

home
made

home is where the food is



makayla thomas fitness



IMPORTANT info

I have included an ESTIMATED calculation of macros for each recipe based on the amounts provided in the recipe and the brands I have available locally. Please know your macro amounts may vary based on portion sizes, brands, etc. The amounts listed are just suggestions based on my own preference and use of calorie database apps but please know you are encouraged to modify these amounts/ingredients to fit YOUR calorie needs and personal preferences. For most accurate calculation of macros you are encouraged to individually weigh and log ingredients in the amounts YOU use. By purchasing this product you are agreeing to do so at your OWN risk. I, MaKayla Thomas/MaKayla Thomas Fitness, LLC, am not liable for any damage/injury that may occur. You assume any and all liability and financial responsibilities, and agree to be held liable of any/all injury/damage that may occur. None of the content included is intended to treat or diagnose any possible illness. Listed macros are approximate and not guaranteed for accuracy. Please consult a physician prior to preparing or following the included recipes and/or meal plan. Please do not discredit my hard work by copying, sharing, distributing ANY material to any other individual(s) without permission. You do not have permission to share files or images/screenshots taken of any material within the file. Doing so may result in necessary legal action. Due to the nature of digital products, all sales are final and refunds are not available for any reason. You have full rights to print your own copy after purchase. All content created by MaKayla Thomas Fitness.

MaKayla Thomas
FITNESS

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links + **FREEBIES**



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[FREE MEAL PLANNER JOURNAL](#)

[CHEAT SHEET + FAVORITES](#)

[AMAZON KITCHEN ESSENTIALS](#)

[FREE WORKOUT SAMPLE!](#)

[MACRO CALCULATOR](#)

click links!

FAVORITE PRINTING OPTIONS

- [Printme1](#) (code Makayla will save you \$)
- Can also print + store pages in a binder! (please make sure page size is properly scaled in print settings so entire page prints)

FYI + FAQs

ADJUSTING PORTIONS?

These recipes are so versatile! ANY meal prep can be turned into a single serve OR family sized meal.

ANY single serve meal can be turned into a meal prep. All you need to do is adjust your number of portions, feel free to do that based on YOUR needs!

MACROS DON'T MATCH WHAT'S LISTED?

You are ALWAYS encourage to calculate macros of recipes based on ingredients/amounts YOU use, this will be most accurate.

If you notice a large discrepancy, here are a few possible explanations:

CHICKEN:

2 chicken tenderloins (2 oz each, total of 4 oz) = 100 calories. Some calorie trackers will suggest chicken tenderloins are 100 EACH. Make sure you're inputting the correct option

RICE/PASTA:

The calories will be very different for dry rice vs. cooked rice since rice expands when it's cooked (Same rule applies with pasta).

Example:

1 cup dry/uncooked rice = **340 calories**

1 cup COOKED rice = **170 calories**

If you are logging 1/2 cup dry rice instead of 1/2 cup COOKED rice, the macros will be very different. The recipe will tell you whether the amount should be measured cooked or dry.

SERVINGS/YIELDS:

A **YIELD** is the amount the recipe makes (example: yield = 24 cupcakes).

The **SERVING** is the individual portion OR what the macros listed are for (example: serving = 1 cupcake).

You can change your serving size based on YOUR needs, just note that you will need to adjust the macros for the serving amount you ate.

EXAMPLE: (things can get tricky): imagine you made soup or casserole. The yield says "6 servings", but the macros are listed for 1 serving. The most accurate method of portioning this out would be to WEIGH your entire batch of soup, then divide by 6. This would give you the weight for each individual serving.

(To me, that's a lot of work. I just prefer to "eyeball" out 6 bowls or portions as evenly as I can. Less accurate but more realistic for me).

QUICK MEASUREMENTS:

1.5 cups DRY penne pasta (barilla protein plus) = 5 oz dry

1 lb. lean beef = 16 oz (or four 4 oz. servings)

1/2 cup (cooked) lean ground beef = 1 serving, or 4 oz (before cooking)

1 can typically get four 1/2 cup servings out of 1 lb ground beef

2 chicken tenderloins = 4 oz (generally)



cheat sheet



CARBS

- Pasta
- Veggie Pasta
- Rice (instant, minute, brown, premade)
- Riced Cauliflower
- Mashed Cauliflower
- Quinoa
- Potatoes (red, brown, sweet, instant)
- Wraps
- Bread (I like Sara Lee 45 cal)
- Pita Bread (I like Joseph brand)
- Tortillas (I like La Banderita zero carb + Mission Carb Balance)
- Corn Tortillas or tostadas
- Tortilla Chips
- Rice Cakes
- Beans (black beans, pinto, refried)
- Corn
- Popcorn

SAUCES/FATS

- Light or Reduced Fat Mayo
- Avocado Oil (I like Chosen brand)
- Light Italian Dressing (I like Olive Garden brand)
- Panda Express Teriyaki Sauce
- Light Yum Yum Sauce (Walmart)
- Honey Mustard
- Ranch (I like Litehouse)
- Bolthouse Cilantro Avocado Ranch
- Buffalo Wild Wings Southwestern Ranch
- Bitchin Chipotle sauce (great macros!)
- Bitten salad dressings (good fruity flavors)
- BBQ sauce (I use reg. but G Hughes is low cal)
- Frank's Hot Sauce or buffalo sauce
- Ketchup, mustard
- Salsa (I like Fresh Cravings brand from Walmart)
- White Queso (I like Pancho's)
- Tzatziki sauce (I like marketside)
- Pesto, Alfredo, Marinara sauces (I like Classico and Raos)
- Marketside spinach and artichoke dip (in moderation)
- Laughing Cow Cheese Wedges
- Babybel Cheese Wedges
- Enchilada sauce (red or green, I get the kind in a can)
- Plain Greek Yogurt (I use for sauces or in place of sour cream, Fage is the best)
- Squeezable minced garlic (just makes life easier)
- Guacamole/avocados
- Nut butters
- Nuts (cashews, peanuts, pistachios, almonds)
- PB2 peanut butter powder

PROTEIN

- Lean ground beef/turkey
- Ground Chicken
- Chicken tenderloins (or breast)
- Tyson ready to eat chicken
- Canned Chicken
- Rotisserie Chicken
- Frozen Chicken Strips/Nuggets (Real Good is my favorite)
- Frozen meatballs
- Pork Tenderloin or chops
- Steak
- Shrimp
- Salmon
- Crab Meat
- Tuna or canned Salmon
- Hormel real bacon bits
- Deli meat (turkey/ham/pepperoni)
- Turkey pepperonis
- Turkey bacon/sausage
- Spam
- Tofu/Soy
- Eggs or Egg beaters/egg whites
- Hardboiled Eggs
- Protein Bars (Alani Caramel Crunch and Barebell Bars are my favorite)
- Fairlife protein shakes
- Jerky, meat sticks

EXTRAS

- Knorr Tomato Bouillon (for Mexican rice)
- Maggi granulated chicken bouillon
- Better than bouillon paste (in a jar)
- Slap ya mama seasoning
- Lily's chocolate chips
- Coconut Secrets Coconut Aminos (good soy sauce replacement if you want lower sodium)
- Honey (I like Mike's Hot Honey for cooking too)

VEGGIES

- Store bought Pico (my FAV)
- Single serve Guac cups
- Frozen Veggies/Steamer packs
- Salad mixes/kits
- Stir fry veggies
- Bell peppers, banana peppers
- Cucumbers or pickles
- Green beans (fresh or frozen)
- Broccoli (fresh or frozen)
- Carrots
- Onion
- Potatoes (red, brown, sweet)
- Zucchini/Squash
- Tomatoes (regular + sundried)
- Beans (black, pinto, refried)
- Mushrooms
- Avocados
- Spinach/lettuce
- Asparagus

SUBSTITUTES

- Primal Kitchen brand (for sauces)
- Daiya brand cheese
- Great Value also has a plant based shredded cheese
- Cheddar cheese, feta, and parmesan cheese are naturally lactose free
- Coco whip dairy free cool whip
- So Delicious dairy free yogurt (Silk also has a dairy free yogurt)
- Nut Pods coffee creamer
- Sam's Choice Gluten Free Bread
- Siete brand gluten free chips, tortillas
- Guerrero Gluten Free Yellow Tostadas
- Mission Gluten Free Tortillas
- BFree Brand pitas
- Bob's Red Mill Egg Alternative
- Swerve sugar replacement (tastes less artificial than Splenda to me)

this is just a quick guide I include in all my cookbooks to give you examples of things I like and use regularly, it definitely doesn't include everything so feel free to add your own preferences to your list! I shop at Walmart



WEEK 1

BREAKFAST **LUNCH** **DINNER**

monday

<u>breakfast pizza bowl</u> (I like to make 3 at a time)	<u>meal prep bowl of choice</u> (I like to make 3 at a time).	<u>philly crunch burgers + sides of choice</u>
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tuesday

<u>breakfast pizza bowl</u>	<u>meal prep bowl #2</u>	<u>garlic parm pasta bowl + italian side salad</u>
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wednesday

<u>blueberry muffin bowl</u>	<u>garlic parm wrap + baked chips, and/or fruit (make 2).</u>	<u>cheesy burrito casserole</u>
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thursday

<u>breakfast pizza bowl</u>	leftovers from dinner last night	<u>meal prep bowl #3</u>
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friday

Protein bar or shake, bagel thin with peanut butter/fruit of choice	other garlic parm wrap + sides of choice	<u>cheesy chicken broccoli mac + side salad</u>
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CLICK TO JUMP TO RECIPE!

SNACKS:

see snack section + take your pick! I usually have 1-2 snacks each day depending on how hungry I am

GO HOME



The meal plan above is simply an example of how you can lay out your weekly meals, please adjust amounts + modify to fit your needs. I've also included blank meal plan sheets in the FREE meal planner journal (click) for you to fill out if you'd like to plan your own week! If you need more ideas, my other cookbooks also include weekly meals and planned meals/grocery lists for you!

GROCERY



list

(modify amounts to accommodate your family's needs)

week 1

protein & dairy

nonfat fage greek yogurt
cottage cheese
skim mozzarella cheese
shredded cheese
queso of choice
ultra thin sliced cheese
light cream cheese
lemon or blueberry yogurt
laughing cow cheese
protein shake or milk
skim milk
turkey sausage patties
chicken tenderloins
bacon bits
lean ground beef
mac and cheese cup

produce

spinach
caramelized onion (optional)
russet potato
green pepper
onion
broccoli
blueberries
apple sauce

breads, grains & dry goods

self-rising flour
pancake mix
protein powder
low carb tortillas
low calorie buns
tortellini or pasta of choice

pantry

sausage gravy mix
taco seasoning packet
au jus seasoning packet
fat free refried beans
enchilada sauce
alfredo sauce
blueberry syrup (kodiak – optional)

sides + veggies of choice for lunches and dinners (fruits/veggies/chips, etc)

meal prep bowl of choice ingredients

STAPLES | ALWAYS KEEP ON HAND THAT MAY NOT BE LISTED:

- butter/avocado oil
- flour/sugar
- seasonings
- soy sauce
- milk
- eggs/liquid egg whites
- protein powder/bars/shakes
- oats + chopped nuts
- instant rice/pasta
- peanut butter
- honey
- salad dressing
- condiments

see specific product recommendations on my "favorites" page, I shop at Walmart.

GO TO'S + FAVS

chipotle sauce



mexican rice seasoning



[click here](#)



I have a few "favorites" that are my go-tos, if I don't have something specific listed that means I don't really have a preference! Here are things I'm particular about, all can be found at Walmart.

WALMART FAVORITES



TIPS + TRICKS

1

CHICKEN

I like the tenderloins because they're quicker to thaw and cook! To thaw I set them in a bowl in the fridge the day before I need them. If I need them quick I set them in a bowl and run water over them.



tips, tricks, and info that might make your life (or meal prep) easier!



2

GROUND BEEF

To get that really flavorful crisp browned meat (that's still juicy) you will want to cook it in a skillet on medium/high heat, break it up like you usually would but let it sit, don't stir it around! Once the bottom has a crisp, browned exterior, then flip it over and continue cooking until done



3

LEFTOVER SAUCES/BROTHS

If your recipe ever calls for an odd amount of an ingredient (like ½ can chicken broth, cream of chicken, pumpkin, marinara, etc.) if you aren't going to use the remainder right away, you can put it in a ziploc bag and freeze it to use later



SEASONING combos

ALL PURPOSE:

salt, pepper, garlic, paprika

MEXICAN:

cumin, chili powder, cayenne, paprika, garlic

ITALIAN:

salt, crushed red pepper, garlic, italian (oregano, basil, rosemary)

ASIAN:

ginger, garlic, honey, crushed red pepper, soy sauce, sesame oil

GREEK:

olive oil, salt, pepper, oregano, rosemary, garlic, lemon juice

always measure your seasonings!

4

FREEZER STUFF

I like to freeze things like spinach, onion, diced peppers, etc. It makes no difference that I can tell when you cook them and they stay fresh for a lot longer



5

THIN IT OUT

An easy way to cut calories while still enjoying your favorite sauces is by thinning them out! I like use half the amount of sauce/dressing I usually use but add a splash of liquid like banana pepper juice, milk, or fresh lime/lemon.



BUILD A BOWL



Take your pick + build your bowl!

base



RICE



PASTA



POTATO



VEGGIES



TORTILLA

protein



CHICKEN



BEEF



FISH



PORK



STEAK



TOFU

mix-ins



BEANS



GREENERY



AVOCADO



ONION



VEGGIES

sauce

CHIPOTLE RANCH
GREEK YOGURT
SALSA
HOT SAUCE
SRIRACHA

TERIYAKI
LIGHT YUM YUM
SOY SAUCE
LIGHT MAYO
ITALIAN DRESSING
PESTO

ALFREDO
MARINARA
HOT HONEY
BBQ
AVOCADO LIME
QUESO

topping



BACON



CROUTON



CRISPY



CHEESE



WONTON



TORTILLA

GOOD MORNING *sunshine*



BREAKFAST



BREAKFAST PIZZA BOWLS



ingredients:

- 1/3 cup greek yogurt
- 1/4 cup self rising flour
- 1/2 tsp garlic
- crumbled turkey sausage (I use 2 butterball turkey sausage patties)
- sausage gravy mix (I make about 1/2 a package according to package directions)
- 3 TBS skim mozzarella

recipe is for 1 bowl, (I typically prep 3-4 at a time) if following suggested servings, modify amounts to fit your needs

macros:

Yield/servings: 1
macros (per serving)

Calories: 315

Fat: 10

Protein: 25

Carbs: 29

(approximate)



directions:

In a small bowl mix together greek yogurt, flour, and garlic until a dough forms. If your dough seems too dry, you can add a bit more greek yogurt until the dough is "spreadable"

spread this into a greased glass tupperware or small baking dish

prepare gravy mix with water or skim milk according to package directions, spread 2-3 TBS on top of dough as your sauce

cook turkey sausage patties according to package directions, then crumble and add to bowl. Top with shredded cheese or other toppings of choice

bake on bottom rack of oven, 400F for 20 minutes or until done

store in fridge for about 5 days or freeze to keep longer. I reheat in microwave!

STEAK, EGG, CHEESE BOWLS



ingredients:

- 3/4 cup diced hashbrowns (I get the kind with peppers/onions mixed in)
- 1/4 cup egg whites/egg beaters
- sliced steak meat (Steak-umms are so easy and 100% beef, I use 2 "sheets")
- optional onion to saute with steak meat
- 1 TBS any chipotle sauce
- 1 TBS shredded cheese

recipe is for 1 bowl, (I typically prep 3-4 at a time) if following suggested servings, modify amounts to fit your needs

macros:

Yield/servings: 1
macros (per serving)

Calories: 297

Fat: 22.5g

Protein: 14g

Carbs: 8g

(approximate)



directions:

Prepare hashbrowns according to package directions (I air fry on 400 for about 10 min, shake 10-15 more min or until crisp)

prepare meat of choice according to package directions, I just saute 2 "sheets" of the steak with some sliced onion until browned. You can add seasonings and a splash of soy sauce here for flavor if you prefer.

scramble eggs, salt and pepper

Assemble bowl/tupperware in this order:

- 3/4 cup hashbrowns
- scrambled egg
- sliced steak/onion
- drizzle of chipotle sauce
- shredded cheese

store in fridge for about 5 days or freeze to keep longer. I reheat in microwave!

CHICK FIL A CASSEROLE BOWL



ingredients:

- 1 cup shredded frozen hashbrowns
- 1/2 cup egg whites (egg beaters)
- 1 pepper jack laughing cow cheese
- 1/4 tsp salt, pepper
- 3-4 oz chopped chicken of choice (I like Real Good crispy chicken here)
- optional veggies like pico, sautéed peppers, onion, spinach, etc.
- 1-2 TBS shredded cheese
- 1 tsp chipotle sauce of choice, I like Chick-fil-a creamy salsa for this

recipe is for 1 bowl, (I typically prep 3-4 at a time) if following suggested servings, modify amounts to fit your needs

macros:

Yield/servings: 1
macros (per serving)
Calories: 382
Fat: 13g
Protein: 42g
Carbs: 23g

(approximate)



directions:

Mix all ingredients together (except the shredded cheese which goes on top).

add mixture to a greased microwave safe bowl/dish, and sprinkle cheese on top.

microwave for 2 minutes, stir, then microwave 1 more minute or until cooked through

top with a drizzle of chipotle sauce and enjoy!

store in fridge for about 5 days or freeze to keep longer. I reheat in microwave!

BREAKFAST CASSEROLE BOWLS



ingredients:

- 2 slices low cal bread (I like Sara Lee 45 calorie)
- 1/4 cup egg whites/beaters
- 1/4 cup skim milk
- 1 turkey sausage patty/turkey bacon (or meat of choice)
- 3 TBS shredded cheese
- salt + pepper

recipe is for 1 bowl, (I typically prep 3-4 at a time) if following suggested servings, modify amounts to fit your needs

macros:

Yield/servings: 1
macros (per serving)
Calories: 374
Fat: 14g
Protein: 35g
Carbs: 33g

(approximate)



directions:

Cube your bread into bite sized chunks, place in a small glass meal prep container or any small casserole dish will do (spray with nonstick spray)

In a small bowl, mix together your milk and liquid egg whites, salt and pepper. Mix well and pour over bread cubes, let these sit for 5 or so minutes to soak up the liquid a little

sprinkle with crumbled turkey sausage/bacon bits, and shredded cheese

bake 375 F for 20-25 min, store in fridge for about 5 days or freeze to keep longer. I reheat in microwave!

BREAKFAST TOSTADA BOWL



ingredients:

- 1/2 cup frozen diced hashbrowns
- 1/4 cup egg whites (egg beaters)
- 1 egg
- 1/4 tsp salt, pepper
- 2 slices turkey bacon (or bacon bits, turkey sausage, etc)
- optional veggies like pico, sautéed peppers, onion, spinach, etc.
- 1-2 TBS shredded cheese
- 1 tostada shell
- fresh salsa (or hot sauce) for serving

recipe is for 1 bowl, (I typically prep 3-4 at a time) if following suggested servings, modify amounts to fit your needs

macros:

Yield/servings: 1
macros (per serving)
Calories: 278
Fat: 12
Protein: 24
Carbs: 19

(approximate)



directions:

Prepare hashbrowns by air frying 400F for 10 minutes, shake, 10-15 more minutes until crisp

add to a glass/microwave safe bowl or tupperware container. Mix together egg whites with real egg and pour over hashbrowns. Followed by breakfast meat of choice and veggies if adding. Sprinkle cheese on top

microwave to heat when ready to eat and serve your mixture on a tostada with fresh salsa on top

store in fridge for about 5 days or freeze to keep longer. I reheat in microwave!

LAZY GIRL MCGRIDDLE BOWL



ingredients:

Protein Pancakes:

- 3 TBS pancake mix
- 3 TBS protein powder (I like [this](#))
- 1/3 cup protein shake (or milk)

(Premier frozen pancakes are good if you're in a rush)

- 1 egg + 1/4 cup egg beaters (egg whites)
- 1 TBS shredded cheese
- 1 turkey sausage patty, crumbled
- 1 TBS bacon bits (or turkey bacon, crumbled)
- pancake syrup of choice

recipe is for 1 bowl, (I typically prep 3-4 at a time) if following suggested servings, modify amounts to fit your needs

macros:

Yield/servings: 1
macros (per serving)
Calories: 418
Fat: 15g
Protein: 53g
Carbs: 18g

(approximate)



directions:

Mix protein pancake ingredients until pancake batter consistency, try not to overmix, lumps are fine!

cook in a skillet or mini griddle, then cut pancakes into a small triangles and place in the bottom of your tupperware or bowl

prepare eggs by scrambling in a skillet then adding on top of your pancake pieces.

follow with cooked/crumbled turkey sausage and bacon, then sprinkle with cheese

store in fridge for about 5-6 days or freeze to keep longer. I reheat in microwave + drizzle with sugar free pancake syrup!

BUSY GIRL BREAKFAST BOX



ingredients:

- 2 protein pancakes (I like the Premier protein pancakes when I'm in a rush!)
- 1 egg + 1/4 cup egg whites
- 2 turkey sausage links or bacon
- sliced fruit, berries
- optional mix-ins like mini chocolate chips + sugar free pancake syrup

recipe is for 1 bowl, (I typically prep 3-4 at a time) if following suggested servings, modify amounts to fit your needs

macros:

Yield/servings: 1
macros (per serving)
Calories: 315
Fat: 11g
Protein: 31g
Carbs: 22g

(approximate)



directions:

Prepare protein pancakes and cut up into smaller triangles, add these to a section in your meal prep container. I like to add a sprinkle of mini chocolate chips and a small container of sugar free pancake syrup for dipping

I mix 1 real egg and egg whites together then scramble, season, and add to second section of meal prep container.

prepare turkey sausage or bacon to your liking and add with eggs, I also add a sprinkle of cheese over this, optional.

serve with fruit, berries for freshness!

store in fridge for about 5 days or freeze to keep longer. I reheat in microwave!

HEALTHY GIRL BREAKFAST BOX



ingredients:

- 1/2 frozen cup diced hashbrowns
- 1 egg
- 2 slices (turkey) bacon or breakfast meat of choice
- sliced fruit, berries
- optional additions like thin sliced avocado, peppers, hummus, yogurt, bagel thin, etc.

recipe is for 1 bowl, (I typically prep 3-4 at a time) if following suggested servings, modify amounts to fit your needs

macros:

Yield/servings: 1
macros (per serving)

Calories: 165

Fat: 9g

Protein: 11g

Carbs: 9g

(approximate)



directions:

Prepare hashbrowns by seasoning with salt, pepper, misting with avocado oil and air frying 400F for 10 minutes, shake, 10-15 more minutes until crisp

prepare egg in preferred way, I like soft boiled here. Soft boiled egg: air fry 275F for 11-12 minutes then transfer to ice cold water before peeling

prepare turkey sausage or bacon to your liking

serve with fruit, berries for freshness!

store in fridge for about 5 days or freeze to keep longer.

