

WARRIOR

WARRIOR NUTRITION GUIDE

WARRIOR

 **WARRIOR**

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LOVE YOUR BODY & treat it like you do.

We've put this guide together to help you understand how to nourish your body and eat to reach your goals.

- 1 Nutrition is very personalized and depends on multiple factors. There is no one size fits all solution.
- 2 Eat a variety of whole foods, focusing on natural food sources and stay away from packaged or long-lasting items.
- 3 Get your nutrients from low glycemic index foods like vegetables, fruit, protein, fats and legumes rather than bread and other carbohydrates.
- 4 Aim to get your nutrition from all 3 macronutrients: protein (P), fats (F), & carbohydrates (C). They are all very important.
- 5 Get your fats from plants like olive oil, nuts & whole grains.
- 6 Your diet will look very different depending on your goal. If you would like more customized nutrition guidance, [start with our free Nutrition Guide](#) and send us an email. We will give you detailed feedback to help guide your journey.
- 7 Eating healthy is about changing your perspective and mindset on food. If you get off track, do not punish yourself. It's not the end of the world. Enjoy your treat, and just get right back on track.

YOUR MEAL PLAN

SUNDAY	Breakfast	Lunch	Dinner	Smoothie
Protein 132.5g Carbs 108.5g Fats 62g 1,451 Calories	Protein Packed Overnight Oats	Pesto Chicken and Veggies	Pesto Pan-Roasted Italian Chicken	Cold Brew Mocha Protein Smoothie
MONDAY	Breakfast	Lunch	Dinner	Smoothie
Protein 85g Carbs 65g Fats 41g 1,226 Calories	Spinach & Tomato Frittata	Chicken & Avocado Zucchini-Noodle Bowl	Sweet Potato & Roasted Chickpea Bowl	Avocado, Kale & Spinach Smoothie
TUESDAY	Breakfast	Lunch	Dinner	Smoothie
Protein 113g Carbs 65g Fats 41g 1,199 Calories	Golden Tofu Scramble	Easy Chicken Quesadilla	Turkey Bolognese With Zucchini Noodles	Strawberry Banana Protein Shake
WEDNESDAY	Breakfast	Lunch	Dinner	Smoothie
Protein 102g Carbs 83g Fats 51g 1,141 Calories	Egg & Bacon Mini Casseroles	Baked Hummus Crusted Chicken	Salmon Cakes on Mixed Greens	Berry Peanut Butter Smoothie
THURSDAY	Breakfast	Lunch	Dinner	Smoothie
Protein 127g Carbs 87g Fats 34g 1,267 Calories	Avocado Toast with Sunny Side Eggs	Poached Chicken with Veggies & Peanut Sauce	Slow Cooker Chicken & Lentil Chili	Avocado, Kale & Spinach Smoothie
FRIDAY	Breakfast	Lunch	Dinner	Smoothie
Protein 97g Carbs 136g Fats 41g 1,291 Calories	Raspberry Coconut Overnight Oats	Strawberry & Spinach Salad with Rotisserie Chicken	Chicken & Brown Rice Bowl	Strawberry Banana Protein Shake
SATURDAY	Breakfast	Lunch	Dinner	Smoothie
Protein 110g Carbs 117g Fats 50g 1,373 Calories	Banana Protein Pancakes	Sweet Spicy Chicken Cobb Salad	Grilled Steak & Potato Salad	Cold Brew Mocha Protein Smoothie

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BREAKFAST RECIPES

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BREAKFAST

RECIPES

SUNDAY

Protein-Packed Overnight Oats

Ingredients

- 1/2 cup (80g) old fashioned oats
- 1/3 cup (80g) skim milk
- 1/3 cup (75g) nonfat plain Greek yogurt
- 1 tablespoon almond butter
- 2 teaspoons honey
- 1/4 teaspoon apple pie spice
- 1/2 medium (180g) apple, cored and chopped
- 2 teaspoons chopped toasted walnuts

Directions

Combine oats, milk, yogurt, almond butter, honey, spice, and apple in a 1-cup jar, stirring until very well blended. Cover and refrigerate 8 hours or overnight.

Stir before serving and sprinkle with walnuts.



