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Rancher’s Omelet

At

Anytime Meal

5 min.

Preparation Time

10 min.

Cooking Time

Nutritional Information

(per serving) large small

Calories (k/cal)	552.4	276.2
Fat (g)	25.7	12.9
Saturated (g)	9.0	4.5
Monounsaturated (g)	7.7	3.8
Polyunsaturated (g)	7.6	3.8
omega-3 (g)	0.9	0.5
omega-6 (g)	2.3	1.2
Carbohydrates (g)	16.6	8.3
fiber (g)	3.5	1.7
sugars (g)	9.4	4.7
Protein (g)	63.6	31.8

TIP: With a spatula, lift a portion of the egg, allowing the runny egg on top to flow beneath the part that you lifted. Repeat this step three or four times at different spots.

If you’re looking for a hearty, no-nonsense breakfast, look no further than the Rancher’s Omelet. Full of lean proteins and veggies, this omelet is a great morning kick-start – even if you don’t have cattle to tend.

Instructions

Cook turkey sausage (refer to instructions on page 146) and then dice it. Preheat a large non-stick frying pan on medium heat. Lightly coat with spray. Add red pepper and onion. Sauté until onions are lightly browned, stirring frequently. Add cooked sausage, tomato and garlic and sauté for one minute more. Remove from pan and set aside. Whisk egg whites, eggs, salt and pepper together in a mixing bowl. Re-spray pan if needed and pour egg mixture into the pan. Cook until the top of the mixture begins to bubble and the bottom is golden brown. Flip the omelet and cook until the other side is golden brown. Transfer omelet to a plate. Place havarti cheese onto one half of the omelet and the vegetable and sausage mixture on top of the cheese. Fold the omelet over to cover contents. Garnish with salsa and serve. **Serves 1 large or 2 small.**

Turkey sausage (85 g)	3 oz
Olive oil cooking spray	
Red pepper (small diced)	¼ cup
Onion (small diced)	¼ cup
Tomato (small diced)	¼ cup
Garlic (minced)	1 tsp
Egg whites (6 large)	1 cup
Whole omega-3 eggs	2
Salt	¼ tsp
Pepper	pinch
Light havarti cheese (sliced, 28 g)	2 oz
Salsa	¼ cup



Variations and Options

PW option: Add two slices of whole grain toast or any *Gourmet Nutrition* oatmeal recipe to the meal. **For some veggie variety, substitute the vegetables in this recipe with your favorites or whatever is in season.** If you don’t want to smell like garlic, substitute garlic with 1 teaspoon of minced or grated ginger. **To switch from an omelet to a frittata, cook the omelet similar to how you’d cook a frittata. Refer to instructions on page 48.**



Post-workout
Meal

15
min.

Preparation
Time

15
min.

Cooking
Time

Nutritional Information

(per serving) large small

Calories (k/cal)	731.1	365.6
Fat (g)	33.1	16.6
Saturated (g)	7.1	3.6
Monounsaturated (g)	17.5	8.8
Polyunsaturated (g)	6.1	3.1
omega-3 (g)	0.3	0.2
omega-6 (g)	5.3	2.7
Carbohydrates (g)	59.6	29.8
fiber (g)	10.2	5.1
sugars (g)	24.1	12.1
Protein (g)	48.7	24.3

Sunrise Sundae with French Toast Hash Browns

Let's face it, if you're at all physique-conscious, you've likely given up french toast a long time ago. However, with the help of some whole grain bread and omega-3 eggs, french toast is back on the menu. And this time it's served alongside a delicious, fruity ice-cream-free sundae. If you're looking for an awesome morning post-workout meal, look no further than the Sunrise Sundae.

Instructions

Sunrise Sundae Place all of the apple pieces in the bottom of a tall glass or bowl. Place the remaining ingredients on top of the apple in the order they appear in the ingredient list.