CHUNKY MONKEY BREAKFAST BOX



ingredients:

- 5 mini protein pancakes (I like the Premier mini protein pancakes when I'm in a rush!)
- 1 egg + 1/4 cup egg whites
- 1 TBS shredded cheese
- 1-2 slices turkey bacon, crumbled
- 1 single serve container low fat greek yogurt of choice (vanilla or banana)
- 1 banana
- optional toppings like melted peanut butter or syrup

**recipe is for 1 bowl, (I typically prep 3-4 at a time)
if following suggested servings, modify amounts to fit
your needs**

macros:

Yield/servings: 1
macros (per serving)
Calories: 354
Fat: 13
Protein: 29
Carbs: 32

(approximate)



directions:

Assemble container by layering one section with mini protein pancakes and sliced banana, I like to drizzle a tsp of melted peanut butter on top

I mix 1 real egg and egg whites together then scramble, season, and add to second section of meal prep container.

prepare turkey bacon to your liking and add with eggs, along with a sprinkle of shredded cheese

in a small bowl or container, layer greek yogurt and sliced bananas, feel free to top with whipped cream or crushed graham cracker!

store in fridge for about 5 days or freeze to keep longer. I reheat in microwave!

BANANA BREAD BOWLS



ingredients:

- 3 TBS any pancake mix
- 3 TBS any protein powder (I like [this](#))
- 1/2 tsp cinnamon
- 1/3 cup protein shake (or milk)
- 1/2 banana, mashed

Optional Toppings:

- chopped nuts
- chocolate chips
- 2-3 TBS vanilla greek yogurt thinned with a splash of protein shake or milk

recipe is for 1 bowl, (I typically prep 3-4 at a time) if following suggested servings, modify amounts to fit your needs

macros:

Yield/servings: 1
macros (per serving)
Calories: 280
Fat: 4
Protein: 25
Carbs: 36

(approximate)



directions:

In a small bowl or glass tupperware, mix together pancake mix, protein powder, cinnamon

add protein shake (or milk), mashed banana, and stir gently until you reach a thick pancake batter consistency...try not to overmix, it's ok if your batter is lumpy!

add chocolate chips or nuts if you prefer, and microwave 1 minute, 20 seconds or until cooked through.

enjoy with optional drizzle or pancake syrup! Feel free to add fun toppings like a mindful sprinkle of chocolate chips, nuts, or granola!

store in fridge for about 5 days or freeze to keep longer. I reheat in microwave!

PEACH COBBLER PANCAKE BOWL



ingredients:

- 3 TBS any pancake mix
- 3 TBS any protein powder (I like [this](#))
- 1/2 tsp cinnamon
- 1/3 cup protein shake (or milk)
- 1 peach, peeled/diced

optional crumble:

- 1/2 TBS melted butter
- 1 TBS flour
- 1 TBS brown sugar (I use Swerve)

optional cream cheese drizzle:

- 1 TBS light cream cheese
- 1 TBS sugar free pancake syrup

recipe is for 1 bowl, (I typically prep 3-4 at a time) if following suggested servings, modify amounts to fit your needs

macros do not include optional toppings

macros:

Yield/servings: 1
macros (per serving)
Calories: 307
Fat: 4g
Protein: 33g
Carbs: 38g

(approximate)



directions:

In a small bowl or glass tupperware, mix together pancake mix, protein powder, cinnamon

add protein shake (or milk), and stir gently until you reach a thick pancake batter consistency...try not to overmix, it's ok if your batter is lumpy! Gently fold in peach chunks or add on top.

In a small bowl, mix together crumble ingredients with a fork until mixture looks like sandy crumbles, sprinkle this over bowl then microwave 1:30 or bake 350 for 12-15 minutes or until done

enjoy with optional drizzle or pancake syrup! Feel free to add fun toppings like a mindful sprinkle of white chips, pecans, or granola!

store in fridge for about 5 days or freeze to keep longer. I reheat in microwave!

BLUEBERRY MUFFIN BOWLS



ingredients:

- 3 TBS any pancake mix
- 3 TBS any protein powder (I like [this](#))
- 1/3 cup protein shake (or milk)
- 1/4 cup apple sauce
- handful of blueberries
- optional white chocolate chips
- optional blueberry syrup (Kodiak)

Optional drizzle:

- 1 TBS light cream cheese
- 1 TBS lemon or blueberry yogurt
- splash of protein shake to thin

recipe is for 1 bowl, (I typically prep 3-4 at a time) if following suggested servings, modify amounts to fit your needs

macros:

Yield/servings: 1
macros (per serving)
Calories: 282
Fat: 3g
Protein: 33g
Carbs: 31g

(approximate)



directions:

In a small bowl or glass tupperware, mix together pancake mix, protein powder

add apple sauce and protein shake (or milk) and stir gently until you reach a thick pancake batter consistency...try not to overmix, it's ok if your batter is lumpy! Gently fold in blueberries and/or white chips

microwave for 1:30 or until done

enjoy with optional drizzle or pancake syrup! Feel free to add fun toppings like a mindful sprinkle of white chips or granola!

store in fridge for about 5 days or freeze to keep longer. I reheat in microwave!

APPLE PIE BUBBLE UP



ingredients:

- 1/3 cup pancake mix
 - 1/2 cup vanilla Greek yogurt
 - 1/2 tsp cinnamon
 - 1/4 cup egg whites
 - 1/4 cup protein shake of choice

 - 1/2 apple, finely diced
 - brown sugar (I use 0
 - cal swerve)
- Optional Toppings:**
- chopped nuts
 - brown sugar/swerve
 - 2-3 TBS vanilla greek yogurt thinned with a splash of protein shake or milk

recipe is for 1 bowl, (I typically prep 3-4 at a time) if following suggested servings, modify amounts to fit your needs

macros:

Yield/servings: 1
macros (per serving)
Calories: 286
Fat: 3
Protein: 22
Carbs: 40

(approximate)



directions:

In a small bowl mix together greek yogurt, flour, cinnamon, egg whites, and protein shake until a batter forms. Try not to overmix, lumps are fine!

spread this into a greased glass tupperware or small baking dish, add finely diced apple chunks and a sprinkle of brown sugar (or 0 cal option like swerve) on top.

bake on bottom rack of oven, 400F for 20-25 minutes or until done

once cooled, add optional drizzle, syrup, or other toppings of choice

store in fridge for about 5 days or freeze to keep longer. I reheat in microwave!

BREAKFAST CLUB SAMMIES



ingredients:

- 6 low cal english muffins (I like Thomas brand 100 calorie)
- 1 cup liquid egg whites
- 6 slices deli turkey
- 6 slices cheese of choice
- 6 slices bacon of choice
- drizzle of southwestern ranch or chipotle sauce (any brand)
- optional thin sliced avocado, spinach, etc.

recipe is for 6 sandwiches, modify amounts to fit your needs

macros:

Yield/servings: 6
macros (per 1)

Calories: 245

Fat: 9g

Protein: 19g

Carbs: 29g

(approximate)



directions:

In a greased 9x13 casserole dish, add 1 cup liquid egg whites (or do a combo of egg whites and real eggs if you prefer), salt and pepper then bake on 400F for 10-12 min.

once done, using a round glass, cookie cutter, or any circular tool, cut out 6 circles for your egg patties (I eat the scraps or turn them into breakfast burritos)

to each english muffin, add egg patty, turkey, cheese, bacon, and a drizzle of chipotle sauce

wrap (I wrap in a paper towel, then foil so that I can easily unwrap and heat up in paper towel when i'm ready).

store in fridge for about 5-6 days or freeze to keep longer. I reheat in microwave!

MCGRIDDLE ROLL UPS



ingredients:

- 1/2 cup protein pancake mix (Premier, Kodiak, etc.)
- 1 scoop protein powder
- 3/4 cup water
- 4 eggs, scrambled (or egg whites/beaters)
- 2 slices cheese, cut in half
- 8 slices bacon, cut in half
- pancake syrup for dipping

recipe is for 4 sandwiches, modify amounts to fit your needs

macros:

Yield/servings: 4
macros (per serving)
Calories: 198
Fat: 4
Protein: 20
Carbs: 10

(approximate)



directions:

Mix 1 cup protein pancake mix and 3/4 cup water (or more) until pancake batter consistency, try not to overmix, lumps are fine!

from this batter, make 4 "long" pancakes in a skillet or griddle (shape should resemble a long john donut)

assemble by placing each long pancake on a paper towel, then top with 1/2 slice thin cheese, scrambled egg spread out across surface, and 2 strips of bacon (cut in half so you have 4 small pieces)

while these are still warm, wrap by "rolling" up tightly (similar to how you'd roll up cinnamon rolls or pinwheels, I use the paper towel and a layer of foil or parchment paper to secure each roll)

store in fridge for about 5-6 days or freeze to keep longer. I reheat in microwave + serve with sugar free pancake syrup for dipping!

BREAKFAST BISCUIT SAMMIES



ingredients:

- 3/4 cup self-rising flour
- 1/2 cup + 1 TBS greek yogurt
- 6 turkey sausage patties
- 3 slices thin sliced cheese
- 3 eggs + 1/2 cup egg whites/egg beaters

recipe is for 6 sandwiches, modify amounts to fit your needs

*macros for biscuits only- 6 servings:
60 cal, 0 fat, 11 carb, 4 protein*

macros:

Yield/servings: 6
macros (per 1)

Calories: 172

Fat: 5g

Protein: 14g

Carbs: 11g

(approximate)



directions:

In a small bowl mix together greek yogurt and flour until a dough forms. If your dough seems too dry, you can add a bit more greek yogurt. If your dough seems too wet, you can add a pinch of flour.

form dough into 6 equal sized mounds (like biscuits) place on a baking sheet and bake 375 for 20 minutes

prepare eggs to your liking or mix eggs, egg whites, salt/pepper and add to a greased 9x13 baking dish. Bake 375 for 10-15 minutes til set then use a round glass or cookie cutter to cut out 6 circles

to each biscuit, add 1 egg patty, turkey sausage patty, 1/2 slice cheese

wrap (1 wrap in a paper towel, then foil so that I can easily unwrap and heat up in paper towel when i'm ready).

store in fridge for about 5-6 days or freeze to keep longer. I reheat in microwave and serve with a higher protein side like a protein shake, greek yogurt, or scrambled eggs!

CHICKEN BISCUIT SAMMIES



ingredients:

- 3/4 cup self-rising flour
- 1/2 cup + 1 TBS greek yogurt
- 6 chicken strips of choice, I like Real Good brand for these

milk + honey drizzle (for 1):

- 1 TBS honey
- 1 TBS skim milk

recipe is for 6 sandwiches, modify amounts to fit your needs

*macros for biscuits only- 6 servings:
60 cal, 0 fat, 11 carb, 4 protein*

macros:

Yield/servings: 6

macros (per 1)

Calories: 206

Fat: 3g

Protein: 16g

Carbs: 30g

(approximate)



directions:

In a small bowl mix together greek yogurt and flour until a dough forms. If your dough seems too dry, you can add a bit more greek yogurt. If your dough seems too wet, you can add a pinch of flour.

form dough into 6 equal sized mounds (like biscuits) place on a baking sheet and bake 375 for 20 minutes

air fry chicken of choice until done then add to each biscuit.

wrap (I wrap in a paper towel, then foil so that I can easily unwrap and heat up in paper towel when i'm ready).

serve with pancake syrup or honey (I like to thin with a splash of skim milk) if preferred

store in fridge for about 5-6 days or freeze to keep longer. I reheat in microwave and serve with a higher protein side like a protein shake, greek yogurt, or scrambled eggs!

BLUBERRY BISCUIT SAMMIES



ingredients:

- 3/4 cup self-rising flour (OR kodiak blueberry muffin mix)
- 1/2 cup + 1 TBS greek yogurt
- 1/3 cup blueberries
- 6 turkey sausage patties

Drizzle (for 1):

- 1 TBS honey
- 1/2 TBS vanilla yogurt

recipe is for 6 sandwiches, modify amounts to fit your needs

*macros for biscuits only, 6 servings:
60 cal, 0 fat, 11 carb, 4 protein*

macros:

Yield/servings: 6
macros (per serving)
Calories: 174
Fat: 3g
Protein: 9g
Carbs: 30g

(approximate)



directions:

In a small bowl mix together greek yogurt and flour until a dough forms, gently fold in blueberries. If your dough seems too dry, you can add a bit more greek yogurt. If your dough seems too wet, you can add a pinch of flour.

form dough into 6 equal sized mounds (like biscuits) place on a baking sheet and bake 375 for 20 minutes

split each biscuit in half and add turkey sausage patty.

wrap (I wrap in a paper towel, then foil so that I can easily unwrap and heat up in paper towel when i'm ready). Enjoy with optional drizzle if preferred.

store in fridge for about 5-6 days or freeze to keep longer. I reheat in microwave and serve with a higher protein side like a protein shake, greek yogurt, or scrambled eggs!

MONTE CRISTO SAMMIES



ingredients:

- 1 cup protein pancake mix (Premier, Kodiak, etc.)
- 3/4 cup water
- 6 slices deli ham
- 3 slices american, swiss, or provolone cheese
- 3 slices bacon
- optional jam or jelly, I like strawberry
- optional powdered sugar (swerve for me)

recipe is for 3 sandwiches, modify amounts to fit your needs

macros:

Yield/servings: 3
macros (per serving)

Calories: 269

Fat: 5g

Protein: 24g

Carbs: 29g

(approximate)



directions:

Mix 1 cup protein pancake mix and 3/4 cup water (or more) until pancake batter consistency, try not to overmix, lumps are fine!

from this batter, make 6 mini sized pancakes (in a skillet or griddle)

assemble 3 sandwiches using 1 pancake as the bottom "bun", 2 slices ham, 1 slice cheese, 1 slice of bacon, blob of jelly, then another pancake as the top "bun".

wrap (I wrap in a paper towel, then foil so that I can easily unwrap and heat up in paper towel when i'm ready).

store in fridge for about 5-6 days or freeze to keep longer. I reheat in microwave!

I like to sprinkle a bit of powdered sugar/swerve on top before eating, you can also serve with sugar free pancake syrup for dipping!

SAUSAGE EGG CHEESE TOASTERS



ingredients:

- 4 low cal tortillas (I like La Banderita zero carb tortillas)
- 2 hashbrown patties
- 2-4 eggs or egg whites
- 4 turkey sausage patties
- 4 slices low fat cheese (american or ultra thin sliced cheese)

recipe is for 4 toasters, modify amounts to fit your needs

macros:

Yield/servings: 4
macros (per serving)
Calories: 228
Fat: 9g
Protein: 20g
Carbs: 21g

(approximate)



directions:

Cook hashbrowns to your liking, I just put mine in the toaster and cook until golden brown. Cut in half and lay a half on each of your tortillas, gently mash with a fork to spread/flatten

prepare eggs by scrambling in a skillet, I like to add my crumbled turkey sausage patties here too and mix together with eggs, divide this evenly amongst tortillas (try not to overfill or it won't fit into toaster)

add slice of cheese to each tortilla

grab the left and right side of your tortilla and fold them in so that each side is touching in the middle, then fold this in half by bringing lower half up to meet the upper half. You should be left with a square shape that will fit inside toaster

carefully place inside toaster (unplug first, then plug in after food is inside), cook until toasted and melty, unplug toaster again before removing. I like to use a pair of silicone tongs to get mine out.

It should be toasted on the outside and melty inside, wrap and enjoy throughout the week!

BREAKFAST TOASTER SAMMIES



ingredients:

- 4 low cal buns of choice (I like Healthy Life brand)
- 4 eggs, scrambled or over easy
- 4 slices american cheese
- 4 turkey sausage patties or turkey bacon
- chipotle sauce, any kind

recipe is for 4 sandwiches, modify amounts to fit your needs

macros:

Yield/servings: 4
macros (per serving)
Calories: 257
Fat: 10g
Protein: 21g
Carbs: 20g

(approximate)



directions:

Lay buns "face up" on a baking sheet to toast them (toaster, skillet, or oven 400F for 5-ish minutes) until lightly browned

flip your bottom buns so that they're "face down" now (opposite of how you'd usually use a bun)

If making an over easy egg, I like to crack an egg into a skillet (sprayed with nonstick spray) on medium heat, let it sit until bottom is set then gently flip and cook other side until set, this doesn't take long. Add to bun.

add turkey sausage patty, cheese, and a drizzle of chipotle sauce, replace top bun "face up" (again, opposite of how you'd normally use a bun)

wrap (I wrap in a paper towel, then foil so that I can easily unwrap and heat up in paper towel when i'm ready).

store in fridge for about 5-6 days or freeze to keep longer. I reheat in microwave!

BACK TO *the basics*



BASICS



BEST BASIC CHICKEN



ingredients:

So quick, easy, and flavorful. Switch up the toppings/seasonings, add it to salads, stir fry, pastas, or casseroles. This chicken is great for meal prep! I get the tenderloins instead of breast because they're smaller so they thaw/cook much faster and more evenly!

- 2 chicken tenderloins (thawed)
- 1/4 tsp of each: salt, pepper, garlic powder, paprika



LIKE THESE!



2 tenderloins = 1 serving
(2 oz each = 4 oz total)

macros:

Yield/servings: 1
macros (per 2 tenderloins)
Calories: 100
Fat: 0g
Protein: 22g
Carbs: 0g

(approximate)



directions:

Make sure chicken tenderloins are thawed and patted dry.

Mix all seasonings together in a small bowl, then rub seasoning mixture on both sides of chicken

Add chicken in an even layer to air fryer and cook for 5 minutes on 400 F, flip each piece, then continue to cook for another 5 minutes. **(immediately remove from air fryer so chicken doesn't get dry)**

Let them rest on a cutting board for a couple minutes before slicing with a sharp knife

**If you don't have access to air fryer, you can cook these in a skillet the same way (medium high heat), dice into bite sized pieces and let them sit until underside is seared, then flip and continue cooking until golden brown.*

[Click here to see the air fryer I use!](#)

LAZY GIRL STEAK



ingredients:

- 4 oz steak of choice (I typically get sirloin when trying to save cals, or ribeye when I want lots of flavor)
- salt, pepper, or favorite steak seasoning
- OPTIONAL: can marinate in a bowl with a splash of soy sauce, 1/4 cup Italian dressing, 1 TBS minced garlic, drizzle of honey, salt/pepper

(I've let mine marinate as little as 15 minutes, or if you have time can let it marinate in fridge for several hours/overnight)

macros:

Yield/servings: 1
macros (per 4 oz)

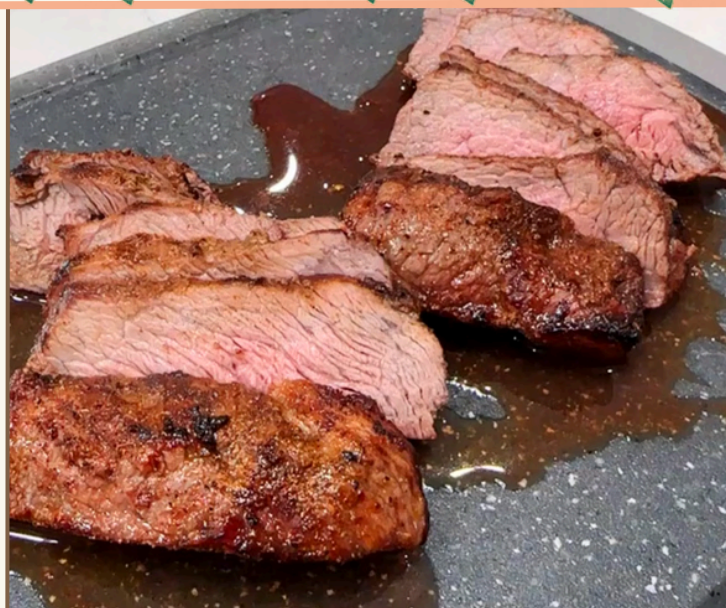
Calories: 220

Fat: 14g

Protein: 22g

Carbs: 0g

(approximate)



directions:

Make sure steak is thawed and patted dry

Season both sides generously with salt/pepper or steak seasoning

Preheat air fryer to 400 and cook for 5 minutes (with nothing in it, this gets it hot).

After preheating, add steak, cook for 6-8 min. flip, then cook another 6-8 min depending on thickness and how done you like yours. (I typically do 6 min. each side for medium rare)

Let steak rest on a cutting board for a couple minutes before slicing (if the juices run out, I pour them back onto the steak after slicing).

*If you don't have access to air fryer, you can cook these in a skillet the same way (medium high heat), let them sit until underside is seared, then flip and continue cooking until golden brown.

[Click here to see the air fryer I use!](#)

EASY SHRIMP



ingredients:

- 15 large frozen tail-off shrimp
- salt, pepper, garlic powder, paprika, cajun seasoning of choice
- nonstick cooking spray
- lemon or lime

So quick, easy, and flavorful. Switch up the toppings/seasonings, add it to salads, stir fry, pastas, or casseroles. This is great for meal prep!

macros:

Yield/servings: 1
macros (per serving)
Calories: 105
Fat: 2 g
Protein: 19g
Carbs: 0g

(approximate)



directions:

Make sure shrimp is thawed and patted dry.

Sprinkle seasoning mixture on both sides.

Set air fryer to 380 and cook for 4 minutes, flip, then continue to cook for another 3-4 minutes.

Drizzle with whatever sauce you like (sometimes I drizzle with teriyaki sauce, honey, or a squeeze of lemon depending on what I'm using them for!)

**If you don't have access to air fryer, you can cook these in a skillet the same way (medium high heat), let them sit until underside is seared, then flip and continue cooking until golden brown.*

[Click here to see the air fryer I use!](#)

5 MINUTE MEXICAN RICE



ingredients:

This is a lazy girl's dream! So easy and only takes 5 minutes. This rice is very versatile and can be used as a side, or the base of any meal prep bowl.

- 1 cup instant rice (or if using rice maker you can use regular rice)
- 1 cup water
- 1/2 tsp Knorr Caldo De Tomate seasoning (walmart)
- pinch of salt

Yield/servings: varies, I usually get 3-4 servings out of 1 cup (remember rice expands after cooking!)

macros:

Yield/servings:
macros (per 1/2 cup COOKED)
Calories: 90
Fat: 0g
Protein: 2g
Carbs: 19g

(approximate)



directions:

Mix water, tomato seasoning, and salt together in a large bowl or ceramic liquid measuring cup (water should be a light orange color).

Add uncooked rice to seasoned water, stir.