Calories 438kcal Protein 21g Carbs 58g Fats 16g

MONDAY

Spinach & Tomato Frittata

Ingredients

- 6 large eggs
- 1/4 cup (60g) skim (1%) milk
- 1/4 teaspoon salt
- 1/4 teaspoon coarsely ground black pepper, divided
- 1 teaspoon olive oil
- 1/2 small red onion, halved and thinly sliced
- 1 (5-ounce or 140g) container spinach leaves
- 12 cherry tomatoes, halved
- 1/4 cup (28g) shredded part-skim mozzarella cheese

Directions

Place oven rack in upper third of oven, about 10 inches away from heat; preheat broiler. Whisk together eggs, milk, salt, and 1/8 teaspoon pepper. Set aside.

Heat oil in a 10-inch ovenproof nonstick skillet (such as cast iron)

over medium heat. Add onion and cook, stirring often, 3 or until tender. Stir in spinach; cover and cook, tossing occasionally with tongs, 2 minutes or until wilted.

Pour egg mixture over spinach mixture. Fold gently with a rubber spatula to combine. Sprinkle top with tomatoes. Cook over medium heat for 4 minutes or until edges begin to set and bottom is cooked. Place in oven.

Broil 3 minutes until frittata is golden brown and center is set. Remove from oven; sprinkle with mozzarella cheese and remaining 1/8 teaspoon pepper. Broil 1 minute or until cheese melts.

Cut into 6 (3 1/2-inch) wedges (remember handle will be hot when serving). Serve immediately.

Serves: 6 | Serving Size: 1 (3 1/2-inch wedge) or 75 grams

Calories 250kcal Protein 13g Carbs 4g Fats 7g

BREAKFAST

RECIPES

TUESDAY

Golden Tofu Scramble

Ingredients

- 16 ounces (453 grams) firm or extra-firm tofu, pressed and drained
- 2 teaspoons (10 ml) avocado or coconut oil
- 2 cloves garlic, minced
- 1 cup (240 ml) red onion, finely chopped
- 1 cup (240 ml) button mushrooms, chopped
- 2 teaspoons (10 ml) turmeric
- 2 teaspoons (10 ml) cumin
- 1 teaspoon (5 ml) sea salt
- 1/2 teaspoon (2.5 ml) ground pepper
- 1 cup (240 ml) shredded kale or baby spinach
- 1/4 cup (60 ml) nutritional yeast

Directions

Add oil to a large skillet set over medium heat. Once hot, add garlic and onion, cooking for about 3–4 minutes or until onions begin to soften.

Add mushrooms to the pan, then use your fingers to crumble the tofu into chunks before tossing it into the pan as well. Cook for about 10 minutes, stirring occasionally. If the tofu starts to stick or the pan becomes dry, add a little water to the pan.

Add the turmeric, cumin, salt and pepper and stir to combine. Then add the kale and nutritional yeast. Stir and cook for an additional 3–4 minutes. Taste and season with additional black pepper and sea salt, if needed. Serve the scramble warm with sliced avocado and fresh herbs. Serving Size: 1/4 recipe

Calories 228kcal	Protein 20g	Carbs 10g	Fats 11g
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WEDNESDAY

Egg & Bacon Mini Casseroles

Ingredients

- 1 (10oz or 280g) package frozen chopped spinach, thawed
- 4 slices (35g per slice) 100% whole-wheat bread, cubed
- 2 tablespoons olive oil
- 1 cup (110g) shredded cheddar cheese
- 3 green onion stalks (35g), chopped
- 1/2 teaspoon garlic powder
- 1/4 teaspoon salt Black pepper, to taste
- 4 slices (110g) cooked beef/turkey bacon, chopped
- 5 large (50g each) eggs
- 1 1/4 cups (300ml) low-fat milk

Directions

Preheat oven to 375°F (190°C). Spray one 12-well muffin tin (or two 6-well muffin tins) with cooking oil spray, and set aside. Put thawed spinach into a mesh strainer, and squeeze out as much excess water as possible. Set spinach aside.

In a large mixing bowl, coat cubed bread with olive oil. Add spinach, cheese, green onions, garlic powder, salt, pepper and bacon. Toss the bread mixture until well combined. Divide the mixture evenly among the 12 muffin-tin wells.



In the same bowl, beat the eggs and stir in the milk. Pour the mixture over the bread in the muffin tin, trying your best to evenly divide the egg-and-milk mixture into each muffin well. Bake the casseroles for 30–40 minutes, or until the bread on top is golden and crispy and the centers are set. Test by poking a skewer into one of the casseroles, and see if it comes out clean.

