



EASY MEAL PLANNING & RECIPE GUIDE

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LIFESTYLE EATING STRATEGY:

JUST SKIP BREAKFAST

Strategy & Meal Plan

Let's talk about what a one-week Meal Plan looks like for the "**Just Skip Breakfast**" Eating Strategy.

Now, keep in mind that this is just an example. You're welcome to change or swap out any of the recipes with healthy recipes of your own, or ones you find online or in cookbooks that sound good. This guide will simply show you what *an* example meal plan looks like using this Eating Strategy.

The 2 Methods Of Meal Planning

I recommend using either of these two strategies:

Strategy #1: The "Carry-Over Method" – Make a recipe for Dinner, then eat the leftovers for lunch the next day... So each dinner "carries over" to the next day for lunch.

Strategy #2: The "Batch Method" – Pick out a recipe that you'd enjoy having for lunch and make a double (or triple) batch, then portion it out and eat that for lunch each day. Then, you just need to cook your dinners each day.

Here's why these strategies work so well:

- It makes tracking your nutrition faster (you can "save" meals after you add them in apps like MyFitnessPal, so once you track the nutrition for one meal, you can save it and easily add it to your nutrition the next day – or when next you have that recipe).
- It means you're cooking less and using more of the food you make.
- Eating the same recipe for more than one meal (i.e. dinner and then lunch the following day, OR the same recipe for lunch every day) reduces decision fatigue. You're more likely to stay consistent with your nutrition because you're having to make fewer decisions as you go.

Snacks

For Snacks, you can swap out the ones in the plan(s) below for options that you may prefer more. As mentioned before, this is just an example. If you crave something in particular, then have that! (Just make sure to work it into your calorie target for the day.)

Last note about Snacks – how many snacks you have (either one or two) is less important than the calories you're consuming. If you want a snack after lunch and then again after dinner, that's fine. Or, you can "save up" more calories for a larger snack at night, or a glass of wine perhaps – totally up to you!

STRATEGY #1:

CARRY-OVER METHOD

	SUN	MON	TUES	WED	THURS	FRI	SAT
LUNCH	Deep Dish Taco Pie	Enchilada Bake	Jamaican Jerk Tilapia	BBQ Turkey Meatloaf	Healthy Huevos Rancheros	Classic Burger With A Pop	Cauliflower Pizza with Shrimp and Pesto
SNACK	Lemon Poppyseed Biscotti	1 String Cheese	Blueberry Greek Nonfat Yogurt	Lemon Poppyseed Biscotti	1 String Cheese	Blueberry Greek Nonfat Yogurt	Lemon Poppyseed Biscotti
DINNER	Enchilada Bake	Jamaican Jerk Tilapia	BBQ Turkey Meatloaf	Healthy Huevos Rancheros	Classic Burger With A Pop	Cauliflower Pizza with Shrimp and Pesto	Deep Dish Taco Pie
SNACK	Chocolate Peanut Butter Protein Cookies	Protein Crunch Cone Cereal Bars	Protein Rice Krispy Treats	Chocolate Peanut Butter Protein Cookies	Protein Crunch Cone Cereal Bars	Protein Rice Krispy Treats	Chocolate Peanut Butter Protein Cookies

With this Method, simply make a recipe for Dinner, then eat the leftovers for lunch the next day...
So each dinner "carries over" to the next day for lunch.

STRATEGY #2:

BATCH METHOD

	SUN	MON	TUES	WED	THURS	FRI	SAT
LUNCH	Deep Dish Taco Pie	Deep Dish Taco Pie	Deep Dish Taco Pie	Deep Dish Taco Pie	Deep Dish Taco Pie	Deep Dish Taco Pie	Deep Dish Taco Pie
SNACK (Optional)	Lemon Poppyseed Biscotti	1 String Cheese	Blueberry Greek Nonfat Yogurt	Lemon Poppyseed Biscotti	1 String Cheese	Blueberry Greek Nonfat Yogurt	Lemon Poppyseed Biscotti
DINNER	Enchilada Bake	Jamaican Jerk Tilapia	BBQ Turkey Meatloaf	Healthy Huevos Rancheros	Classic Burger With A Pop	Cauliflower Pizza with Shrimp and Pesto	Deep Dish Taco Pie
SNACK	Chocolate Peanut Butter Protein Cookies	Protein Crunch Cone Cereal Bars	Protein Rice Krispy Treats	Chocolate Peanut Butter Protein Cookies	Protein Crunch Cone Cereal Bars	Protein Rice Krispy Treats	Chocolate Peanut Butter Protein Cookies