French Toast Cut bread into 1-inch square cubes. Whisk egg, cinnamon and salt in a small mixing bowl and place bread cubes into egg. Let soak for 30 seconds. Preheat a non-stick frying pan and lightly coat with spray. Pour the egg and bread mixture into the pan. Mixing as little as possible, lightly brown the bread. Remove from heat and serve. **Serves 1 large or 2 small.**

Sunrise Sundae

Apple (small diced)	¼ cup
Low-fat cottage cheese	½ cup
Nectarine (small diced)	¼ cup
Low-fat plain yogurt	¼ cup
Strawberry (sliced)	¼ cup
Low-fat cottage cheese	½ cup
Grapes	¼ cup
Mixed nuts (unsalted, crushed)	⅓ cup

French Toast

Whole grain bread	1 slice
Whole omega-3 egg	1
Cinnamon	pinch
Salt	pinch
Olive oil cooking spray	



Variations and Options

For fruit variety, substitute apple, strawberries, grapes and nectarine with your favorite fruits or whatever is in season. Banana, mango, peach, blueberries and melon are some of our favorites. **To add a vanilla taste to your Sunrise Sundae, mix your yogurt and cottage cheese with some vanilla protein powder before adding to the sundae.**

Nutty Crunch Shake

Pw

Post-workout
Meal

5

min.

Preparation
Time

Nutritional Information

(per serving)	large	small
Calories (k/cal)	634.4	317.2
Fat (g)	21.5	10.8
Saturated (g)	4.0	2.0
Monounsaturated (g)	1.2	0.6
Polyunsaturated (g)	0.6	0.3
omega-3 (g)	0.0	0.0
omega-6 (g)	0.5	0.3
Carbohydrates (g)	41.6	20.8
fiber (g)	5.0	2.5
sugars (g)	20.9	10.5
Protein (g)	68.6	34.3


Peanut butter’s strong characteristic flavor and texture always make for an awesome shake. But by adding in some raw oats for texture and chocolate protein for flavor, this shake takes it to the next level by offering that peanut butter–chocolate taste combo we’ve all grown to love.

Instructions

Combine all ingredients in a countertop blender. Blend on high until mixture is a smooth consistency. **Serves 1 large or 2 small.**

Rolled-oats	3½ tbsp
Low-fat milk	1 cup
Low-fat cottage cheese	1 cup
Chocolate whey protein (equal to 25 g protein)	1 scoop
Peanut butter	2 tbsp
Ice	1 cup

Variations and Options

If you are lactose intolerant or wish to avoid dairy, replace the 1 cup milk and 1 cup cottage cheese with 1 cup unsweetened soy milk (or 1 cup water and ½ cup protein powder) and 1 cup plain, lactose-free yogurt. Alternatively, you can substitute with non-cow’s-milk dairy (e.g. goat’s milk). **If you’d like to enhance this shake with additional flavor, replace the milk with chocolate or coffee flavored sugar-free yogurt.** For a nutty variety, substitute peanut butter with almond butter. **To spice up this shake, use a pinch of cinnamon.**  option: For a great post-workout version of this shake, add in ¼ cup of semi-sweet chocolate chips and/or substitute the peanut butter with Nutella®.



Texas Thin Crust Pizza

At

Anytime Meal

10 min.

Preparation Time

10 min.

Cooking Time

Nutritional Information

(per serving)	large	small
Calories (k/cal)	552.1	276.1
Fat (g)	28.5	14.3
Saturated (g)	15.9	7.9
Monounsaturated (g)	9.4	4.7
Polyunsaturated (g)	1.4	0.7
omega-3 (g)	0.3	0.1
omega-6 (g)	1.0	0.5
Carbohydrates (g)	21.4	10.7
fiber (g)	2.6	1.3
sugars (g)	13.2	6.6
Protein (g)	52.5	26.3

Many folks have an almost instinctive love of pizza. However, on a rational level, they know it's loaded with processed carbs and saturated fats. So, when you'd rather go with your head, choose this healthy thin crust pizza.

Instructions

Preheat the oven to 400°F. Preheat a non-stick frying pan on medium heat. Lightly coat with spray, add the ground meat and season with salt and pepper. Sauté the beef until lightly browned and cooked all the way through. Add the onions, peppers and garlic and sauté for 1 minute more. Add the tomato and BBQ sauce, stir until combined and remove from heat. Lightly coat a baking sheet with spray and place the tortilla shell on the tray. Spread the beef and vegetable mixture evenly on the shell, leaving the outside half inch for the crust. Top with the pineapple and cheese and then place in the oven. Bake until cheese is melted and shell is nicely toasted (about 10 minutes). **Serves 1 large or 2 small.**

Olive oil cooking spray

Ground sirloin or extra lean ground beef (170 g)	6 oz
Salt	¼ tsp
Pepper	⅛ tsp
Yellow onion (small diced)	¼ cup
Red pepper (small diced)	¼ cup
Garlic (minced)	2 tsp
Tomato (small diced)	¼ cup
BBQ sauce	2 tbsp
Whole wheat tortilla	1
Pineapple (tidbits or chopped)	¼ cup
Aged white cheddar (grated)	½ cup

Variations and Options

If you don't like the BBQ sauce, then substitute with tomato sauce instead. **Different cheeses will provide a range of flavors.** Substitute the garlic with roasted garlic (refer to recipe on page 194) for a gourmet flavor.