Calories 300kcal	Protein 17g	Carbs 14g	Fats 20g
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BREAKFAST

RECIPES

THURSDAY

Avocado Toast with Sunny Side Egg

Ingredients

- 1 slice whole-grain bread, toasted (1.5 ounces)
- 1 ounce (1/4 small Haas) avocado, mashed
- 2 large eggs
- Salt and pepper, to taste
- Hot sauce (optional)

Directions

Mash the avocado in a small bowl and season with salt and pepper.

Heat a small nonstick skillet over low heat, coat with cooking spray and gently crack the eggs into the skillet. Cover and cook to your liking.

Place mashed avocado over toast, top with egg, salt and pepper and hot sauce if desired.



Calories 228kcal

Protein 20g Carbs 10g Fats 11g

FRIDAY

Raspberry Coconut Overnight Oats

Ingredients

- 1/2 cup (45g) Quaker Oats
- 1 1/2 teaspoons (7.4mL) lemon juice
- 1/2 cup (124mL) low-fat milk
- 1/2 teaspoon (2.5mL) vanilla extract
- 1 teaspoon (5mL) chia seeds
- 1/2 cup (62g) raspberries
- 1/8 cup (12g) shredded coconut
- 1/3 cup (50g) bananas, sliced

Directions

Add 1/2 cup of oats to your container of choice and pour in the mixture of milk, lemon juice and vanilla extract. Add chia seeds. Alternate between layers of raspberries, layers of shredded coconut and layers of banana slices. Cover, place in fridge and enjoy in the morning or a few hours later.



Calories 345kcal

Protein 12g

Carbs 65g

Fats 7g

BREAKFAST

RECIPES

SATURDAY

Banana Protein Pancakes



Ingredients

- 2 large (120g each) ripe bananas
- 4 large eggs
- 1 teaspoon cinnamon

Directions

Mash bananas until smooth using a large spatula. Then, add the eggs and cinnamon. Whisk the ingredients together until the batter is smooth.

Heat a large non-stick skillet over medium-low heat. Coat with cooking spray.

Use a 1/4-cup measure to portion pancakes. Cook pancakes for about 1-2 minutes on both sides until the bottom is golden brown. Garnish as desired and serve.

Serves: 2 | Serving Size: 4 pancakes

Calories 271kcal	Protein 14g	Carbs 33g	Fats 10g
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LUNCH RECIPES

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LUNCH

RECIPES

SUNDAY

Pesto Chicken and Veggies

Ingredients

- Olive oil
- Chicken thighs, boneless and skinless
- Sun-dried tomatoes
- Asparagus
- Basil pesto
- Cherry tomatoes

Directions

Heat a large skillet on medium heat, add 2 tablespoons olive oil, add sliced chicken thighs, season chicken generously with salt, add half of chopped sun-dried tomatoes - and cook everything on medium heat for 5-10 minutes, flipping a couple of times, until the chicken is completely cooked through. Remove the chicken and sun-dried from the skillet, leaving oil in.

Add asparagus seasoned with salt, remaining half of sun-dried tomatoes, and cook on medium heat for 5-10 minutes until the asparagus cooked through. Remove asparagus to serving plate.

Add chicken back to the skillet, add pesto, stir to coat on low-medium heat until chicken is reheated, 1 or 2 minutes. Remove from heat. Add halved cherry tomatoes, mix with the pesto and the chicken. Add chicken and tomatoes to the serving plate with asparagus.
Serving Siize: 1/2 the meal.



Calories 434kcal Protein 54.5g Carbs 18.5g Fats 20g

MONDAY

Chicken & Avocado Zucchini-Noodle Bowl

Ingredients

- 1/2 cup (120ml) 0% Greek yogurt
- 1 tablespoon olive oil
- 1 tablespoon honey
- 1 tablespoon fresh lemon juice
- 1 teaspoon wasabi paste
- 1/2 teaspoon salt
- 4 cups (100g) baby spinach, coarsely chopped
- 1 pound (450g) zucchini noodles, from 2 medium zucchinis
- 1 pound (450g) cooked chicken breasts, about 3 cups, cubed
- 16 grape tomatoes, halved
- 1 medium avocado, pitted and sliced

Directions

In a cup, stir the yogurt, olive oil, honey, lemon juice, wasabi and salt. Reserve. In each of four wide bowls, spread a cup of spinach, a heaping cup of zucchini noodles and top with 1/4 of the chicken, 4 halved grape tomatoes and 1/4 of the avocado.

