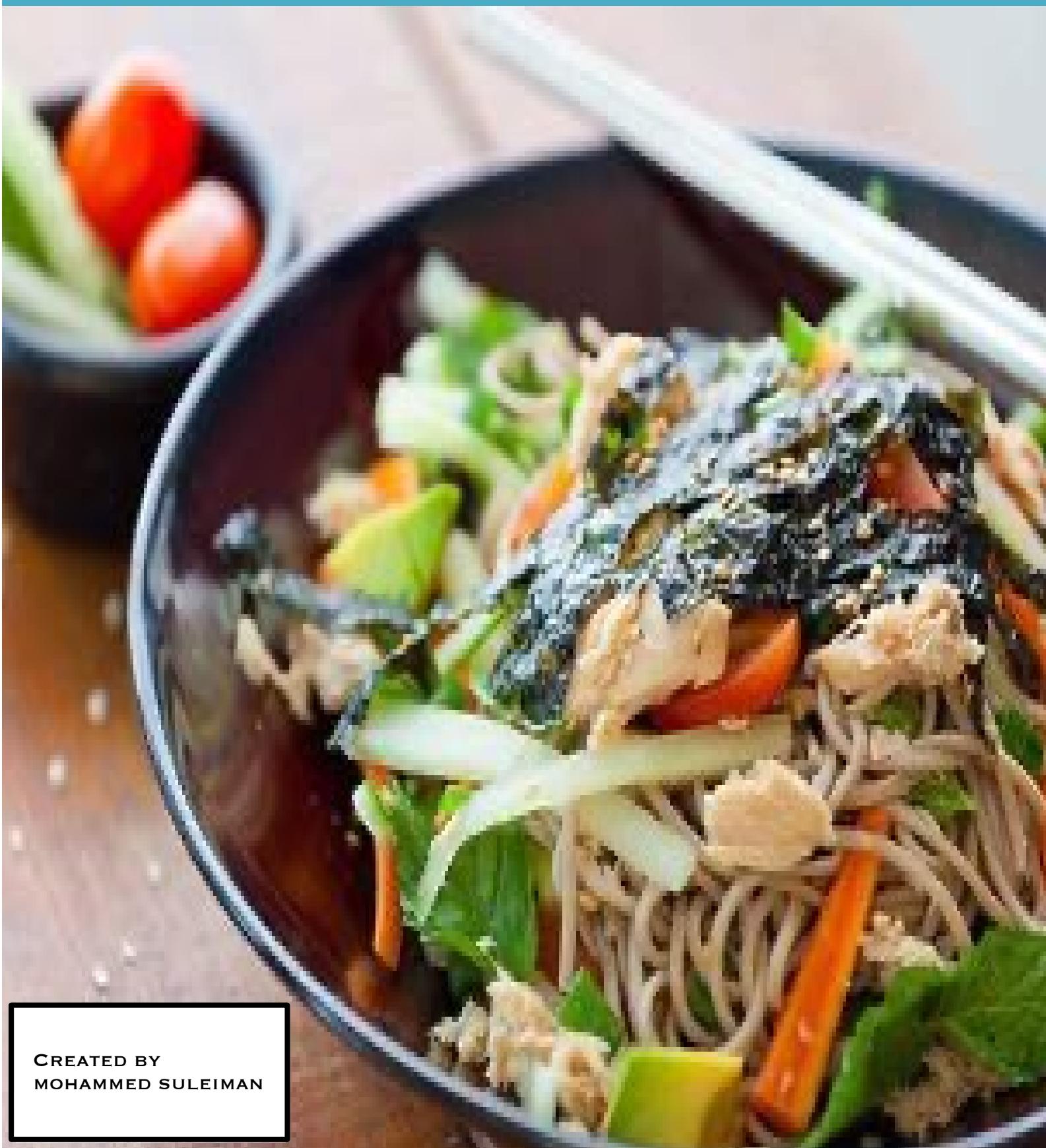


# BUILD AND SHRED MEAL IDEAS

## Full Recipes, Ingredients, Macros, and Calories



CREATED BY  
MOHAMMED SULEIMAN

## PREFACE

This PDF is a compilation of various meals that we will use to hit our required calories/macros. Each meal has been categorized into “BUILD” and “SHRED” categories based on the calorie density, volume, and macronutrients of the meal.

The BUILD recipes will come in handy for those on the BUILD program since they are typically higher in calories relative to volume. Whereas the SHRED recipes will come in handy for those on the SHRED program, since they are typically lower in calories relative to their volume (keeping you full for longer with less calories).

However, keep in mind that it's the **TOTAL calories/macros you hit at the end of the day that matters the most**. So regardless of what program you're on, feel free to use any of the recipes within this book to hit your goals.

**My recommendation is to find 4 meals/recipes within this book that you can CONSISTENTLY stick to day in and day out.** These should be meals that you personally enjoy, can prep easily, and ones that you know you can adhere to week after week. You can obviously mix up these staple meals as you'd like if you get bored of them, but the key is to find a day's worth of meals that you know you can stick to.

And if you have any meals/recipes of your own that you'd like to send it to possibly be added to this book, send an email to [mohammedfalahy6@gmail.com](mailto:mohammedfalahy6@gmail.com) with the subject title “CookBook Recipe”.

Enjoy!

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# Starbucks Spinach Feta Wrap

**SHRED BREAKFAST**

**SERVES 1 | PREP TIME 5 MINUTES | COOKING TIME 10 MINUTES**

**265 CALORIES | 36 GRAMS PROTEIN | 24 GRAMS CARBOHYDRATES | 3 GRAMS FAT**

# Starbucks Spinach Feta Wrap

## Ingredients

**1 wholegrain flatbread  
original**

**Salt and ground black  
pepper, to taste 1-  
tablespoon extra-virgin  
olive oil**

**1-cup egg whites**

**1-cup raw spinach**

**1 laughing cow triangle  
white cheddar cheese**

## Recipe

Measure out the necessary ingredients for spinach feta wrap, and keep them in separate bowls for easier prep and clean up.