With this method, pick out a recipe that you'd enjoy having for lunch and make a double (or triple) batch, then portion it out and eat that for lunch each day. Then, you just need to cook your dinners each day.

LIFESTYLE EATING STRATEGY: **3 SQUARE MEALS**

Strategy & Meal Plan

Now let's go over what a one-week Meal Plan looks like for the "**3 Square Meals**" Eating Strategy.

Again, *this is just an example*. You're welcome to change or swap out any of the recipes with healthy recipes of your own, or ones you find online or in cookbooks that sound good. This guide will simply show you what *an* example meal plan looks like using this Eating Strategy.

The 2 Methods Of Meal Planning

Like before, I recommend using either of these two strategies:

Strategy #1: The "Carry-Over Method" – Make a recipe for Dinner, then eat the leftovers for lunch the next day... So each dinner "carries over" to the next day for lunch.

Strategy #2: The "Batch Method" – Pick out a recipe that you'd enjoy having for lunch and make a double (or triple) batch, then portion it out and eat that for lunch each day. Then, you just need to cook your dinners each day.

Snacks And Breakfast

- **For Breakfast**, you have several options. You can have a more "on the go" option like yogurt, or work in a full meal, like the Breakfast Skillet recipe. It all depends on the time you have, and how much food you want to have in the morning. There's no right or wrong answer (or amount), as long as it fits into your calorie target.
- **For Snacks**, you can swap out the ones in the plan(s) below for options that you may prefer more. As mentioned before, this is just an example. If you crave something in particular, then have that! (Just make sure to work it into your calorie target for the day and you're good!)

That said, let's see what a full week looks like...

STRATEGY #1:

CARRY-OVER METHOD

	SUN	MON	TUES	WED	THURS	FRI	SAT
BREAKFAST	Lemon Poppyseed Biscotti	Breakfast Skillet	Lemon Poppyseed Biscotti	Blueberry Greek Nonfat Yogurt	Lemon Poppyseed Biscotti	Blueberry Greek Nonfat Yogurt	Lemon Poppyseed Biscotti
LUNCH	Deep Dish Taco Pie	Enchilada Bake	Jamaican Jerk Tilapia	BBQ Turkey Meatloaf	Healthy Huevos Rancheros	Classic Burger With A Pop	Cauliflower Pizza with Shrimp and Pesto
DINNER	Enchilada Bake	Jamaican Jerk Tilapia	BBQ Turkey Meatloaf	Healthy Huevos Rancheros	Classic Burger With A Pop	Cauliflower Pizza with Shrimp and Pesto	Deep Dish Taco Pie
SNACK	Chocolate Peanut Butter Protein Cookies	Protein Crunch Cone Cereal Bars	Protein Rice Krispy Treats	Chocolate Peanut Butter Protein Cookies	Protein Crunch Cone Cereal Bars	Protein Rice Krispy Treats	Chocolate Peanut Butter Protein Cookies

With this Method, simply make a recipe for Dinner, then eat the leftovers for lunch the next day...
So each dinner "carries over" to the next day for lunch.