Microwave according to back of instant rice box (usually about 5:30-6 min)

Fluff with a fork

If you prefer stove top or rice cooker you can use those as well, just make sure to add seasoning to whatever water you're using

BASICS



parmesan chicken

- 2 boneless skinless chicken tenderloins
- 3 TBS Greek yogurt
- 2 TBS Parmesan
- 1/2 TBS ranch seasoning

Topping:

- 1 TBS Parmesan
- 1 TBS Italian panko

Mix together greek yogurt, parm, ranch seasoning and spread over chicken. Air fry 400 for 5 min, flip, sprinkle with topping and air fry another 5 minutes



garlic parm chicken

- 2 boneless skinless chicken tenderloins
- 1/4 tsp garlic salt, pepper, paprika, italian seasoning

Topping:

- 1/2 TBS melted butter
- 1 TBS Parmesan
- parsley

Season chicken with seasonings listed, air fry 400 for 5 minutes, flip, 5 more minutes then brush with garlic butter topping



tropical pulled pork

- 1 pork tenderloin
- 1 can crushed pineapple
- 1/4 cup brown sugar swerve
- 1/4 cup soy sauce
- 1/4 cup teriyaki sauce
- 1/2 tsp garlic, ginger, red pepper flakes, salt/pepper

Add all ingredients to crockpot and cook on low for 5-6 hours or until pork is 165F or shreds apart easily. Shred pork into small pieces and return to sauce. Serve as pork tacos or make into bowls with rice, grilled pineapple, and tropical slaw!



air fryer burgers

- 1 lb lean beef
- burger seasoning of choice

Divide meat into 4 even sized balls, press flat with a burger press (or small plate) season both sides with seasoning of choice. Air fry 380F for 8 minutes, flip, 8 more minutes. Perfect, easy burgers every time!



pork tenderloin

- 1 pork tenderloin (I usually get Smithfield)

Sauce:

- 1 TBS butter
- 1/4 cup chicken broth
- 1 TBS soy sauce + 1 TBS brown sugar
- 1 tsp Italian seasoning, 1 tsp minced garlic

I usually cut my tenderloin in half, then air fry 400F for 15 minutes, flip, continue cooking for another 10 or so minutes (sometimes longer, cook time will vary depending on how big your tenderloin is. Internal temp should be 145-160F, or meat will be pinkish white/juicy when done). Let it rest for 5-10 min then slice

In a skillet melt butter, add seasonings, then the remaining ingredients. Simmer for a few minutes then drizzle over sliced tenderloin



crockpot roast

- beef chuck roast
- potatoes, carrots, onion
- 1 au jus seasoning packet
- 2-3 cups beef broth
- 1/2 cup pepperoncini juice

salt, pepper both sides of roast then add all ingredients to crockpot and cook on high for 5-8 hours or low for 8-11 until fork tender.



PREP FOR *success*



MEAL PREPS



CHICKEN BACON RANCH BUBBLE UPS



ingredients:

- 1/2 cup greek yogurt
- 1/3 cup self rising flour
- 1/2 tsp garlic + italian
- 2 TBS alfredo sauce of choice
- 1/4 cup skim mozzarella
- 2 boneless skinless chicken tenderloins
- 1 TBS bacon bits
- 1 tsp ranch of choice

recipe is for 1 bowl, (I typically prep 3-4 at a time) if following suggested servings, modify amounts to fit your needs

macros:

Yield/servings: 1
macros (per serving)
Calories: 463
Fat: 11g
Protein: 52g
Carbs: 37g

(approximate)



directions:

In a small bowl mix together greek yogurt, flour, and garlic until a dough forms. If your dough seems too dry, you can add a bit more greek yogurt until the dough is "spreadable"

spread this into a greased glass tupperware or small baking dish

spread 2-3 TBS alfredo sauce on top of dough as your sauce

prepare chicken by seasoning both sides, then air fry 400F for 5 minutes, each side

Top with shredded cheese, bacon or other toppings of choice

bake on bottom rack of oven, 400F for 20 minutes or until done, drizzle with ranch before eating

store in fridge for about 5 days or freeze to keep longer. I reheat in microwave!

CHEDDAR BAY BUBBLE UP BOWLS



ingredients:

- 2 chicken boneless skinless chicken tenderloins
- 1/4 cup cream of chicken
- 1/4 cup Greek yogurt
- mixed veggies (peas, carrots)
- 1/2 tsp all purpose seasoning
- 1 garlic herb laughing cow cheese

Cheddar Biscuit Topping:

- 2 TBS cheddar bay biscuit mix
- 1 TBS shredded cheese
- 1 TBS water

Optional:

- 1/2 TBS melted butter
- 1/4 tsp garlic seasoning packet (from box)

recipe is for 1 bowl, (I typically prep 3-4 at a time) if following suggested servings, modify amounts to fit your needs

macros:

Yield/servings: 1
macros (per serving)
Calories: 373
Fat: 14g
Protein: 36g
Carbs: 27g

(approximate)



directions:

prepare chicken by seasoning both sides, then air fry 400F for 5 minutes, each side, shred/dice and add to small glass tupperware or baking dish

add laughing cow cheese, cream of chicken, greek yogurt, sauteed veggies, seasoning then mix

in a small bowl, mix together biscuit mix, cheese, and water, stir with a fork until you have a crumbly dough, gently press this on top of your casserole

bake 425F for 15-20 minutes

using the garlic seasoning packet included in biscuit mix, add 1/4 tsp to about 1/2 TBS melted butter, then brush this over the top

store in fridge for about 5 days or freeze to keep longer. I reheat in microwave!

GARLIC PARM LOADED FRIES



ingredients:

- 2 russet potatoes
- 6 boneless skinless chicken tenderloins
- 1/2 tsp paprika, seasoning salt, garlic, italian seasoning
- **Garlic Butter Sauce** (for chicken):
 - 1 TBS melted butter
 - 1 TBS parm
 - 1 tsp garlic
- 3 TBS garlic parm sauce thinned with 2 TBS skim milk (buffalo wild wings brand)
- sprinkle of parm
- optional green veggie (I like zucchini or broccoli here)

recipe is for 3 bowls, modify amounts to fit your needs

macros:

Yield/servings: 3
macros (per serving)
Calories: 300
Fat: 10g
Protein: 26g
Carbs: 22 net

(approximate)



directions:

Slice potatoes into even fry shape (I like mine to be pretty thin). Mist with oil and season with salt/pepper. Air fry (or bake) on 400F for 10 min, shake, 10-15 more minutes or until crisp.

Prepare chicken by cutting into bite sized chunks, toss in seasoning, then air fry 400F for 4 minutes, flip, 3-4 more min, then brush garlic butter sauce over

Assemble 3 bowls/tupperware in this order:

- Divide fries evenly amongst 3 bowls
- Optional green veggie
- Divide chicken chunks evenly
- drizzle of garlic parm sauce
- sprinkle of cheese

if eating leftover, store in air tight containers and microwave to reheat before eating

GREEN BEAN CASSEROLE BOWLS



ingredients:

- 2 chicken boneless skinless chicken tenderloins
- 1 laughing cow cheese
- 1/3 cup green beans (I like the kind from a can for this)
- 1 TBS parmesan
- 1/2 cup cottage cheese (blended) or plain greek yogurt
- 1-2 tsp dry onion soup mix
- 1 TBS crushed french fried onions for topping

recipe is for 1 bowl, (I typically prep 3-4 at a time) if following suggested servings, modify amounts to fit your needs

macros:

Yield/servings: 1
macros (per serving)
Calories: 283
Fat: 7g
Protein: 38g
Carbs: 11g

(approximate)



directions:

Prepare chicken by seasoning both sides, then air fry 400F for 5 minutes, each side, shred/dice (rotisserie chicken works great here too)

mix together with laughing cow cheese, green beans, parm, cottage cheese, and soup mix and stir until combined

add this mixture to small glass tupperware or baking dish

top with french fried onions (crush them up to make them go further)

bake 350F for 20-25 minutes

store in fridge for about 5 days or freeze to keep longer. I reheat in microwave!

CHEESY POTATO BOWLS



ingredients:

- 2 chicken boneless skinless chicken tenderloins
- 1 cup frozen diced hashbrowns
- 1 light laughing cow cheese
- 1/4 cup plain nonfat Greek yogurt
- 1/4 cup reduced fat cream of chicken soup
- 1/2 tsp salt, pepper
- 2 TBS shredded cheddar cheese
- 3 TBS crushed cornflakes (or ritz crackers)

feel free to add in other fillings of choice (broccoli, zucchini, etc.)

recipe is for 1 bowl, (I typically prep 3-4 at a time) if following suggested servings, modify amounts to fit your needs

macros:

Yield/servings: 1
macros (per serving)

Calories: 336

Fat: 8g

Protein: 38g

Carbs: 28g

(approximate)



directions:

Prepare chicken, I like to season with seasoning salt, pepper, garlic, paprika, then air fry 400F 5 min, each side (let them rest a couple minutes before shredding or chopping into small pieces), rotisserie chicken also works great here

In a small baking dish (or glass meal prep container), mix together all the ingredients listed (EXCEPT the cornflakes).

Add crushed cornflakes on top + mist with cooking spray or drizzle with melted butter, bake on 375 for 25 minutes

If you'd like to make this in a large casserole dish, multiply the ingredients by 4 and bake in a 9x13 baking dish for 25-35 minutes!

Store in fridge for about 5 days or freeze to keep longer. I reheat in microwave!

HONEY CRUNCH BBQ BOWLS



ingredients:

- 2 single serve instant mashed potato cups + 1 frozen cauliflower rice steamer pack
- 6 boneless, skinless chicken tenderloins
- 1 tsp BBQ seasoning, 3 TBS BBQ sauce
- 3 tsp chipotle sauce (any kind)
- 3 TBS shredded cheese
- 3 tsp bacon bits
- 1 TBS crushed french fried onions
- green veggie of choice (I also like corn on the cobb with this meal)

recipe is for 3 bowls, modify amounts to fit your needs

macros:

Yield/servings: 3
macros (per serving)

Calories: 383

Fat: 19g

Protein: 31g

Carbs: 23g

(approximate)



directions:

Cut chicken into bite sized pieces, season with BBQ seasoning and BBQ sauce then air fry 3 min 400F, flip, 3 more min.

Prepare both mashed potato cups and cauliflower rice package according to package directions, then mix together and season to your liking

Assemble 3 bowls/tupperware in this order:

- mashed potato mixture (split evenly amongst 3 bowls)
- chicken, split evenly
- 1 TBS chipotle sauce
- 1 TBS shredded cheese
- 1 tsp bacon bits
- 1 TBS french fried onions, crushed
- veggie of choice on side

When ready to eat, microwave or bake to heat until melty

if eating leftover, store in air tight containers and microwave to reheat before eating

VOO DOO FRIES



ingredients:

- 2 russet potatoes
- 6 boneless skinless chicken tenderloins
- 1/2 tsp paprika, cajun seasoning, garlic

Voo Doo Sauce:

- 2 TBS light mayo
- 1 tsp dijon mustard
- 1 TBS hot sauce
- 1 TBS hot honey
- ¼ tsp cajun seasoning
- shredded cheese (2 TBS per bowl)
- optional caramelized onion or green veggie of choice

recipe is for 3 bowls, modify amounts to fit your needs

macros:

Yield/servings: 3
macros (per serving)

Calories: 285

Fat: 5

Protein: 29

Carbs: 28

(approximate)



directions:

Slice potatoes into even fry shape (I like mine to be pretty thin). Mist with oil and season with salt and pepper. Air fry (or bake) on 400F for 10 min, shake, 10-15 more minutes or until crisp.

Prepare chicken by seasoning both sides with seasonings listed, then air fry 400F for 5 minutes, flip, 5 more min. Let it rest for a couple minutes on a cutting board then dice into small bite sized pieces

Assemble 3 bowls/tupperware in this order:

- Divide fries evenly amongst 3 bowls
- Optional caramelized onion
- Divide chicken chunks evenly
- Drizzle of Voo Doo sauce
- 2 TBS shredded cheese

if eating leftover, store in air tight containers and microwave to reheat before eating

BACON RANCHER BURGER BOWL



ingredients:

- 2 russet potatoes (diced)
- 1 lb. lean beef
- 1 tsp au jus seasoning packet
- 1 tsp ranch seasoning packet
- optional caramelized onion
- 1 TBS zesty or southwestern ranch sauce of choice (I like Great Value brand)
- 1 TBS bacon bits or chopped bacon
- 1 TBS shredded cheese
- optional french fried onion topping, pickled jalapeños

recipe is for 4 bowls, modify amounts to fit your needs

macros:

Yield/servings: 4
macros (per serving)

Calories: 356

Fat: 17g

Protein: 35g

Carbs: 14g

(approximate)



directions:

Dice potatoes into even sized cubes, season generously with salt, pepper, garlic, paprika. Air fry (or bake) on 400F for 10 min, shake, 5-10 more minutes or until crisp.

Cook ground beef in a skillet, and season with au jus seasoning and ranch seasoning, I just sprinkle the dry seasoning over the meat, add a splash of water then stir.

Dice yellow onion (very small). Place in a skillet misted with oil and place heat on medium/low. Sauté until tender/golden brown, if they start to brown too quickly, turn heat down and add a splash of water or broth as needed

Assemble 4 bowls/tupperware in this order:

- 1/2 cup diced potatoes
- 1/2 cup ground beef
- caramelized onions (to taste) + bacon bits
- drizzle of zesty ranch
- sprinkle of cheese (approx 1 TBS)
- 1 TBS french fried onions, optional pickled jalapenos

if eating leftover, store in air tight containers and microwave to reheat before eating

QUESO SMASHER BURGER BOWL



ingredients:

- 2.5 cups frozen diced hashbrowns
- 1 lb. lean beef
- 2 tsp au jus seasoning packet
- 2 tsp taco seasoning
- 1 TBS queso or cheese sauce of choice
- shredded cheese (approx 1 TBS per bowl)
- optional tortilla strips for topping, pickled jalapenos, caramelized onion

recipe is for 4 bowls, modify amounts to fit your needs

macros:

Yield/servings: 4
macros (per serving)

Calories: 325

Fat: 14g

Protein: 29g

Carbs: 19g

(approximate)



directions:

Mist hashbrowns with avocado oil or cooking spray, season generously with seasoning salt, garlic, paprika. Air fry (or bake) on 400F for 10 min, shake, 10-15 more minutes or until crisp.

Cook ground beef in a skillet, and season with au jus seasoning and taco seasoning, I just sprinkle the dry seasoning over the meat, add a splash of water then stir.

Assemble 4 bowls/tupperware in this order:

- 3/4 cup diced potatoes
- 1/2 cup ground beef
- 1 TBS queso or cheese sauce
- sprinkle of cheese (approx 1 TBS)
- 1 TBS tortilla strips, optional pickled jalapenos, diced onion

if eating leftover, store in air tight containers and microwave to reheat before eating

LOADED CHEESESTEAK BOWLS



ingredients:

- 2 russet potatoes (diced)
- 1 lb. lean beef
- 1/2 packet au jus seasoning
- diced green pepper, onion, mushroom
- 4 TBS cheese sauce of choice (thinned with 2 TBS skim milk)
- 2 TBS spicy/southwestern ranch or chipotle sauce
- 4 TBS shredded provolone or pepperjack cheese
- optional french fried onion for topping

recipe is for 4 bowls, modify amounts to fit your needs

macros:

Yield/servings: 4
macros (per serving)
Calories: 318
Fat: 16g
Protein: 28g
Carbs: 14g

(approximate)



directions:

Dice potatoes into even sized cubes, season generously with seasoning salt, pepper, garlic, paprika. Air fry (or bake) on 400F for 10 min, shake, 5-10 more minutes or until crisp.

Cook ground beef in a skillet (or sliced steak), and season with au jus seasoning, I just sprinkle the dry seasoning over the meat, add a splash of water then stir. (if adding sauteed veggies, cook these along with your meat until softened)

Assemble 4 bowls/tupperware in this order:

- 1/2 cup diced potatoes
- 1/2 cup ground beef
- sauteed veggies (to taste)
- 1/2 TBS drizzle of sauce
- 1 TBS cheese sauce
- 1-2 TBS shredded cheese
- optional french fried onion before eating

if eating leftover, store in air tight containers and microwave to reheat before eating

TACO BELL LOADED FRIES



ingredients:

- 2-3 russet potatoes
 - 1/2 tsp each: seasoning salt, garlic, paprika, chili powder, cumin
 - 1 lb. lean beef
 - taco seasoning packet + taco sauce or salsa of choice
 - 1/2 cup fat free refried beans
 - 3 TBS queso or nacho cheese of choice
 - 3 TBS shredded cheese
 - optional side of pico
- OPTIONAL TOPPINGS:
- greek yogurt
 - lettuce
 - fajita veggies

recipe is for 4 bowls, (I typically prep 3-4 at a time) if following suggested servings, modify amounts to fit your needs

macros:

Yield/servings: 4
macros (per serving)
Calories: 303
Fat: 14g
Protein: 28g
Carbs: 20g

(approximate)



directions:

Slice potatoes into even fry shape (I like mine to be pretty thin). Mist with oil and toss in listed seasonings. Air fry (or bake) on 400F for 10 min, shake, 10-15 more minutes or until crisp.

Prepare taco meat by browning ground beef, then add taco seasoning packet and a splash of taco sauce or salsa. Mix in 1/2 cup refried beans and stir until combined.

Assemble 4 bowls/tupperware in this order:

- Divide fries evenly amongst 4 bowls
- 1/2 cup cooked taco meat
- 1 TBS shredded mexican cheese
- 1-2 TBS queso or nacho cheese

-optional other toppings of choice

if eating leftover, store in air tight containers and microwave to reheat before eating

DORITOS LOCOS TACOS BOWLS



ingredients:

- 1.5 cup instant/minute rice
- 1.5 cup water
- 1 tsp tomato bouillon (Knorr brand)
- 1 lb lean beef
- 1 taco seasoning packet
- 1/4 cup rotel
- 1/4 cup salsa con queso or cheese sauce of choice
- 6 TBS shredded mexican cheese
- doritos, crushed (approx 3-4 chips per bowl)

recipe is for 4 bowls, (I typically prep 3-4 at a time) if following suggested servings, modify amounts to fit your needs

macros:

Yield/servings: 4
macros (per serving)
Calories: 302
Fat: 12g
Protein: 25g
Carbs: 22g

(approximate)



directions:

Prepare taco meat, brown in a skillet and add taco seasoning packet and a splash of water or enchilada sauce

In a microwave safe bowl, add water, tomato bullion, and instant rice. Stir and microwave 5-6 minutes (or until rice is done)

Mix rotel and salsa con queso/cheese sauce together in a bowl and microwave until warm

Assemble 4 bowls/tupperware in this order:

- 1/2 cup cooked rice
- 1/2 cup taco meat
- 2 TBS rotel cheese dip
- 2 TBS shredded cheese
- 3-4 crushed doritos

Microwave or bake until melty when ready to eat!

if eating leftover, store in air tight containers and microwave to reheat before eating

CHEESY TACO RICE BAKES



ingredients:

- 1/4 cup rice
- 1/3 cup water
- 1/2 tsp tomato bouillon (Knorr)
- 2-3 TBS cream of chicken
- 1/2 cup taco meat
- optional toppings: white queso, greek yogurt, pico, gauc, etc!

recipe is for 1 bowl, (I typically prep 3-4 at a time) if following suggested servings, modify amounts to fit your needs

macros:

Yield/servings: 1
macros (per serving)

Calories: 328

Fat: 7g

Protein: 23g

Carbs: 16g

(approximate)



directions:

Prepare taco meat, I brown mine in a skillet and add a taco seasoning packet and splash of water or salsa

In a small glass tupperware or baking dish, add rice, water, tomato bouillon, and cream of chicken soup, mix gently

Stir in 1/2 cup of your cooked taco meat. Cover with foil and bake 375 for 20-25 minutes

Top with 1-2 TBS white queso before eating if preferred

if eating leftover, store in air tight containers and microwave to reheat before eating

CREAMY SALSA CHICKEN BOWLS



ingredients:

- 1-2 TBS light cream cheese
- 3-4 oz chicken (see directions or rotisserie chicken is great here too)
- 2 TBS salsa
- 2 TBS shredded mexican cheese

I like to pair these with a fresh salsa, quest chips, or mix in black beans/corn

recipe is for 1 bowl, (I typically prep 3-4 at a time) if following suggested servings, modify amounts to fit your needs

macros:

Yield/servings: 1
macros (with Quest Chips)
Calories: 345
Fat: 13g
Protein: 48g
Carbs: 6g

(approximate)



directions:

Prepare chicken, I like to season with fajita seasoning, then air fry 400F 5 min, each side (let them rest a couple minutes before shredding or chopping into small pieces), rotisserie chicken also works great here

Assemble 4 bowls/tupperware in this order:

- spread cream cheese into bottom of dish
- 3-4 oz shredded chicken
- 2 TBS salsa
- 2 TBS shredded cheese

- Optional other toppings of choice

When ready to eat, microwave 1:30 and serve with chips of choice like a dip (I like Quest chips)

if eating leftover, store in air tight containers and microwave to reheat before eating

BAKED MARRY ME CHICKEN BOWLS



ingredients:

- 2 boneless skinless chicken tenderloins
- 1/3 cup minute rice (dry)
- 1/2 cup chicken broth
- 1/4 tsp salt, pepper, garlic, italian
- 2 TBS parmesan
- 2-3 TBS cream of chicken soup
- 1 TBS tomato paste
- 2 TBS sundried tomatoes
- finely chopped spinach, to taste
- optional caramelized onion to taste
- 2 TBS shredded italian cheese for topping

recipe is for 1 bowl, (I typically prep 3-4 at a time) if following suggested servings, modify amounts to fit your needs

macros:

Yield/servings: 1
macros (per serving)
Calories: 348
Fat: 7g
Protein: 33g
Carbs: 39g

(approximate)



directions:

Prepare chicken, I like to season with seasoning salt, italian, and paprika, then air fry 400F 5 min, each side (let them rest a couple minutes before shredding or chopping into small pieces), rotisserie chicken also works great here

In a small glass tupperware or baking dish, add rice, broth, seasonings, cream of chicken, tomato paste and stir until combined

Gently mix in cooked chicken, parmesan, tomatoes, spinach. And sprinkle with italian cheese. Cover with foil and bake 375 for 20-25 minutes

if eating leftover, store in air tight containers and microwave to reheat before eating

CHICKEN CHEESE + RICE BAKES



ingredients:

- 2 boneless skinless chicken tenderloins
- 1/3 cup minute rice (dry)
- 1/2 cup water
- 1/2 tsp tomato bouillon (Knorr brand)
- 2-3 TBS cream of chicken soup
- optional topping white queso

recipe is for 1 bowl, (I typically prep 3-4 at a time) if following suggested servings, modify amounts to fit your needs

macros:

Yield/servings: 1
macros (per serving)
Calories: 243
Fat: 1g
Protein: 25g
Carbs: 30g

(approximate)



directions:

Prepare chicken, I like to season with fajita seasoning, then air fry 400F 5 min, each side (let them rest a couple minutes before shredding or chopping into small pieces), rotisserie chicken also works great here

In a small glass tupperware or baking dish, add rice, water, tomato bouillon, and cream of chicken soup, mix gently

Stir in your cooked, shredded chicken. Cover with foil and bake 375 for 20-25 minutes

Top with 1-2 TBS white queso before eating if preferred

if eating leftover, store in air tight containers and microwave to reheat before eating

KICKIN CHICKEN MAC



ingredients:

- 1/2 cup COOKED pasta of choice (I like shells here)
- 1 light laughing cow cheese
- 3-4 oz chicken (see directions)
- 1/4 tsp cajun seasoning
- 1 TBS bacon bits
- 1/4 cup cottage cheese (blended) or greek yogurt/light sour cream
- 2 TBS shredded colby jack cheese
- 1 tsp chipotle or southwestern ranch sauce of choice
- optional green veggie of choice

recipe is for 1 bowl, (I typically prep 3-4 at a time) if following suggested servings, modify amounts to fit your needs

macros:

Yield/servings: 1
macros (per serving)
Calories: 435
Fat: 14g
Protein: 42g
Carbs: 36g

(approximate)



directions:

Prepare chicken (or use rotisserie chicken in a pinch), I like to use crispy chicken here and air fry it then dice into chunks, Real Good brand is my favorite

In each bowl add 1/2 cup cooked pasta, laughing cow cheese, cottage cheese, seasoning, and your chopped chicken, stir until combined

If adding green veggie, stir it in as well

Add a drizzle of sauce, shredded cheese and bacon bits on top and continue microwaving for 30 seconds or until hot/melty.

if eating leftover, store in air tight containers and microwave to reheat before eating

CHEESY PHILLY BAKES



ingredients:

- 1/4 cup rice dry
- 1/3 cup beef broth
- 1/4 tsp ranch seasoning
- 2-3 TBS cream of chicken (OR cream of mushroom)
- 1/2 cup lean beef (see directions)
- diced green pepper, onion, mushroom, to taste
- 1 TBS cheese sauce of choice

recipe is for 1 bowl, (I typically prep 3-4 at a time) if following suggested servings, modify amounts to fit your needs

macros:

Yield/servings: 1
macros (per serving)
Calories: 290
Fat: 11g
Protein: 28g
Carbs: 17g

(approximate)



directions:

Prepare meat, I brown mine in a skillet and add approx 2 tsp au jus seasoning and splash of water

Saute veggies until softened

In a small glass tupperware or baking dish, add rice, broth, ranch seasoning, and cream of chicken soup, mix gently

Stir in 1/2 cup of your cooked meat and sauteed veggies. Cover with foil and bake 375 for 20-25 minutes

Top with 1-2 TBS cheese sauce before eating if preferred

if eating leftover, store in air tight containers and microwave to reheat before eating

CREAMY GARLIC PARM PASTA BOWLS



ingredients:

- 2 boneless skinless chicken tenderloins, diced
- 1 TBS parmesan garlic sauce (Buffalo Wild Wings brand)
- 1/2 cup COOKED protein pasta of choice
- green veggie of choice, I like broccoli, spinach, or zucchini here
- 1/4 cup garlic alfredo sauce of choice
- 2 TBS cottage cheese (blended) or greek yogurt
- 2 TBS parmesan

recipe is for 1 bowl, (I typically prep 3-4 at a time) if following suggested servings, modify amounts to fit your needs

macros:

Yield/servings: 1
macros (per serving)

Calories: 465

Fat: 14g

Protein: 40g

Carbs: 44g

(approximate)



directions:

Prepare chicken by cutting into bite sized pieces then seasoning with salt, pepper, garlic, italian, paprika, then air fry 400F 4 min, flip, 3-4 more minutes then toss in parmesan garlic sauce

Prepare green veggie of choice

Assemble bowl/tupperware in this order:

- 1/2 cup cooked pasta
- optional green veggie
- alfredo sauce
- cottage cheese/greek yogurt
- parmesan

mix then add creamy chicken chunks on top

if eating leftover, store in air tight containers and microwave to reheat before eating

STUFFED SHELLS BOWL



ingredients:

- 1/2 cup cooked italian turkey sausage (or lean beef)
- 1/2 cup marinara sauce
- optional veggie of choice (spinach, peppers, mushrooms, zucchini, etc)
- 2 TBS skim mozzarella
- 4 jumbo shells, cooked

Filling:

- 1/2 cup cottage cheese or greek yogurt
- 2 TBS parmesan
- 1/2 tsp italian, garlic

recipe is for 1 bowl, (I typically prep 3-4 at a time) if following suggested servings, modify amounts to fit your needs

macros:

Yield/servings: 1
macros (per serving)
Calories: 470
Fat: 15g
Protein: 41g
Carbs: 42g

(approximate)



directions:

Brown ground turkey sausage or lean beef in a skillet until brown, season with seasonings of choice then mix with marinara sauce

Prepare green veggie of choice and cook pasta according to package directions

Mix together filling ingredients and gently spoon this evenly into 4 jumbo shells

Assemble bowl/tupperware in this order:

- stuffed shells
- optional green veggie
- meat sauce
- shredded cheese

if eating leftover, store in air tight containers and microwave to reheat before eating

FAJITA MAC BOWLS



ingredients:

- 1/2 cup COOKED pasta of choice (I like shells here)
- 3-4 oz chicken (see directions)
- 1 pepperjack laughing cow cheese
- 1-2 TBS salsa con queso (cheese)
- 1/4 cup cottage cheese (blended) or greek yogurt/light sour cream
- 2 TBS taco or enchilada sauce
- 1/2 tsp fajita seasoning
- pico or fajita veggies of choice
- 2 TBS shredded colby jack cheese

recipe is for 1 bowl, (I typically prep 3-4 at a time) if following suggested servings, modify amounts to fit your needs

macros:

Yield/servings: 1
macros (per serving)
Calories: 374
Fat: 10g
Protein: 36g
Carbs: 31g

(approximate)



directions:

Prepare chicken, I like to season with fajita seasoning, then air fry 400F 5 min, each side (let them rest a couple minutes before shredding or chopping into small pieces), rotisserie chicken also works great here

In a small baking dish (or glass meal prep container), mix together 1/2 cup cooked pasta, laughing cow cheese, cottage cheese, seasoning, taco sauce, veggies, and your chopped chicken, stir until combined

Top with shredded cheese + microwave for 1:30 when ready to eat

if eating leftover, store in air tight containers and microwave to reheat before eating

DORITO CHICKEN CASSEROLE BOWLS



ingredients:

- 3-4 oz chicken (see directions)
- 1 pepperjack laughing cow cheese
- 1/4 cup greek yogurt/light sour cream
- 1/4 cup cream of chicken soup
- 1/2 tsp fajita seasoning
- 3 TBS rotel (or pico)
- 2 TBS shredded colby jack cheese
- doritos, crushed (4-5 chips)
- optional, serve over rice if preferred

recipe is for 1 bowl, (I typically prep 3-4 at a time) if following suggested servings, modify amounts to fit your needs

macros:

Yield/servings: 1
macros (per serving)
Calories: 311
Fat: 13g
Protein: 33g
Carbs: 13g

(approximate)



directions:

Prepare chicken, I like to season with fajita seasoning, then air fry 400F 5 min, each side (let them rest a couple minutes before shredding or chopping into small pieces), rotisserie chicken also works great here

In a small baking dish (or glass meal prep container), mix together shredded chicken, laughing cow cheese, greek yogurt, seasoning, rotel, stir until combined

Top with shredded cheese + crushed doritos. Bake 350 for 20-25 min. Enjoy as is or serve over rice!

if eating leftover, store in air tight containers and microwave to reheat before eating

BANG BANG CHICKEN BOWL



ingredients:

- 6 boneless skinless chicken tenderloins
- 1 cup cooked rice of choice
- 1 frozen steamer pack cauliflower rice
- 1 egg
- frozen mixed veggies (peas, carrots)

FRIED RICE SAUCE:

- 1/4 cup teriyaki
- 2 TBS soy sauce
- ¼ tsp garlic, ginger, red pepper flakes

BANG BANG SAUCE:

- 2 TBS sriracha mayo
- 1 TBS honey
- splash of soy sauce
- pinch of red pepper flakes

macros:

Yield/servings: 1
macros (per serving)
Calories: 335
Fat: 9g
Protein: 28g
Carbs: 33g

(approximate)



directions:

Prepare instant rice and cauli rice according to package directions, then mix together

Prepare chicken by dicing into bite sized pieces and season both sides with seasoning salt, pepper, garlic, paprika. Air fry on 400, 3-4 min each side (you can also use crispy chicken like Real Good nuggets for this too)

In a skillet on medium heat, mist with oil then add mixed veggies of choice, cook until soft but not mushy. Add egg to this and scramble and push to the side of your pan so you can add rice mixture. Add fried rice sauce and toss until combined.

Assemble 3 bowls/tupperware in this order:

- fried rice divide evenly amongst bowls
- chicken chunks, divided evenly amongst bowls
- bang bang sauce
- squeeze of lime, optional crispy wonton strips

if eating leftover, store in air tight containers and microwave to reheat before eating

RAMEN BOWLS



ingredients:

- 2 boneless skinless chicken tenderloins
- 1/2 package of ramen (noodles only) or noodle of choice

SAUCE

- 1-2 TBS teriyaki sauce
- 1 TBS low sodium soy sauce
- 1/4 tsp chicken bouillon, garlic, ginger, red pepper flakes
- optional tsp peanut butter
- carrot (I peel mine with a peeler to make ribbons) or any veggie you like

OPTIONAL ADDITIONS:

soft boiled egg, green onions, scallions, siracha, yum yum sauce, etc.

recipe is for 1 bowl, (I typically prep 3-4 at a time) if following suggested servings, modify amounts to fit your needs

macros:

Yield/servings: 1
macros (per serving)
Calories: 325
Fat: 1g
Protein: 28g
Carbs: 31g

(approximate)



directions:

Season both sides of your thawed chicken tenderloin with seasonings of choice and air fry 400F for 5 minutes, flip, 5 more minutes.

In a microwave safe bowl or dish, add half package of ramen noodles and cover with water (or bone broth). Microwave for about 3 minutes or until noodles are **almost** done, not completely soft.

Drain most of the water then add all sauce ingredients and stir.

Top with sliced chicken and other toppings of choice.

Soft boiled egg: air fry 275F for 11-12 minutes then transfer to ice cold water before peeling

if eating leftover, store in air tight containers and microwave to reheat before eating

HONEY CHICKEN + RICE BOWLS



ingredients:

- 6 boneless skinless chicken tenderloins (or crispy chicken like Real Good nuggets)
- SAUCE:**
- 3 TBS teriyaki sauce
 - 2 TBS soy sauce
 - 2 TBS honey
 - 2 tsp minced garlic
 - dash of red pepper flakes
-
- 1 cup (dry) instant rice + 1 cauliflower rice steamer pack
 - optional veggie(s) of choice
 - optional yum yum sauce

recipe is for 3 bowls, modify amounts to fit your needs

macros:

Yield/servings: 3
macros (per serving)

Calories: 353

Fat: 1g

Protein: 27g

Carbs: 57g

(approximate)



directions:

Prepare instant rice and cauli rice according to package directions, then mix together

Prepare chicken by dicing into bite sized pieces and season both sides with seasoning salt, pepper, garlic, paprika. Air fry on 400, 3-4 min each side (you can also use crispy chicken like Real Good nuggets for this too)

Once done cooking, toss chicken in sauce

Prepare optional sauteed veggies of choice

Assemble 3 bowls/tupperware in this order:

- Divide your rice/cauli rice evenly amongst your 3 bowls
- mix in your sauteed veggies or add to side if using (optional)
- chicken chunks, divided evenly amongst bowls
- optional, serve with a drizzle of yum yum sauce and sesame seeds

if eating leftover, store in air tight containers and microwave to reheat before eating

TERIYAKI NOODLE BOWL



ingredients:

- 5 oz (dry) pasta, I like linguine for these
- 6 boneless skinless chicken tenderloins
- Veggies of choice—I like to do sauteed cabbage, onion, and/or zucchini

SAUCE:

- 1/4 cup teriyaki sauce (I like Panda Express brand)
- 3 TBS soy sauce
- 1 tsp minced garlic
- 1/4 tsp (or more) ginger, red pepper flakes
- OPTIONAL 2 tsp peanut butter

optional toppings like light yum yum sauce, sesame seeds

recipe is for 3 bowls, (I typically prep 3-4 at a time) if following suggested servings, modify amounts to fit your needs

macros:

Yield/servings: 3
macros (per serving)

Calories: 322

Fat: 1g

Protein: 31g

Carbs: 46g

(approximate)



directions:

Season both sides of your thawed chicken tenderloins with salt, pepper, garlic, and paprika. Air fry 400F for 5 minutes, flip, 5 more minutes. Slice or dice into bite sized chunks, you can also glaze with teriyaki sauce here.

Prepare optional sauteed veggies of choice, I like to saute chopped cabbage, onion until softened, add a splash of water or soy sauce as you're cooking. Stir sauce ingredients together with cooked noodles in a bowl and mix with your veggies.

Assemble 3 bowls/tupperware in this order:

- divide noodle mixture evenly amongst bowls
- divide chicken evenly
- optional drizzle of yum yum sauce or sesame seeds

if eating leftover, store in air tight containers and microwave to reheat before eating

SWEET HEAT PINEAPPLE PORK BOWLS



ingredients:

- 1 pork tenderloin
- 1 can crushed pineapple
- 1/4 cup brown sugar swerve
- 1/4 cup soy sauce
- 1/4 cup teriyaki sauce
- 1/2 tsp garlic, ginger, red pepper flakes, salt/pepper
- 1 package coconut jasmine ready rice
- 1 steamer pack cauli rice
- pineapple rings

Tropical Slaw:

- 2 cups slaw/shredded cabbage
- squeeze of lime
- drizzle of honey, 1-2 TBS
- splash of pineapple juice, 2-3 TBS
- 1-2 TBS soy sauce
- diced mango or pineapple
- optional shredded coconut
- salt, pepper, red pepper flakes

recipe is for 4 bowls, (I typically prep 3-4 at a time) if following suggested servings, modify amounts to fit your needs

macros:

Yield/servings: 4
macros (per serving)
Calories: 337
Fat: 5g
Protein: 28g
Carbs: 56g

(approximate)



directions:

PULLED PORK:

Add all ingredients to crockpot and cook on low for 5-6 hours or until pork is 165F or shreds apart easily. Shred pork into small pieces and return to sauce. This makes quite a few servings, I like to use leftovers in pulled pork tacos or nachos!

Cook rice and cauli rice according to package directions and mix

Mix slaw ingredients together

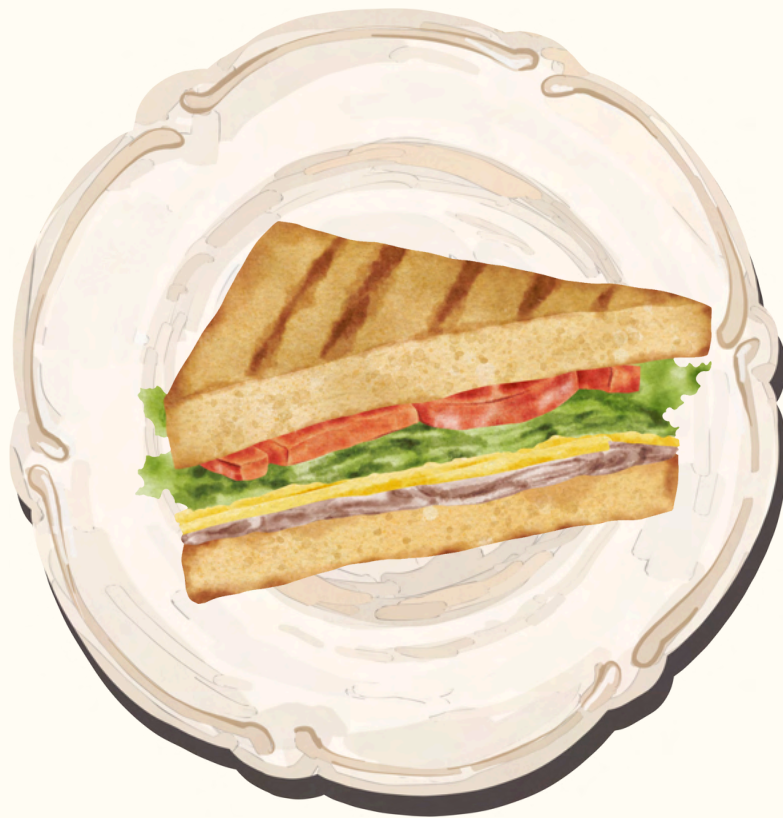
Assemble 4 bowls/tupperware in this order:

- divide rice mixture evenly
- 1/2 cup pulled pork mixture, adding some of the sauce on top
- tropical slaw
- seared pineapple ring

if eating leftover, store in air tight containers and microwave to reheat before eating

RUSH HOUR

power



QUICKIES + BOWLS



GARLIC PARM WRAP



ingredients:

- 1 low carb tortilla (I like La Banderita)
- 1 garlic herb laughing cow cheese
- 1 tsp parmesan
- 3-4 oz chicken (any kind works, grilled, air fried, rotisserie, crispy)
- 1 slice ultra thin sliced cheese
- 1 slice crispy bacon
- drizzle of parmesan garlic sauce (thinned with a splash of skim milk to save cal)

recipe is for 1 wrap, (I typically prep 3-4 at a time) if following suggested servings, modify amounts to fit your needs

macros:

Yield/servings: 1
macros (per serving)
Calories: 331
Fat: 15g
Protein: 33g
Carbs: 20g

(approximate)



directions:

Prepare chicken, I like to season chicken tenderloins with seasoning salt, garlic + paprika then air fry 400F 5 min, each side (let them rest a couple minutes before shredding or chopping into small pieces), but rotisserie chicken also works great here!

Lay tortilla on flat surface and mash laughing cow cheese with the back of a spoon until tortilla is coated, sprinkle with parm then add thin sliced cheese, sliced/diced chicken, bacon, a drizzle of sauce (approx 1-2 tsp)

Tuck ends of tortilla and fold to roll tightly (like a burrito)

Eat this hot OR cold and pack with sides of choice! See sides section for my favorites.

MCSNACK WRAPS



ingredients:

- 1 low carb tortilla (I like La Banderita)
- 3-4 oz chicken (any kind works but I like Real Good strips here)
- shredded lettuce, optional pickles
- drizzle of sauce of choice (honey mustard, ranch, chipotle, bbq, etc)

recipe is for 1 wrap, (I typically prep 3-4 at a time) if following suggested servings, modify amounts to fit your needs

macros:

Yield/servings: 1
macros (per serving)
Calories: 250
Fat: 8g
Protein: 26g
Carbs: 26g

(approximate)



directions:

Any chicken works for these! Rotisserie is great in a pinch, but I like crispy Real Good strips here!

Lay tortilla on flat surface and add chicken, lettuce, and a drizzle of your preferred sauce

Tuck ends of tortilla and fold to roll tightly (like a burrito)

Eat this hot OR cold and pack with sides of choice! See sides section for my favorites.

BACON JAM TURKEY WRAP



ingredients:

- 1 low carb tortilla (I like La Banderita)
- 1 pepper jack laughing cow cheese
- 1 tsp bacon jam (I get mine from walmart)
- 2-3 slices deli turkey
- 1 slice ultra thin sliced cheese
- 1 slice crispy bacon
- pickles or lettuce (maple bourbon pickles from walmart go great on this too)

recipe is for 1 wrap, (I typically prep 3-4 at a time) if following suggested servings, modify amounts to fit your needs

macros:

Yield/servings: 1
macros (per serving)
Calories: 317
Fat: 12g
Protein: 23g
Carbs: 25g

(approximate)



directions:

Lay tortilla on flat surface and mash laughing cow cheese with the back of a spoon until tortilla is coated, spread bacon jam over surface as well.

Add turkey, cheese, bacon, and pickles or lettuce, along with other toppings of choice

Tuck ends of tortilla and fold to roll tightly (like a burrito)

Eat this hot OR cold and pack with sides of choice! See sides section for my favorites.

HOT HONEY CHICKEN WRAPS



ingredients:

- 1 low carb tortilla (I like La Banderita)
- 3-4 oz chicken (any kind works but I like Real Good strips here)
- 1 TBS hot honey
- 1 TBS hot sauce of choice
- 1 light laughing cow cheese
- shredded lettuce, optional pickles
- 1/2 TBS drizzle of sauce of choice (honey mustard, ranch, chipotle, bbq, etc)

recipe is for 1 wrap, (I typically prep 3-4 at a time) if following suggested servings, modify amounts to fit your needs

macros:

Yield/servings: 1
macros (per serving)
Calories: 315
Fat: 9g
Protein: 28g
Carbs: 36g

(approximate)



directions:

Lay tortilla on flat surface and mash laughing cow cheese with the back of a spoon until tortilla is coated.

Prepare chicken according to package directions then toss in the hot honey, hot sauce until coated.

Add chicken to tortilla along with toppings of choice, I like pickles and shredded lettuce.

Drizzle with chipotle sauce and tuck ends of tortilla and fold to roll tightly (like a burrito)

Eat this hot OR cold and pack with sides of choice! See sides section for my favorites.



BUFFALO CHICKEN SALAD WRAPS



ingredients:

- 3 low cal tortillas
- 12 oz canned chicken
- 1/4 cup light mayo
- 1/2 tsp ranch seasoning
- 2 light laughing cow cheeses
- finely diced carrot, celery, red onion
- 2-3 TBS franks hot sauce

- 3 slices ultra thin sliced cheese

- lettuce of choice



directions:

Mix chicken, mayo, ranch, laughing cow cheese, diced veggies, and hot sauce together in a bowl until well combined

Split this evenly amongst 3 tortillas, each tortilla getting 1 slice of cheese as well

Tuck ends and roll tightly (like a burrito)

Enjoy cold + pack with sides of choice! See sides section for my favorites.

macros:

Yield/servings: 3
macros (per serving)
Calories: 277
Fat: 12g
Protein: 33g
Carbs: 15g

(approximate)

TROPICAL CHICKEN WRAP



ingredients:

- 1 low carb tortilla (I like La Banderita)
- 3-4 oz chicken (see directions)
- 2 TBS teriyaki sauce of choice
- fresh pineapple, diced
- shredded lettuce or cabbage, or any asian style salad mix
- 2 tsp ginger/peanut or sesame dressing of choice (Walmart has tons of options here)

recipe is for 1 wrap, (I typically prep 3-4 at a time) if following suggested servings, modify amounts to fit your needs

macros:

Yield/servings: 1
macros (per serving)

Calories: 271

Fat: 2g

Protein: 26g

Carbs: 41g

(approximate)



directions:

Prepare chicken, I like to season chicken tenderloins with salt, pepper, garlic + paprika then air fry 400F 5 min, each side then lightly glaze with teriyaki sauce (let them rest a couple minutes before shredding or chopping into small pieces).

Lay tortilla on flat surface and add sliced/diced chicken, diced pineapple, cabbage or slaw mixture, then finish with a drizzle of dressing of choice

Tuck ends of tortilla and fold to roll tightly (like a burrito)

Eat this hot OR cold and pack with sides of choice! See sides section for my favorites. This pairs great with any asian style salad kit



CRAN APPLE CLUB



ingredients:

- 2 Hawaiian rolls (or other bread of choice)
- 4-6 slices deli turkey
- 1 slice ultra thin sliced colby jack
- sliced granny smith apple
- 2 slices bacon, crispy

CRAN MAYO SAUCE:

- 1 TBS light mayo
- 2 TBS whole berry cranberry sauce

recipe is for 1 serving, (I typically prep 2-3 servings at a time) if following suggested servings, modify amounts to fit your needs

macros:

Yield/servings: 1
 macros (per serving)
 Calories: 423
 Fat: 14g
 Protein: 23g
 Carbs: 50g

(approximate)



directions:

Prepare sammies by cutting Hawaiian rolls in half and layering with deli turkey, half slice of cheese each, a slice of apple, and a slice of crispy bacon each

Stir together cranberry mayo and add to each sandwich

Enjoy with sides of choice, I usually like to make a caramel apple parfait out of my leftover apple (greek yogurt, sliced apples, sugar free caramel, sprinkle of granola) and a mindful serving of chips or something crunchy!