Drizzle with 2 heaping tablespoons of the yogurt mixture and serve.
Serves: 4 | Serving Size: about 3 cups/720ml

Calories 261kcal Protein 29g Carbs 15g Fats 6g

LUNCH

RECIPES

TUESDAY

Easy Chicken Quesadilla

Ingredients

- 1 medium (120 grams) tomato, seeded and chopped
- 1/4 cup (40 grams) chopped onion
- 1 tablespoon chopped fresh cilantro
- 1 tablespoon fresh lime juice
- 1/4 teaspoon ground cumin
- 1/8 teaspoon salt
- 1 cup (140 grams) cooked chicken breast, shredded or chopped
- 1/2 cup (40 grams) shredded pepper jack cheese
- 2 (8-inch) low carb whole-wheat tortillas

Directions

Preheat the oven to 425°F. Combine tomato, onion, cilantro, lime juice, cumin and salt in a small bowl, and set aside.

Lightly coat one side of each tortilla with cooking spray. Place one tortilla, sprayed side down, on a baking sheet. Top with chicken and cheese. Top with remaining tortilla, sprayed side up. Bake 10 minutes, or until golden brown. Cut into 4 wedges. Serve 2 wedges with 1/2 cup salsa. Serving Size: 2 wedges + 1/2 cup salsa



Calories 358kcal Protein 38g Carbs 18g Fats 15g

WEDNESDAY

Poached Chicken, Steamed Veggies & Peanut Sauce

Ingredients

- 1/2 cup (120 ml), plus 1 tablespoon (15 ml), light coconut milk, well stirred
- 4 ½ tablespoons (67.5 ml) all-natural peanut butter (such as Adams)
- 1 teaspoon (5 ml) low-sodium soy sauce
- 1 ½ teaspoons (7.5 ml) packed brown sugar
- 1½ teaspoons (7.5 ml) Thai red curry paste
- 1/2 teaspoon (2.5 ml) turmeric
- 1 ½ inches fresh ginger, thinly sliced
- 3/4 teaspoon (3.75 ml) salt
- 2 large carrots, peeled and cut at an angle into 1/4-inch slices
- 8 ounces (227 ml) bite-size broccoli florets (about 4 cups)
- 8 ounces (227 ml) green beans, trimmed (2 1/2 cups)
- 1 pound (453 grams) boneless skinless chicken breast tenders
- 1 lime, cut into wedges

Directions

In a small saucepan, whisk together coconut milk, peanut butter, soy sauce, brown sugar, curry paste and turmeric and bring to a simmer over low heat. Cover and set aside.

In a medium saucepan, combine 3 1/2 cups of water, ginger slices and salt. Fit a metal steamer basket into the pan. Cover and bring to a boil over high heat. Remove the lid and place the carrots, broccoli and green beans in layers, in that order, in the steamer basket. Cover, reduce heat to medium-low and steam the vegetables until crisp-tender, 6–8 minutes. Remove the steamer basket from the pan and transfer the vegetables to a serving bowl, cover loosely with foil and set aside.

Add the the chicken to the water in the saucepan, cover, and place over low heat. Simmer very gently (do not boil) until just cooked through, 6 minutes. Drain and discard ginger. Combine the chicken and vegetables and serve drizzled with the peanut sauce. Serve lime wedges. Serves 4. Serving Size: 4 ounces chicken, 1 cup broccoli, 2/3 cup green beans, 1/2 cup carrots, 3 tablespoons peanut sauce.

Calories 281kcal
Protein 32g Carbs 34.5g Fats 11g

LUNCH

RECIPES

THURSDAY

Baked Hummus-Crusted Chicken



Ingredients

- 4 (6 ounces or 170g each) boneless, skinless chicken breasts
- 1/2 teaspoon salt, divided
- 1/2 teaspoon pepper, divided
- 3 medium zucchini or yellow summer squash, roughly chopped
- 1 medium onion, roughly chopped
- 1 cup (246g) hummus
- 1 tablespoon olive oil
- 1 teaspoon paprika, divided
- 1 lemon, quartered

Directions

Preheat oven to 450°F (232°C). Spray two glass baking dishes with cooking spray. While oven is preheating, pat the chicken dry. Season chicken breast with 1/4 teaspoon salt and 1/4 teaspoon pepper. Add the chicken breast and hummus into a small bowl and toss until well-coated.

In a glass baking pan, toss the zucchini and onion with olive oil, 1/4 teaspoon salt and 1/4 teaspoon pepper until coated. Pat vegetables down until it makes an even layer in the baking pan. Sprinkle with 1/2 teaspoon paprika. Bake for 15 minutes.