STRATEGY #2:

BATCH METHOD

	SUN	MON	TUES	WED	THURS	FRI	SAT
BREAKFAST	Lemon Poppysseed Biscotti	Breakfast Skillet	Lemon Poppysseed Biscotti	Blueberry Greek Nonfat Yogurt	Lemon Poppysseed Biscotti	Blueberry Greek Nonfat Yogurt	Lemon Poppysseed Biscotti
LUNCH	Deep Dish Taco Pie	Deep Dish Taco Pie	Deep Dish Taco Pie	Deep Dish Taco Pie	Deep Dish Taco Pie	Deep Dish Taco Pie	Deep Dish Taco Pie
DINNER	Enchilada Bake	Jamaican Jerk Tilapia	BBQ Turkey Meatloaf	Healthy Huevos Rancheros	Classic Burger With A Pop	Cauliflower Pizza with Shrimp and Pesto	Deep Dish Taco Pie
SNACK	Chocolate Peanut Butter Protein Cookies	Protein Crunch Cone Cereal Bars	Protein Rice Krispy Treats	Chocolate Peanut Butter Protein Cookies	Protein Crunch Cone Cereal Bars	Protein Rice Krispy Treats	Chocolate Peanut Butter Protein Cookies

With this method, pick out a recipe that you'd enjoy having for lunch and make a double (or triple) batch, then portion it out and eat that for lunch each day. Then, you just need to cook your dinners each day.



MEAL PLAN RECIPES

**Full Recipe Guide For All The
Recipes In The Meal Plan Above**

Breakfast • Lunch • Dinner • Snacks

LEMON POPPYSEED BISCOTTI



INGREDIENTS

- 6 tbsp. unsalted butter, softened
- 2/3 cup granulated cane sugar (or you can sub regular sugar)
- 1/4 tsp. salt
- zest of lemon
- 1-1/2 tsp. vanilla paste
- 1-1/2 tsp. baking powder
- juice of 1 lemon
- 2 tbsp. poppyseeds
- 2 eggs
- 1 cup all purpose flour
- 1 cup Quest multi-purpose powder
- cooking spray

NUTRITION

Servings: 12
Serving Size: 1 biscotti

Calories: 163
Fat: 6 g
Carbs: 18 g
Sugar: 10 g
Fiber: 1 g
Sodium: 90 mg (w/o added salt)
Protein: 8 g

DIRECTIONS

1. Preheat oven to 350°.
2. In a stand mixer add softened butter and sugar, beat on medium/medium-low until fluffy.
3. Add in lemon zest, salt, vanilla paste and baking powder. Beat until fully combined and smooth.
4. Set the mixer to low and add eggs one at a time until combined.
5. Pour in lemon juice.
6. Keeping the mixer on low, gradually add in flour and then quest powder until fully combined but not over mix.
7. Stir in poppyseeds until just combined.
8. On a baking sheet, spray with cooking spray.
9. Add dough to the pan and pat out into a log shape about 4in. in width by 12 in. in length.
10. Spray top with cooking spray and place into the oven 25 minutes. Remove from oven and let cool.
11. Next careful cut biscotti, should have a total of 12 equal sized biscotti.
12. Place back onto the pan on their side and back into the oven for 15 minutes.
13. Remove from oven and flip to lay on the on the other side and bake for another 10-15 minutes, until crisp and golden in color.

BREAKFAST SKILLET



INGREDIENTS

- 12 oz. diced red potatoes
- 2 tsp grapeseed oil
- ½ cup sweet onion, finely diced
- ¼ cup chopped red bell pepper, finely chopped
- ½ tsp smoked paprika
- ½ tsp garlic powder
- ¼ tsp cumin
- 3 slices uncured turkey bacon, cooked and chopped
- 2 eggs plus 2 egg whites, scrambled
- Salt and pepper
- Cheese (optional)
- Tomatoes (optional)
- Fresh Cilantro or parsley (optional)

NUTRITION

Servings: 2
Serving Size: ½ of the skillet

Calories: 319
Fat: 12 g
Carbs: 29 g
Sugar: 1 g
Fiber: 2 g
Sodium: 425 mg
Chol: 222 mg
Protein: 22 g

DIRECTIONS

1. In a large skillet, add 2 tsp grapeseed oil and heat on medium. Add diced potatoes, toss to coat. Turn heat to medium-high and cook for about 8-10 minutes, flipping occasionally.
2. Turn heat down to medium, add chopped onion and red pepper, season with smoked paprika, garlic powder, cumin and salt and pepper. Stir to fully combine ingredients.
3. Cover and cook for another 10-15 minutes until potatoes are browned and fully cooked.
4. Meanwhile, cook up the turkey bacon in a separate pan (according to packaging instructions). Chop up cooked bacon and set aside.
5. Cook eggs your preferred way. Add bacon bits to the skillet and stir.
6. Optionally top with cheese, tomato and fresh herbs (*not included in nutrition information*).