You can easily make this even lower calorie by using low cal bread or tortillas instead of the Hawaiian rolls



BUFFALO CHICKEN ROLL UPS



ingredients:

- 1 slice ultra thin sliced colby jack
- 1 tsp light cream cheese
- 2 oz chicken (I like rotisserie here)
- drizzle of Franks hot sauce
- thin sliced celery stick and shredded carrot

recipe is for 1 roll-up, (I typically prep 3 to enjoy in a meal) if following suggested servings, modify amounts to fit your needs

macros:

Yield/servings: 1
 macros (per serving)
 Calories: 190
 Fat: 13g
 Protein: 19g
 Carbs: 1g

(approximate)



directions:

Lay cheese slice on a flat surface and spread cream cheese down the middle

Add shredded chicken and a thinly sliced celery stick/carrot

Drizzle with hot sauce then roll up tightly, secure with toothpick if needed

Pack with sides of choice and dip in greek yogurt ranch! I typically prepare 2-3 of these for one meal

CHICKEN ENCHILADA PINWHEELS



ingredients:

- 1 low carb tortilla (I like La Banderita)
- 3-4 oz chicken (see directions)
- 1 pepperjack laughing cow cheese
- 1/4 tsp fajita seasoning
- 1 TBS salsa verde or any enchilda sauce
- 1 TBS white queso of choice
- 1 TBS tortilla strips, crushed
- 2 TBS shredded mexican cheese

macros:

Yield/servings: 1
macros (per serving)
Calories: 289
Fat: 10g
Protein: 31g
Carbs: 19g

(approximate)



directions:

Any chicken works for these! Rotisserie is great in a pinch, but when making fresh I like to season 2 chicken tenderloins with fajita seasoning and air fry 400F for 5 min, each side.

Lay tortilla on flat surface and spread laughing cow cheese and fajita seasoning over the surface of your tortilla using the back of a spoon

Add (shredded) chicken, salsa verde, crushed tortilla strips, shredded cheese evenly over surface then roll tightly! Slice into small sections with a sharp knife

Air fry (or bake) 370 for 5-7 minute or until golden brown and melty! You can also eat these cold if preferred.

Pack with sides of choice! See sides section for my favorites.

GARLIC PARM PINWHEELS



ingredients:

- 1 low carb tortilla (I like La Banderita)
- 4 oz chicken (see directions)
- 1 garlic parm laughing cow cheese
- 2 tsp parmesan garlic sauce
- 1/2 TBS parmesan
- 1/2 tsp any garlic parm seasoning
- 2 TBS shredded cheese

macros:

Yield/servings: 1
macros (per serving)

Calories: 304

Fat: 12g

Protein: 32g

Carbs: 18g

(approximate)



directions:

Any chicken works for these! Rotisserie or canned is great in a pinch, but when making fresh I like to season 2 chicken tenderloins with seasoning of choice and air fry 400F for 5 min, each side.

Lay tortilla on flat surface and spread laughing cow cheese over the surface of your tortilla using the back of a spoon

Mix together chopped chicken, parmesan garlic sauce, parmesan, and seasoning then spread evenly over surface of your tortilla. Sprinkle with shredded cheese and roll tightly, then slice into small sections with a sharp knife

Air fry (or bake) 370 for 5-7 minute or until golden brown and melty! You can also eat these cold if preferred.

Pack with sides of choice! See sides section for my favorites.

COWBOY CRUNCH BOWLS



ingredients:

- 4 oz chicken of choice (see directions)
- 2 TBS black beans
- 2 TBS corn
- 2 TBS diced red onion
- 2 TBS diced red pepper
- cilantro to taste
- handful of cabbage or slaw mix

DRESSING:

- 1 TBS light mayo
- 2 TBS Greek yogurt
- 1/2 tsp fajita seasoning
- squeeze of lime
- Serve with 2-3 TBS chili cheese Fritos

recipe is for 1 bowl, (I typically prep 3-4 at a time) if following suggested servings, modify amounts to fit your needs

macros:

Yield/servings: 1
macros (per serving)
Calories: 263
Fat: 7g
Protein: 28g
Carbs: 21g

(approximate)



directions:

Prepare chicken, I like to season these with fajita seasoning then air fry 400F 5 min, each side (let them rest a couple minutes before shredding or chopping into small pieces), rotisserie chicken also works great in this one!

Add all ingredients to a bowl or tupperware, shake, stir, or toss until evenly coated and combined.

When ready to eat, sprinkle in chili cheese fritos for crunch and enjoy cold!

CALI CLUB SUB IN A TUB



ingredients:

- 4 slices deli turkey
- 1 slice crispy bacon (or 1 TBS bacon bits)
- 1/4 avocado diced
- 2 TBS corn
- 2 TBS pico
- 1/2 cup or more lettuce

DRESSING:

- 1 TBS avocado ranch
- Lime juice to thin
- Serve with crushed tortilla strips for crunch or a bag of quest chips to use as “dippers”

recipe is for 1 bowl, (I typically prep 3-4 at a time) if following suggested servings, modify amounts to fit your needs

macros:

Yield/servings: 1
macros (per serving)
Calories: 246
Fat: 18g
Protein: 11g
Carbs: 13g

(approximate)



directions:

Finely dice all meats and veggies (think, chopped salad)

Add all ingredients to a bowl or tupperware, mix together sauce ingredients and drizzle over (or store in a ziploc bag if you're packing this to eat later). Shake, stir, or toss until evenly coated and combined.

Serve with “dippers” or sides of choice! I like to eat with a mindful serving of something crunchy like chips or sliced veggies.



GRINDER CHICKEN SALAD



ingredients:

- 4 oz chicken of choice (see directions)
- 6 turkey pepperonis, diced
- 1-2 TBS diced red onion
- 1-2 TBS diced banana pepper
- 1-2 TBS diced grape tomatoes
- 1 light colby jack cheese stick, cubed
- salt, pepper
- 1 TBS light mayo + 2 TBS light italian dressing

recipe is for 1 bowl, (I typically prep 3-4 at a time) if following suggested servings, modify amounts to fit your needs

macros:

Yield/servings: 1
 macros (per serving)
 Calories: 294
 Fat: 14g
 Protein: 32g
 Carbs: 8g

(approximate)



directions:

Prepare chicken, I like to season these with seasoning salt, pepper, garlic, paprika then air fry 400F 5 min, each side (let them rest a couple minutes before shredding or chopping into small pieces), rotisserie chicken also works great in this one!

Add all ingredients to a bowl or tupperware, shake, stir, or toss until evenly coated and combined.

When ready to eat, use mindful serving of favorite chips, veggie, or cracker to dip and enjoy cold!



WALKING TACO CHICKEN SALAD



ingredients:

- 5 oz can chicken
- 1 pepperjack laughing cow cheese
- 2 TBS greek yogurt (or light mayo)
- 1/2 tsp fajita seasoning
- 2 TBS salsa
- optional corn, black beans, red onion
- any chip or cracker, I like a single serve bag of Quest chips for extra protein (taco or chili lime flavor)

recipe is for 1 bowl, (I typically prep 3-4 at a time) if following suggested servings, modify amounts to fit your needs

macros:

Yield/servings: 1
 macros (per serving)
 Calories: 325
 Fat: 9
 Protein: 50
 Carbs: 12

(approximate)



directions:

Mix all ingredients together in a small bowl or tupperware container

Eat like a chicken salad and using chips to scoop it up, or add the chicken salad to your bag of chips and shake, enjoying directly out of the bag like a walking taco!

I love this chicken salad cold but hot is fine too!



CAESAR CHICKEN SALAD



ingredients:

- 4-5 oz chicken of choice (canned, grilled, rotisserie, etc)
- 1 TBS greek yogurt or light mayo
- 1 TBS caesar dressing
- squeeze of lemon
- salt, pepper
- diced pepperoncini or banana peppers
- 1/4 cup or more shredded lettuce
- 1 TBS shredded parmesan
- 1 TBS crushed croutons

recipe is for 1 bowl, (I typically prep 3-4 at a time) if following suggested servings, modify amounts to fit your needs

macros:

Yield/servings: 1
 macros (per serving)
 Calories: 180
 Fat: 3g
 Protein: 27g
 Carbs: 11g

(approximate)



directions:

Prepare chicken, I like to season these with seasoning salt, pepper, garlic, italian seasoning + paprika then air fry 400F 5 min, each side (let them rest a couple minutes before shredding or chopping into small pieces), rotisserie chicken also works great in this one!

Add all ingredients to a bowl or tupperware, shake, stir, or toss until evenly coated and combined.

When ready to eat, sprinkle with more crushed croutons and parm. Serve in a wrap, on bread, or with crackers/chips of choice!



PEANUT CHICKEN NOODLE BOWL



ingredients:

- 1 oz linguine or spaghetti noodles
- 1/4 cup or more chopped cabbage or slaw mix
- 4 oz chicken (see directions)
- 2 TBS shredded carrot
- 1 tsp chopped peanuts

SAUCE:

- 1 TBS peanut sauce
- 1 TBS light yum yum sauce
- 1 TBS teriyaki sauce
- optional serve with lime wedge and wonton strips

recipe is for 1 bowl, (I typically prep 3-4 at a time) if following suggested servings, modify amounts to fit your needs

macros:

Yield/servings: 1
 macros (per serving)
 Calories: 351
 Fat: 9g
 Protein: 28g
 Carbs: 38g

(approximate)



directions:

Prepare chicken, I like to season these with seasoning salt, pepper, garlic + paprika then air fry 400F 5 min, each side (let them rest a couple minutes before shredding or chopping into small pieces), rotisserie chicken also works great in this one!

Prepare noodles of choice

Add all ingredients to a bowl or tupperware, shake, stir, or toss until evenly coated and combined.

When ready to eat, squeeze with fresh lime and sprinkle with wonton strips for crunch, I love this one cold!



HONEY CRUNCH COBB BOWL



ingredients:

- 2 boneless skinless chicken tenderloins
- 4-5 baby potatoes
- chopped baby spinach
- 2 TBS bacon
- thinly sliced avocado, 4-5 slices
- 1 TBS crushed croutons

HONEY MUSTARD:

- 1 TBS honey
- 1/2 TBS stone ground mustard
- lemon juice to thin

recipe is for 1 bowl, (I typically prep 3-4 at a time) if following suggested servings, modify amounts to fit your needs



directions:

Prepare chicken, I like to season these with seasoning salt, pepper, garlic, paprika then air fry 400F 5 min, each side (let them rest a couple minutes before slicing)

Prepare baby potatoes according to package directions, then mash with a glass so they're flattened, season with salt, pepper, garlic, italian

To a bowl, add all ingredients and top with honey mustard and crushed croutons, mix and enjoy!

macros:

Yield/servings: 1
macros (per serving)

Calories: 379

Fat: 11g

Protein: 31g

Carbs: 37g

(approximate)



TACO DIP



ingredients:

- 2 TBS queso (I like Panchos)
- 1/2 cup (blended) cottage cheese
- 1/2 tsp taco seasoning
- 1/2 cup lower cal chorizo (I like Morningstar)
- 2 TBS shredded cheese
- tortilla chips, quest chips, sliced veggies for dipping

recipe is for 1 bowl, (I typically prep 3-4 at a time) if following suggested servings, modify amounts to fit your needs

macros:

Yield/servings: 1
 macros (per serving)
 Calories: 270
 Fat: 16
 Protein: 24
 Carbs: 14

(approximate)



directions:

Prepare chorizo of choice, I like using morning star chorizo for this, it's low cal and tastes great!

Add all ingredients to small bowl or tupperware (except cheese which goes on top)

Mix well then add shredded cheese

Microwave for 1-2 min (or bake) until hot and melty. I like to eat this with a bag of taco Quest chips or a mindful serving of tortilla chips and sliced veggies!

if eating leftover, store in air tight containers and microwave to reheat before eating

PHILLY CHEESE DIP



ingredients:

- 1/2 cup cooked lean beef (approx 3-4 oz)
- 1 pepperjack laughing cow cheese
- sauteed diced green pepper, onion, mushroom
- 1/2 cup (blended) cottage cheese or greek yogurt
- 1/4 tsp au jus + cajun seasoning
- 2 TBS skim mozzarella or pepperjack cheese
- sliced baby bell peppers and/or pita chips for dipping

recipe is for 1 bowl, (I typically prep 3-4 at a time) if following suggested servings, modify amounts to fit your needs

macros:

Yield/servings: 1
macros (per serving)
Calories: 325
Fat: 16g
Protein: 39g
Carbs: 6g

(approximate)



directions:

Prepare ground beef and veggies by sautéing in a skillet until meat is browned and veggies are soft

Add all ingredients to small bowl or tupperware (except cheese which goes on top)

Mix well then add shredded cheese

Microwave for 1-2 min (or bake) until hot and melty, top with a sprinkle of crushed croutons if preferred. I like to eat this with a mindful serving of pita thins and sliced veggies!

if eating leftover, store in air tight containers and microwave to reheat before eating

GARLIC PARM CHICKEN DIP



ingredients:

- 2 boneless skinless chicken tenderloins (or 4 oz any chicken)
- 1 garlic herb laughing cow cheese
- 1/2TBS parm garlic sauce (Buffalo Wild Wings brand)
- 1 TBS parmesan
- 1/3 cup (blended) cottage cheese or greek yogurt
- 2 TBS skim mozzarella
- 1/4 tsp garlic seasoning
- optional toppings: crushed croutons and protein chips for dipping

recipe is for 1 bowl, (I typically prep 3-4 at a time) if following suggested servings, modify amounts to fit your needs

macros:

Yield/servings: 1
macros (per serving)
Calories: 297
Fat: 11g
Protein: 39g
Carbs: 8g

(approximate)



directions:

Prepare chicken, I like to season them with salt, pepper, garlic, paprika then air fry 400 5 min, each side (let them rest a couple minutes before shredding or chopping into small pieces), rotisserie chicken also works great in this one!

Add all ingredients to small bowl or tupperware (except cheese which goes on top)

Mix well then add shredded cheese

Microwave for 1-2 min (or bake) until hot and melty, top with a sprinkle of crushed croutons if preferred. I like to eat this with ranch Quest chips and sliced veggies!

if eating leftover, store in air tight containers and microwave to reheat before eating



BBQ CHICKEN DIP



ingredients:

- 2 boneless skinless chicken tenderloins (or 4 oz any chicken)
- 1 light laughing cow cheese
- 1/3 cup (blended) cottage cheese or greek yogurt
- ½ tsp BBQ seasoning
- 2 TBS BBQ sauce
- 2 TBS shredded cheese
- 1 TBS bacon bits
- optional caramelized onion
- optional toppings: crushed french fried onion and protein chips for dipping

recipe is for 1 bowl, (I typically prep 3-4 at a time) if following suggested servings, modify amounts to fit your needs

macros:

Yield/servings: 1
 macros (per serving)
 Calories: 310
 Fat: 8g
 Protein: 35g
 Carbs: 23g

(approximate)



directions:

Prepare chicken, I like to season them with salt, pepper, garlic, paprika then air fry 400 5 min, each side (let them rest a couple minutes before shredding or chopping into small pieces), rotisserie chicken also works great in this one!

Add all ingredients to small bowl or tupperware (except shredded cheese which goes on top)

Mix well then add shredded cheese

Microwave for 1-2 min (or bake) until hot and melty, top with a sprinkle of crushed french fried onion if preferred. I like to eat this with ranch Quest chips and sliced veggies!

if eating leftover, store in air tight containers and microwave to reheat before eating

CHIPOTLE QUESO BOWLS



ingredients:

- 2 boneless, skinless chicken tenderloins
- fajita seasoning (to your preference)
- 1 russet potato
- any green veggie of choice (broccoli or zucchini is my fav here)
- 1 TBS shredded cheese
- 1 TBS chipotle sauce
- 1 TBS queso of choice
- optional french fried onions for crunch

recipe is for 1 bowl, (I typically prep 3-4 at a time) if following suggested servings, modify amounts to fit your needs

macros:

Yield/servings: 1
macros (per serving)
Calories: 352
Fat: 14g
Protein: 27g
Carbs: 29g

(approximate)



directions:

Dice potato into bite sized cubes, mist with oil, season generously then air fry 400 for 10 minutes, shake, 10-15 more minutes until done. Prepare green veggie here as well if using.

Prepare chicken by seasoning both sides with fajita seasoning, then air fry 400 5 minutes each side. Dice into bite sized pieces and add on top of potatoes

Drizzle both sauces on top and finish with a sprinkle of cheese

Microwave to melt + serve with a sprinkle of french fried onion and side salad of choice

DOG BOWL



ingredients:

- 1/2 cup cooked rice of choice
- 1/2 cup cooked cauliflower rice
- 1/2 cup cooked lean beef (3-4 oz)
- 1-2 tsp au jus seasoning packet
- 1 egg
- 1 TBS bacon bits

SAUCE:

- 2 TBS light mayo or greek yogurt
- 1 TBS ketchup
- 1 tsp mustard
- 1/4 tsp cajun seasoning
- pickle juice or water to thin

recipe is for 1 bowl, (I typically prep 3-4 at a time) if following suggested servings, modify amounts to fit your needs

macros:

Yield/servings: 1

macros (per serving)

Calories: 483

Fat: 19g

Protein: 35g

Carbs: 40g

(approximate)



directions:

Prepare rice and cauliflower rice of choice, then mix together

Scramble egg and mix into rice

Prepare lean beef by browning in a skillet until browned, sprinkle a little bit of au jus seasoning mixture over meat along with a splash of water and toss to combine, add this on top of rice

Sprinkle with bacon bits and drizzle with sauce

if eating leftover, store in air tight containers and microwave to reheat before eating



CHICKEN PARM BOWL



ingredients:

- 1/2 cup cooked pasta of choice
- 2 boneless, skinless chicken tenderloins
- 3 TBS italian panko bread crumbs
- 1/2 cup spinach
- 2-3 TBS sun dried tomato
- 1 TBS parmesan
- 1/2 cup marinara or vodka sauce
- 2-3 TBS blended cottage cheese (optional but adds creaminess and protein)

recipe is for 1 bowl, (I typically prep 3-4 at a time) if following suggested servings, modify amounts to fit your needs

macros:

Yield/servings: 1
macros (per serving)

Calories: 306

Fat: 4g

Protein: 30g

Carbs: 36g

(approximate)



directions:

Prepare chicken, I mix 1/4 tsp seasoning salt, pepper, garlic, italian, paprika with my breadcrumbs then press each chicken tenderloin into the mixture until evenly coated

Air fry 400F 5 min, each side (let them rest a couple minutes before slicing).

-saute spinach until wilted

-cook pasta of choice

-mix together marinara with cottage cheese

Add all ingredients to a bowl then drizzle with sauce and toss to combine, top with parmesan and crushed croutons if you prefer

if eating leftover, store in air tight containers and microwave to reheat before eating



FIESTA CHICKEN POWER BOWL



ingredients:

- 1/2 cup cooked ground chicken (or lean beef)
- 1 TBS fajita seasoning
- 1-2 TBS salsa
- 1 russet potato
- veggies of choice, I like shredded lettuce, black beans, corn, pico

SAUCE:

- 2 TBS greek yogurt (or light sour cream)
- 1 TBS creamy salsa dressing (or chipotle)
- lime
- optional toppings like cotija cheese, tortilla strips, fresh lime wedge

recipe is for 1 bowl, (I typically prep 3-4 at a time) if following suggested servings, modify amounts to fit your needs



directions:

Prepare chicken by browning in a skillet until done, season with fajita seasoning and 1-2 TBS fresh salsa

Dice potato into bite sized cubes, mist with oil and season well with salt, pepper, fajita seasoning. Air fry (or bake) 400F for 10 min, shake, 10-15 more minutes or until crisp.

Add all ingredients to a bowl by either layering or mixing all together, then drizzle with sauce.

if eating leftover, store in air tight containers and microwave to reheat before eating

macros:

Yield/servings: 1
 macros (per serving)
 Calories: 120
 Fat: 15g
 Protein: 21g
 Carbs: 27g

(approximate)



DORITOS LOCOS FAJITA BOWL



ingredients:

- 2 boneless skinless chicken tenderloins
- fajita seasoning, paprika
- 1 TBS shredded cheese
- pico, shredded lettuce
- 3-4 crushed doritos
- 2 TBS white queso
- 1 TBS taco or enchilada sauce

5 minute mexican rice:

- 1 cup water
 - 1 tsp tomato bouillon (Knorr)
 - 1 cup instant rice
- (makes 2 servings)

recipe is for 1 bowl, (I typically prep 3-4 at a time) if following suggested servings, modify amounts to fit your needs

macros:

Yield/servings: 1
 macros (per serving)
 Calories: 270
 Fat: 9g
 Protein: 27g
 Carbs: 7g

(approximate)



directions:

Prepare chicken, I like to season tenderloins with fajita seasoning then air fry 400F 5 min, flip, 5 more minutes. Let it rest on a plate or cutting board before slicing.

Prepare mexican rice by mixing water and seasoning, then stir in rice and microwave for 5:30 minutes or until done/tender. This makes 2 servings of rice for me.

Add all ingredients to a bowl by either layering or mixing all together, then drizzle with queso and taco sauce.

if eating leftover, store in air tight containers and microwave to reheat before eating



BAKED CHIPOTLE BOWL



ingredients:

- 1/4 cup cooked rice of choice
- 1/4 cup cooked cauliflower rice
- lime, cilantro
- mix ins of choice, I like black beans, corn, pico, avocado
- 1/2 cup lean taco meat
- 2 TBS greek yogurt or light sour cream
- 2 TBS salsa
- 1 TBS white queso
- 2-3 TBS quesadilla cheese

recipe is for 1 bowl, (I typically prep 3-4 at a time) if following suggested servings, modify amounts to fit your needs

macros:

Yield/servings: 1
 macros (per serving)
 Calories: 308
 Fat: 12g
 Protein: 19g
 Carbs: 16g

(approximate)



directions:

Prepare rice and cauliflower rice according to package directions then mix together. Give it a big squeeze of lime and mix in some chopped cilantro

Prepare taco meat by browning lean beef in a skillet until done, then mix in taco seasoning and a splash of water

Mix together greek yogurt and salsa

Add rice, mix ins of choice, taco meat to a small baking dish or bowl, stir to combine

Add sauce, shredded cheese, and a TBS of queso then bake (or microwave) until cheese is melted

Serve with lettuce or tortilla chips

BANG BANG SHRIMP BOWL



ingredients:

- 3-4 oz shrimp (or chicken)
- 1 lime, wonton strips

SAUCE:

- 1 TBS sirracha mayo
- 2 tsp honey
- splash of soy sauce
- pinch of red pepper flakes
- 1/2 cup cooked rice of choice
- 1/2 cup cooked cauliflower rice
- optional veggie(s) of choice, I like to mix in chopped sauteed cabbage and add sliced avocado on the side

recipe is for 1 bowl, (I typically prep 3-4 at a time) if following suggested servings, modify amounts to fit your needs

macros:

Yield/servings: 1
macros (per serving)
Calories: 324
Fat: 10g
Protein: 18g
Carbs: 41g

(approximate)



directions:

Prepare instant rice and cauli rice according to package directions, then mix together

Prepare shrimp by seasoning both sides with seasoning salt, pepper, garlic, paprika, and air fry on 400, 3-4 min each side (you can also use chicken if you prefer)

Prepare optional sauteed veggies of choice and stir sauce ingredients together in a small bowl

To a bowl add rice/cauli rice mixture and veggies of choice, top with shrimp, then drizzle with sauce and fresh lime

if eating leftover, store in air tight containers and microwave to reheat before eating

BBQ CHICKEN BOWL



ingredients:

- 1 sweet potato, diced
- 2 boneless skinless chicken tenderloins
- 1-2 TBS chopped bacon
- 2 TBS BBQ sauce of choice
- 1 TBS chipotle sauce of choice
- BBQ seasoning

optional slaw:

- 1/2 cup slaw mix or cabbage
- 1-2 TBS vinegar
- 1 TBS light mayo
- splash of milk
- 1 TBS sugar (or substitute)
- salt, pepper

- optional pickles (I like the spicy maple pickles from walmart with this)
- 1 TBS crushed french fried onions

recipe is for 1 bowl, (I typically prep 3-4 at a time) if following suggested servings, modify amounts to fit your needs

macros:

Yield/servings: 1
macros (per serving)
Calories: 371
Fat: 14g
Protein: 30g
Carbs: 31g

(approximate)



directions:

Prepare chicken, I like to season these with BBQ seasoning + paprika then air fry 400F 5 min, each side (let them rest a couple minutes before slicing).

