



Breakfast

French Toast Blueberry Pancakes

Makes 2 servings (2 pancakes)

Prep Time: 5 min. | Cook Time: 8 min.

Calories	310
Fat (g)	3
Carbs (g)	39
Fiber (g)	4
Protein (g)	32.5

French toast, blueberries, and pancakes, how can you go wrong? Taste the deliciousness of a classic North American breakfast while keeping your gains.

Ingredients

2 cups egg whites
4 slices regular ass white bread (up to 80 calories per slice)
4 packs sweetener
2 tsp cinnamon
1 tbsp vanilla extract
1.5 tsp guar/xanthan gum
100g blueberries
0.5 cup low calorie syrup
Cooking spray

Directions

1. In a blender, add bread slices, egg whites, guar/xanthan gum, sweetener, vanilla extract, and cinnamon.
2. Blend on high until mixture is uniform in consistency. Remove mix from the blender and add to a fridge-safe airtight container.
3. (OPTIONAL): Let sit for 2-3 hours or more in the refrigerator. The longer you let the mixture rest, the better it binds. (Note: it can be cooked right away but it's better if it has time to sit).
4. Heat a griddle over low-medium heat. Spray griddle with cooking spray. Add mixture to griddle and let sit for 1-2 minutes until edges appear cooked through.
5. Add blueberries to the pancake in the griddle.
6. Once edges start to brown and pancake appears to be visibly cooked about 2/3 of the way, flip the pancake in the griddle and let sit another 1-2 minutes.
7. Remove pancake from the griddle and serve on a plate with low calorie syrup or leftover blueberries.

Vegetarian

Gluten-Free

Nutrition Per Serving

Liquid Muscle Quick & Easy Pancakes

Calories	510
Fat (g)	2
Carbs (g)	27
Fiber (g)	2
Protein (g)	95

Makes 1 serving

Prep Time: 3 min. | Cook Time: 4 min. | Ready in: 7 min.

Ingredients

500g Liquid Muscle egg whites
50g casein protein
4 packs of sweetener
1/2 tsp baking powder or guar gum
(*use certified gluten-free guar gum if you are following a gluten-free diet)

Cooking Spray

Optional Toppings

Berries, Low Calorie Syrup, Low Fat Greek Yogurt

Directions

1. In a bowl, mix egg whites, casein protein, sweetener, and baking powder/guar gum with a fork until a uniform consistency is achieved.
2. Heat a griddle over low-medium heat. Spray griddle with cooking spray. Add mixture to griddle and let sit for 1-2 minutes until edges appear cooked through.
3. Remove pancake from the griddle and serve on a plate with toppings of choice. (*NOTE: Estimated nutritional values do NOT include the toppings!)

Lunch

Chicken / Turkey / Beef wrap on Joseph's Flax, Oat Bran & Whole Wheat Lavash

Ingredients

1 Joseph's Flax, Oat Bran & Whole Wheat Lavash
100g grilled chicken breast OR 80g extra lean ground turkey OR 65g extra lean ground beef/steak
1/2 serving veggies: cucumber / spinach / mushroom / onion
1 tbsp Walden Farms mustard sauce
1/2 tsp. Mrs. Dash dry seasoning
1 tbsp. soy bacon bits

Nutrition Per Serving

	Beef	Chicken	Turkey
Calories	340	380	350
Fat (g)	11	9	13
Carbs (g)	27	27	27
Fiber (g)	11	11	11
Protein (g)	33	45	34

"Lite" Version

Use half instead of a full Joseph's Flax, Oat Bran & Whole Wheat Lavash

	Beef	Chicken	Turkey
Calories	275	315	285
Fat (g)	9	7	11
Carbs (g)	20	20	20
Fiber (g)	8	8	8
Protein (g)	28	40	29

Dinner

Vegetarian (egg white version)

Flatout Flavorit Chicken / Turkey / Beef / Egg White Wrap

Ingredients

1 Flatout Flavorit Flatbread / Wrap (60 calories)
 60g grilled chicken breast OR 50g extra lean ground turkey OR 40g extra lean ground beef/steak OR 1/3 cup egg whites (*choose egg whites for vegetarian diets*)
 1/2 serving veggies: cucumber / spinach / mushroom / onion
 1 tbsp Walden Farms mustard sauce
 1/2 tsp. Mrs. Dash dry seasoning
 2 tsp. soy bacon bits

Nutrition Per Serving				
	Beef	Chicken	Egg Whites	Turkey
Calories	230	245	200	230
Fat (g)	6	5	3	7
Carbs (g)	26	26	26	26
Fiber (g)	11	11	11	11
Protein (g)	19	26	16	20

Snack

Vegetarian

Cottage Cheese Protein Pudding - Chocolate

Nutrition Per Serving

Calories	99
Fat (g)	1
Carbs (g)	14
Fiber (g)	2
Protein (g)	8

Makes 9 servings

Prep Time: 2 min. | Ready in: 6 min.

Ingredients

2 cups 0% fat cottage cheese
 4.5 cups unsweetened almond milk
 2 scoops RYSE chocolate peanut butter cup whey protein
 1 package of fat-free Jell-O chocolate pudding (120 calories)
 1.5-2 tbsp guar/xanthan gum
 10 packets of sweetener

Directions

1. Add all ingredients to a blender. Blend for 3 minutes on medium-high speed until there is a smooth consistency. *Note that the more casein protein is used, the thicker the pudding will be.*
2. Remove pudding from blender and transfer to an airtight refrigerator safe container. Pudding is ready to eat.