DEEP DISH TACO PIE



INGREDIENTS

For the Deep Dish Taco Pie

- 2 lbs ground turkey
- 2 packets of taco seasoning
- 1 cup fat free refried beans
- 1-14 oz. can Rotel diced tomatoes and green chiles
- 1-6oz. can tomato paste
- 1 cup shredded Mexican cheese
- 1 tube pilsbury pizza crust

Optional Toppings

- tomatoes
- green onions
- cilantro
- jalapeños
- red onion
- guacamole

NUTRITION

Servings: 8

Serving Size: 1 piece of deep dish taco pie (1/8 of a standard pie pan)

Calories: 357

Fat: 14g

Carbs: 27g

Sugar: 3g

Fiber: 2g

Sodium: 616mg

Protein: 30g

DIRECTIONS

1. Preheat oven to 375°.
2. In a standard pie pan spray with cooking spray, take pizza dough out of the tube. Use a rolling pin to roll out dough into more of a square than a rectangle. Lay dough over pie pan pressing dough into the bottom of the pan and taking the excess dough and folding over to form a crust on the edges, evenly around the whole pan. Place into the oven to pre-bake for 6-8 minutes.
3. Meanwhile heat a large skillet on medium-high. Spray skillet with cooking spray and add 2 lbs. of ground turkey, start to breakup with spatula as it starts to brown.
4. Reduce heat to medium and continue breaking up turkey with spatula until is fully cooked. Add both taco seasoning packets to the turkey and follow directions according to package. Add 1 cup of refried beans and tomato paste, stir until fully combined, mixture will be slightly thick.
5. Once the crust is done pre-baking remove from oven, scoop turkey mixture into the pie shell and spread evenly. Sprinkle evenly with 1 cup of shredded cheese and place pie pan bake into the oven for 15 minutes or until cheese is melted and crust is golden brown.
6. Remove from oven and sprinkle with your preferred toppings. Let cool for a few minutes and then cut into 8 equal pieces.

ENCHILADA BAKE



INGREDIENTS

For the Enchilada Bake

- 2 lb. lean ground turkey (can also sub shredded chicken)
- 2 packets taco seasoning
- 18 corn tortillas
- 1 tsp. olive oil
- 1/2 red onion chopped
- 1 jalapeños, chopped (seeded if you don't want it too hot)
- 3 minced garlic cloves
- 2 tsp. cumin
- 2 tbsp. plus 2 tsp. chili powder
- 1 tbsp. sugar or 1 packet of stevia
- 1 – 28oz. can crushed tomatoes
- 1 – 15oz can of no salt added corn
- 1 cup nonfat refried beans (heated)

- 1 cup shredded Mexican cheese
- salt and pepper

Optional Toppings

- chopped cilantro
- chopped green onions
- chopped tomatoes

NUTRITION

Servings: 8

Serving Size: 1/8 of a 13x9 pan

Calories: 386

Fat: 14 g

Carbs: 36 g

Fiber: 7 g

Sugar: 3 g

Sodium: 480 mg (w/o added salt)