1. Add the one-tablespoon of olive oil to a medium nonstick skillet and warm over medium-high heat. Add in the 1-cup of raw spinach and sauté for about 2-4 minutes until its nice and soft.
2. Add in the 1-cup of egg whites and scramble the egg whites with the sautéed spinach over medium-low eat until the eggs are fully cooked.
3. Toast the wholegrain flatbread slightly in a toaster and spread 1 laughing cow triangle white cheddar cheese onto toasted wrap.
4. Add in the sautéed spinach and cooked scrambled egg whites onto the toasted wrap, roll the wrap together tightly, and cut in half.

*This recipe is a great weekend treat for any meal especially for breakfast while I'm running the shred program. It's light, healthy, and packed full of your necessary macros for the day. The cheese option can be changed to any cheese option, which you personally prefer.*

**SHRED MEAL**



# Protein French Toast

SHRED BREAKFAST

SERVES 1 (2 Pieces) | PREP TIME 5 MINUTES | COOKING TIME 10 MINUTES  
275 CALORIES | 20 GRAMS PROTEIN | 41 GRAMS CARBOHYDRATES | 5 GRAMS FAT

# Protein French Toast

## Ingredients

**1.5 cups Unsweetened Cashew Milk (Silk)**

**2 slices Artesano Golden Wheat Break**

**1 scoop Whey Protein Powder - Vanilla**

**Optional Toppings – Calories and Macros Not Included**

**50 grams of blueberries**

**50 grams of strawberries**

**2 servings of fat free whip cream**

## Recipe

1. Measure out the necessary ingredients for the protein French toast, and keep them in separate bowls for easier prep and clean up.
2. Whisk together 1.5 cups of unsweetened cashew milk together with the 1 scoop of whey protein powder and put into a shallow dish.
3. Soak the Artesano bread slices thoroughly and make sure each side of the bread is covered in the batter.
4. In a medium nonstick skillet warm over medium heat and then place soaked bread slices onto the skillet for roughly around 2-3 minutes on each side until golden and cooked to perfection.
5. The toast meal preps well as long as you let it cool completely before putting into a container or eat it hot and fresh.

## **Comment :**

*This recipe is a great option for either the build or shred program, just adjust the portion size when cooking the French toast. The berries and whip crème is optional and the macros and calories are not accounted for in the breakdown above.*

**SHRED MEAL**



# Chocolate Peanut Butter Protein Muffins

SHRED/BUILD BREAKFAST

SERVES 1 (2 Pieces) | PREP TIME 5 MINUTES | COOKING TIME 15 MINUTES  
440 CALORIES | 30 GRAMS PROTEIN | 54 GRAMS CARBOHYDRATES | 12 GRAMS FAT

# Chocolate Peanut Butter Protein Muffins

## Ingredients

1 Cup of Kodiak Protein

Pancake Mix 1 Large Egg

250 mL of Almond Milk

1/3 cup of chocolate chips

Optional:

1 Banana to garnish on top

Peanut Butter Spread  
organic on top

## Recipe

- 1 Preheat the oven to 350°F.
- 2 Measure out the necessary ingredients for the protein muffins, and keep them in separate bowls for easier prep and clean up.
- 3 In a separate bowl mix together the protein pancake mix, the almond milk, and the chocolate chips.
- 4 Get a muffin tray and add muffin tins into the tray and pour batter evenly into the tray.
- 5 Bake for about 13-15 minutes until nice and golden.
- 6 Remove from the oven and let the muffins cool for about 5- 7 minutes and top with desired fruit options or spread options

### **Comment:**

*This recipe is a great option for someone on the go or someone looking to fill a sweet tooth for breakfast. A great alternative to pancakes in a simple muffin form! The toppings are optional but highly recommended! The calories and macros don't account for the banana and the peanut butter spread on top.*

**SHRED/BUILD MEAL**



# Vanilla Protein Pancakes

SHRED BREAKFAST

SERVES 1 (3 Pieces) | PREP TIME 5 MINUTES | COOKING TIME 10 MINUTES  
250 CALORIES | 25 GRAMS PROTEIN | 28 GRAMS CARBOHYDRATES | 3 GRAMS FAT

# Vanilla Protein Pancakes

## Ingredients

1/3-Cup rolled oats  
(Quakers)

¾ Cup of egg whites

1 teaspoon of baking  
powder 1 teaspoon of  
vanilla extract

### Optional:

Cup of black coffee

zero calories  
blueberry syrup

## Recipe

1. Measure out the necessary ingredients for the protein pancakes and keep them in separate bowls for easier prep and clean up.
2. Place rolled oats, egg whites, baking powder, and vanilla extra into a blender and mix on low speed to make the pancake batter.
3. Use a small griddle or non-stick pan and heat on medium for about 2 minutes to warm the griddle.
4. Cook on the griddle as you would for normal conventional pancakes for around 3-4 minutes on the first side until bubble appear and then flip and cook for another 2-3 minutes.
5. Remove from the griddle and enjoy with your choice of toppings and beverages.