Spinach, Feta and Cashew Pesto

Pairing: vegetables, chicken, seafood or beef

10
min.

Preparation
Time

Nutritional Information

(per serving)	large	small
Calories (k/cal)	52.6	26.3
Fat (g)	4.2	2.1
Saturated (g)	1.1	0.6
Monounsaturated (g)	2.2	1.1
Polyunsaturated (g)	0.5	0.3
omega-3 (g)	0.0	0.0
omega-6 (g)	0.5	0.2
Carbohydrates (g)	2.1	1.1
fiber (g)	0.4	0.2
sugars (g)	0.5	0.3
Protein (g)	1.7	0.8

Across the world, there are many forms of pesto, although the typical Italian pesto is made from a base of basil leaves, garlic and pine nuts. We decided to add our own unique flavor palate to this classic dish by choosing spinach, cashews and feta cheese as our base. Wait until you try it.

Instructions

Defrost the spinach and squeeze out all the water from it before measuring volume. Combine all the ingredients in a blender or mini food processor and purée until a grainy paste is formed. If more liquid is required, add another tablespoon of olive oil and lemon juice. **Serves 9 large or 18 small.**

Cooked spinach (frozen)	½ cup
Low-fat feta cheese	¼ cup
Cashews	¼ cup
Lemon juice	1 tbsp
Olive oil	1 tbsp
Cumin	1 pinch
Pepper (fresh ground)	1 pinch

Variations and Options

To use as a salad dressing, combine 1 part pesto with 1 part milk and 1 part olive oil. **To use as a sauce, add 1 cup veggie broth and heat gently in a pot. Serve with chicken, seafood or beef.** To use as a spread, simply spread on sandwiches and wraps. **You can also mix this pesto into a pan of sautéed veggies or on top of a cooked chicken breast.** If you'd like to use fresh spinach instead of frozen, simply sauté the spinach first. Three cups of fresh spinach will make about ½ cup cooked.



Wholesome Fruit Crumble



Post-workout
Meal

10
min.

Preparation
Time

10
min.

Cooking
Time

Nutritional Information

(per serving) large small

Calories (k/cal)	421.5	210.8
Fat (g)	9.2	4.6
Saturated (g)	4.3	2.1
Monounsaturated (g)	2.9	1.5
Polyunsaturated (g)	1.0	0.5
omega-3 (g)	0.1	0.1
omega-6 (g)	0.9	0.4
Carbohydrates (g)	78.9	39.4
fiber (g)	11.8	5.9
sugars (g)	38.9	19.5
Protein (g)	5.8	2.9

The natural sweetness of cooked fruit makes fruit crumbles a real favorite from kids to adults. This particular fruit crumble recipe minimizes the added sugar while maximizing the fruity goodness. As such, it can be eaten alone or in conjunction with a crunchy topping like our Homemade Granola.

Instructions

Preheat a large pot on medium heat. Add the oil, water, apples and pears. Cook until the fruit starts going soft (about 5-8 minutes) and then add the cinnamon, honey and vanilla extract and cook a few more minutes until the liquid is slightly thickened. Stir in the raspberries and remove from heat to cool a little. Add to ½ or ¼ cup Homemade Granola. **Serves 2**

large or 4 small.

Coconut oil or butter	1 tbsp
Water	2 tbsp
Gala apples (core removed, large chopped)	1 cup
Pears (core removed, large chopped)	1 cup
Cinnamon	½ tsp
Honey	2 tsp
Pure vanilla extract	½ tsp
Raspberries (frozen)	1 cup
Homemade granola (recipe on page 234 or use store-bought)	1 cup

Variations and Options

As this recipe is low in protein, you'll want to serve it along with a protein-rich snack. Our Blueberry Power Yogurt or Strawberry Coconut Pudding would make a great match. Or, for an even simpler protein boost, serve with cottage cheese or a protein shake. **This meal is versatile, so you can serve it warm or cold.** For some fruit variety, try substituting the raspberries with blueberries or blackberries.

