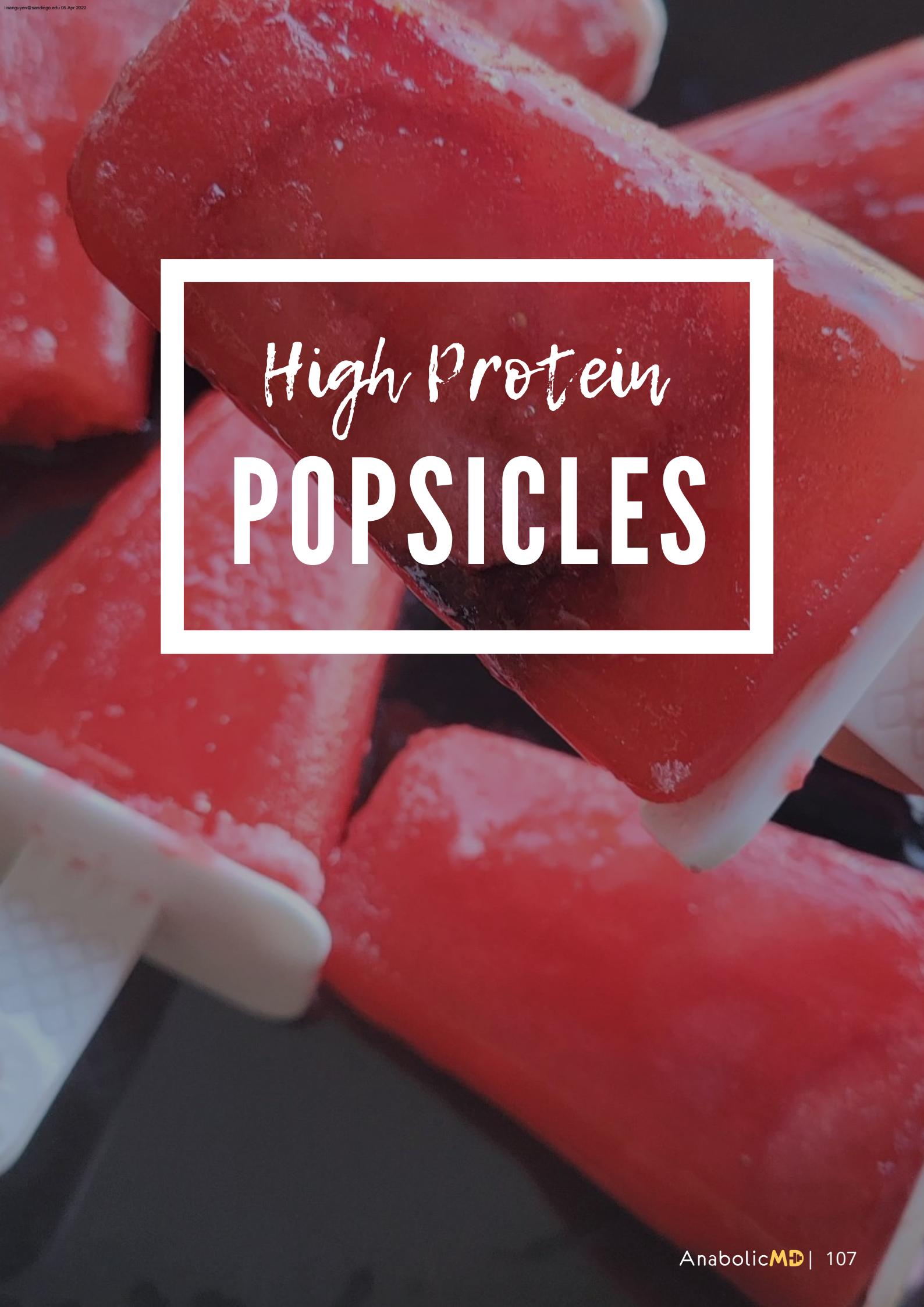


SERVING  
I

For Entire Recipe:

KCAL.	PROTEIN	CARBS(FIBER)	FAT
485	67G	38G(2G)	8G

AnabolicMD | 106



# High Protein **POPSICLES**

# High Protein Popsicles

## INGREDIENTS

- Popsicle Mold
- 10-12 oz water
- 2 Scoop Isopure Infusions (Tropical Punch)
- 2 Packet Crystal Light Fruit Punch
- 50g Berries (strawberry, blackberries, and raspberries)

## DIRECTION

1. In a measuring cup add 10-12 oz of water. Add 2 scoop isopure infusions and 2 packet of crystal light fruit punch. Mix well.
2. Pour into a popsicle mold then add 50g of berries of your choice.
3. Place in freezer.
4. Once frozen make sure to let it sit in room temperature for 15-20 minutes before consuming! (to soften).