### Comment:

*This recipe is a great option for someone running the shred program. If you are looking to increase the protein for this recipe I would recommend adding a scoop of whey isolate protein to increase the protein macros for this dish.*

**SHRED MEAL**



# Breakfast of Champions

BUILD BREAKFAST

SERVES 1 | PREP TIME 5 MINUTES | COOKING TIME 15 MINUTES  
720 CALORIES | 45 GRAMS PROTEIN |  
62 GRAMS CARBOHYDRATES | 34 GRAMS FAT

# Breakfast of Champions

<u>Ingredients</u>	<u>Recipe</u>
1/2-Cup rolled oats (Quakers) 1-cup	1. Measure out the necessary ingredients for making the spinach omelet and the oatmeal.
1 Cup of water	2. Boil 1 cup of water with a pinch of salt to a boil in small saucepan, and stir in the $\frac{1}{2}$ cup of rolled oats and reduce the heat to medium and cook it for 5 minutes while stirring the oats occasionally.
2 Slices of whole wheat bread	3. Use a small griddle or non-stick pan and heat on medium and place the beaten eggs and egg whites, and tilt the pan as mixture moves towards the edges.
$\frac{1}{2}$ cup	4. Push egg mixture towards center with inverted turner so that uncooked eggs can reach hot pan surface continue cooking and tilting pan moving the cooked portion.
avocado 2	5. Once surface of eggs thickened no visible runny eggs are there place your spinach on one side of the omelet, turn the pan fold the omelet closed, add shredded cheese on top cook for another minute and slide omelet onto a plate.
whole eggs	6. Peel an avocado and measure out half a cup, and smash the avocado and spread it on top of the two slices of whole wheat bread.
$\frac{1}{2}$ cup egg whites	
$\frac{1}{2}$ cup of spinach	
Optional:	
1/3 cup of shredded cheese	<i>Comment: This recipe is a great option for someone running the build program. It's a heavy meal but running the build program you will have extra calories to spare.</i>

BUILD MEAL



## High Carbohydrates Scrambled Eggs

BUILD BREAKFAST

SERVES 1 | PREP TIME 5 MINUTES | COOKING TIME 10-50 Minutes  
**460 CALORIES | 33 GRAMS PROTEIN | 60 GRAMS CARBOHYDRATES |  
10 GRAMS FAT**

# High Carbohydrate Scrambled Eggs

## Ingredients

1 cup of egg whites

Salt and ground black pepper, to taste

Pam cooking spray

½ cup of mushrooms

½ cup of red onions

1 white potato

1 orange

## Recipe

Measure out the necessary ingredients for making the scrambled eggs.

- 1 Clean the white potato and pierce the skin in several times and place the potato in a microwave for about 4.5 minutes at high eat. They can also be baked in an oven, which is preheated to 300 degrees and baked for about 45-50 minutes.
- 2 Beat the cup of egg whites, salt and pepper in a bowl until well mixed.
- 3 Heat a non-stick pan over a medium heat until its warm spray with pam cooking spray and add your mushrooms and red onions and sauté for about 5 to 10 minutes.
- 4 Add in the egg mixture and gently pull the eggs across the pan, and fold the eggs until thickened and no liquid egg remains takes about 5 minutes in total time and remove from the stove and place onto a plate.
- 5 Peal an orange and place onto the plate with the eggs and potato's.

**Comment:** This recipe is a great option for someone running the build program. Trying to get a good amount of carbs and calories in every meal follows the build protocol. If you are on the shred I would remove the potatoes or just use a smaller serving size to lower the calorie content of the meal.

BUILD MEAL



# Lauren's Egg White Rice Cakes

BUILD BREAKFAST

SERVES 1 | PREP TIME 5 MINUTES | COOKING TIME 10 MINUTES  
430 CALORIES | 45 GRAMS PROTEIN | 34 GRAMS CARBOHYDRATES | 16  
GRAMS FAT

# Lauren's Egg White Rice Cakes

## Ingredients

3 Tomato & Basil Rice  
Cakes

1 -cup of egg whites

½ oz. of shredded  
cheese

3 small slices of  
Canadian bacon

1 Tomato

½ cup of avocados

## Optional:

Hot Sauce

## Recipe

1 Measure out the necessary ingredients for making the egg white rice cakes.

2 Making the egg white patties first preheat the oven to 400 degrees and spray a muffin tin with some cooking spray.

3 Add 2 tablespoons of water in each muffin mold, and pour egg whites into molds and add cheese into the mold and season with salt and black pepper.

4 Cook the egg whites for about 7-10 minutes until fully cooked.

5 Add egg cooked egg white patties on top of the rice cakes, with some tomatoes, avocados, a small slice of Canadian bacon and top with some hot sauce, which is optional.

## **Comment:**

*This recipe is a great option those who have little time to prep and looking for a great breakfast option. I break my fast with this along with some Autophagy Tea. You can make the egg white "patties" ahead of time, refrigerate and just warm-up. Hot sauce and cheese is optional.*