In the second glass baking dish, add the chicken breast. Sprinkle with 1/2 teaspoon paprika.

Place both baking dishes into the oven. Bake the vegetables for about 15 minutes, and bake the chicken for about 20 minutes. Serve each chicken breast with about 3/4 cup of vegetables and 1 lemon wedge.

Serves: 4 | Serving Size: 1 chicken breast) + 3/4 cups veggies + 1 lemon wedge

Calories 358kcal Protein 39g Carbs 22g Fats 11g

LUNCH

RECIPES

FRIDAY

Strawberry & Spinach Salad with Rotisserie Chicken

Ingredients

- 2 cups strawberries, hulled and halved or quartered
- 1 ½ tablespoons white wine or apple cider vinegar
- 1 ½ tablespoons honey
- 1 ½ tablespoons low-fat Greek yogurt
- 2 teaspoons chia seeds
- 1 teaspoon minced shallot
- 1/4 teaspoon Dijon mustard
- 1 pinch salt
- 2 ½ tablespoons mild olive oil
- 8 cups baby spinach
- 2 cups shredded rotisserie chicken breast (skin and bones discarded)
- 1/4 cup toasted sliced almonds

Directions

Finely chop one strawberry and place it in a small mixing bowl. Add the vinegar, honey, yogurt, chia seeds, shallots, mustard and salt and whisk until everything is well combined. Gradually whisk in the olive oil in a slow, steady stream.

Divide the spinach among four shallow bowls. Top with the chicken, strawberries and almonds. Drizzle salads with dressing and serve.

Serves: 4 | Serving Size: 2 cups spinach, 1/2 cup shredded chicken, 1/2 cup strawberries, 1 tablespoon almonds, 1 1/2 tablespoons dressing.

Calories 317kcal

Protein 28g

Carbs 18g

Fats 7g

SATURDAY

Sweet Spicy Chicken Cobb Salad

Ingredients

- 2 small (170g) boneless, skinless chicken breasts
- 3 tablespoons safflower oil, divided
- 3 teaspoons salt-free chili powder + 1 pinch salt
- 3 tablespoons apple cider vinegar
- 3 tablespoons ketchup
- 4 teaspoons honey
- 9 cups (720g) romaine lettuce, chopped
- 1 slice thick-cut bacon, cooked, drained and crumbled
- 1/2 medium avocado, diced (1 cup)
- 1 cup (60g) canned, low-sodium black beans, drained
- 1 cup (150g) frozen corn, defrosted
- 1 cup (150g) chopped tomatoes

Directions

Preheat a grill or grill pan over medium heat. Drizzle the chicken with 1 teaspoon of oil and sprinkle all over with 2 teaspoons of chili powder and the salt. Grill, flipping occasionally, until the chicken is cooked through – about 15 minutes. Transfer the chicken to a cutting board and let rest. Chop into bite-size pieces. In a small bowl, whisk together the remaining 1 teaspoon of chili powder, vinegar, ketchup and honey until smooth. Gradually whisk in the remaining oil.



Divide the lettuce among 4 plates. Add the chicken, bacon, avocado, beans, corn and tomatoes over the lettuce. Drizzle with the dressing. Serves: 4 | Serving Size: 1 salad plus 2 1/2 tablespoons of dressing

Calories 452kcal

Protein 26.4g

Carbs 31g

Fats 22.2g

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DINNER RECIPES

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DINNER

RECIPES

SUNDAY

Pan-Roasted Italian Chicken with Pesto

Ingredients

- 1/4 teaspoon salt + 1/4 teaspoon black pepper
- 1/2 teaspoon lemon zest
- 4 (170 grams) bone-in, skin-on chicken thighs
- 1 tablespoon fresh lemon juice
- 6 cups (115 grams) baby spinach
- 1 cup (150 grams) cherry tomatoes, halved
- 1/4 cup (60 grams) prepared basil pesto

Directions

Combine salt, pepper and zest; sprinkle evenly over both sides of chicken. Preheat oven to 425°F. Heat a 12-inch cast-iron skillet over medium heat. Place chicken, skin side down, in pan. Cook 10 minutes, until skin crisps and browns. Drain drippings from pan. Turn chicken skin side up. Transfer to oven, and bake 15 minutes, until chicken reaches 155°F when tested with a thermometer.