[Video Instruction](#)

SERVING  
I

For Entire Recipe:			
KCAL.	PROTEIN	CARBS(FIBER)	FAT
206	40G	8G(1G)	0G

AnabolicMD | 108



# High Protein **LOADED FRIES 2.0**

## High Protein

# Loaded Fries 2.0

## INGREDIENTS

- 168g Ore-Ida Golden Fries
- Salt and Ground Pepper
- 8oz Ground Turkey(99%)
- Salt, Pepper, Smoke Paprika
- 10g McCormick Taco Seasoning Mild
- 45ml Water
- 19g Light Mayonnaise
- 20g G Hughes Ketchup
- 30g Sweet Relish(no sugar added)
- 28g Fat Free Cheddar Cheese
- Shredded Iceberg Lettuce

## DIRECTION

1. Add 168g Ore-Ida Golden Fries to air fryer tray and spray with non stick cooking spray and then season with salt and ground pepper. Air fry at 400° for 14 mins(flip halfway).
2. Set stove top to medium heat temperature and spray skillet with non stick cooking spray. Add 8oz lean ground turkey and season with salt, ground pepper, and smoked paprika. let it cook then flip it over and season with same seasoning. Break ground turkey into small pieces using spatula. Once ground turkey cooked add 10g taco seasoning and 45ml of water and mix well. turn off stove top and set it to the side.
3. To make sauce: add 19g light mayonnaise, 20g G Hughes Ketchup, and 30g Sweet Relish. Mix well.
4. In a bowl add fries, cooked ground turkey, 28g fat free cheddar cheese, shredded iceberg lettuce, and saue.



[Video Instruction](#)



SERVING  
I

For Entire Recipe:

KCAL.	PROTEIN	CARBS(FIBER)	FAT
546	69G	38G(4G)	14.4G

AnabolicMD | 110



Quick/Easy  
**BREAKFAST**

Quick/Easy

# Breakfast

## INGREDIENTS

- 1x Joseph's Mini Pita Bread
- 1x Egg
- 28g Fat Free Mozzarella Shredded Cheese
- 10g Fat Free Feta Cheese
- Sriracha Sauce
- Melinda's Habanero honey mustard or Mango Habanero

## DIRECTION

1. Put 1 mini pita bread in air fryer tray. Add one egg on the mini pita then add 28g fat free mozzarella cheese, and 10g fat free feta cheese. Season with salt, pepper, and oregano(or italian seasoning).
2. Air Fry @400° for 7 minutes.
3. Add sriracha and habanero honey mustard(SPICY!)



[Video Instruction](#)



SERVING  
I

KCAL.	PROTEIN	CARBS(FIBER)	FAT
167	22G	10G(2G)	6.5G

For Entire Recipe:



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Low Calorie  
**CHEESECAKE**

Low Calorie

# Cheesecake

## INGREDIENTS

- 150g Greek Yogurt (Non-fat Plain)
- 30g Fat Free Cream Cheese
- 7g Sugar Free Cheesecake Jell-O Pudding Mix
- 42g Great Value Cherry Pie Filling(No Sugar Added) or Duncan Hines Cherry Pie Filling (No Sugar Added)

## DIRECTION

1. In a bowl add 150g Greek Yogurt, 30g Fat Free Cream Cheese, and 7g Cheesecake Jell-O Pudding Mix. Mix Well
2. Top with 42g Cherry Pie Filling(no sugar added)
3. Enjoy :)



[Video Instruction](#)

SERVING  
I

For Entire Recipe:  
**KCAL.** 149    **PROTEIN** 18G    **CARBS(FIBER)** 17.5G(0G)    **FAT** 0G

AnabolicMD | 114



# Meat Prep PIZZA

# Meal Prep

# Pizza

## INGREDIENTS

- 8x Joseph's Mini Pita Bread
- 196g Fat Free Cheddar Cheese
- 240g Pizza Sauce
- 196g Fat Free Mozzarella Cheese
- 126g Turkey Pepperoni
- 56g Hormel Crumbled Bacon
- Oregano

## DIRECTION

1. On baking sheet(i used a cast iron griddle in the video) add 8 mini pita bread.
2. Cut a slit on one side of all the mini pita bread
3. On Each Pita Bread add the following ingredients:
  - a. 24g Fat free Cheddar Cheese (inside of pita bread)
  - b. 30g Pizza Sauce
  - c. 24g Fat Free Mozzarella Cheese
  - d. 16g Turkey Pepperoni
  - e. 7g Hormel Crumbled Bacon
4. Bake at 400° for 6 minutes

Tip: RINSE FAT FREE CHEESE WITH WATER(MELTS BETTER)



[Video Instruction](#)



SERVING  
4

For Two Pizza:

KCAL.	PROTEIN	CARBS(FIBER)	FAT
418	60G	26G(5G)	11G



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