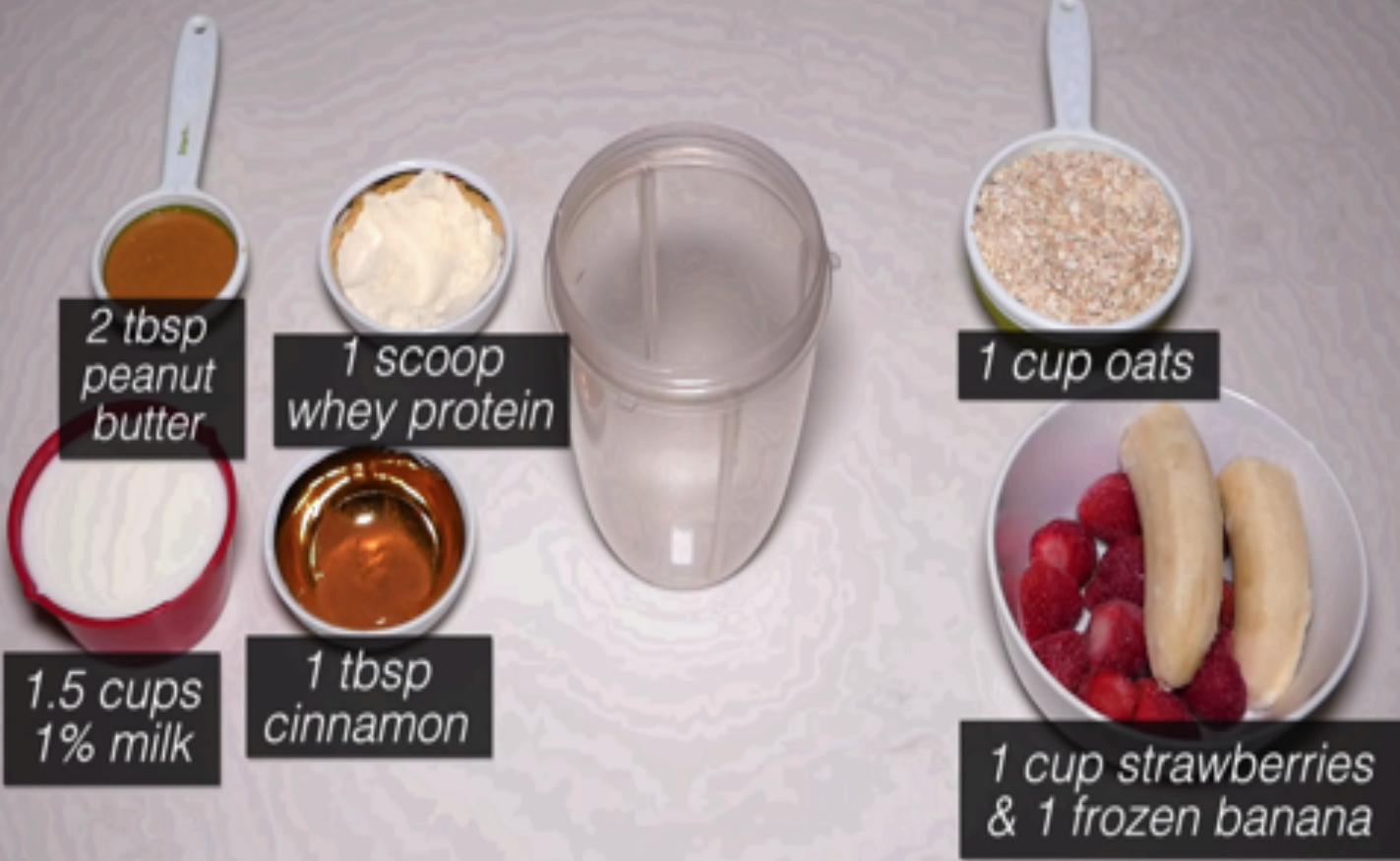
**BUILD MEAL**



## High Calorie Protein Oat Shake

BUILD BREAKFAST

SERVES 1 | PREP TIME **10 MINUTES** |  
**1000 CALORIES** | **64 GRAMS PROTEIN** |  
**131 GRAMS CARBOHYDRATES** | **28 GRAMS FAT**



### Ingredients

- 1 scoop of whey protein powder
- 1.5 cups of 1% milk or alternative milk choice
- 2 tablespoons of peanut butter
- 1 tablespoon of cinnamon
- 1 cup of oats
- 1 cup of strawberries and 1 frozen banana

### Recipe

1. Measure out the necessary ingredients to make the high calorie protein oat shake. You can substitute the 1 % milk for your choice of liquid base.
2. Place the oats, frozen fruits, protein powder, peanut butter, liquid base, and cinnamon into a blender and blend for about 1 minute until completely mixed together and its ready to drink.

**BUILD MEAL**



## BBQ Chicken & Lime Shrimp Tacos

[BUILD LUNCH](#)

SERVES 1 | PREP TIME 15 MINUTES | COOKING TIME 40 MINUTES  
650 CALORIES | 35 GRAMS PROTEIN | 57 GRAMS CARBOHYDRATES | 7 GRAMS FAT

# BBQ Chicken & Lime Shrimp Tacos

## Ingredients

1/4 cup of barbecue sauce  
1 Tablespoon of southwest seasoning  
1/2 teaspoon of hot sauce  
3 tablespoons of olive oil  
8 flour or corn tortillas  
1/4 cup of lettuce and carrots shredded  
1 cup of chicken rotisserie shredded  
  
1/2 pound of shrimp  
1/4 cup of cilantro  
1/2 garlic clove and 1 tbsp. of butter  
salt and pepper to taste  
  
1/4 cup of shredded cabbage  
1/4 cup of avocado  
1 Whole Lime

## Recipe

1. Step 2-3 for Shrimp Tacos, Step 4 – 6 for BBQ Chicken.
2. In a small pan add garlic cloves and butter for about 2 minutes, after in a medium bowl have peeled and de-veined shrimp and mix with lime juice, and the melted butter and garlic clove mixture. Add in the cilantro, salt and pepper and mix together.
3. Grill on medium heat for about 2-3 minutes per side. Serve on 4 tortillas with cabbage, mashed avocado, and add lime on top as well.
4. Mix together the barbecue sauce, and hot sauce in a bowl and let it stand for about 5 minutes while you heat the olive oil in a large pan over medium heat.
5. Add chicken to the medium pan and cook for about 5-7 minutes and add in the barbecue mixture and southwest seasoning and cook for another 3-4 minutes and low heat until chicken is cooked with the sauce.
6. Serve on 4 tortillas, with chicken mixture, lettuce and carrots shredded and add some lime on top as well.

**Comment:** This recipe is a great option those who have love amazing tasting tacos! The rotisserie chicken is a personal choice, but you can cook your chicken and shred it yourself before using it for the chicken tacos as well!

**BUILD MEAL**



# Rod's Poke Bowl

SHRED LUNCH

SERVES 1 | PREP TIME 5 MINUTES | COOKING TIME 15 MINUTES  
**400 CALORIES | 32 GRAMS PROTEIN | 42 GRAMS CARBOHYDRATES | 11 GRAMS FAT**

# Rod's Poke Bowl

## Ingredients

50 grams brown rice jasmine

4 oz. Ahi Tuna Raw

Japanese toasted sesame oil

Toasted sesame seeds

Aji Nori Furkake

Soy sauce – 1 teaspoon

Crushed red pepper flakes

## Recipe

1. Cut 1-inch cubes and measure 4 ounces of Ahi Tuna into a mixing bowl.
2. In a separate smaller bowl mix the sesame oil, soy sauce, and crushed chili flakes till all mixed in.
3. Add the marinade into the mixing bowl with fish and massage the marinade into it. You can let it marinade overnight if you want the fish to soak the flavor or you can eat as is.
4. Plate with your portioned rice and then top the marinade Ahi tuna with some rice seasoning and sesame seeds for the complete meal.