Protein: 30 g

DIRECTIONS

1. Preheat the oven to 375.
2. In a large skillet on medium high heat, spray with cooking spray. Add all of the ground turkey to the pan, start to break up with a spatula until all ground and fully cooked.
3. Add your two packets of taco seasoning, following the directions on the package. Finish cooking, remove from heat and set aside.
4. For the enchilada sauce: First you will heat the oil in a medium sauce pan on medium-high heat, add onions and jalapeno, reduce to medium heat and cook for about 5-8 minutes, stirring occasionally.
5. Add the next 4 ingredients (garlic, chili powder, cumin and sugar/stevia) and stir together. Finally add your can of crushed tomatoes, stir until fully incorporated, let simmer for 10 minutes. Salt and pepper to taste and set aside.
6. Now to assemble the bake you need a 13x9 pan and spray with cooking spray. You will start to layer if just like lasagna.
7. Start by laying 6 corn tortillas on the bottom of the pan(they will overlap a bit).
8. Spread half of the refried beans on the top of the tortillas, use about half of the can of corn evenly spread out and half of the taco seasoned cooked ground turkey with a bit of sauce (make sure you save some for the top layer). Then repeat one more time.
9. Once you have two layers top the last layer with 6 more tortillas and top with the remaining sauce and place uncovered in the oven for 10 min. Remove from oven and sprinkle with cheese and cover with foil for 20 minutes. *(TIP: If you like the cheese a little more browned, place back into the oven for about 5 minutes on broil. Make sure to keep your eye on it so it doesn't burn.)*
10. When done take out of oven and sprinkle with chopped cilantro, green onions, and tomatoes and enjoy.

JAMAICAN JERK TILAPIA



INGREDIENTS

For the Tilapia

- 4 4-oz tilapia fillets
- 4 tsp olive oil (2 tbsp are for searing)
- 2 tbsp brown sugar
- 1/8 tsp cinnamon
- ¼ tsp clove
- 1½ tsp allspice
- 1 tsp red pepper flake
- 1 tbsp thyme
- ¼ tsp cumin
- 2 garlic cloves
- 1 tsp salt
- ½ tsp black pepper

For the Pineapple Salsa

- 6 oz. chopped pineapple
- 1 small jalapeño, seeded and chopped
- ¼ cup red onion, chopped
- juice of ½ a lime
- ½ tsp kosher salt
- ¼ cup loosely packed cilantro
- 1 stevia packet or ½ tsp sugar

NUTRITION

Servings: 4

Serving Size: 1 4-oz. Fillet *

Calories: 172

Fat: 7 g

Carbs: 6 g

Sugar: 6 g

Fiber: 0 g

Sodium: 30 mg

Protein: 22 g

Chol: 75 mg

DIRECTIONS

1. Preheat 425°. Clean and dry off fish fillets. Set aside.
2. For the jerk seasoning add brown sugar, cinnamon, clove, allspice, red pepper flake, 2 tsp olive oil, thyme, cumin, garlic, salt and pepper to a small bowl and whisk together until fully combined.
3. Take half of that seasoning and coat about 2 fillets top and bottom, then use the remaining half of the seasoning for the last 2 fillets.
4. In a large skillet heat remaining 2 tsp. olive oil on high heat.
5. Once pan is hot, add pieces of fish and sear for 1 minute, then flip and sear for another minutes.
6. Carefully remove fish from the pan and place onto a foiled-lined baking sheet. Place baking sheet in the oven and finishing cooking about 10-15 minutes, or until fish is fully cooked.
7. While that's cooking, make the pineapple salsa. Start by combining all ingredients in a medium size bowl, stir to fully incorporate. Cover with plastic wrap and refrigerate until ready to serve.

BBQ TURKEY MEATLOAF



INGREDIENTS

For the Meatloaf

- 2 lbs. lean ground turkey
- 2 eggs, beaten
- 1/2 cup gluten free breadcrumbs (*you can sub with regular breadcrumbs*)
- 1/4 cup ketchup
- 3 tbsp. brown sugar
- 2 tbsp. bbq sauce
- 1 tbsp. mustard
- 1 tbsp. Worcestershire sauce
- 1 tbsp. chili powder
- 2 tsp. garlic powder
- 2 tsp. sea salt
- 1 tsp. pepper
- freshly chopped cilantro (optional)
- cooking spray