Transfer chicken to a plate; do not drain remaining drippings. Stir lemon juice into skillet. Toss spinach and tomatoes in hot pan until spinach wilts slightly. Place chicken on spinach mixture, and spread each thigh with 1 tablespoon pesto, and serve hot.

Serves: 4 | Serving Size: 1 thigh + 1 tablespoon pesto + 1 1/4 cups spinach and tomatoes.



Calories 315kcal

Protein 23g

Carbs 5g

Fats 23g

MONDAY

Sweet Potato and Roasted Chickpea Bowl

Ingredients

- 1 15-ounce can no-salt added chickpeas, drained
- 1 tablespoon fresh rosemary, chopped and divided
- 3 tablespoons olive oil, divided
- 2 tablespoons balsamic vinegar
- 1 clove garlic, pressed
- 1/2 teaspoon salt
- 4 cups (532g) cubed sweet potato, from about 2 medium potatoes
- 4 cups (268g) chopped kale
- 1/4 cup (27g) walnuts, coarsely chopped

Directions

Preheat the oven to 205°C. Place the drained chickpeas on a kitchen towel and fold the towel over, to enclose the chickpeas. Rub gently and open up the towel, the skins of the chickpeas should have loosened so you can remove them. This step really

improves the texture of the chickpeas. Place the skinned chickpeas on a sheet pan. Drizzle 1 tablespoon olive oil over the chickpeas, add 2 teaspoons of the chopped rosemary and toss to coat. Place the pan in the oven and roast for 25–30 minutes.

When the chickpeas are crunchy, remove the pan and cool on a rack. When cool, transfer to a bowl and chill, if not eating immediately. In a cup, whisk the remaining olive oil, balsamic vinegar, reserved teaspoon of rosemary, garlic and salt, reserve. Cube the sweet potatoes and place in a steamer, steam over simmering water for 5 minutes, until the sweet potato is tender when pierced with a paring knife. Transfer the sweet potatoes to four wide, low bowls. Over the same simmering water, steam the kale for about 2 minutes. Transfer the kale to a kitchen towel and pat dry, then place on the cutting board and chop. Arrange the kale on top of the sweet potatoes. Arrange 1/4 of the chickpeas atop each bowl and drizzle with 1 tablespoon of dressing. Top with chopped walnuts and serve. Serves: 4 | Serving Size: About 2 1/2 cups per serving

Calories 356kcal

Protein 8g

Carbs 43g

Fats 18g

DINNER

RECIPES

TUESDAY

Turkey Bolognese with Zucchini Noodles

Ingredients

- 1 tablespoon (15ml) olive oil
- 1/4 cup (40g) onion, chopped
- 1 stalk celery, finely chopped
- 2 small carrots, minced
- 1 pound (450g) ground turkey
- 15 ounces (411g) canned diced tomatoes with juices
- 1/4 cup (20g) Parmesan cheese, optional, for serving
- 4 medium zucchini

Directions

Set a medium pot over medium-high heat and pour in the olive oil, heat for a few seconds before adding the onions. Stir, cooking for about 5 minutes,

then add the celery and carrots. When they start to sizzle, reduce the heat to low and cook for about 10 minutes. Stir occasionally.

When the carrots are softened and the onions are golden, add the turkey. Raise the heat to medium-high. Stir, breaking up the turkey into small bits as it browns. Cook until the turkey is cooked through and no pink remains. Add the diced tomatoes and stir, cooking until the pan is nearly dry, about 10 minutes.

Spiralize the zucchini and divide among four plates. Top each serving of zucchini noodles with about 1 cup of sauce.

Serves: 4 | Serving Size: 1 medium zucchini and 1 cup sauce

Calories 278kcal	Protein 28g	Carbs 12g	Fats 14g
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WEDNESDAY

Salmon Cakes on Mixed Greens

Ingredients

- 1/4 cup (22g) rolled oats
- 9 ounces (230g) wild-caught sockeye salmon
- 1 large egg white
- 2 teaspoons Dijon mustard
- 1 teaspoon dried dill
- 1 teaspoon fresh lemon zest
- 4 cups (113g) mixed greens
- 1 medium cucumber, peeled and sliced
- 1/2 cup (84g) shredded carrot,
- 1 tablespoon olive oil
- 1 tablespoon fresh lemon juice

Directions

Preheat the oven to 200°C. Line a sheet pan with parchment paper. Place oats in a the bowl of a food processor and process until ground to the texture of coarse crumbs.