**Comment:** I hope you guys enjoy this meal and have fun making it. You can add more to it if you just make sure to measure and track your ingredients! Keep up the great work and let's do it everyone!

**SHRED MEAL**



## Flat Out Protein Wrap

SHRED LUNCH

SERVES 1 | PREP TIME 5 MINUTES | COOKING TIME 15 MINUTES  
300 CALORIES | 42 GRAMS PROTEIN | 31 GRAMS CARBOHYDRATES | 3 GRAMS FAT

# Flat Out Protein Wrap

## Ingredients

1 Whole Wheat Tortilla Wrap  
3.5 oz. chicken breast  
salt and pepper to taste  
 $\frac{1}{4}$  cup of spinach  
 $\frac{1}{2}$  cup of black beans  
1 tablespoon of salsa

## Recipe

- 1 Measure out the necessary ingredients for making the flat out protein wrap.
- 2 Pre-heat oven to 350 degrees and add salt and pepper to the chicken breast and put into the oven and bake for 10-15 minutes.
- 3 Heat up tortilla wrap in the microwave for 30 seconds to make it warm.
- 4 Place chicken breast, raw spinach, black beans, and salsa onto the wrap and roll it up and enjoy!

## **Comment:**

*This recipe is a great option for someone looking to have a quick snack that is high in protein and tastes amazing as a quick snack before a workout or any time of the day.*

**SHRED MEAL**



# Baked Salmon Bowl

SHRED LUNCH

SERVES 1 | PREP TIME 5 MINUTES | COOKING TIME 40 MINUTES  
470 CALORIES | 30 GRAMS PROTEIN | 60 GRAMS CARBOHYDRATES | 12 GRAMS FAT

# Baked Salmon Bowl

## Ingredients

4 oz. wild salmon

2 tablespoons lemon juice

1 cup of raw spinach

1 whole tomato

1.5 cups of brown rice

1 teaspoon ground turmeric

## Recipe

1. Preheat the oven to 370°F. Line a baking sheet with aluminum foil and place the wild salmon in the middle of the foil add salt, pepper, and a little bit of lemon juice and bake in the oven for 15-20 minutes.
2. Measure your raw spinach and chop one whole tomato up and place together with the spinach.
3. In a cooking pot place the uncooked brown rice, water, and 1 tablespoon of ground turmeric and cook the rice for approximately 30 minutes. Make sure not to overcook the rice or it will become mushy.
4. Pour cooked rice into a sieve and drain the rice.
5. Place the cooked rice, baked salmon, and fresh veggies into a bowl and enjoy.

**Comment:** I hope you guys enjoy this meal its great for those who are running the shred plan. You can also adjust the amounts of salmon for those who are running the build program.

**SHRED MEAL**



# Baked Chicken Stir Fry Bowl

[BUILD LUNCH](#)

SERVES 1 | PREP TIME 5 MINUTES | COOKING TIME 30 MINUTES  
500 CALORIES | 38 GRAMS PROTEIN | 80 GRAMS CARBOHYDRATES | 5 GRAMS FAT

# Baked Chicken Stir Fry Bowl

## Ingredients

**2 cups cooked white rice**

**4 oz. chicken baked**

**100 grams onions**

**100 grams spinach**

**100 grams broccoli**

**1-tablespoon of soy sauce**

**Pam cooking spray**

## Recipe

Measure out the necessary ingredients for baked chicken stir-fry bowl.

1. Heat up deep skillet or medium sized pan on medium heat and use pam-cooking spray. Add onions and stir fry for 2 minutes, add remaining vegetables, 1 tablespoon of soy sauce, and stir fry the vegetables for 5 to 7 minutes or until vegetables are tender-crisp.
2. Measure out 4 ounces of chicken and use your choice of seasoning and bake for about 15-20 minutes at 350 degrees until cooked evenly.
3. Cook 2 cups of white or brown rice until rice is fully cooked.
4. Add cooked rice, baked chicken, and stir-fried vegetables into a bowl and enjoy!

**Comment:** I hope you guys enjoy this meal its great for those who are running the build or shred plan. You can also adjust the amounts of chicken for this recipe to your liking, and use any type of chicken seasoning your prefer. Make sure it's 0-5 cals per serving

**BUILD MEAL**



## Lean Turkey Rice Bowl

BUILD LUNCH

SERVES 1 | PREP TIME 5 MINUTES | COOKING TIME 35 MINUTES  
550 CALORIES | 34 GRAMS PROTEIN | 83 GRAMS CARBOHYDRATES | 11  
GRAMS FAT

# Lean Turkey Rice Bowl

## Ingredients

**2 cups brown rice cooked**  
**1 tablespoon of ground turmeric**  
**½ cup of spinach = handful of spinach**  
**1 tablespoon of salsa**  
**1 tablespoon of sour cream**  
**5 oz. extra lean ground turkey uncooked**  
**Pam-cooking spray**

## Recipe

1. Measure out the necessary ingredients for lean turkey rice bowl.
2. In a cooking pot place the uncooked brown rice, water, and 1 tablespoon of ground turmeric and cook the rice for approximately 30 minutes. Make sure not to overcook the rice or it will become mushy.
3. Pour cooked rice into a sieve and drain the rice.
4. Spray pam-cooking spray onto a medium sized skillet or pan over medium heat and then place the ground turkey into the pan and cook for about 4-5 minutes until color changes and the turkey is cooked. Keep in mind the size will shrink and the weight will change.
5. Plate the food in a bowl with the spinach on the bottom with the cooked rice, cooked turkey, and 1 tablespoon of salsa and 1 tablespoon of sour cream.