For the Barbecue Sauce

- 1/2 cup bbq sauce
- 2 tbsp. raspberry preserves (or sub another fruit preserves)
- 2 tbsp. water
- 1 tbsp. Sriracha

NUTRITION

Servings: 12

Serving Size: 1 slice of meatloaf (1/12 of the pan)

Calories: 183

Fat: 6g

Carbs: 16g

Sugar: 11g

Fiber: 0g

Sodium: 221mg (w/o added salt)

Protein: 16g

DIRECTIONS

1. Preheat oven to 350°.
2. In a large bowl add ground turkey, eggs, breadcrumbs, ketchup, brown sugar, bbq sauce, mustard, Worcestershire, chili powder, garlic powder, sea salt, and pepper. Using your hand gentle mix ingredients together until evenly dispersed (but try not to over mix).
3. Spray a loaf pan with cooking spray. Take meat mixture and form into a loaf shape and place directly into loaf pan, pad out to make sure its level and will cook more evenly.
4. In a small bowl whisk together bbq sauce, raspberry preserves, water and Sriracha.
5. Take a little bit of the sauce and glaze the top. Place into the oven for about 20 minutes.
6. Remove from oven, add more glaze.
7. Put back into the oven for another 30 minutes.
8. Remove, add remaining sauce and place back into the oven for another 20 minutes or until internal temperature is 160 degrees.
9. Optionally top with fresh chopped cilantro and serve.

HEALTHY HUEVOS RANCHEROS



INGREDIENTS

For the Huevos Rancheros

- 1 lb. lean ground turkey or chicken
- 1 tbsp. coconut oil
- 1 jalapeno, diced and seeded (leave seeds in for extra kick)
- 1/4 cup red onion, diced
- 1 packet taco seasoning (or use homemade)
- 1 can red enchilada sauce
- corn tortillas
- salt and pepper

Toppings

- Cotija cheese (or any kind of Mexican cheese), crumbled
- fresh cilantro, chopped
- eggs (however many you'd like)

NUTRITION

Serving Size: 2 huevos rancheros
1 serving = 2 corn tortillas, 4 oz. meat, 1 oz. cheese, 2 eggs, sauce)

Calories: 480
Fat: 25g*
Carbs: 16g
Fiber: 3g
Sugar: 2g
Protein: 43g

** To lower the fat, use a fried egg white instead of the whole egg. You can also use a reduced-fat shredded Mexican cheese in place of the Cotija.*

DIRECTIONS

1. Preheat oven to 350°.
2. In a large skillet on medium heat, add coconut oil.
3. Add jalapeno and red onion to the skillet and toss in coconut oil. Cook for 3-5 minutes until softened.
4. Add in meat and start to brown and break apart until fully cooked.
5. Next add in the taco seasoning to the meat mixture and stir to fully combine (follow directions on the packet). When meat is done cooking, take off the heat and set aside.
6. On a foil-lined baking sheet spray with cooking spray place how ever many corn tortillas you want and then spray the tops of them. Place into the oven and keep your eye on them. You want to cook them just enough so they are crispy and can hold all the toppings.
7. While the tortillas are cooking, heat a skillet on medium and spray with cooking spray. Add eggs to the pan, turn down to low cook for about 2 minutes then cover and cook for another 2-3 minutes or until white is cooked and yolk is still runny. Season with sea salt and pepper.
8. When the tortillas are done spread the top with enchilada sauce top with about 2oz. of cooked meat, fried egg and sprinkle with cheese and fresh cilantro.
9. Serve with more enchilada sauce, fresh salsa, or even guacamole!

