

Avocado Toast

Macros: ~350 calories and 26 grams of protein

Ingredients: cottage cheese, ½ avocado, bread, everything but the bagel seasoning, egg, hot sauce

1. Get your egg ready however you prefer it! I love mine to be a 7 minute soft boiled egg
2. Toast your bread of choice. I like sourdough to help with gut health or Ezekiel for the protein
3. Spread about ¼ cup of cottage cheese on the toast then top with whatever seasonings you like. I like everything but the bagel, but sometimes I'll add some hot honey or chili onion crunch
4. Add your smashed avocado then the egg on top.
5. Top with sriracha or hot sauce of choice, and enjoy!

Chicken Katsu Fried Rice

Macros: ~400 calories and 40 grams of protein

Ingredients: ¼ cup cooked rice, 2 eggs, 170 grams of chicken breast, green chilli, ginger

1. Start by sautéing your vegetables in a little bit of oil
2. Once onions are translucent add in your eggs and scramble them up
3. Mix in your cooked rice
4. Add seasonings and sauce

Chicken Kale Salad

Macros: ~300 calories and 42 grams of protein

Ingredients: kale, sun dried tomatoes, goat cheese, chicken breasts, candied pecans, sweet potato, broccoli, crushed red pepper

Optional dressing: ½ tbs miso, ½ tbs Dijon, 1 tsp crushed garlic, 1 tbs coconut aminos or soy sauce, splash of agave and sesame oil

1. Prepare your chicken. Butterfly your chicken and hammer it down for an even cook. Dry rub with whatever spices you like (I prefer Cajun seasoning and black pepper)
2. Cook your chicken breast on medium heat for 3 min on each side only flipping once
3. IMPORTANT: let your chicken sit before slicing, in the mean time prepare your salad
4. Put as much kale as you like into a bowl and begin massaging. This really helps reduce stomach bloat
5. Chop your sweet potato and broccoli and season with whatever you have on hand, I usually just do black pepper. Then airfry for 8-10 min at 400 degrees
6. Add the goat cheese, sun dried tomatoes, candied pecans, and red pepper to your salad. And once the sweet potato and broccoli is done, add that too
7. Now chop your chicken into fajita strips and add that into the salad
8. Prepare your dressing with the ingredients above in a jar with a lid so you can shake it to emulsify. Give it about 10-15 shakes then serve on top of the salad!

Yogurt Bowl

Macros: ~250 calories and 36 grams of protein

Ingredients: plain Greek yogurt, frozen berries, chocolate protein powder

1. Microwave the frozen berries for 30 seconds
2. Mix in the yogurt and protein powder
3. Top with optional granola and or bananas

Chicken Karahi:

Macros: ~350 calories and 42 grams of protein

Ingredients: ½ cup plain Greek yogurt, 1 lb chicken breast/thighs, Shan Chicken Karahi Seasoning, ginger, garlic, 3 tomatoes, cilantro

1. Mix your Greek yogurt and about ¼ pack of the chicken karahi seasoning mix together with a spoon of minced garlic (optional)
2. Cube chicken and add to the marinade, allowing to sit for as long as possible
3. Add about 2 tbs of neutral oil to a Karahi or Wok on high heat
4. Cook your chicken on high flame for 3 minutes or until a nice char forms, then turn the heat down to a simmer and add in your Julian cut ginger.
5. In a separate pan, cook down your tomatoes until most of the water has evaporated
6. Add the tomatoes to the chicken and cover the Karahi/Wok with a lid and let cook on low for about 10 minutes
7. Remove the lid and continue cooking on a low flame until most of the water has evaporated
8. Once water has evaporated turn the stove off and add in your cilantro
9. Serve with rice or naan and enjoy!

Single Serve Chicken Biryani:

Macros: ~434 calories and 55 grams of protein

Ingredients: ¼ cup plain Greek yogurt, 6oz chicken breast, ¼ cup basmati rice, ¼ packet Shan Biryani Seasoning, 1 tomato, ½ onion, black pepper, garlic, ginger

1. Mix your Greek yogurt with black pepper, garlic, ginger and add in the cubed chicken breast
2. Let sit until you lose patience
3. In a pan with light oil, begin to sautee your onions until they begin to brown
4. Add in your tomatoes and cook until they become mushy
5. Cook your chicken in the same pan as the onions and tomatoes
6. Add in your biryani mix to the chicken, onion, tomato mixture
7. In a separate bowl, “clean” your rice so the majority of the starch is gone
8. Add about ½ cup of chicken broth/water to the pan with chicken and bring the water to a boil
9. Add in your washed rice and reduce the heat to low and cover with a lid
10. After about 15 min your rice should be cooked and the mixture should not be watery.
11. Fluff the rice with a fork and serve with optional cilantro