**Comment:** I hope you guys enjoy this meal its great for those who are running the build or shred plan. You can also adjust the amounts of lean ground for this recipe to your liking, and the salsa and sour cream add some great flavor for this recipe.

**BUILD MEAL**



## Chicken & Cottage Cheese Bowl

SHRED DINNER

SERVES 1 | PREP TIME 5 MINUTES | COOKING TIME 35 MINUTES  
450 CALORIES | 44 GRAMS PROTEIN | 57 GRAMS CARBOHYDRATES  
| 3 GRAMS FAT

# Chicken & Cottage Cheese Bowl

## Ingredients

½ cup of raw spinach

1/3 cup of low fat cottage  
cheese

1.5 cups of cooked brown  
rice

1 tablespoon of ground  
turmeric

3.5 oz. of chicken breast

## Optional

Hot Sauce

## Recipe

1. In a cooking pot place the uncooked brown rice, water, and 1 tablespoon of ground turmeric and cook the rice for approximately 30 minutes. Make sure not to overcook the rice or it will become mushy.
2. Pour cooked rice into a sieve and drain the rice.
3. Take your weighed chicken breast and season it with salt and pepper and bake the chicken breast for about 15 to 20 minutes in a oven at 350 degrees.
4. Place cooked and weighed brown rice 1.5 cups, ½ cup of raw spinach, and place the cooked chicken and cottage cheese on top of the rice. Add hot sauce, which is optional.

**Comment:** This recipe is a great option for someone on shred or build program. For those on the build program look at adding more chicken and rice to this recipe.

**SHRED MEAL**



## Ingredients

- 4 oz. lean ground beef
- ½ cup jasmine rice cooked
- 1 medium boiled egg
- Zucchini

## Recipe

- Combine 1/3 cup brown sugar, 1/4 cup reduced sodium soy sauce, 1 tbsp. fresh grated ginger, 2 teaspoons sesame oil, and 1/2 tsp. siracha sauce in a small mixing bowl.
- Sauté 2 cloves minced garlic-using 0 calories oil spray then add ground beef and cook until browned.
- Drain excess fat from meat then return to pan and stir in the soy sauce mixture and simmer until heated through.
- Cook jasmine rice on stovetop, and boil eggs to medium.
- Sauté veggies and season with Asian style dry seasoning.
- Top meat with freshly diced green onions.

# Tiffany's Korean Beef Bowl

SHRED DINNER

SERVES 1 | PREP TIME 5 MINUTES | COOKING TIME 15 MINUTES

426 CALORIES | 35 GRAMS PROTEIN | 36 GRAMS CARBOHYDRATES | 15 GRAMS FAT



## Ingredients

- 4 oz. chicken breast w fajita seasoning
- ½ cup jasmine rice cooked
- Sliced bell pepper and yellow onions sautéed with 0 calorie pam cooking spray

## Recipe

- Season boneless chicken breast with fajita season and grill the chicken.
- Cook jasmine rice on stovetop.
- Slice bell peppers and onions and spray oil into pan and heat on high.
- Season and sauté veggies until they reach the desired consistency.

# Tiffany's Chicken Fajita Bowl

**SHRED DINNER**

SERVES 1 | PREP TIME **5 MINUTES** | COOKING TIME **20 MINUTES**

**236 CALORIES | 25 GRAMS PROTEIN | 28 GRAMS CARBOHYDRATES | 3 GRAMS FAT**

29 G Carbs

52 G Protein

5 G Fats

29 G Carbs

27 G Protein

2 G Fats

## Ingredients

- 4 or 8 oz. pork loin
- ½ cup of cooked jasmine rice
- Steamed veggies

## Recipe

- Season pork loin as desired (or buy pre-seasoned).
- Grill or bake pork loin until cooked through.
- Cook jasmine rice on stovetop.
- Sauté or steam veggies and season as desired. A dry jerk seasoning goes excellent on carrots.

# Seasoned Pork Loin (Not Halaal)

SHRED DINNER

SERVES 1 | PREP TIME 5 MINUTES | COOKING TIME 30 MINUTES

Option 1 – 4 OZ

250 CALORIES | 27 GRAMS PROTEIN | 29 GRAMS CARBOHYDRATES | 2 GRAMS FAT

Option 2 – 8 OZ

368 CALORIES | 52 GRAMS PROTEIN | 29 GRAMS CARBOHYDRATES | 5 GRAMS FAT



# Sirloin Steak & Rice

[BUILD DINNER](#)

SERVES 1 | PREP TIME 5 MINUTES | COOKING TIME 25 MINUTES  
700 CALORIES | 53 GRAMS PROTEIN | 92 GRAMS CARBOHYDRATES | 16 GRAMS FAT