CLASSIC BURGER WITH A POP



INGREDIENTS

For the Burger

- 1 lb. lean ground beef (90/10)
- Salt and pepper
- 2 tsp. Coconut oil
- Low calorie or gluten free bun (optional)

Toppings

- 2 slices of white American cheese
- 2 slices of tomatoes
- Onions
- Pickles
- Lettuce
- Ketchup
- Mustard
- ¼ of a serving of BBQ
- PopChips (about 4 per burger)

NUTRITION

Servings: 2

Serving Size: 1 ½-lb burger with PopChips and cheese *

Calories: 470

Fat: 25g

Carbs: 6g

Fiber: 0g

Sugar: 2g

Sodium: 387mg (w/o added salt)

Protein: 50g

DIRECTIONS

1. Form 2 equal patties, weighing ½-lb per burger. You can make smaller patties if you like, but these directions and nutrition below are for ½-lb patties. Make sure to put a little indent in the middle of the burger to cook the perfect-sized patty. Season both sides well with salt and pepper.
2. Heat 2 tsp. coconut oil on medium high. Add burgers to to pan and reduce heat to medium. For a medium burger, cook about 8-9 minutes, flipping halfway through (4-5 minutes on one side, flip and 4 minutes on the other.)
3. Top with cheese the last minute or so, covering pan so cheese melts completely.
4. To build the burger add patty to bun or lettuce wrap, top with all your favorite toppings, and lastly with popchips for a great crunch!

CAULIFLOWER PIZZA WITH SHRIMP AND PESTO



INGREDIENTS

- 10 oz. medium shrimp, cooked, defrosted, and cut into small pieces
- 1 package [Trader Joe's Cauliflower Pizza Crust](#) (or any cauliflower crust, like the [CauliPower Pizza Crust](#))
- 1/4 cup Trader Joe's Vegan Pesto (any pre-made or jarred pesto will work)
- 1/2 sweet onion, thinly sliced
- 1/2 cup shredded mozzarella
- 1/4 cup parmesan
- salt & pepper
- dried oregano
- red pepper flake

NUTRITION

Servings: 4
Serving Size: 2 slices of pizza

Calories: 292
Fat: 9g
Carbs: 28g
Fiber: 2g
Sugar: 0g
Sodium: 710mg (w/o added salt)
Protein: 23g

DIRECTIONS

1. Preheat oven to 450°.
2. Place frozen crust on a pizza pan upside down.
3. Place into the oven for 10-12 minutes.
4. Carefully flip crust over and bake for another 10-12 minutes. (For a crisper crust broil an additional 4-5 minutes.)
5. Spread 1/4 cup pesto evenly over the crust.
6. Top with chopped shrimp and onion.
7. Sprinkle mozzarella over the top and then the parmesan, making sure to evenly coat the top of the pizza. Season with salt and pepper. Sprinkle with a little oregano.
8. Place into the oven for another 5-7 minutes depending on how crispy you like it.
9. Remove from oven and optionally add a little red pepper flake for a kick.
10. Cut into 8 equal slices and serve.

HEALTHY HAMBURGER HELPER



INGREDIENTS

- 1 lb. lean ground beef, 93/7
- 8 oz. elbow macaroni noodles
- 2 tsp. garlic powder
- 1 tsp. onion powder
- 1 tsp. seasoning salt
- 1/2 tsp. smoked paprika
- 3 tbsp. ketchup
- 1 tbsp. mustard
- 3 cups fat-free reduced sodium beef broth
- 1/2 cup whole milk
- 1 cup shredded cheddar cheese
- chopped parsley (optional)

NUTRITION

Servings: 13
Serving Size: 1/2 cup

Calories: 157
Fat: 5 g
Carbs: 14 g
Sugar: 1 g
Fiber: 1 g
Sodium: 186 mg
Protein: 13 g

DIRECTIONS

1. Heat a large skillet to medium-high heat.
2. Add ground beef, start breaking up the meat with a spatula while cooking.
3. Continue to keep cooking until meat is browned and ground up to fine pieces.
4. Add garlic powder, onion powder, seasoning salt, paprika, ketchup and mustard. Stir until all ingredients are combined.
5. Pour broth over the meat and bring to a simmer.
6. Add pasta, stir and cook at a simmer for 20 minutes, until most liquid is absorbed.
7. Stir in milk and shredded cheese until fully combined. If needed season with salt and pepper.
8. Top with chopped parsley (optional) and serve.