On a cutting board, skin the salmon, divide in half and cut half in 1/2-inch slices. Place the slices in the food processor. Finely chop the remaining salmon and reserve. Pulse the food processor 3–4 times to puree the salmon into the oats. Add the egg white, Dijon, dill and lemon zest and pulse to mix, scraping with a spatula and repeating to make sure it’s all incorporated. Add the chopped salmon and pulse once to mix. Use a 1/4-cup measure to form patties, dividing the mixture into four even portions and place on the prepared pan.



Use dampened palms to flatten to 3/4-inch thick rounds. Bake for 10 minutes. Salmon cakes are done when firm when pressed and browned on the bottom; transfer to a plate. For the salad, place the greens, cucumber and carrot in a large bowl. In a jar or small bowl mix the oil and lemon juice. Pour over the greens and toss to coat. Divide the greens among four plates, and top each with a salmon cake.

Serves: 4 | Serving Size: 1 cake and about 1 1/2 cups salad

Calories 250kcal	Protein 23g	Carbs 11g	Fats 12g
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DINNER

RECIPES

THURSDAY

Slow Cooker Chicken & Lentil Chili

Ingredients

- 1 medium (110 grams) onion, chopped
- 2 cups (255 grams) chopped carrots
- 3 cloves garlic, minced
- 1 pound (455 grams) boneless, skinless chicken breasts, cut into bite-size pieces
- 1 cup (190 grams) dried brown lentils, rinsed
- 1 cup (150 grams) dried black beans, rinsed
- 4 cups (495 grams) no-salt-added, fat-free chicken broth
- 1 (8-ounce or 245 grams) can no-salt-added tomato sauce
 - 3 tablespoons chili powder
- 1 tablespoon plus 1 1/2 teaspoons ground cumin
- 1/2 teaspoon salt
- 1/2 cup (120 grams) reduced-fat sour cream
- 1/2 cup (60 grams) shredded cheddar cheese
- 1 tablespoon fresh cilantro leaves

Directions

Coat slow cooker with cooking spray. Place onion, carrots and garlic in bottom. Top with chicken, lentils and black beans. Stir in broth, tomato sauce, chili powder, cumin and salt. Cook on low for 8 hours. Stir before serving. Top each serving with 1 tablespoon sour cream and 1 tablespoon cheese. Garnish evenly with cilantro. Serves: 8 | Serving Size: 1 1/2 cups



Calories 315kcal
Protein 28g Carbs 39g Fats 6g

FRIDAY

Chicken & Brown Rice Bowl

Ingredients

- 1/2 cup uncooked brown rice
- 24 ounces uncooked, boneless, skinless chicken breast
- Dash salt + pepper
- 2 teaspoons + 2 tablespoons olive oil, divided
- 1 tablespoon honey
- 3 tablespoons lemon juice (about 1 medium lemon)
- 1 teaspoon Dijon mustard
- 3/4 cup (75 grams) chopped celery (about 2 stalks)
- 1/2 cup (70 grams) diced onion (about 1/2 small onion)
- 1 1/2 cups (195 grams) frozen peas and carrots, thawed
- 1/4 cup (10 grams) chopped basil

Directions

Cook brown rice according to package directions. Preheat grill to high. Place chicken breasts between two pieces of wax paper and, using a meat mallet, pound to 1/2-inch thickness. Season chicken breasts with salt and pepper, and rub with 2 teaspoons olive oil. Lightly oil the grill grate before adding chicken. Cook chicken until firm to the touch, about 2-3 minutes per side.



In a large bowl, whisk together remaining 2 tablespoons olive oil, honey, lemon juice and Dijon mustard. Add celery, onion, peas and carrots, and brown rice; toss to coat. Divide rice mixture into 4 servings (about 3/4 cups rice mixture or 137 grams each). Top each with about 4 ounces grilled chicken. Leftovers will keep in the refrigerator for up to 5 days. Serves: 4 | Serving Size: 3/4 cup rice mixture + 4 ounces cooked chicken

Calories 388kcal Protein 30g Carbs 28g Fats 17g

DINNER

RECIPES

SATURDAY

Grilled Steak & Potato Salad



Ingredients

- 455 grams baby Yukon Gold or red potatoes, halved
- 1 large garlic clove, minced
- 1 teaspoon ground cumin
- 2 teaspoons fresh chopped thyme
- 2 teaspoons fresh chopped rosemary
- 1/4 teaspoon salt
- 1/2 teaspoon ground black pepper
- 2 tablespoons red wine vinegar
- 2 tablespoons extra virgin olive oil
- 2 tablespoons water
- 455 grams lean flank steak, trimmed
- 6 cups (120 grams) packed mixed greens such as Romaine, baby arugula, baby kale or spinach
- 1 cup (150 grams) cherry tomatoes, halved

Directions

Place potatoes in a medium microwaveable bowl. Cover and microwave 5 minutes or until slightly tender. Cool to room temperature.