Dice potato into bite sized cubes, mist with oil and season well with salt, pepper, garlic. Air fry (or bake) 400F for 10 min, shake, 10-15 more minutes or until crisp.

If adding slaw with this, add ingredients to a small bowl and stir well until combined

Add all ingredients to a bowl by either layering or mixing all together, then drizzle with BBQ sauce and chipotle sauce of choice, top with a sprinkle of french fried onions for crunch!

CAJUN BOWL



ingredients:

- 2-3 oz Turkey kielbasa
- finely diced peppers, onion to taste
- 1/3 cup cooked rice
- 1/4 cup red beans
- 1/4 tsp paprika, garlic, Cajun, oregano
- 2 TBS white cheese dip of choice

recipe is for 1 bowl, (I typically prep 3-4 at a time) if following suggested servings, modify amounts to fit your needs

macros:

Yield/servings: 1
macros (per serving)
Calories: 368
Fat: 14g
Protein: 21g
Carbs: 37g

(approximate)



directions:

In a skillet misted with oil, sauté sliced turkey kielbasa and diced peppers/onions until lightly browned and veggies are soft

Add cooked rice, red beans, and seasoning and gently toss until combined

Serve with a drizzle of white cheese dip of choice over the top!

GARLIC PARM PASTA BOWL



ingredients:

- 1/2 cup cooked tortellini
- 2 boneless, skinless chicken tenderloins
- 1 tsp minced garlic, parsley
- Handful of spinach
- Optional: caramelized onion, to taste
- 1 TBS Parmesan
- 1/4 cup Alfredo sauce of choice
- Optional: crushed croutons for topping

recipe is for 1 bowl, (I typically prep 3-4 at a time) if following suggested servings, modify amounts to fit your needs

macros:

Yield/servings: 1
macros (per serving)
Calories: 342
Fat: 12g
Protein: 31g
Carbs: 30g

(approximate)



directions:

Prepare chicken I like to season with salt, pepper, italian seasoning, and a little garlic powder, then air fry at 400F for 5 minutes per side. Let rest for a couple of minutes before slicing. Brush with minced garlic, Parmesan, and parsley after cooking

Cook tortellini according to package instructions and prepare any optional caramelized onions.

Add all ingredients to a bowl or meal prep container. Drizzle alfredo over the ingredients and sprinkle with parmesan, toss until everything is coated and combined.

When ready to eat, sprinkle with crushed croutons (if using) and enjoy!

THE MAIN event



MEAL TIME



POPPYSEED CHICKEN CASSEROLE



ingredients:

- 2-3 cups cooked, diced chicken (see directions)
- 1.5 (10.5 oz) cans cream of chicken soup
- 1 cup greek yogurt
- 1/2 tsp salt, pepper, garlic, poppy seeds
- 10-15 reduced fat Ritz crackers
- optional 1 TBS grated butter

macros:

Yield/servings: 6
macros (per serving)
Calories: 212
Fat: 9
Protein: 22
Carbs: 11

(approximate)



directions:

For the chicken you can use the meat from 1 rotisserie chicken here, or prepare your own by air frying/baking/sauteeing, then dice into small bite sized chunks

To a large bowl, add chicken, cream of chicken, greek yogurt, all seasonings then stir until combined

Spread into an 8x8 casserole dish and top with crushed Ritz crackers. You can mist the top with cooking spray or grate 1 TBS butter over the top

Bake 350 for 25 minutes

Serve over rice/cauli rice and pair with a green veggie for a balanced, filling meal!

CHEESY BURRITO CASSEROLE



ingredients:

- 1 russet potato
- 1 lb lean beef
- 1 taco seasoning packet
- 1/2 cup fat free refried beans
- 1/2 cup greek yogurt (or light sour cream)
- 2 TBS enchilada sauce
- 3 TBS queso of choice
- 1/4 cup shredded mexican cheese

macros:

Yield/servings: 6
macros (per serving)
Calories: 220
Fat: 10g
Protein: 21g
Carbs: 12g

(approximate)



directions:

Dice potato into bite sized cubes, then mist with oil and seasoning with salt, pepper, garlic, and paprika. Air fry 400 for 10 minutes, shake, 5-10 more minutes til done

Prepare taco meat by browning in a skillet, then add a taco seasoning packet and splash of water or salsa. Stir in refried beans.

Mix together greek yogurt and enchilada sauce

In an 8x8 baking dish, layer crispy diced potatoes, taco meat mixture, creamy sauce layer, drizzle of queso, then shredded cheese

Bake 350F for 20 minutes til melty

Serve with big taco side salad, tortilla chips, fritos, or use this as filling for burritos!

GARLIC PARM CASSEROLE



ingredients:

- 2 russet potatoes
- 2-3 cups cooked, diced chicken (see directions)
- green veggie to taste (broccoli or zucchini is great here)
- garlic parmesan seasoning
- 1/2 jar alfredo sauce
- 2 TBS parmesan garlic sauce
- 1/2 cup greek yogurt
- 1/2 cup shredded mozzarella

macros:

Yield/servings: 6
macros (per serving)
Calories: 218
Fat: 11g
Protein: 18g
Carbs: 13g

(approximate)



directions:

For the chicken you can use the meat from 1 rotisserie chicken here, or prepare your own by air frying/baking/sautéing, then dice into small bite sized chunks

Dice potato into bite sized cubes, then mist with oil and seasoning with salt, pepper, garlic, and paprika. Air fry 400 for 10 minutes, shake, 5-10 more minutes til done

Mix ingredients (except shredded cheese) to a large bowl then spread into an 8x8 casserole dish. Sprinkle with shredded cheese

Bake 350 for 20-25 minutes

Enjoy as is, or pair with a side salad for extra volume!

MILLION DOLLAR PASTA BAKE



ingredients:

- 2 cups cooked protein pasta
- green veggie of choice (I like zucchini or spinach here)
- 1/2 jar alfredo sauce
- 1/2 cup blended cottage cheese (or skim ricotta)
- 1/4 tsp garlic, italian, sprinkle of parmesan
- 1 lb. lean turkey italian sausage or beef
- 1/2 jar marinara
- 1/2 cup skim mozzarella

macros:

Yield/servings: 6-8
macros (per serving)

Calories: 252

Fat: 12g

Protein: 18g

Carbs: 20g

(approximate)



directions:

Prepare pasta and green veggie of choice according to package directions, mix together with 1/2 jar alfredo sauce then spread into an 8x8 casserole dish

Add your layer of cottage cheese or ricotta, sprinkle with seasonings listed

Top with cooked italian turkey sausage or lean beef

Add marinara and sprinkle with cheese

Bake 350 for 20-25 minutes

Enjoy as is, or pair with a side salad for extra volume!

MARRY ME CHICKEN ROLL UPS



ingredients:

- 2 Joseph Lavash Bread wraps

Filling:

- 2-3 cups chopped chicken (I usually just shred up a rotisserie chicken for these)
- 1/2 cup shredded italian cheese
- 1 cup blended cottage cheese or ricotta
- 1/2 tsp garlic, italian, seasoning salt, pepper
- handful chopped spinach

Sauce:

- 1 jar alfredo
- 1/4 cup parmesan
- 1/4 cup sundried tomatoes
- spinach to taste
- 1/2 tsp italian, paprika, garlic, pepper
- More cheese for topping (approx 1/2 cup, I use mozzarella)

macros:

Yield/servings: 6
macros (per serving)
Calories: 290
Fat: 12g
Protein: 31g
Carbs: 17g

(approximate)



directions:

Cook/dice chicken (or shred rotisserie chicken)

Mix together chicken, shredded cheese, cottage cheese, spinach, and seasonings

Spread half of this filling onto 1 Lavish bread (just cover half of the wrap), then roll into log shape

Repeat with the other half of the filling and another Lavash bread. Then slice each log into 3 even pieces

In a skillet, add alfredo sauce, parmesan, sundried tomatoes, spinach, and seasonings. Simmer/stir until bubbly and spinach is cooked down.

Lay each section (should have 6 sections) into a 9x13 baking dish and cover with sauce and more cheese if preferred

Bake on 375 for 20-25 minutes, I like to serve mine with an italian side salad :)

MEXICAN HOT DOGS



ingredients:

- 1 turkey dog or brat of choice
- 1 low cal hot dog bun (I like Healthy Life brand)
- optional fajita veggies of choice, like sliced bell peppers, onion, tomato
- 1 TBS shredded mexican cheese

SAUCE:

- 2 TBS greek yogurt (or sour cream)
- big squeeze of lime
- 1/4 tsp fajita seasoning
- splash of hot sauce
- optional tajin, cotija cheese

recipe is for 1 hot dog, modify amounts to fit your needs

macros:

Yield/servings: 1
macros (per serving)

Calories: 186

Fat: 8g

Protein: 12g

Carbs: 8g

(approximate)



directions:

Open bun and toast both sides in a skillet (or oven) until both sides are toasty and golden brown

In a skillet misted with oil, saute veggies and hot dog until veggies are tender and hot dog is browned to your liking

Assemble by placing hot dog and veggies onto your open face toasted bun, then drizzle with sauce

Top with tajin and cotija cheese if preferred

I like to eat mine with street corn and a fajita side salad

PHILLY FRIED RICE



ingredients:

recipe is for 1 bowl, (if making as a family meal, multiply ingredients by 4)

- 1/2 cup cooked rice of choice
- 1/2 cup cooked cauliflower rice
- 1/2 cup cooked lean beef (3-4 oz)
- finely diced veggies like green pepper, onion, mushroom
- 1-2 tsp au jus seasoning packet

SAUCE:

- 2 TBS light mayo or greek yogurt
- 1/4 tsp cajun seasoning
- splash of hot sauce or siracha
- optional french fried onion

macros:

Yield/servings: 1
macros (per serving)
Calories: 315
Fat: 13
Protein: 25
Carbs: 25

(approximate)



directions:

Prepare rice and cauliflower rice of choice, then mix together

Prepare lean beef and sauteed veggies by browning in a skillet until veggies are soft and meat is done, sprinkle a little bit of au jus seasoning mixture over meat along with a splash of water and toss to combine

Stir in rice then serve with a drizzle of sauce and sprinkle of french fried onions for crunch

recipe is for 1 bowl, (if making as a family meal, multiply ingredients by 4)

KICKIN CHICKEN FRIED RICE



ingredients:

recipe is for 1 bowl, (if making as a family meal, multiply ingredients by 4)

- 1/2 cup cooked rice of choice
- 1/2 cup cooked cauliflower rice
- 1/2 cup chopped chicken (I like crispy for this, Real Good is my favorite)
- optional caramelized onion
- 1 TBS crispy bacon bits
- 1/2 tsp BBQ (or cajun) seasoning

KICKIN CHICKEN SAUCE:

- 2 TBS light mayo or greek yogurt
- 1 TBS ketchup
- 1 tsp mustard
- 1/4 tsp cajun seasoning
- splash of water or pickle juice to thin

macros:

Yield/servings: 1

macros (per serving)

Calories: 349

Fat: 11g

Protein: 24g

Carbs: 40g

(approximate)



directions:

If using caramelized onion sauté these first, then prepare rice and cauliflower rice according to package direction and mix together by tossing in a skillet.

Prepare chicken of choice and chop into small pieces, stir this in to your rice mixture

Sprinkle with crispy bacon and BBQ seasoning

Mix together sauce ingredients and drizzle over the top

recipe is for 1 bowl, (if making as a family meal, multiply ingredients by 4)

BACON CHEESEBURGER CUPS



ingredients:

- 1/2 lb lean beef
- 1 cups frozen shredded hashbrowns
- 1/2 cup egg beaters
- 1/2 cup shredded cheese
- 1/2 tsp burger seasoning
- 1/4 cup bacon bits
- optional caramelized onion

BURGER SAUCE

- 2 TBS light mayo
- 1 TBS ketchup
- 1 tsp mustard
- chopped pickle or relish to taste

macros:

Yield/servings: 10-12
macros (per serving)
Calories: 93
Fat: 5g
Protein: 8g
Carbs: 3g

(approximate)



directions:

Prepare lean beef (and caramelized onion if using) by browning in a skillet until onions are soft and meat is done, sprinkle a little bit of au jus seasoning mixture over meat along with a splash of water and toss to combine

Let meat cool a bit before adding to a large bowl along with frozen shredded hashbrowns, egg beaters, cheese, seasoning, stir to combine

Divide this mixture evenly amongst a greased cupcake pan, sprinkle with bacon bits

Bake 350 for 20-30 minutes or until set

Serve with burger sauce and other sides of choice!

CRAZY PUFFS



ingredients:

- 1/3 cup SELF-RISING flour
- 1/2 cup plain greek yogurt (or blended cottage cheese)
- 1 tsp italian seasoning + garlic
- 1-2 TBS pizza sauce per puff
- 2-3 TBS skim mozzarella per puff, shredded
- pizza toppings of choice, I like turkey pepperonis and turkey italian sausage

macros:

Yield/servings: 8-10
macros (per serving)
Calories: 64
Fat: 3g
Protein: 5g
Carbs: 5g

(approximate)



directions:

In a small bowl mix together flour, greek yogurt, and seasonings until a dough forms. If your dough seems too dry, you can add a bit more greek yogurt until the dough is "spreadable"

Spread this into the bottom of a greased muffin tin, dividing dough evenly amongst each spot (filling each about half full and pressing to mold into a cup shape) should have enough to make 8-10 "puffs"

Fill cups with sauce, diced pizza toppings, and cheese

Bake on 400F (bottom rack) for 13-17+ minutes or until dough is cooked though

CHEESY CHICKEN BROCCOLI MAC



ingredients:

- 1 single serve mac and cheese cup of choice (I like Velveeta)
- 1 light laughing cow cheese
- 3-4 oz chicken (see directions)
- salt, pepper, garlic to taste
- 1/4 cup or more cooked broccoli
- 1/3 cup greek yogurt or blended cottage cheese
- 2 TBS shredded colby jack cheese

recipe is for 1 bowl, (I typically prep 3-4 at a time) if following suggested servings, modify amounts to fit your needs

macros:

Yield/servings: 1
macros (per serving)
Calories: 445
Fat: 9
Protein: 45
Carbs: 46

(approximate)



directions:

Prepare chicken (or use rotisserie chicken in a pinch), I like to season tenderloins then air fry 400F 5 min, each side (let them rest a couple minutes before shredding or chopping into small pieces)

Prepare mac and cheese cup according to package directions

While it's still hot, add cheese packet that comes with it, laughing cow cheese, greek yogurt, seasoning, broccoli, and your chopped chicken

Add shredded cheese on top and continue microwaving for 30 seconds or until hot/melty.

I like to serve mine with a big side salad or other green veggie!

SOUTHERN BUTTER CHICKEN



ingredients:

- 8 boneless skinless chicken tenderloins
- salt, pepper, garlic, paprika to taste
- 3 TBS butter, melted
- 1/4 cup italian panko (or flour)
- 1/2 can (12 oz) evaporated milk
- 1/2 can cream of chicken soup
- 2 TBS parmesan cheese

macros:

Yield/servings: 4
macros (per serving)
Calories: 270
Fat: 13g
Protein: 25g
Carbs: 10g

(approximate)



directions:

In a 9x13 baking dish, add melted butter

Pour about ½ cup of the evaporated milk into a small dish, dip seasoned chicken in this, and then dip into panko (or flour), coating both sides

Add chicken to baking dish on top of melted butter

Bake on 425 for 15 minutes. While this is cooking, in a small bowl mix together the remainder of your evaporated milk and half the can of cream of chicken, whisk until smooth

After the 15 minutes, flip your chicken and add creamy mixture on top and sprinkle with parmesan. Continue baking for 15 more minutes or until bubbly and golden brown

I like to serve with a green veggie or big side salad

CREAMY CRESCENT BAKE



ingredients:

- 2 cups cooked/shredded chicken
- 1 jar alfredo sauce
- 1/4 cup blended cottage cheese
- 1 cup cooked/chopped broccoli
- 1/2 cup shredded mozzarella
- 1 pkg crescent rolls
- optional, extra chicken to put inside rolls
- 1/2 tsp italian seasoning, garlic powder, parmesan

macros:

Yield/servings: 8 rolls
macros (per serving)
Calories: 238
Fat: 11g
Protein: 15g
Carbs: 18g

(approximate)



directions:

Prepare chicken of choice (rotisserie works great here) then add to a large skillet along with the alfredo sauce, cottage cheese, and broccoli

Stir until smooth then add to a 9x13 casserole dish, followed by shredded mozzarella

Prepare crescents by lying each on a flat surface and spreading with blended cottage cheese (about 1 TBS each), and optional extra chicken for a bit more protein, sprinkle with seasonings listed then roll up into crescent rolls. Add these on top of sauce mixture

Bake 350 for 25-30 min

I like to serve these with a big italian side salad!

BBQ CHICKEN SLIDERS



ingredients:

- 5 low carb hot dog buns (I like Healthy Life brand)
- 8 boneless skinless chicken tenderloins
- 1/4 cup or more BBQ sauce
- 1 TBS brown sugar (or 0 cal substitute)
- 3 TBS nacho cheese thinned with a splash of skim milk
- 1/4 cup shredded colby jack

macros:

Yield/servings: 15
macros (per 1)

Calories: 71

Fat: 1g

Protein: 8g

Carbs: 9g

(approximate)



directions:

You can either air fry chicken then shred and toss in BBQ sauce + brown sugar OR add ingredients to crockpot and cook on high for 3-4 hours or low for 4-5 until tender. If cooking in crockpot I also like to add a splash of soy sauce and BBQ seasoning

Cut 5 hot dog buns into thirds (each bun will give you 3 even pieces) or feel free to use any slider bun you like, place these in an 8x8 baking dish

Divide shredded BBQ chicken evenly amongst buns

Heat nacho cheese with a splash of skim milk, stir until smooth then drizzle over buns.

Sprinkle with shredded cheese and bake 350 for 10 minutes until melty

Serve with sides of choice, my family likes air fried fries and a green veggie with these

LOADED POTATO CASSEROLE



ingredients:

- 1 instant mashed potato mix
- 1 cauliflower rice steamer pouch
- 1/4 cup salt, pepper, garlic
- 1/2 cup greek yogurt
- 2-3 cups shredded chicken
- 3 TBS parmesan garlic sauce
- 2 TBS skim milk
- 1/2 cup shredded colby jack cheese
- 3-4 TBS bacon bits

macros:

Yield/servings: 6
macros (per serving)
Calories: 234
Fat: 7
Protein: 24
Carbs: 17

(approximate)



directions:

Prepare both the instant mashed potatoes and cauliflower rice according to package directions, then mix together with greek yogurt and seasonings and spread into the bottom of an 8x8 baking dish

For the chicken you can use the meat from 1 rotisserie chicken here, or prepare your own by air frying/baking/sautéing, then shred over the top of potato layer

Thin your parmesan garlic sauce with a splash of milk and drizzle over the top of your chicken

Finish by sprinkling cheese and bacon bits over the top and bake 350 for 20 minutes

Serve with green veggie or side salad of choice

MISSISSIPPI CHICKEN



ingredients:

- 8 boneless skinless chicken tenderloins
- 1/2 ranch seasoning packet
- 1/2 au jus seasoning packet
- sliced pepperoncini peppers
- 1-2 TBS butter
- 1 pouch instant potatoes
- 1 pouch cauli rice

macros:

Yield/servings: 4
macros (per serving)

Calories: 270

Fat: 7g

Protein: 26g

Carbs: 27g

(approximate)



directions:

Season both sides of chicken tenderloins with ranch seasoning and au jus seasoning

Lay chicken on a flat baking sheet then top with sliced pepperoncini peppers

You can add thin sliced pats of butter OR save tons of cals by grating your butter on top using a handheld cheese grater

425 for 15-20 min

I like to serve mine over mashed potatoes mixed with cauli rice for hidden veggies!

You can make a simple sauce to pour over by mixing some of the au jus seasoning with a small amount of melted butter and pepperoncini juice

HOT POCKET PITA



ingredients:

- 1 low cal pita (I like Joseph brand)

FILLING:

- 8-10 turkey pepperonis
- 2 garlic herb laughing cow cheeses
- 2 TBS pizza sauce
- 2-3 TBS greek yogurt or cottage cheese
- 1 TBS parmesan
- 1/2 tsp italian seasoning
- 2 TBS skim mozzarella

macros:

Yield/servings: 1
macros (per serving)
Calories: 256
Fat: 12g
Protein: 25g
Carbs: 16g

(approximate)



directions:

In a small bowl, mix together filling ingredients

Cut pita bread in half and open up each section and fill with your filling

Add shredded cheese then air fry 370 for 5-7 minutes, securing with toothpicks if needed

Serve with sides of choice and enjoy with marinara or ranch for dipping

CHEESY CHICKEN STUFFED PITA



ingredients:

- 1 low cal pita (I like Joseph brand)

FILLING:

- 3-4 oz chicken, see directions
- 2 garlic herb laughing cow cheeses
- 1 TBS parmesan garlic sauce
- 1 tsp parmesan cheese

- 2 TBS shredded cheese of choice

macros:

Yield/servings: 1
macros (per serving)
Calories: 327
Fat: 17g
Protein: 37g
Carbs: 15g

(approximate)



directions:

You can use rotisserie chicken, canned chicken, air fried, etc.

Shred chicken and add to a bowl with other filling ingredients, mix until combined

Cut pita bread in half and open up each section and fill with your filling

Add shredded cheese then air fry 370 for 5-7 minutes, securing with toothpicks if needed

Serve with sides of choice

BBQ CHIPOTLE CRUNCHERS



ingredients:

- 2-3 cups shredded chicken
- 3 TBS bacon bits
- 1/2 tsp BBQ seasoning
- 3 TBS BBQ sauce
- 2 TBS chipotle sauce
- 1/4 cup greek yogurt
- 8 TBS shredded cheese
- 10 low cal tortillas of choice, flour or corn

macros:

Yield/servings: 10
macros (per 1)
Calories: 140
Fat: 7g
Protein: 12g
Carbs: 18g

(approximate)



directions:

Any chicken is fine here...rotisserie chicken, canned chicken, air fried, etc.