# Sirloin Steak & Rice

## Ingredients

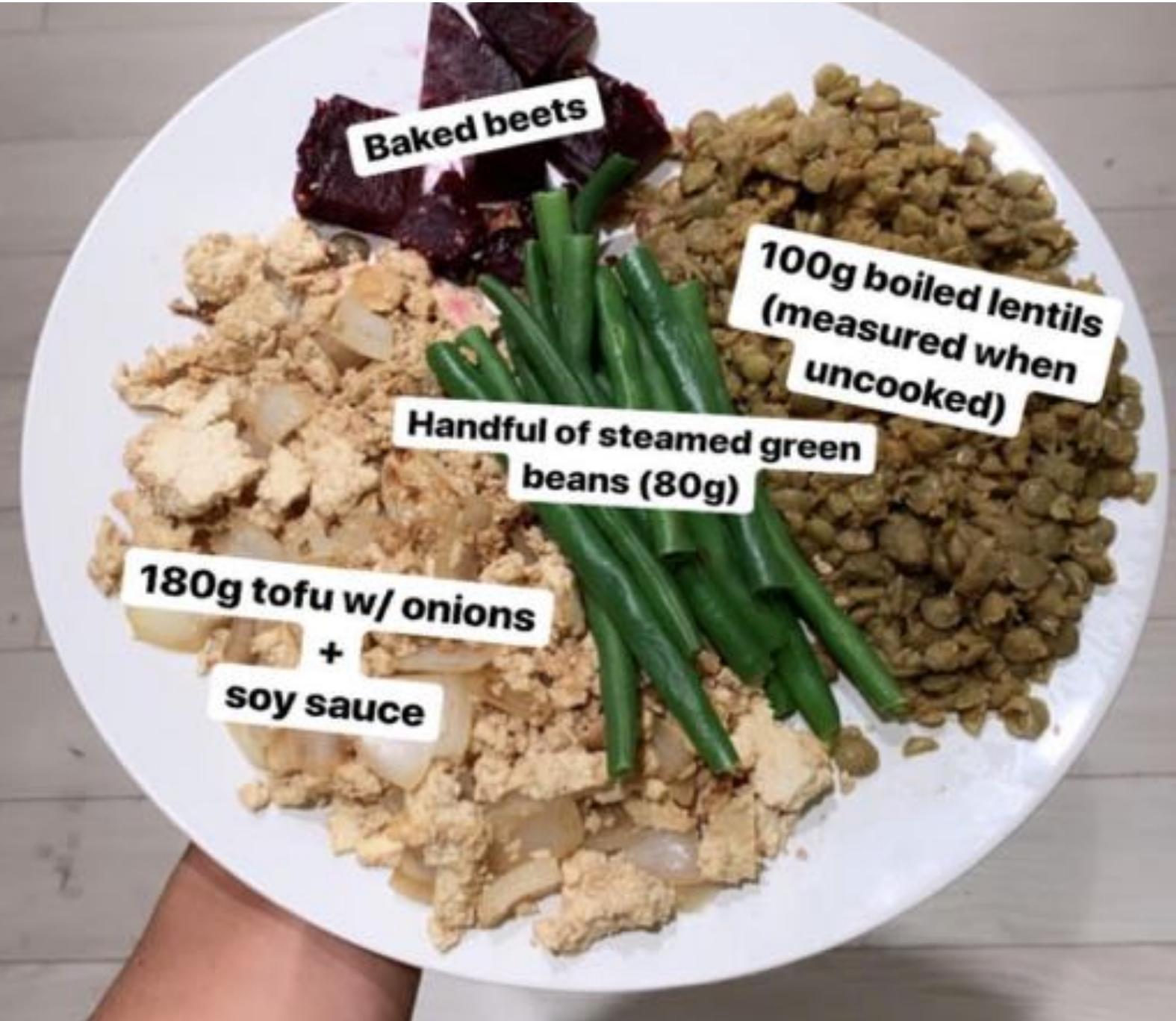
6 oz. top sirloin steak  
50 grams carrots  
100 grams of onions  
50 grams broccoli  
 $\frac{1}{2}$  avocado  
2 cups cooked white rice

## Recipe

1. Measure out the necessary ingredients for steamed veggies and trim any excess fat of your top sirloin steak piece.
2. Steam together carrots and broccoli in a steamer for about 5 minutes till cooked.
3. Take 6 oz. top sirloin steak and add some salt and pepper to marinate.
4. Using a medium sized skillet use a little bit of oil and on medium heat warm up the skillet and sauté the onions for about 2 minutes.
5. Place sirloin streak piece, and cook on both sides until its fully cooked roughly around 7-10 minutes depending on steak cut.
6. Plate cooked steak and onions with the steamed veggies,  $\frac{1}{2}$  of an avocado, and 2 cups of cooked white rice.

**Comment:** This recipe is a great option for someone running the build program! This recipe can be changed for those who prefer different cuts of steak high on calories and carbs that follows the build protocol.

BUILD MEAL



# High Protein Vegan Dinner

[BUILD DINNER](#)

SERVES 1 | PREP TIME 5 MINUTES | COOKING TIME 20 MINUTES

580 CALORIES | 48 GRAMS PROTEIN | 98 GRAMS CARBOHYDRATES | 9 GRAMS FAT

# High Protein Vegan Dinner

## Ingredients

180 grams of tofu

50 grams of onions

1 tablespoon of soy

sauce

80 grams green

beans

50 grams beats

100 grams lentils

## Recipe

1. Measure out the necessary ingredients for making the high protein vegan dinner.
2. Boil the 100 grams of lentils until cooked.
3. Weigh and skin the beet and bake in the oven until fully cooked.
4. Heat up a medium skillet or medium sized pan on medium heat add a little bit of oil and sauté the onions for about 3 minutes. Add in the tofu and soy sauce and stir until cooked.
5. Steam the green beans until fully cooked in a steamer.
6. Plate all the delicious food and enjoy!

**Comment:** This recipe is a great option for someone interested in a high protein vegan diet its healthy and tastes amazing !

**BUILD MEAL**



# Baked Chicken & Potatoes

[BUILD DINNER](#)

SERVES 1 | PREP TIME 10 MINUTES | COOKING TIME 35 MINUTES

480 CALORIES | 41 GRAMS PROTEIN | 75 GRAMS CARBOHYDRATES | 2 GRAMS FAT

# Baked Chicken & Potatoes

## Ingredients

3.5 oz. chicken breast

Salt and ground black pepper, to taste

½ cup of spinach raw

12 oz. white potato

## Optional

Ketchup Sauce

## Recipe

Measure out the necessary ingredients for making the recipe.

- 1 Season the chicken breast with some salt and ground pepper and bake in a pre-heated oven at 350 degrees for about 12-15 minutes until fully cooked.
- 2 Bake the white potato at the same time as the chicken but for an additional 15-20 minutes of cooking time can use seasoning if you wish.
- 3 You can steam the spinach if you would like or eat it raw with the chicken and potatoes.