Combine garlic, cumin, thyme, rosemary, salt and pepper in a small bowl. Stir in vinegar, olive oil and water. Place 3 tablespoons dressing in a large plastic zip top bag or glass baking dish; add steak and potatoes. Seal bag or cover bowl, and marinate in the refrigerator for 30 minutes-4 hours until ready to grill. Reserve remaining dressing for the salad.

Prepare a charcoal fire or preheat grill to high heat. Place grill on grill rack, and coat with cooking spray. Grill steak, 6 minutes on each side for medium, or until desired degree of doneness. Let rest 5-10 minutes before slicing. Grill potatoes 3 minutes on each side or until cooked through and tender. Arrange greens, tomatoes and potatoes evenly on 4 serving plates. Drizzle evenly with remaining dressing. Cut steak diagonally across grain into thin slices and arrange over salad.

Serves: 4 | Serving Size: 4 ounces steak + 1 1/2 cup salad greens + 4 ounces potatoes + 1/4 cup cherry tomatoes

Calories 386kcal	Protein 36g	Carbs 26g	Fats 15g
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SMOOTHIE RECIPES

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SMOOTHIE

RECIPES

Cold Brew Mocha Protein Smoothie

Ingredients

- 1 1/3 cups (310ml) cold brew coffee, frozen into cubes
- 1/2 cup (113g) 2% plain Greek yogurt
- 1/2 cup (118ml) 2% milk or unsweetened almond milk
- 2 medjool dates, pitted
- 1 Scoop Optimum Nutrition Chocolate Whey Isolate

Directions

Pour the coffee into an ice cube tray and freeze until solid, about 4 hours. Place the yogurt, milk, dates, 1 protein scoop in a blender and process until smooth. Scrape down the sides of the blender. Add the coffee ice cubes and blend until smooth. Pour into glasses and serve immediately.

Serves: 2 | Serving Size: 1 1/4 cups per serving



Calories 264kcal Protein 34g Carbs 27g Fats 3g

Avocado, Kale + Spinach Smoothie

Ingredients

- 1 cup (240 ml) kombucha
- 1 cup (240 ml) non-fat plain yogurt
- 1/2 medium avocado
- 1 medium banana, frozen
- 1 medium kiwi fruit, peeled
- 2 cups (480 ml) spinach
- 1 cup (240 ml) kale, packed
- 1 Scoop Optimum Nutrition Vanilla Whey Isolate

Directions

In a powerful blender, place the kombucha and yogurt, then add the avocado, banana and kiwi; top with spinach, kale and whey protein scoop.

Secure the lid, insert the tamper and turn on the blender. Blend on high speed until smooth and creamy. Serve immediately.

Serves: 2 | Serving Size: 2 cups



Calories 320kcal Protein 34g Carbs 2g Fats 6g

SMOOTHIE

RECIPES

Strawberry Banana Protein Smoothie

Ingredients

- 1 1/2 cups (8 ounces) fresh strawberries
- 1/2 medium banana, sliced
- 1/2 cup (about 4 ounces) soft tofu
- 2 tablespoons plain low-fat yogurt
- 1 teaspoon honey
- 1 cup ice
- 2 tablespoons ground flax seeds (optional)

Directions

Add all ingredients to a blender, and process until smooth. Share it with a sweetie and enjoy!

Serves: 2 | Serving Size: 1 cup



Calories 241kcal Protein 34g Carbs 21g Fats 3g

Berry + Peanut Butter Smoothie

Ingredients

- 6 ounces (about 1 1/2 cups) fresh or frozen raspberries
- 2 tablespoons reduced-fat milk
- 2 tablespoons smooth natural peanut butter
- 1 teaspoon honey
- 1 cup ice cubes
- 1 Scoop Optimum Nutrition Vanilla Whey Isolate Protein

Directions

Add all ingredients to a blender, and blend until smooth. Then, share it with a buddy and enjoy!

Serves: 2 | Serving Size: 1 cup



Calories 266kcal Protein 30g Carbs 20g Fats 8g



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hello@biawarriordxb.com