Shred chicken and add to a bowl with other filling ingredients

Spread filling mixture over tortilla, add sprinkle of cheese, and roll tightly, secure with tooth picks if needed

Mist with avocado oil, and toast in a skillet until all sides are golden brown, OR air fry 400 for 3-4 minutes, flip, 3-4 more minutes

Dip in chipotle ranch or other sauce of choice

CHEESY CHICKEN CRUNCHERS



ingredients:

- 2-3 cups shredded chicken
- 2 laughing cow cheeses
- 1/2 tsp fajita seasoning
- 1/4 cup any salsa (I like salsa verde)
- 1/4 cup greek yogurt
- 8 TBS shredded mexican cheese
- 8-10 low cal tortillas of choice, flour or corn

macros:

Yield/servings: 8-10
macros (per 1)
Calories: 110
Fat: 2
Protein: 14
Carbs: 8

(approximate)



directions:

Any chicken is fine here...roisserie chicken, canned chicken, air fried, etc.

Shred chicken and add to a bowl with other filling ingredients

If using corn tortillas, wrap in a damp paper towel and microwave 30 seconds or until easy to work with

Spread filling mixture over tortilla, add sprinkle of cheese, and roll tightly, secure with tooth picks if needed

Mist with avocado oil, and toast in a skillet until all sides are golden brown, OR air fry 400 for 3-4 minutes, flip, 3-4 more minutes

Dip in salsa, queso, or chipotle ranch

PHILLY CRUNCH BURGERS



ingredients:

- 1 lb. lean beef
- 1/2 au jus seasoning packet
- diced veggies of choice, green pepper/onion
- 4 low cal buns of choice (I like Healthy Life brand)
- 4 Tbs Skim mozzarella
- Optional, nacho cheese sauce and french fried onions for topping

recipe is for 4 sandwiches, modify amounts to fit your needs

macros:

Yield/servings: 4
macros (per serving)
Calories: 282
Fat: 12g
Protein: 29g
Carbs: 17g

(approximate)



directions:

Cook meat in a skillet, along with diced veggies if using, until browned. Sprinkle with a little bit of an au jus seasoning packet and a splash of water

Separate buns and lay flat on a baking sheet, sprinkle with 1 TBS skim mozzarella per piece (should have a total of 8 pieces if using 4 buns)

Bake buns 350 for 3-5 minutes until toasty

Add meat mixture on top of toasty cheesy buns

Heat nacho cheese with a splash of skim milk and drizzle over meat, add optional french fried onions for crunch then add top bun

Serve with side salad or green veggie of choice

PIZZA SMASH TACOS



ingredients:

- 1 lb lean beef or lean italian turkey sausage
- 8 snack sized low cal tortillas (I like La Banderita brand)
- 8 slices thin sliced provolone or mozzarella
- turkey pepperonis or other pizza toppings of choice
- marinara for dipping

macros:

Yield/servings: 8
macros (per serving)

Calories: 207

Fat: 11g

Protein: 21g

Carbs: 10g

(approximate)



directions:

Divide lean beef or italian sausage into 8 even sized balls

Lay each ball onto a tortilla and press flat using hand or a small plate, distributing meat evenly over the entire surface of each tortilla

Season with salt, pepper, garlic, italian

In a skillet on medium high heat, mist with oil, and lay the tortilla meat side down. Let this side sit and cook until meat is completely cooked and brown. Then, flip and brown the other side until tortilla is golden brown

Add slice of cheese and turkey pepperonis to meat side (you can cover with a lid or bake to help melt cheese if needed) then fold in half so you have a pizza taco

Dip in marinara sauce

SMASH BURGER TINY TACOS



ingredients:

- 1 lb lean beef
- 1/2 au jus seasoning packet
- 6 snack size corn tortillas (I like Mission 25 cal ones here)
- avocado oil for misting
- 6 TBS shredded cheese
- optional caramelized onion

Burger Sauce:

- 1-2 TBS light mayo
- 1 TBS ketchup
- 1 tsp mustard
- ¼ tsp cajun seasoning
- pickle juice to thin

macros:

Yield/servings: 6
macros (per serving)
Calories: 166
Fat: 8g
Protein: 17g
Carbs: 6g

(approximate)



directions:

Cook meat in a skillet until browned. Sprinkle with a little bit of an au jus seasoning packet and a splash of water

Lay tortillas flat on a baking sheet, lightly mist both sides with oil (not too much or they'll be soggy) bake 425 for 4-5 minutes

Flip and add a sprinkle of cheese to each, followed by meat mixture (divide evenly amongst tacos) and a drizzle of burger sauce

Fold/smash tacos, secure with toothpick if needed. Bake again 425 for 4-5 minutes or until crisp

Serve with sides of choice, I like air fried fries and a green veggie

CHEESY CHICKEN TOASTER



ingredients:

- 1 low cal tortilla (I like La Banderita)
- 1 laughing cow cheese
- 1/4 tsp fajita seasoning
- 2 TBS shredded cheese
- 2 TBS bacon bits
- 3-4 oz chicken of choice
- 1/2 TBS chipotle sauce or southwestern ranch

macros:

Yield/servings: 1
macros (per serving)
Calories: 326
Fat: 15g
Protein: 35g
Carbs: 19g

(approximate)



directions:

Spread laughing cow cheese onto the surface of your tortilla using the back of a spoon, followed cheese, bacon, and chicken (rotisserie works great in a pinch)

Drizzle with sauce then grab the left and right side of your tortilla and fold them in, then fold in half. You should be left with a square shape that will fit inside toaster

Carefully place inside toaster (unplug first, then plug in after food is inside), cook until toasted and melty, unplug toaster again before removing. I like to use a pair of silicone tongs to get mine out.

It should be toasted on the outside and melty inside, enjoy with sides of choice

BUFFALO CHICKEN TOASTER



ingredients:

- 1 low cal tortilla (I like La Banderita)
- 1 laughing cow cheese
- 5 oz can chicken (or chicken of choice)
- 1/4 tsp ranch seasoning
- 2-3 TBS hot sauce
- 2 TBS shredded cheese

macros:

Yield/servings: 1
macros (per serving)
Calories: 262
Fat: 10g
Protein: 31g
Carbs: 17g

(approximate)



directions:

Mix drained canned chicken, laughing cow, ranch, and hot sauce together in a small bowl, then spread this mixture over the surface of your tortilla

Sprinkle with cheese then grab the left and right side of your tortilla and fold them in, then fold in half. You should be left with a square shape that will fit inside toaster

Carefully place inside toaster (unplug first, then plug in after food is inside), cook until toasted and melty, unplug toaster again before removing. I like to use a pair of silicone tongs to get mine out.

It should be toasted on the outside and melty inside, enjoy with sides of choice

SMASH BURGER FLATBREAD



ingredients:

- 2 low carb tortillas of choice
- 1/2 cup cooked lean beef (about 3-4 oz)
- 1 TBS bacon bits
- optional caramelized onion
- 1 TBS shredded cheese
- optional 1 TBS crushed french fried onions
- 3-4 TBS skim mozzarella

SMASH BURGER SAUCE:

- 1-2 TBS light mayo
- 1 TBS ketchup
- 1 tsp mustard
- 1/4 tsp cajun seasoning

macros:

Yield/servings: 1

macros (per serving)

Calories: 431

Fat: 22g

Protein: 36g

Carbs: 33g

(approximate)



directions:

Prepare lean beef by browning in a skillet along with diced onion if using until meat is cooked through and onions are soft

Spread about half of your sauce over 1 tortilla until surface is covered, add ground beef, bacon, and a tsp of your sauce. Sprinkle with 1 TBS cheese and french fried onions

Place second tortilla on top and add a SMALL amount of sauce on top of this tortilla (maybe 1 tsp), spread this over the surface just so the remaining cheese has something to stick to. Sprinkle with remaining cheese. Secure with toothpicks if needed

Air fry (or bake) on 370 for 6-7 minutes or until crisp and cheese is melted.

Cut into quarters and enjoy!

BUFFALO CHICKEN CRUNCHWRAP SLIDERS



ingredients:

- 2 cups shredded chicken
- 2 laughing cow cheeses
- 1/4 cup hot sauce
- 1/2 tsp ranch seasoning
- 8 snack sized zero carb tortillas (I like La Banderita brand)
- 8 TBS shredded cheese
- 8 mini round tortilla chips

macros:

Yield/servings: 8
macros (per serving)
Calories: 64
Fat: 3g
Protein: 6g
Carbs: 8g

(approximate)



directions:

make however many you want, this should make around 8-10 mini crunchwraps!

Prepare chicken of choice (rotisserie works great here too), add to a bowl along with laughing cow cheese, hot sauce, and ranch seasoning. Mix/stir until combined.

To your mini tortillas, add a small amount of chicken mixture, 1 TBS shredded cheese, and a mini round tortilla chip

Fold these like you would fold a crunch wrap by pinching the sides all around (you can google or youtube this for a visual).

Brown each side in a large skillet misted with oil on medium heat

Serve with sides of choice + greek yogurt ranch!

WONTON CHICKEN TACOS



ingredients:

- 4 wonton wrappers (I like Nasoya brand)
- 2 boneless skinless chicken tenderloins (salt, pepper, garlic, paprika)
- light yum yum sauce

sauce:

- 2 TBS teriyaki sauce, 1 TBS soy sauce, 1/4 tsp ginger, garlic, pepper

slaw topping:

- 1/2 cup slaw mixture/shredded cabbage
- lime
- 1 TBS coleslaw dressing
- splash of soy sauce

macros:

Yield/servings: 4
macros (per serving)

Calories:

Fat:

Protein:

Carbs:

(approximate)



directions:

Mist both sides of wonton wrappers with cooking spray and place wrapper on a muffin tin turned upside down (it should resemble laying a blanket over a small mound)

Bake on 350 for 5-8 minutes or until golden brown, when you take them off the muffin tin you should have small, crispy cups!

Prepare chicken by dicing into small chunks and seasoning, air fry 400 for 3 minutes, flip, 3-4 more minutes (or sauté in a skillet) then toss in sauce ingredients

Add chicken to wonton cups and top with a drizzle of yum yum sauce and optional slaw topping

Serve with fresh lime and sides of choice

LITTLE *nibbles*



SNACKS + SIDES



shortcut SIDES



A quick visual showing you my favorite "shortcut sides" I like to pair with meals or "fix up" when I'm in a rush and need something quick! I find these at Walmart



SIDES at a glance



A few more of my favorite, go to sides that I include as a courtesy in all of my cookbooks...sides are a great way to add volume + balance out any meal!

Zucchini Bites: Slice your zucchini into even round pieces, then cut those rounds into fourths (like a mini pizza). Mist with avocado oil and toss so that both sides are coated. Sprinkle with salt, pepper, garlic, and parmesan. Air fry 400F and cook for 7-8 minutes, then flip/shake, and continue cooking another minute or 2 or until all pieces are seared and crisp! Sprinkle with more parmesan after cooking if preferred.

Magic Mashed Potatoes: I like mixing 1 cup of regular mashed potatoes (instant potatoes are fine here), with 1 cup riced cauliflower for extra hidden veggies! Season with salt, pepper, garlic, and add a dollop of plain greek yogurt for sour cream vibes if preferred. (I follow this same method for rice as well)

Taco shell bowl: mist both sides of your tortilla with avocado oil, place in a hot skillet and give it a quick toast until both sides are golden brown. Immediately remove from skillet and press into an oven safe bowl (I just use a ceramic cereal sized bowl). Bake 350 for 5-8 minutes. Let it cool then remove from bowl and add fillings of choice!

Fit-ish Mac + Cheese: Microwave single serve mac and cheese cup according to package directions, add cheese packet that comes with it. Stir in 1/4 cup cottage cheese or greek yogurt, 1 laughing cow cheese, and 2 TBS shredded cheese until smooth. Season with seasonings of choice and microwave again for 30 seconds or until hot. This makes 2 servings for me!

Air Fried Green Beans: I like to get fresh green beans (or long cut frozen), mist with oil, season with lemon pepper and garlic then air fry on 370 for 7-8 minutes or until crisp. Optional sprinkle of parmesan. Works with broccoli, asparagus, etc.

Italian Side Salad: any lettuce/green you like, thin sliced red onion, tomato, banana peppers/pepperoncini peppers, chopped turkey pepperoni, and crushed croutons. Drizzle of light Italian dressing (with optional splash of banana pepper juice), toss and serve!

Lazy Girl Baked Potato: grab any potato (I usually do russet) and poke holes all over with a fork. Toss in the microwave and microwave for 5-6 minutes. Poke your fork in it, if it's tender, it's done! If it's not, microwave another minute. Repeat until tender. Add toppings of choice.

Smashed Potatoes: I love the Little Potato Company potatoes for these, but any will work. Microwave according to package directions until tender. Lay them on a baking sheet and smash with the bottom of a glass. Season with salt, pepper, add shredded cheese, bacon bits and broil until cheese is melty.

Mini Salads (Taylor Farms mini salad kits are my favorite. I love the Nashville Hot one and the Caesar, they're perfect size!) TIP: I like to use HALF of the dressing and add a splash of banana pepper juice or pickle juice to make it go further, saves a ton of cals!)

GO HOME

FIT GIRL FRIES



ingredients:

- 1 large russet potato
- avocado oil spray
- 1 tsp seasoning salt
- 1/2 tsp pepper, garlic



directions:

Slice your potatoes into thin, even fry shaped strips

Mist fries with oil, then sprinkle with seasoning mixture and toss until evenly coated

Air fry 400F, 10 min. Shake/flip, then cook another 5-10+ min. until crisp on the outside and tender inside

Serve these as a side or use as the base for some of your fav meal prep bowls!

macros:

Yield/servings: 2
macros (per serving)
Calories: 93
Fat: 1g
Protein: 2g
Carbs: 20g

(approximate)

CHEESE STICKS



ingredients:

- 1/3 cup SELF-RISING flour
- 1/2 cup plain greek yogurt (or blended cottage cheese)
- 1 tsp italian seasoning + garlic
- 3-4 TBS skim mozzarella

macros:

Yield/servings: 1
macros (per serving)
Calories: 244
Fat: 3g
Protein: 20g
Carbs: 33g

(approximate)



directions:

In a small bowl mix together flour, greek yogurt, and seasonings until a dough forms. If your dough seems too dry, you can add a bit more greek yogurt until the dough is "spreadable"

Spread this into the bottom of a small glass meal prep container (or any small baking dish is fine)

Top with cheese and other toppings of choice

Bake on 400F (bottom rack) for 15-18 minutes or until dough is cooked through

These are great to serve with chicken, italian salad, or other protein of choice!

CRISPY PARM ASPARAGUS BITES



ingredients:

- 1 bunch fresh asparagus (I like the pre-cut bags in Walmart produce section)
- oil of choice (for misting)
- 1 lemon
- 1/4 tsp or more lemon pepper, garlic, parmesan

macros:

Yield/servings:
macros (per serving)

Calories: *(will vary based on size/amounts used)*
Fat:
Protein:
Carbs:

(approximate)



directions:

Take asparagus spears and cut off part of the stems (the thick bottom portion, maybe like 1/2 an inch or so), then cut spears into 3 sections, (like bite sized spears)

mist with oil of choice and season generously with lemon pepper, garlic, and parmesan

Air fry on 400 for 10-12 min or until roasted/crisp

Once finished I like to squeeze lemon juice on mine and give them one final sprinkle of parmesan

These can also be done in an oven on 425 (adjust cook time as needed)

CARAMELIZED VEGGIES



ingredients:

- thinly sliced yellow onions and/or mushrooms, to taste
- spray oil of choice
- tsp soy sauce
- TBS of water or broth, as needed
- 1/4 tsp garlic, salt, pepper or more to taste

macros:

Yield/servings:
macros (per serving)

Calories:

Fat:

Protein:

Carbs:

(will vary based on size/amounts used)

(approximate)



directions:

Slice your veggies thin, and add to a skillet misted with nonstick spray (I use avocado oil), medium heat.

Sauté veggies until they begin to soften/brown. If they begin to brown too quickly, turn heat down and add a splash of liquid (you can use a splash of water, broth, or soy sauce). Stir and repeat if needed.

Continue to cook until veggies are very soft and deep golden brown colored. You can add a lid to help speed the process up a bit.

Once they are soft, add minced garlic, salt/pepper. Stir, then remove from heat.

These are great alone as a side, or add them to your meals for extra flavor/volume!

STREET CORN



ingredients:

- 2 cans southwestern corn (drained)
- 1/2 cup light mayo
- 1/2 cup PLAIN greek yogurt (or light sour cream)
- 1 tsp fajita seasoning
- 1/2 tsp chili powder, cumin, tajin
- optional cilantro, jalapeno, red onion (finely diced)
- juice from 1 lime

macros:

Yield/servings: 8
macros (per serving)
Calories: 156
Fat: 7
Protein: 5
Carbs: 17

(approximate)



directions:

Drain corn, add to a large bowl along with other ingredients and stir to combine

You can enjoy this hot, or cold! I like to serve with Frito scoops or tortilla chips, this is also great in salads or burrito bowls

PICKLE DE GALLO



ingredients:

- 1 cup dill pickles, chopped
- 1/4 cup red onion, finely diced
- 1/4 cup banana peppers, diced
- optional diced tomato, bell pepper
- splash of pickle juice (or vinegar)
- salt, pepper to taste
- optional TBS sugar or sweetener of choice

macros:

Yield/servings: 4
macros (per serving)
Calories: 13
Fat: 0g
Protein: 0g
Carbs: 2g

(approximate)



directions:

Finely dice all vegetables and add to a bowl or tupperware container

Add a generous splash of pickle juice (and a splash of water if you don't want yours to be as tangy) along with salt, pepper, and optional sugar for a touch of sweetness

Serve as a dip with chips, or on top of sandwiches, salads, wraps!

TORTILLA CHIPS



ingredients:

- low cal flour tortilla of choice
- avocado oil for misting
- salt, other seasonings of choice



directions:

Cut tortillas into 8 triangles each (like you'd slice a pizza), mist each side with avocado oil or other cooking spray

air fry on 380F for 4 min, flip, 4 more min or until crisp

You can also bake these on 350 for 5 minutes each side

These are great with dips, as a base, or just a simple snack

Tip: you can also make a sweet version of these by tossing in cinnamon/sugar!

macros:

Yield/servings:
macros (per serving)

Calories:

Fat:

Protein:

Carbs:

*(will vary
based on
size/amounts
used)*

(approximate)

GREEK SALAD



ingredients:

- 1 sliced cucumber
- 1/4 cup grape tomatoes, sliced in half
- 1/4 of a red pepper, thinly sliced
- 3 TBS sliced banana peppers or pepperoncini peppers
- 3 TBS banana pepper juice (or vinegar)
- 1-2 TBS water
- 1/4 tsp salt, pepper, garlic, italian seasoning
- 2 TBS feta cheese
- optional, 1/2 cup cooked protein pasta of choice + 2 TBS light italian dressing

macros:

Yield/servings: 3
macros (per serving)
Calories: 31
Fat: 1g
Protein: 2g
Carbs: 3g

(approximate)



directions:

Slice all veggies and add to a bowl or tupperware container.

Add banana pepper juice (or vinegar), water, and seasonings and stir to combine

Sprinkle with feta cheese

Enjoy this as a snack, side, or as the base of your fav greek meal prep bowl!

BEST BROCCOLI SALAD



ingredients:

I don't even like raw broccoli but will make an exception for this, you have to trust me!

- 1 cup light mayo
- 1/4 cup vinegar
- 1-2 TBS sugar
- 4-5 cups fresh chopped broccoli (chop small)
- 1/3 cup diced red onion
- 1/4 cup sunflower seeds (optional)
- 1/4 cup raisins or dried cranberries
- 6 slices crispy bacon (chopped)

macros:

Yield/servings: 6-8
macros (per serving)
Calories: 205
Fat: 14
Protein: 4
Carbs: 16

(approximate)



directions:

Mix mayo, vinegar, sugar together in a small bowl and pour over remaining ingredients in a large bowl.

Stir/shake until everything is evenly coated.

You can refrigerate overnight then serve or eat immediately! This is a great side dish or add chicken/steak to make it a meal

FRUIT + NUT SALAD



ingredients:

- 1-2 cups lettuce, spinach, or salad mix of choice
- finely diced apple or pear
- 1 TBS chopped pecans
- 2 TBS dried cranberries
- 1 TBS feta cheese crumbles
- drizzle of raspberry vinaigrette (or honey and a squeeze of lemon)
- optional: add chicken or other protein of choice

macros:

Yield/servings: 2
macros (per serving)
Calories: 106
Fat: 6g
Protein: 2g
Carbs: 13g

(approximate)



directions:

Add all ingredients to a bowl or tupperware

Drizzle with dressing of choice and toss to combine

Sprinkle with feta cheese

Enjoy this as a snack, side, or as the base of your fav meal prep bowl!

GREEN(S) GODDESS



ingredients:

I know it seems questionable, but trust me these are so good and flavorful!

- Fresh spinach or other greens mixture of choice (kale, cabbage, etc)
- 1/2 TBS butter
- 1 tsp minced garlic
- 1/2 tsp italian seasoning
- salt, pepper
- 1 TBS brown sugar (or swerve)
- splash of soy sauce
- 1/4 cup broth or water
- lemon

macros:

Yield/servings: 1
macros (per serving)
Calories: 138
Fat: 6g
Protein: 5g
Carbs: 29g

(approximate)



directions:

In a skillet, melt 1/2 TBS butter on medium heat.

Stir in minced garlic, seasonings, and broth sugar, saute until fragrant then add splash of soy sauce and broth or water.

Simmer for a couple minutes and then add fresh spinach/greens, saute until wilted

Before serving, give a big squeeze of lemon, toss, and enjoy!

This is great as a side, or add it to your favorite meal prep bowl.

CARROT RIBBON SALAD



ingredients:

- 2-3 large carrots
- optional thinly sliced red onion
- 2 TBS peanut butter
- 3 TBS soy sauce
- 1 TBS sesame oil
- 1/4 cup vinegar
- 1 TBS minced garlic
- 1 TBS sugar
- red pepper flakes (I do 1-2 tsp)

macros:

Yield/servings: 4
macros (per serving)
Calories: 118
Fat: 8g
Protein: 4g
Carbs: 9g

(approximate)



directions:

Using a vegetable peeler, hold carrot and glide peeler down the base of your carrot

Similar to peeling the carrot like you normally would, but keep going! Instead of stopping after the outer skin is gone, keep peeling down the length of the carrot to create thin, ribbon-like strips.

Rotate the carrot every few strokes to keep it even, and stop when it gets too small to hold safely.

Combine all sauces and seasonings listed in a bowl or large jar, stir, then add in your carrot ribbons and red onion. Stir/shake well until combined.

This is great as a snack, stir fry topper, or side dish!