**Comment:** This recipe is a great option for someone running the build program or shred program. It's perfect for both categories as it fits both programs protocols, for those running the build you can up the amount of chicken for the recipe, and those running the shred program can adjust the amount of potatoes for the recipe.

**BUILD MEAL**



**2 butter popcorn rice cakes**

**1 high protein flat out wrap, 2 servings egg whites, 1 piece sliced back bacon, spinach**

## Flat Out Breakfast Snack

**SHRED/BUILD SNACK**

SERVES 1 | PREP TIME **5 MINUTES** | COOK TIME **5 MINUTES**

**300 CALORIES | 36 GRAMS PROTEIN | 32 GRAMS CARBOHYDRATES | 4 GRAMS FAT**

Recipe: Make a high protein flat out wrap with 2 servings of egg whites cooked with some sliced back bacon, and spinach. Include 2 butter popcorn rice cakes on the side.



# Avocado Rice Cake

**SHRED/BUILD SNACK**

SERVES 1 | PREP TIME **5 MINUTES** |

**320 CALORIES | 25 GRAMS PROTEIN |**  
**31 GRAMS CARBOHYDRATES | 16 GRAMS FAT**

# Avocado Rice Cake

## Ingredients

3 Plain Rice Cakes

$\frac{3}{4}$  Cup Low Fat Cottage Cheese

$\frac{1}{2}$  Avocado

## Optional:

Lemon Juice

## Recipe

- 1 Take 3 plain rice cakes or any type of rice cake flavor you prefer and measure out and add low fat cottage cheese.
- 2 Peel and take out half of an avocado and evenly place pieces on top of the 3 rice cakes.
- 3 Squeeze a little bit of lemon juice on top of each rice cake for a little more vibrant taste.

**Comment:** This recipe is a great option for someone looking to have a quick snack or it can be replaced to be a meal during the day. You can add various seasoning you wish for taste as well. You can also add more volume if you are looking for a bigger caloric intake as well!

**SHRED/BUILD SNACK**



## Kevin's Pre-Workout Snack

### SHRED/BUILD SNACK

SERVES 1 | PREP TIME 5 MINUTES |

170 CALORIES | 15 GRAMS PROTEIN | 27 GRAMS CARBOHYDRATES | 3  
GRAMS FAT

Recipe: Place 175 grams of Greek yogurt on the bottom of a bowl; place 2 grams of chia seeds, and 40 grams of fresh blueberries.

**Comment:** This is one of my go to snacks especially before a workout! Ingredients can be changed for more volume with additional yogurt, and or different types of fruits.



## Pre-Workout Smoothie

**SHRED/BUILD SNACK**

SERVES 1 | PREP TIME 5 MINUTES |  
275 CALORIES | 29 GRAMS PROTEIN | 37 GRAMS CARBOHYDRATES | 4  
GRAMS FAT

Recipe: Place handful of spinach, 1 scoop of whey protein of your choice, 1 cup frozen mixed berries,  $\frac{1}{2}$  of a banana, and 1 cup of unsweetened almond milk and blend together.

**Comment:** One of the favorite ways to have a protein shake before a workout!



## Katia's Raspberry Cereal

### SHRED/BUILD SNACK

SERVES 1 | PREP TIME **5 MINUTES** |

**370 CALORIES | 28 GRAMS PROTEIN | 54 GRAMS CARBOHYDRATES | 6 GRAMS FAT**

Recipe: 250 grams of 0% fat free Greek yogurt in a bowl, place 30 grams of cinnamon toast crunch cereal, and add 150 grams of fresh raspberries.

**Comment:** One of the favorite snacks, the fruits can be changed to your liking!



**250g 0% plain GREEK  
yogurt + 1/2 cup mixed  
berries + tbsp cocoa +**

## Mid-Day High Protein Snack

**SHRED/BUILD SNACK**

SERVES 1 | PREP TIME 5 MINUTES |

**270 CALORIES | 25 GRAMS PROTEIN | 20 GRAMS CARBOHYDRATES | 0 GRAMS FAT**

Recipe: 250 grams of 0% fat free Greek yogurt in a bowl, ½ cup of mixed berries, and a tablespoon of cocoa and stevia for sweetener.



## Key Rice Cake Recipe

**SHRED/BUILD SNACK**

SERVES 1 | PREP TIME 5 MINUTES |

**230 CALORIES | 8 GRAMS PROTEIN | 46 GRAMS CARBOHYDRATES | 3 GRAMS FAT**

Recipe: 3 original rice cakes, 1 tablespoon of peanut butter, and 1 whole banana.

**Comment:** If you want less carbohydrates and more protein add cottage cheese instead of the peanut butter and banana.



# Miriam's Scottsdale Salad

**SHRED/BUILD SNACK**

SERVES 1 | PREP TIME 10 MINUTES |  
221 CALORIES | 16 GRAMS PROTEIN | 15 GRAMS CARBOHYDRATES | 11  
GRAMS FAT

# Miriam's Scottsdale Salad

## Ingredients

3 cups of raw spinach  
0.5 cups of raw cherry tomatoes  
1 oz. red onion  
3 oz. cucumber  
2 tablespoons of avocado green dressing  
2 oz. smoked salmon

## Recipe

Measure out the necessary ingredients in order to make the Scottsdale salad.

- 1 In a medium bowl, add the spinach, cherry tomatoes, red onion, cucumber, and avocado green dressing or a different dressing of your choice.
- 2 Gently mix together with a spoon until combined and well dressed in the dressing.
- 3 Add in the smoked salmon and enjoy!

**Comment:** This recipe is a great snack option that tastes absolutely amazing! If you are using any of the build programs you can add avocado and additional salmon for more calories and volume.

## SHRED/BUILD SNACK

*Hope you guys enjoyed these wonderful meal examples and found them useful!*

*To keep this document updated and growing feel free to post to my email mohammedalfalahy!@gmail.com with the Title “cookBook idea”*

*Show your support by following me on my social media platforms listed below. Once again thank you everyone for his or her submissions!*



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