CHOCOLATE PEANUT BUTTER PROTEIN COOKIES



INGREDIENTS

- 1 egg
- 1/3 cup all-natural creamy peanut butter
- 1 tsp. pure vanilla extract
- 2 tbsp. agave maple syrup (I used Madhava Organic Maple Agave Syrup)
- 1 tbsp. brown sugar
- 1/2 cup (2 scoops) chocolate protein powder (I used [*Legion's Dutch Chocolate Whey*](#) at 100 calories a scoop)
- 1 tbsp. unsweetened cocoa powder
- sea salt (optional topping)

NUTRITION

Servings: approx. 12 cookies
Serving Size: 1 cookie

Calories: 74
Fat: 3g
Carbs: 5g
Fiber: 1g
Sugar: 3g
Protein: 6g

DIRECTIONS

1. Combine egg, peanut butter, vanilla, agave maple syrup, and brown sugar and whisk together.
2. Gradually whisk in the protein powder and cocoa powder until fully combines.
3. Take dough, wrap in foil and refrigerate for at least an hour or over night.
4. When ready to bake the cookies preheat the oven to 350°. Line a baking sheet with parchment paper.
5. Remove dough from the fridge and start to rolling the dough into balls about 1 heaping tablespoon (it will be a little bit smaller than a golf ball).
6. Place on the baking sheet and put into the oven for 3 minutes. Take out of the oven and gently flatten with a spoon or fork. Place cookies back into the oven for another 2-3 minutes.
7. When you take the cookies out you can optionally sprinkle with sea salt.
8. Let cool on a wire rack. Serve or store in an airtight container.

PROTEIN CRUNCH CONE CEREAL BARS



INGREDIENTS

- 2 1/2 cups brown rice puff cereal
- 6 tbsp. honey, melted
- 1/4 cup white chocolate nut butter (I uses Nuts n' more, you can sub for another nut butter), melted
- 1/4 cup all natural peanut butter, melted
- 2 tbsp. sprinkles
- 2 packets Quest Vanilla Protein Powder Packets
- 1 cup non-fat plain Greek yogurt
- coconut oil cooking spray

NUTRITION

Servings: 8
Serving Size: 1 square (1/8 of the pan)

Calories: 235
Fat: 8 g
Carbs: 27 g
Sugar: 15 g
Fiber: 3 g
Protein: 15 g

DIRECTIONS

1. In a large bowl add cereal, melted nut butters, honey, and 1 tbsp. sprinkles.
2. Stir together until fully combined.
3. In a 13x9 pan, spray with coconut oil cooking spray, pour cereal mixture evenly into the pan and press down firmly using your hands. Place in the fridge for about 15 minutes.
4. In the meantime you can make the icing. In a small bowl whisk together protein powder and greek yogurt.
5. Remove bars from the fridge and spread icing evenly over the top, sprinkle with remaining 1 tbsp. of sprinkle and refrigerate until ready to serve.

PROTEIN RICE KRISPY TREATS



INGREDIENTS

- 3 cups brown rice cacao crisps cereal (I used [One Degree Organic Foods](#))
- 1/2 cup all-natural creamy peanut butter (I used All Natural Skippy peanut butter)
- 1/4 cup + 2 tbsp. honey
- 2 scoops chocolate protein powder (I used [Legion's Dutch Chocolate](#))
- baking or cooking spray

NUTRITION

Servings: 8
Serving Size: 1/8 of the pan

Calories: 210
Fat: 8 g
Carbs: 25 g
Fiber: 2 g
Sugar: 13 g
Protein: 10 g

DIRECTIONS

1. Heat a saucepan on low then add peanut butter and honey. Stir together until fully mixed and melted down.
2. In a large bowl add brown rice cereal and protein powder, toss to combine.
3. Pour warmed peanut butter/honey mixture over the cereal/protein mixture. Toss until fully coated.
4. In a 13x9 pan sprayed with cooking spray, scoop ingredients into the pan and press down evenly. Let sit for about 15-20 minutes until they are all set up.
5. Cut into 8 equal squares and serve.