12. If you're feeling fancy, make a quick biryani sauce. Take 2 tbs of Greek yogurt and some of the biryani seasoning. Add in some water until you reach your desired consistency and serve on top of the biryani

Indian Style Egg Quesadilla:

Macros: ~400 calories and 41 grams of protein

Ingredients: 3 eggs, 2 low carb flour tortillas, ¼ cup reduced fat mozzarella cheese, 3 tbs of green chutney, 3 tbs of Greek yogurt, 2 tbs pav bhaaji masala

1. Crack and whisk eggs with the pav bhaji masala
2. Scramble on low heat in a pan until light and fluffy
3. Mix your chutney with the Greek yogurt and spread this mixture on both tortillas (I used mission low carb)
4. In a separate pan, assemble your quesadilla with the egg mixture and cheese
5. Let cook on low-medium heat for about 4 minutes on each side or until the tortilla is crispy

Healthier Chicken Biryani

Macros: 454 calories and 43 grams of protein

Ingredients: ¼ cup uncooked basmati rice, ½ cup chicken bone broth, 3tbs Shan Biryani Masala, 2 tomatoes, one onion, 1 tbs garlic, 1 tbs ginger, 4oz chicken breast, ¼ cup Greek yogurt

1. Prepare your marinade with Greek yogurt, garlic, ginger, and black pepper
2. Cut your chicken into cubes and mix in the marinade. Let sit for 2 hours – overnight
3. Saute your onions in one tbs of oil on low-medium heat until they brown ~5 min
4. Remove your onions and add your chicken to the pan. Once almost cooked through add the tomatoes and onions back in. Now add your biryani masala as well
5. Once the tomatoes reduce, add your washed rice along with the chicken bone broth and bring the heat to high
6. Reduce the heat to low and cover your pan with a lid for about 15 minutes or until rice is fully cooked through
7. Serve with optional sauce: one tbs of Greek yogurt, 1 tsb shaan biryani masala, and a drop of water

Enchilada Soup

Macros: 415 calories and 61 grams of protein

Ingredients: 1/3 cup enchilada sauce, ½ cup bone broth, ¼ cup fairlife nonfat milk (or any other milk), corn, black beans, spinach, 5oz chicken breast, 1/3 yellow or white onion, ¼ cup reduced fat cheese

1. Cut your chicken breast into fajita strips and sprinkle with seasoning of choice. I used cajun and black pepper
2. Once almost cooked through remove from pan and saute your onions in a little bit of oil (about 1tbs)
3. Add your enchilada sauce, bone broth, and milk and let simmer on low heat
4. Add in your veggies and chicken

5. Bring the heat to high for a minute or two then then bring it to a low
6. Cover with lid and let the soup simmer for about 20 minutes
7. Add your cheese when you're almost ready to eat and top with whatever toppings you like

Korean Chicken (2 servings)

Ingredients: 1 lb chicken breast/thighs, 2 tbs gochujang, 1 tbs soy sauce/amino acids, 1 tsp minced garlic, about 1/2 tbs ginger/ginger paste, black pepper, 1 tbs brown sugar, 1 tbs rice wine vinegar, optional sesame seeds

Macros:

1. Mix everything except the chicken in a bowl to make your marinade
2. Cube your chicken and mix in the marinade
3. Let sit for 2 hours to overnight
4. Air fry at 400 degrees for 12 minutes or until cooked through
5. Serve with optional white rice or in tacos

Chicken Tenders

Ingredients: Chicken Tenderloins, black pepper, dan-os spicy seasoning, Italian bread crumbs, 1 egg

1. Whisk your egg and add seasoning of your choice (I do black pepper and dano-'s)
2. Take your tenderloins and remove the fat
3. Dry rub with the same seasonings you used for your egg
4. Dip chicken in whisked eggs and then the Italian bread crumbs (coat generously so it gets crispy)
5. Air fry at 400 for about 12 minutes and enjoy with sauce of your choice

Protein Pancakes

Ingredients: one banana, ¼ cup oats, ½ tsp baking powder, 1 egg, 1 scoop protein powder

1. Combine all ingredients in blender and blend. If too thin, add oats, if too thick, add a splash of water or milk
2. Cook pancakes on medium heat, ~1.5 min on each side
3. Top with syrup, berries, etc.