PIZZA UNCRUSTABLES



ingredients:

- 2 slices low calorie bread
- 2 TBS skim mozzarella (or a thin slice of cheese)
- 1 TBS pizza sauce
- 3 turkey pepperonis
- 1 tsp melted butter mixed with a dash of garlic/italian

macros:

Yield/servings: 1
macros (per serving)
Calories: 197
Fat: 11
Protein: 12
Carbs: 13

(approximate)



directions:

Stack 2 pieces of bread on top of each other and use a circle glass or cookie cutter to press through bread, you should be left with 2 round circles of bread

Layer 1 circle with marinara, mozzarella, and turkey pepperonis, then place second circle on top. Pinch the edges with fingers to seal or crimp with the end of a fork.

Lightly brush with a tiny bit of garlic butter then air fry 380 for 5-6 minutes until toasted and melty

Dip in additional pizza sauce if you prefer

LOADED CHEESE BALL



ingredients:

- 2 TBS light cream cheese
- 1 TBS greek yogurt
- 1/4 tsp ranch seasoning
- 2 TBS bacon bits
- 3 TBS shredded cheese
- dippers of choice (sliced peppers, wheat thins, triscuits, carrots, etc)

macros:

Yield/servings: 1
macros (per serving)
Calories: 220
Fat: 15g
Protein: 14g
Carbs: 7g

(approximate)



directions:

In a small bowl, mash together cream cheese, greek yogurt and ranch seasoning. It should be thick enough that you can form it into a ball

On a piece of plastic wrap, sprinkle bacon bits and cheese then add your ball on top, rolling around to cover it in the bacon and cheese mixture

Wrap it up in the plastic wrap and refrigerate it for a couple hours if you want it to be a solid ball, or enjoy it immediately if you like it softer!

I like to pair with sliced veggies and something crunchy like wheat thins or crackers! This also makes a great centerpiece on a mini charcuterie board.

skinny DIPPINS



s'mores dip

- single serve yogurt of choice
- 2 TBS cool whip
- 1/2 TBS mini chocolate chips
- crushed graham crackers

mix + enjoy with fruit or graham crackers



banana pudding dip

- single serve yogurt (banana or vanilla)
- 2 TBS cool whip
- sliced banana
- 4-5 mini nilla wafers

mix + enjoy with fruit or graham crackers



tropical fluff dip

- single serve yogurt (coconut, pineapple, or vanilla)
- 2 TBS cool whip
- sliced pineapple/banana
- 1/2 TBS shredded coconut, nuts, or white chocolate chips

mix + enjoy with fruit or graham crackers



loaded dip

- single serve greek yogurt
- 1 light laughing cow cheese
- 1/2 TBS ranch seasoning
- 1 TBS shredded cheese + bacon bits

mix + enjoy with protein chips, sliced veggies, or dipper of choice



PBJ dip

- single serve yogurt of choice
- 1 TBS pb2 powder
- 1 tsp melted peanut butter
- 1 tsp jelly or jam of choice

mix pb2 with yogurt, top with melted peanut butter + swirl jam. Enjoy with fruit or pretzels



pickle dip

- single serve greek yogurt
- 1 light laughing cow cheese
- 1/2 TBS ranch seasoning
- 1/2 tsp dill
- chopped dill pickles to taste

mix + enjoy with protein chips, sliced veggies, or dipper of choice



I love changing up my sides and snacks often! Here are a few of my quick, go-to options I like to pair with meals or eat when I need a quick snack!

others

- chunky monkey: pb, chocolate, banana
- lemon berry
- key lime
- strawberry + white chocolate
- banana split

pick your protein:

- turkey meat sticks
- turkey pepperonis
- cheese cubes
- string cheese
- Babybel cheese
- beef jerky
- hard boiled egg
- turkey bacon
- chicken salad or tuna
- protein bar
- greek yogurt
- cottage cheese

pick your carb:

- pretzel thins
- wheat thins
- mini pitas/naans
- popcorn
- crackers
- quest chips/other
- trail mix
- tortilla chips
- baked chips
- puffcorn
- rice cake
- granola
- dried fruit
- crushed cereal

pick your fresh:

- carrot sticks
- sliced peppers
- banana peppers
- cucumbers
- apple slices
- any fruit

pick your fun:

- caramel (sugar free)
- hummus
- ranch
- chocolate chips
- tatin
- peanut butter/jam



I like these containers:

- option 1: snack boxes
- option 2: snack trays
- option 3: bento box

GO HOME



SWEET tooth



DESSERTS



STRAWBERRY FLUFF BOWLS



ingredients:

- 1/4 cup light cool whip
- 1 single serve strawberry yogurt
- 1 TBS cheesecake jello mix
- sliced strawberries
- 1 TBS graham cracker crumbs



directions:

In a small bowl or tupperware container, mix together yogurt and jello mix until combined, fold in cool whip. Stir in sliced strawberries (or add on top if you prefer) and sprinkle with graham cracker crumbs.

Enjoy as a bowl, or serve with more sliced berries and graham crackers as a dip!

macros:

Yield/servings: 1
macros (per serving)
Calories: 152
Fat: 1
Protein: 6
Carbs: 25

(approximate)

STRAWBERRY CRUNCH BARK



ingredients:

- Sliced strawberries (18-24 slices)
- 1 single serve strawberry yogurt of choice
- 1/2 cup white chocolate chips

Strawberry Crunch:

- 5-7 golden oreo thins (crushed)
- 2 tsp strawberry jello mix
- 1 tsp water

macros:

Yield/servings: 10-15
macros (per serving)

Calories: 82

Fat: 4g

Protein: 2g

Carbs: 11g

(approximate)



directions:

On a baking sheet or flat pan, add sliced strawberries in a rectangular shape so that all berries are touching each other.

Spread strawberry yogurt on top of berries in an even layer

Melt white chocolate chips and spread over yogurt (or drizzle to save cal)

Tip for melting chocolate: add chocolate chips to a microwave safe bowl and microwave for 30 seconds, STIR, microwave 30 more seconds, STIR AGAIN, and microwave another 30 seconds if needed (stir after each time even if you think you don't need to). Don't overheat or you will scorch your chocolate!

Mix together strawberry crunch ingredients and sprinkle on top, drizzle with any remaining white chocolate then freeze until set.

Break or cut into small pieces and store in freezer for a quick sweet treat!

BUTTERFINGERS



ingredients:

- 1 cup powdered peanut butter (PB2 powder)
- 1 cup crushed cornflakes
- 1/2 cup peanut butter
- 1/4 cup honey
- optional melted chocolate for topping

macros:

Yield/servings: 15
macros (per serving)

Calories: 101

Fat: 5g

Protein: 6g

Carbs: 9g

(approximate)



directions:

In a bowl, mix together powdered peanut butter, cornflakes, peanut butter and honey until combined, you should have a stiff "dough" to work with

Roll into small balls (or eggs, bars, etc)

If adding a layer of chocolate on top:

In a separate bowl, add chocolate chips and microwave for 30 seconds (STIR!), then 30 more seconds, then stir, repeat this process until chocolate is smooth/melted (do not forget to stir and do not overheat or your chocolate will burn/clump)

Dip (or drizzle to save cal) with melted chocolate.

Cool and enjoy!

COOKIE DOUGH BARS



ingredients:

- 1 single serve container greek yogurt (I use vanilla) approx 5 oz
- 1 TBS sweetener of choice (I use sugar)
- 1 cup powdered peanut butter (PB2 powder)
- 1/4 cup mini chocolate chips
- optional melted chocolate for topping

macros:

Yield/servings: 8
macros (per serving)
Calories: 109
Fat: 4g
Protein: 7g
Carbs: 12g

(approximate)



directions:

In a bowl, mix together yogurt, powdered peanut butter, and sugar until combined, then mix in mini chips.

Press mixture into an 8x8 baking dish

If adding a layer of chocolate on top:

In a separate bowl, add chocolate chips and microwave for 30 seconds (STIR!), then 30 more seconds, then stir, repeat this process until chocolate is smooth/melted (do not forget to stir and do not overheat or your chocolate will burn/clump)

Layer (or drizzle to save cal) with melted chocolate. Cool, slice into bars, and enjoy! Refrigerate leftovers.

PB CRUNCH BARS



ingredients:

- 1-4 cup pb2 powder
- 2 TBS Greek yogurt
- 1 TBS sweetener of choice
- 16 mini pretzels (square shaped works best)
- Optional melted chocolate for topping, you can drizzle instead of layering to save cal!

macros:

Yield/servings: 4 mini bars
macros (per 1)

Calories: 106

Fat: 6

Protein: 6

Carbs: 15

(approximate)



directions:

In a small bowl, stir together pb2, greek yogurt, and sweetener of choice until a thick dough forms.

Lay out 4 pretzel squares in a straight row as the base of your bar, lay out another 4 squares for your second bar

Form dough into 2 rectangular log shapes (like a candy bar), lay each log on top of pretzel row. Cover each bar with another row of pretzels.

Cover or drizzle with melted chocolate

Tip for melting chocolate: add chocolate chips to a microwave safe bowl and microwave for 30 seconds, STIR, microwave 30 more seconds, STIR AGAIN, and microwave another 30 seconds if needed (stir after each time even if you think you don't need to). Don't overheat or you will scorch your chocolate!

Let these cool then cut in half to make 4 mini bars

TRES LECHES CAKE



ingredients:

- 3 TBS white or yellow cake mix
- 3 TBS any 0 cal soda (I use Sprite Zero)
- 3 TBS vanilla protein shake
- toppings: cool whip, cinnamon, strawberries etc

macros:

Yield/servings: 1
macros (per serving)
Calories: 99
Fat: 4g
Protein: 9g
Carbs: 9g

(approximate)



directions:

In a small, microwave safe bowl, mix dry cake mix + sprite until fluffy

Microwave for 50 seconds or until bouncy and cooked through

Poke holes throughout cake then drizzle protein shake over the top, it should soak in almost immediately

Top with toppings of choice, I like cool whip and sliced strawberries here!

CHOCOLATE POKE CAKE



ingredients:

- 3 TBS chocolate cake mix
- 3 TBS any 0 cal soda (I use Dr Pepper cream soda zero)
- 3 TBS chocolate protein shake (I like Fairlife)
- toppings: cool whip, marshmallows, chocolate chips, etc

macros:

Yield/servings: 1
macros (per serving)
Calories: 186
Fat: 4g
Protein: 6g
Carbs: 35g

(approximate)



directions:

In a small, microwave safe bowl, mix dry cake mix + 0 cal soda until fluffy

Microwave for 50 seconds or until bouncy and cooked through

Poke holes throughout cake then drizzle protein shake over the top, it should soak in almost immediately

Top with toppings of choice, I like cool whip, chocolate syrup, mini chocolate chips on mine

LEMON CUPCAKE



ingredients:

- 3 TBS lemon cake mix
- 3 TBS any 0 cal soda (I use Sprite zero)

Optional drizzle/frosting:

- 2 TBS vanilla or lemon yogurt
- 1 TBS vanilla protein shake
- cool whip/whipped cream

macros:

Yield/servings: 1
macros (per serving)
Calories: 167
Fat: 1g
Protein: 1g
Carbs: 36g

(approximate)



directions:

In a small, microwave safe bowl, mix dry cake mix + 0 cal soda until fluffy

Microwave for 50 seconds or until bouncy and cooked through

Poke holes throughout cake then drizzle with your optional "frosting"

I like to add cool whip + lemon zest on top of mine here

FUNFETTI MUG CAKE



ingredients:

- 3 TBS yellow cake mix (dry)
- 1 TBS vanilla greek yogurt
- sprinkles

macros:

Yield/servings: 1
macros (per serving)
Calories: 203
Fat: 3g
Protein: 4g
Carbs: 39g

(approximate)



directions:

In a small, microwave safe bowl, mix dry cake mix and greek yogurt, gently stir in sprinkles of choice

Microwave for 50-60 seconds or until bouncy and cooked through

Let cake cool slightly and add toppings of choice, frosting, cool whip, fruit, light ice cream, etc.

COCONUT CREAM CAKE



ingredients:

- 3 TBS cake mixture (I take 1 box of dry yellow cake mix and 1 box of dry angel food cake mix, mix them together then store in a ziploc bag for tupperware for easy access)
- 2 TBS water

Filling/Frosting:

- 2 TBS shredded coconut
- 1 TBS vanilla/coconut yogurt
- 1 TBS cool whip

macros:

Yield/servings: 1
macros (per serving)
Calories: 216
Fat: 5g
Protein: 3g
Carbs: 39g

(approximate)



directions:

In a small bowl or ramekin, mix together your cake mix mixture + 2 TBS water until fluffy.

Microwave for 50 seconds or until fluffy, I like to cut my cupcake in half (like 2 layers)

In a small bowl, mix together frosting ingredients, I like to add half in the middle of my cupcake, and the other half on the top layer. Top with whipped cream if preferred.

BIRTHDAY CAKE BALLS



ingredients:

- 1 box yellow or funfetti cake mix
- 1 single serve container vanilla greek yogurt
- 1 cup premade vanilla protein shake or milk (like Fairlife)
- Optional white chocolate, sprinkles, toppings of choice

macros:

Yield/servings: 24-30 balls
macros (per 1)

Calories: 74

Fat: 1g

Protein: 2g

Carbs: 15g

(approximate)



directions:

In a bowl, whisk together cake mix, yogurt, and protein shake/milk until smooth

Spread batter into a greased 9x13 baking dish and bake 350 for 18-20 minutes or until done

Let cake cool slightly (but easier to work with if it's still warm), use your hands to crumble cake and then form into even sized balls. They should stick together if they're still warm but you can also add a small bit of frosting or even yogurt to get them to stick even more if you prefer

Drizzle or dip in melted white chocolate and add sprinkles if you prefer. Store in fridge for a cute bite sized treat!

CARROT CAKE CUPCAKES



ingredients:

- 1 box carrot cake mix
- 1/2 cup apple sauce (or greek yogurt)
- 1 cup premade vanilla protein shake or milk (like Fairlife)
- Optional toppings of choice, cool whip, frosting, crushed nuts, etc.

macros:

Yield/servings: 14-16
macros (per 1)

Calories: 110

Fat: 1

Protein: 2

Carbs: 23

(approximate)



directions:

In a bowl, whisk together cake mix, yogurt, and protein shake/milk until smooth

Spoon batter into greased muffin tin, filling about halfway full

Bake 350 for 18-20 minutes or until done

I like to cut each cupcake in half and fill with frosting (I like to mix a little regular frosting with vanilla greek yogurt, equal parts of each), then add more on top

Store in fridge and enjoy!

CHEESECAKE CUPS



ingredients:

- 1 cup vanilla greek yogurt
- 1 block of cream cheese (reduced fat if preferred)
- 1 tsp vanilla
- 2 eggs
- 1 scoop vanilla or chocolate protein powder
- 1/4 cup sugar or sugar substitute of choice
- 6 crushed oreos + 1/4 cup chocolate chips
- 12 oreo thins (to use as crust, optional)

macros:

Yield/servings: 12
macros (per 1)

Calories: 175

Fat: 9g

Protein: 7g

Carbs: 20g

(approximate)



directions:

Using a mixer, cream together cream cheese and greek yogurt, add vanilla, sugar until smooth, then beat in eggs.

Stir in protein powder and mix ins of choice (crushed oreos and chocolate chips).

Line cupcake pan with cupcake liners or grease with cooking spray. Place 1 oreo in the bottom of each spot then fill about 1/2 way with cheesecake batter

Bake for 15 min on 250, THEN another 15 minutes on 300F (or until middle is set and doesn't jiggle)

Optional top with melted chocolate and crushed oreos

OREO BALLS



ingredients:

- 3 TBS oats (instant or quick oats work best here)
- 1 scoop chocolate protein powder
- 1/3 cup regular peanut butter
- 1/4 cup honey
- 5-6 crushed oreo thins
- optional melted white chocolate

macros:

Yield/servings: 12
macros (per serving)
Calories: 93
Fat: 4g
Protein: 4g
Carbs: 10g

(approximate)



directions:

Add oats, protein power, peanut butter, honey, and crushed Oreos to a mixing bowl.

Stir together until you reach a dough like consistency

Roll to form into small, even sized balls

Drizzle with melted white chocolate if preferred

Store in fridge for a bite sized treat!

STRAWBERRY CHEESECAKE DIP



ingredients:

- 2 TBS sugar free strawberry jam
- 1/4 cup cool whip
- 1/2 cup strawberry greek yogurt
- sliced strawberries
- optional graham cracker crumbs/white chocolate chips
- graham crackers for dipping

macros:

Yield/servings: 1
macros (per serving)
Calories: 165
Fat: 2g
Protein: 9g
Carbs: 32g

(approximate)



directions:

In a small bowl, mix together cool whip and yogurt until smooth

Add jam in small dollops on top and use a small stick or toothpick to swirl it on top

Garnish with sliced berries, white chocolate chips, and crushed graham cracker crumbs

Serve with more berries and graham crackers for dipping!

LAZY GIRL SMORES BOWL



ingredients:

- 1/2 protein bar of choice (I love Alani caramel crunch here)
- 10 mini marshmallows
- 1/2 graham cracker sheet

macros:

Yield/servings: 1
macros (per serving)
Calories: 150
Fat: 4g
Protein: 9g
Carbs: 21g

(approximate)



directions:

Cut half of your protein bar into small bite sized chunks (save the other half for another time).

Add chunks to a bowl along with mini marshmallows and graham cracker (I like to break mine to chunks)

Microwave (or bake) for 20-30 seconds or until melty

Enjoy with a spoon, it's gooey!

100 CAL CARAMEL CONE



ingredients:

- 1 sugar cone (approx 50 cal)
- 1 scoop light ice cream (approx 1/4 cup) I like Halo Top Caramel here
- 1 tsp sugar free caramel sauce
- 2 TBS light cool whip

macros:

Yield/servings: 1
macros (per serving)

Calories: 105

Fat: 2

Protein: 4

Carbs: 22

(approximate)



directions:

Assemble cone with ice cream, whipped topping, and a drizzle of caramel sauce

Enjoy this cute, low calorie treat!

REESES LOADED PROTEIN CEREAL



ingredients:

- 1 premade protein shake, like Fairlife
- 1/2 banana, sliced
- 1/2 cup protein cereal, I like Magic Spoon peanut butter cereal here
- 1 tsp nutella
- splash of protein shake

macros:

Yield/servings: 1
macros (per serving)
Calories: 326
Fat: 9g
Protein: 38g
Carbs: 26g

(approximate)



directions:

In a small bowl or mug, add your sliced bananas, followed by cereal

Mix together nutella with a splash of protein shake (to thin) and drizzle over cereal

Add ice cold protein shake over the top as your milk

A DRINK for the lady



I like mocktails but feel free to add whatever you'd like to your drink!

dreamsicle float

- small can (40 cal) light pineapple juice
- 1/4 cup light orange juice
- 0 cal orange soda (or mini Alani energy drink)

mix + enjoy with a scoop of Halo Top icecream or Sherbet on top



baby shower punch

- small can (40 cal) light pineapple juice
- 0 cal Sprite Zero (mini can)
- single serve cup Sherbet

mix + enjoy with Sherbet on top



caramel apple punch

- sugar free caramel syrup
- alani witches brew energy drink
- 1/4cup light apple juice
- Caramel Halo Top ice cream

Rim your glass with caramel, add energy drink, apple juice, and serve with ice cream + apple slice



protein coffee

- 1 premade protein shake (I like Fairlife)
 - iced coffee of choice (black)
 - 2 TBS toasted marshmallow nut pod creamer
 - sugar free caramel or chocolate syrup
- mix + enjoy over ice*



dirty float

- 1 dr pepper zero
- splash of vanilla protein shake (like Fairlife)
- cold foam creamer or whipped cream

mix + serve over ice, top with cold foam or whipped topping



baja blast

- 1 la croix or sparkling water of choice (I like cran raspberry flavor)
- generous squeeze of pineapple mango water enhancer (walmart)

mix + enjoy ice cold!



WHICH SHOULD I CHOOSE?

HOME MADE



- **Most detailed + versatile of all my cookbooks (my personal fav!)**
- 171 pg. digital PDF you can pull up like an app OR print out if you prefer
- 170+ *ALL NEW* macro-friendly recipes (meals are easy, delicious, family-friendly, and easy to fit within any calorie range)
- Breakfast, lunch, dinner, meal preps, bowls, dips, wraps, snack boxes, sides, sweets, drinks
- Calories/macros listed for each recipe
- 1 week of planned meals with grocery list
- FREE RESOURCES (calorie deficit formula, printable meal planner, macro calculator, kitchen favorites, grocery guide, cheat sheets)

FLAVOR-FULL



- **CLOSE second favorite of mine!**
- 174 pg. digital PDF you can pull up like an app OR print out if you prefer
- 160+ *ALL NEW* macro-friendly recipes
- Breakfast, lunch, dinner, meal preps, bowls, dips, wraps, snacks, sides, and sweets
- Macros listed for each recipe
- 1 week of planned meals with grocery list
- FREE RESOURCES (calorie deficit formula, printable meal planner, macro calculator, kitchen favorites, grocery guide, cheat sheets)

GOOD FOOD MOOD



- 162 pg. digital PDF you can pull up like an app OR print out if you prefer
- 150+ *ALL NEW* macro-friendly recipes (meals are easy, delicious, family-friendly, and easy to fit within any calorie range)
- Breakfast, lunch, dinner, meal preps, snacks, sides, sauces, and sweets
- Macros listed (calories, carbs, fat, protein) for each recipe
- 1 week of planned meals with grocery list
- FREE RESOURCES (Food + You guide, printable meal planner, macro calculator, kitchen favorites, grocery guide, cheat sheets)

BALANCED BITES



- 146 pg. digital PDF you can pull up like an app OR print out if you prefer
- 125+ macro-friendly recipes (meals are well balanced, and easy to fit within any calorie range)
- Breakfast, lunch, dinner, meal preps, snacks, sides, sauces, and sweets
- Macros listed (calories, carbs, fat, protein) for each recipe
- FREE RESOURCES (healthy swaps, fast food swaps, cheat sheet, printable meal planner, grocery guide, 1 week of planned meals)

HOLY GRAIL



- 127 pg. digital PDF you can pull up like an app OR print out if you prefer
- Macro-friendly recipes
- Macros listed (calories, carbs, fat, protein) for each recipe
- Breakfast, lunch, dinner, meal preps, snacks, sides, sweets
- Fast food cheat sheet
- Macro cheat sheet
- Grocery guide
- FULL printable meal planning journal
- 1 sample week of planned meals with correlating grocery list

HEAT & EAT



- 107 pg. digital PDF you can pull up like an app OR print out if you prefer
- Macro-friendly (meals are well balanced, and easy to fit within any calorie range)
- Macros listed (calories, carbs, fat, protein) for each recipe
- Quick + easy recipes, bowls, pinwheels, meal preps, quick lunches/dinners (fewer breakfast recipes than my other cookbooks)
- Macro cheat sheet + Grocery guide
- Mindful eating guide (tips for learning how to eat WITHOUT tracking calories/macros)
- Printable meal planning sheets
- SIMPLE meal prep + quick lunches!

THANK YOU!

Contact me:

I hope you enjoy these recipes as much as my family and I do! Feel free to send me pictures, share to your social media, or come up with your own creations...make sure to tag me so I can see all the amazing things you come up with! And most importantly, thank you so much for your support!

Don't forget your meal planner journal ([click here](#))!

& FREE workout!



[amazon/kitchen favorites](https://www.amazon.com/kitchen-favorites)



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